

Iris Assessment Cheat Sheet

Genotypes (chapter 2)

Genotype – choose only one	Identifiers	Questions to ask	Usual Effects	Dietary Support	Lifestyle Recommendations
Lymphatic	always at least some blue fibres visible even when other colours present, can often be mostly blue	Do you have or have you had asthma (or lung issues), arthritis (joint or soft tissue inflammation), skin problems (eczema, psoriasis), or kidney issues? Do you know of or suspect that you have allergies of any kind? To what?	Tend to be over acid	Avoid dairy Limit red meat Avoid white flour and refined sugar Drink water Alkalize with foods Alfalfa, greenzone, chlorophyll	Daily physical activity Dry skin brushing Lymphatic drainage massage
Biliary	often called hazel, no visible blue, often has green and brown in it, always some visible fibres	How is your digestion? Do you have any problems digesting fats? Do you have or have you had any liver or gallbladder issues? How is your energy through the day? Any sugar/carb cravings?	Tends to elevated acid and whatever the other colors show as weak links	Avoid refined sugars Avoid coffee, black tea, green tea, alcohol Eat bitter greens, spring greens, beets Get enough protein Alkalize with foods Alfalfa, greenzone, chlorophyll B-vitamins	Avoid chemical exposure in food and environment Chew foods well Eat a wide variety of flavors
Hematogenic	true brown, no visible fibres, may have golden highlights		liver & blood	Avoid chemical exposure in food and environment Avoid refined sugars Avoid coffee, black tea, green tea, alcohol Eat bitter greens, spring greens, beets Get enough protein Alkalize with foods Alfalfa, greenzone, chlorophyll	void chemical exposure in food and environment Chew foods well Eat a wide variety of flavors

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				Dandelion Burdock Milk thistle Cascara sagrada B-vitamins	
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Pigments (chapter 3)

note the location, color, and reach of central heterochromia, sectoral heterochromia, partial sectoral heterochromia

Color – choose as many as apply	Identifier	Questions to ask	Usual effects	Dietary support	Lifestyle Recommendations
Oatstraw Yellow (kidney focus)	Pale yellow, dirty yellow	Do you have a history of kidney weakness? Any history of high-acid tissue conditions (arthritis, skin conditions, allergies)?	High-acid tissue conditions Low back ache	Celery Parsley Drink adequate water Avoid beverages that dehydrate (coffee, tea, alcohol) Kidney herbal formulas (K, K-C, KB-C)	Resolve fear Resolve financial issues
Orange/dirty orange (liver/pancreas focus)	Dirty orange color	How is your energy throughout the day? Do fatty foods upset your digestion? Do you ever have a metallic taste in your mouth? Does your skin itch?	Unstable energy Craving Carbs Stomach upset with fatty foods Feeling like old, silver dental work or stainless steel dental work is faulty, tinfoil taste in mouth	Avoid junky fats Use a digestive aid (Garden Essence Enzymes, Proactzyme) Liver herbs/blends (Liv-A, Liver Cleanse Formula; Liv-J) Dandelion Burdock Nopal for pancreas and liver	Eats lots of leafy greens Avoid alcohol, coffee, tea Eat good quality protein every 3 hours Have fun every day (sweetness in life) Let go of anger, bitterness, resentment

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Fluorescent Orange (gall bladder focus, may also be liver/pancreas)	Bright orange	Do you have any history of gall stones? liver/pancreas issues same as orange color (above)	Pain at corner of right ribs Nausea after eating liver/pancreas symptoms same as orange color (above)	Gall bladder formula Gall bladder flush liver/pancreas suggestions same as orange color (above)	Let go of anger, bitterness, resentment Eats lots of leafy greens Avoid alcohol, coffee, tea Eat good quality protein every 3 hours Have fun every day (sweetness in life)
Rust or Brown (liver focus, blood focus)	Rust or brown	Do you ever have a metallic taste in your mouth? Does your skin itch? Any history of anemia?	Feeling like old, silver dental work or stainless steel dental work is faulty, tinfoil taste in mouth Itchy skin Anemia	Liver herbs/blends (Liv-A, Liver Cleanse Formula; Liv-J) Dandelion Burdock Nopal for pancreas and liver	Eats lots of leafy greens Avoid alcohol, coffee, tea Let go of anger, bitterness, resentment
Tarry Black This is a cancer predisposition. It is not a guarantee of cancer. Be cautious how you approach this marking to not upset your client.	Black blotches in iris that look like tar splatters	Any history of cancer? Ask about symptoms for reaction area tar is sitting in	Symptoms will vary depending on organ affected	Depends somewhat on where the tar is Cleansing and building based on location of pigment PawPaw	Clean diet Good rest Ample exercise Emotional cleansing and balancing

