

Practical IRIDOLOGY

USING YOUR EYES TO PINPOINT YOUR HEALTH RISKS
AND YOUR PARTICULAR PATH TO WELLBEING



PETER JACKSON-MAIN

Practical Iridology

RC Schank



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Practical Iridology Peter Jackson-Main,2023-11-28 How to use the iris of the eye as a diagnostic medical tool The human iris provides a unique window into our bodies offering clues to our past present and future health Its related science iridology allows us to assess our wellbeing and provides pathways to follow to ensure we remain physically and emotionally fit Iridologist and herbalist Peter Jackson Main demonstrates just how easy it is for readers to make use of this diagnostic tool With just a small flashlight and a mirror you can begin to compare your eyes with the dozens shown in this book learning about your constitution and how you can avoid potential health problems In this revised and expanded edition Practical Iridology also explains what the colours and markings of your eyes reveal details dietary and exercise routines for different iris types provides a visual glossary of the different iris signs and offers guidance in preparing remedies

Practical Iridology Peter Jackson-Main,2005 The human iris provides a unique window into our bodies containing clues to our past present and future health Its related science iridology allows us to assess our wellbeing and provides pathways we can follow to ensure we remain physically psychologically and emotionally fit This book explains in simple terms just how easy it is to make use of iridology to avoid potential health problems using case studies colour photographs and visual glossaries

Practical Iridology Peter Jackson-Main,2015-01-15 Practical Iridology and Sclerology Donald Bamer,Donald R. Bamer,1996 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

Educational Opportunities in Integrative Medicine Douglas A. Wengell,Nathen Gabriel,2008 Surveys the nine medical licenses as well as fifty nondegree healing modalities including history philosophy basic techniques and methods and provides information on career and training opportunities

The Mind's Eye Peter Jackson-Main,2024-10-29 A guide to the the relationship between the human iris and psychological characteristics Written by renowned and established iridologist Peter Jackson Main this expertly conceived book provides a ground breaking methodological model of how the iris might be used to understand the energetic psychological and emotional attributes of a person The analysis presented in The Mind s Eye places energy as the central aspect of an individual s reality It argues that the physical body is an extension of such energy in the physical realm a map of one s intentions in manifesting as a physical being Jackson Main situates the irises as this map which when studied will allow true depth understanding of the human body The book begins with a brief examination of the epistemological foundations of accepted theory and practice in medicine and healing It continues as a journey exploring the development of iris analysis throughout the twentieth century including information on the possibility of heritable personality traits seen in the iris

Jackson Main then provides his own perspectives on iris analysis in a manner which is accessible for both practitioners and any lay person looking to learn more about themselves The book also contains a comprehensive guide to completing an energetic iris chart and suggested exercises of practice Not only is *The Mind's Eye* an indispensable guide for any health practitioners wishing to incorporate behavioural iridology to into their work but it is also an invitation for all humans to embark on a deeply symbolic journey of self discovery initiated through the marvels of the eye *The A to Z of New Age Movements* Michael York,2009-06-17 The A to Z of New Age Movements furnishes profiles and explanations of New Age spokespeople and leaders of a range of human potential and self help practices of countercultural spiritual developments and of different groups and organizations that identify as New Age The di *Historical Dictionary of New Age Movements* Michael York,2004 The Historical Dictionary of New Age Movements examines various New Age concepts spokespeople and leaders a range of human potential and self help practices countercultural spiritual developments and different groups and organizations that identify themselves as New Age without judging or categorizing them More than 240 entries make this dictionary a valuable resource for students practitioners and serious academics BOOK JACKET Introduction to Iridology Donald R. Bamer,1996 This companion piece to Dr Bamer's book PRACTICAL IRIDOLOGY AND SCIEROLOGY is a valuable tool for complete iris study Includes color photographs case studies iris and organ signs iridology charts and more

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