

Skin: represented by drawn larger, outer circle on left eye. There is a dark outer circle on your iris. This is a genetic sign, and just means to be aware of the skin trying to move out toxicity.

The skin is a large elimination organ. The body will often try to “throw out” toxicity via the skin, but if the pores are not healthy enough, those toxins will take up residence just under the skin and precipitate other imbalances.

Suggestion: skin brushing and bouncing on a rebounder are great ways to help impurities out of the skin. You mentioned that you do not worship the sun nor take a vitamin D supplement. Perhaps simply spending some time at lunch and on weekends out of doors in the sunlight will help instill a general uplifted feeling. A general rule of thumb: if you burn in the sun, then your body is likely deficient in vitamin D.

Lymphatics: represented by drawn smaller circles on right eye. These little bundles of dispersed yellow identify mucus or lymph fluid

buildup in various areas. Specifically, lungs, breast, sinus, throat, brain, skin, kidney and groin areas show signs of congestion.

Again, this is a genetic sign and does not represent current expression, but does suggest awareness of inherited tendencies.

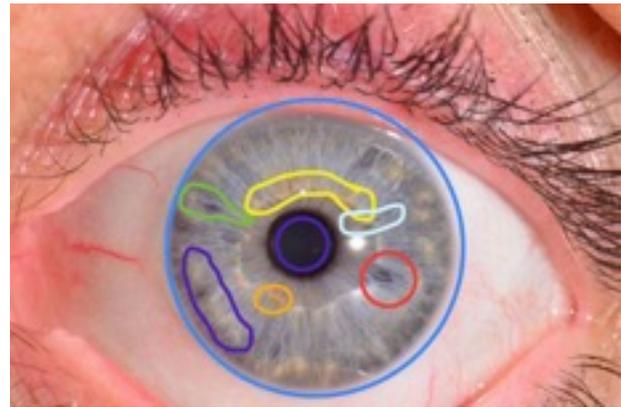
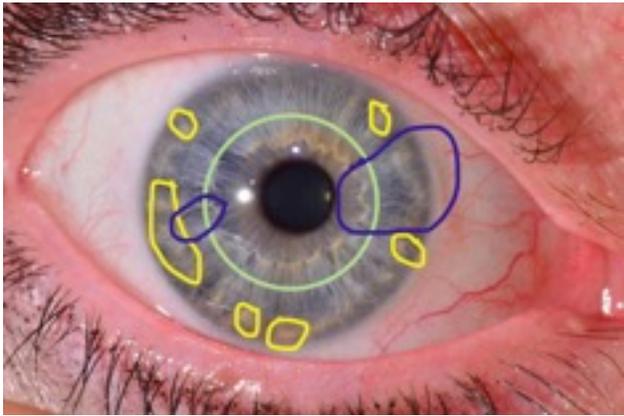
Suggestion: daily exercise and more of a plant-based diet would help lymph fluid move more freely and avoid stagnation. In addition, drinking 1/2 of your weight in ounces of water daily would be a good idea, especially since you mentioned you normally consume less than half of that daily. You also mentioned that you sit a great deal of the day at work. Perhaps getting up at least once an hour and walking for 5 minutes (even if that means walking in place at your desk) will help alleviate that stagnant feeling.

Remember, the lymph does not have a pump to move its fluid, like the heart pump moves blood. Therefore, lymph relies on muscle contractions to move it along.

Pancreas: represented by drawn orange and red circles on left eye. This coloring of the iris generally means that this organ has experienced some hyperactivity over time in an effort to heal any imperfections.

As a reminder, this is once again a genetic sign, meaning that it is not representative of a current issue, but being aware of the sign gives us an alert to take care of the organ.

Suggestion: in general, a sugar craving is common in folks with an orange pigment in the pancreas reaction field. Perhaps, in order to satisfy the sugar craving, a switch to an herb like stevia could work. It is 100 times sweeter than sugar, but being an herb, it is unprocessed and natural. Additionally, feeding the body with fresh vegetables, nuts, seeds, healthy fats, etc. will help rebalance the pancreas and allow it to do its own job without constantly having to repair itself from damage from processed foods.



Spine: represented by the drawn purple oblong in the left eye. In this area, there are fiber separations which indicate a potential inherited spine weakness.

You mentioned back pain as a concern for you, and back issues are very common, particularly among folks with blue eyes as there is often blockages that develop due to lymph fluid's inability to move freely. The nervous system (aka spine) is also shown by noting the shape of the pupil. In other words, if there is any imperfection to this otherwise perfect circle, this indicates a possible nervous system imbalance.