Assess Functional Subtypes (chapter 4)

Name – choose as many as apply	Identifier	Questions to ask	Usual effects	Dietary support	Lifestyle Recommendations
Over Acid (lymphatic)	White clouding in humoral zone Symptoms are stronger than basic lymphatic	Any history of arthritis, allergies, skin, kidney conditions, recurring problems with mucus membranes, inflammation?	Symptoms are stronger than basic lymphatic Problems metabolising protein	Low acid diet: no white flour, gluten, white sugar, red meat, dairy, produce that is ripened off the vine/tree, coffee/tea/green tea, carbonated beverages Use alkalizing vegetables, whole grains (gluten-free), purified water Balance proteins – no more than 50% from animal sources Consider using: Use digestive enzymes to aid in protein digestion (especially Betaine HCl); parsley, potassium formulations	Drink clean water Whole body exercise, vibration plate or rebounder to support movement of lymph and mucous
Febrile (lymphatic)	Steel blue or Grey blue iris with very bright white fibers	How easily do you fever? Were you prone to fevers as a child?	Same effects as over acid, but more intense Copious amounts of mucous with sinus and respiratory infections Increases predisposition to arthritis and joint pain Fever easily	Low acid diet: no white flour, gluten, white sugar, red meat, dairy, produce that is ripened off the vine/tree, coffee/tea/green tea, carbonated beverages Use alkalizing vegetables, whole grains (gluten-free), purified water Balance proteins – no more than 50% from animal sources Consider using: Use digestive enzymes to aid in protein digestion (especially Betaine HCl); parsley, potassium formulations	Drink clean water Whole body exercise, vibration plate or rebounder to support movement of lymph and mucous
Uric Acid Diathesis (lymphatic, biliary)	Yellowish or gray plaque in ciliary zone that often span into humoral zone, tophi often smudge together	Any history of gout, kidney stones, swollen glands, edema? History of recurrent antibiotic use for ear infections, sinus infections, respiratory infections as child?	Kidney stones, gout Recurring infections that are hard to move Lymphatic congestion Prone to swollen glands, edema Watch for sluggish bowels,	Low acid diet: no white flour, gluten, white sugar, red meat, dairy, produce that is ripened off the vine/tree, coffee/tea/green tea, carbonated beverages Use alkalizing vegetables, whole grains (gluten-free), purified water Balance proteins – no more than 50% from animal sources Consider using: Use digestive enzymes to aid in protein digestion (especially Betaine HCl); parsley, potassium formulations, mullein	Whole body exercise, vibration plate or rebounder to support movement of lymph and mucous Lymphatic massage Dry skin brushing daily

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			liver, skin, kidneys Children prone to sinus and ear infections		
Hydrogenoid (lymphatic, biliary)	Distinct tophi in Zone 6 and/or 7	Any history of lymph gland swelling? Any history of lowered immune when it was difficult to get over infections?	Chronic weakened immune response Doesn't fight infections off easily Lymphatic congestion Prone to chronic congestion Prone to rheumatism, rheumatoid arthritis Prone to allergies Often heavy sweating	Low acid diet: no white flour, gluten, white sugar, red meat, dairy, produce that is ripened off the vine/tree, coffee/tea/green tea, carbonated beverages Use alkalizing vegetables, whole grains (gluten-free), purified water Balance proteins – no more than 50% from animal sources Consider using: Use digestive enzymes to aid in protein digestion (especially Betaine HCl); parsley, potassium formulations, mullein, lobelia, lymphatic support formulae	Whole body exercise, vibration plate or rebounder to support movement of lymph and mucous Lymphatic massage Dry skin brushing daily
Scurf Rim (lymphatic, biliary, hematogenic)	Dark (vry dark gray or black) edge of iris zone 7, possibly extends into zone 6	History of boils, skin eruptions, psoriasis, eczema, rashes?	boils, skin eruptions, psoriasis, eczema, rashes, poor elimination through skin	Clean up the diet, avoid junk food Consider using parsley, potassium formulae, herbal combinations for hair & skin	Avoid synthetic and chemical-laden skin care and hygiene products Avoid synthetic fibers against the body, do not use anti-perspirants Support channels of elimination, especially kidneys Dry skin brushing Sauna, steam baths Whole body exercise, vibration plate or rebounder to support movement of lymph and mucous
Ferrum Chromatose (biliary,	Brown striping radiating outward	History of anemia? (iron malabsorption) History of liver or	Anemia, digestive issues, liver symptoms	Avoid stimulants, alcohol, coffee, refined carbs Eat dark green vegetables, celery, parsley, beets, bitter greens	Support the liver

