

What is iridology (pronounced, eye-ri-dology)? Many people today are talking about how we can see our level of health through looking at our eyes. This brief explanation will serve as an introduction to the art and science of iridology. The science and practice of iridology is performed by analyzing the iris along with the sclera (sometimes referred to as Sclerology) and the pupil.

With regard to human embryology, iris tissue derives from the same embryologic layer as the nervous system: ectoderm. The eyes and thalamus emerge from the same cerebral vesicle: diencephalon. The thalamus works as a major relay and integration station of the information that goes to all areas of the cerebral cortex, basal ganglia, hypothalamus and brain stem. It is possible that the eyes (irides) work as an embryologic twin structure to the thalamus.

With respect to human anatomy and physiology, it is important to understand that the ocular structures are innervated by four of the twelve pairs of cranial nerves: 2nd optic, 4th trochlear, 5th trifacial and 6th abducent. Further, the eyes contain the four tissues of the body – epithelium, connective, muscular and nervous – along with the nutritive fluids of blood and lymph.

As sensory organs, the eyes have afferent nerve pathways that carry information to the central nervous system for processing. This information is then sent out via the peripheral nervous system through the efferent nerve pathways to the autonomic nervous system. These nerve impulses innervate the muscles, organs and glands of the body.

The eyes are connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerves, and they are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, pituitary and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical, hormonal, structural and metabolic processes of the body. This information is recorded in the various structures of the eye, i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus, it can be said that the eyes are a reflex or window into the bioenergetics of the physical body and a person's feelings and thoughts.

Genetic information about an individual's strengths and weaknesses can be interpreted through the connective tissue of the irises, including its structure, pigmentations and accumulations. The patterns of the trabeculas that comprise the visible aspects of the iris are unique to the individual. Health conditions that develop over time can be analyzed by changes in the iris, sclera, cornea, pupil, conjunctiva and retina. These changes in health are a function not of genetics alone but also of the ways a person eats, drinks, feels, thinks, lives and loves.

Iris analysis can uncover hereditary predispositions to degenerative conditions and early pathogenesis decades before symptoms occur or diagnostic testing may reveal. Thus, it is a valuable asset for preventive healthcare.

The science and practice of iridology is not new. The oldest records uncovered thus far have shown that a form of iris interpretation was used in Central Asia (Mesopotamia) as far back as 1,000 BC, nearly 3,000 years ago. This information was found in cuneiform writings on tablets of clay from the time of Chaldea. The Greeks referred to this culture as the cradle of knowledge. Hippocrates, the "Father of Medicine" was born in approximately 460 BC in Greece on the island of Kos. It is known that he looked in the eyes of his patients for

Due to increasing political and economic pressure upon medical schools by the emerging pharmaceutical industry, the teaching of iridology was removed from the curriculum. Eventually this art and science was lost within the allopathic medical practice. However, it was kept alive by naturopathic physicians in the latter half of the 20th century. Most notably, Bernard Jensen, D.C., N.D., Ph.D. of the U.S.A. was the champion of this valuable tool of assessment until his passing at 93 years of age. Also of significant import were two of Dr. Jensen's contemporaries who were Heilpraktikers, Hp. Josef Deck and Hp. Josef Angerer of Germany. Today, iridology is practiced worldwide, and in Europe it has been used clinically for generations.

Research has shown that emotions have undeniable effects on the many different systems that comprise the human body. They are subordinated to a variety of mental processes in which they depend upon the individual's unique perceptions to take on their characteristics.

An individual's capacity to develop perceptions can be related, in part, to heredity and can be identified at birth by observing various genetic signs in the iris, sclera and pupil. While other, phenotypic, signs develop over time as a function of perceptions and resultant emotions.

An advanced system of iris analysis that I have researched and developed, called Holistic Iridology[®], includes and goes beyond the traditional physical assessment. Through this leading edge system it is possible to understand the "whole" person. Mental, emotional and spiritual aspects can also be interpreted along with the physical.

Each eye gives us different information. The left eye correlates with the left side of our body, which is that feminine, creative, conceptual and intuitive side of us. The right eye correlates to the right side of our body, which is that masculine, analytical, linear and practical side of us.

By being made aware of their conscious and subconscious thought and emotional behavior patterns and influences of genetic (DNA) memory, beyond just physical characteristics, individuals are able to understand the origins of their conditions and afflictions, enabling them to positively transform their lives on all levels. Thus, Holistic Iridology[®] is an excellent tool of analysis for prevention of illness and disease at the root causes, thoughts and feelings. In many cases, conditions can be detected 30 years or more prior to symptoms of poor health or clinical evaluations showing imbalance or disease. A high-risk area in the body can actually be observed in an infant. Thus, it is possible to assess potential pathogenesis decades before onset from a holistic perspective.

It is important to note that Holistic Iridology[®] is not used for diagnosis. Rather, it is used as a means of assessment for conditions and levels of health. Proper clinical terminology for iridology or iris analysis is as follows: genetic and systemic assessment through external ophthalmic examination.

Iridology provides a painless, economical and non-invasive means of assessing health status. It may be utilized in conjunction with any other system of analysis or diagnostic procedure available. Today, people are in need of preventive healthcare and less complex methods of analyzing their condition. Iridology is the key to both of these situations.

Iris analysis is most effectively done by imaging both eyes with a specialized microscope and digital camera. The pictures are then enlarged and carefully examined by a qualified iridologist who possesses the highest skills and standards. The iridologist should be certified through the *International Institute of Iridology[®]* in *Holistic Iridology[®]*. This advanced approach to iris analysis, which is now being used worldwide, encompasses various systems that are integrated into a truly holistic model.

The eyes are the bridge between the spiritual, mental, emotional and physical aspects of our human nature. This 3,000 year old art and science may seem new and different to you. I encourage you to be open-minded and explore the possibilities.

The eyes have been proclaimed through the ages as the “windows of the soul” and now we acknowledge them as the window to the physical, emotional and mental characteristics as well.

“REMEMBER...GOOD HEALTH IS YOUR CHOICE.”™



Strong Genetic Constitution Weak Genetic Constitution

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Dr. Pesek is heralded as “*The New Pioneer in Iridology*”, and as “*One of the World’s Pre-eminent Iridologists*” by leading natural health organizations. He has received numerous awards including the *Dr. Ignaz Péczeley Award* in recognition of his contributions to the advancement of iridology worldwide. As an internationally recognized authority in the fields of iridology and human behavior, David shares his knowledge and wisdom through lectures, clinical practice and a seminar series that leads to a **Diplomate of Holistic Iridology** credential. He also serves as the founding president of the International Institute of Iridology® and of the International College of Iridology®. David has created the premier event in the field entitled, “OUR” Annual International Iridology and Integrative Healthcare Congress™. This world class event is now in its 14th year.



Dr. Pesek is on the faculty of several institutions that teach natural and integrative medicine. He has educated students, practitioners and Diplomates of Holistic Iridology® in 48 countries reaching all continents. Over the past 37+ years, David’s visionary and pioneering work is helping to bring about the renaissance of natural healthcare through his dedication to the wellness and spiritual enlightenment of humanity.