Suggestion: the spine effects every part of the body, so careful attention here is crucial. Nerve energy flows from each spinal bone out to every cell in the body. Light, but consistent exercise, maybe on a rebounder-like device is important. Also, taking the proper vitamins and minerals to feed the area are recommended. Since you mentioned that you allow yourself less than 30 minutes of "you" time daily,

you may benefit from using that short time to do some yoga or meditation to ease the burden on the nervous system.

Thyroid: represented by drawn green tear shaped form in the left eye. The thyroid is often the first line of defense as it pertains to detoxification of the body. It's importance is often understated.

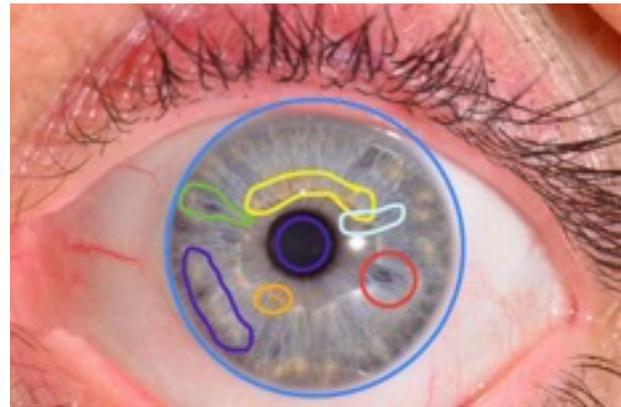
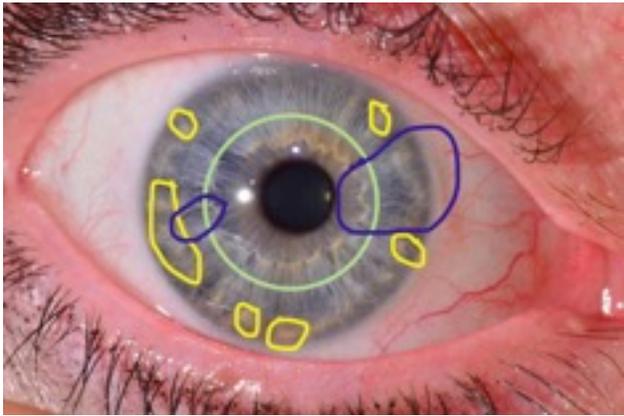
The dark spot present here, again is an inherited sign, but nevertheless, because weaker tendencies exist, care for this organ should be taken seriously.

Suggestion: giving the body a gentle detox seasonally might help keep the thyroid and the other important glands, free from toxic buildup. Due to the location in the body, the thyroid seems to take the brunt of ingested and inhaled toxins. Keep it clean and it should work well for you. You mentioned that you have several metal fillings. In general, these can emit toxic fumes into the body, and the thyroid is a prime target. This means additional care for this gland.

Lungs: represented by the drawn purple imperfect circle on the right eye. In general, this area is one that blue-eyed people should watch out for. Lymphatic and lung congestion is common. There is a separation of fibers here that just needs some old fashioned love.

Suggestion: breathing exercises are often called for in order to strengthen the muscles around the lungs. This is a genetic sign and does not mean that lung issues have or will surface, but being aware of their existence will make you more conscious of them. Hopefully smoking or other lung taxing activities can be omitted. The lungs also act as a detoxification organ as they expel toxins in the air.

Sinus: represented by the drawn semi-circle above the pupil on the left eye. Sinus congestion is a result of lymph fluid stagnation, and very common in the blue-eyed person. Colds and flus are often the result of too much mucus/lymph production. This is the



body's attempt to throw off built-up toxicity.

Suggestion: avoiding dairy, sugars, glutes, and white flours should offer some comfort. These foods produce mucus and will likely add to the burden of mucus buildup. The suppression of mucus often occurs when over-the-counter drugs are administered. Please avoid these.

Digestion: represented by the drawn full circle outside of the pupil on the right eye. This circle draws attention to the collarette of the iris. This is where the digestive system is noted. The digestive system is the most important system in the body as it deals with everything we ingest. Subpar digestion would be evident by constipation, diarrhea, flatulence or other discomforts associated with eating.

Suggestion: taking a digestive enzyme prior to meals may help your GI tract deal with the foods being sent its way. Additionally, giving your body foods that naturally

contain enzymes (not processed foods, but natural, whole foods) will aid digestion substantially. A probiotic prior to bed might be suggested to allow your gut flora to be replenished during times of rest. As a reminder, this is also a genetic sign, but based on your assessment, elimination time of once every other day indicates the GI tract needs some assistance. In theory, elimination should occur as many times daily as you eat. For example, if you eat twice a day, then elimination should also occur twice a day.