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hematogenic)	Can look like brown dots	stomach/digestion issues?		Digestive enzymes that also support the liver Herbal liver formulae Bitter herb formulae	
Lipemic Diathesis (not an actual constitutional subtype but seen in all iris types)	Opaque, milky white band in zone 7, possibly extends into zone 6	An acquired sign For people under 50 years: History of elevated blood pressure, cholesterol, triglycerides, liver issues, diabetes For people over 50, if the sign is just starting to develop: memory issues, history of depression, cold extremities	People under 50 years: Elevated blood pressure, cholesterol, triglycerides, liver issues, diabetes People over 50 years: memory issues, history of depression, cold extremities	Avoid stimulants, alcohol, coffee, refined carbs, trans fats Eat leafy green vegetables, omega 3-rich foods	Chelation Digestive enzymes that support the liver Lecithin Daily exercise Circulatory and/or liver/digestive support

Assess Structural Sub-types, resiliency, shading (Chapter 5)

Name	Identifier/Density	Questions to ask	Usual effects	Dietary support	Personality	Lifestyle Recommendations
Polyglandular	Flower-like appearance At least 3 closed lacunae attached to outside of collarette	Any endocrine weakness i.e. blood sugar imbalances, energy issues, reproductive problems	Imbalances in adrenals, pancreas, thyroid, reproduction May be prone to tonsillitis Often low digestive enzyme production	Need mineral-rich food Fermented vegetables Digestive enzymes	Creative, good listeners, spontaneous “I see” “Imagine this” “Oooo”	Need to chew food well

Connective Tissue	Fibers appear woven and loosely packed	Prone to sprains and strains? Prone to early wrinkling	Soft tissue and joint issues Prolapsed organs Ligaments and tendons easily injured Snoring Takes longer to heal physical injuries	First recommendations are made on base constitution Avoid alcohol, coffee, tea, green tea, sugar, white flour, denatured food HCl supplement Digestive enzymes Collagen supplement Silica	Creative, good listeners, spontaneous “I see” “Imagine this” “Oooo”	Low-impact sports, yoga, weight lifting Avoid prolonged exposure to sun, wind, extreme weather
Neurogenic	Fibers are well-organized, may be straight if pupil is small Fibers are often delicate, densely-packed = ‘robust’ When loosely packed = ‘deficient’	How sensitive to stress?	Prone to nerve-related conditions: migraines, spasmodic headaches, spasm conditions (restless leg syndrome), shingles, MS	Avoid alcohol, coffee, tea, green tea, sugar, white flour, denatured food Focus on hemp hearts, quinoa, green smoothies	Physically resilient Out of touch with own body Likes soft things, very kinesthetic	Needs to learn how to slow down Gardening, yoga, medication, swimming lengths at relaxed pace
Anxiety Tetanic	Contraction furrows scattered through ciliary zone	Multitasker? To-do lists? Eat on the run? Forget to eat?	Doesn’t digest protein well Prone to gastric ulcers, constipation, diarrhea, IBS, angina, tension headaches, TMJ problems,	Need foods high in B-Vitamins: nuts, seeds, hemp hearts, egg yolks, Need protein at each meal	Motivated by stress Too busy to chew food well Always on the go	Needs to learn how to slow down or take on less to allow for quiet time to recharge Take 20 minutes at the table to eat each meal

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			spasmodic conditions	Vitamin E, Calcium, Magnesium, Sodium, Potassium for nerve function HCl for protein digestion	Play is usually as intense as work	
Resiliency & shading						
Structural Sub-types		Description			Resiliency level	
Neurogenic Mild polyglandular		Fibers densely packed Few, if any lacunae Even coloration			strong	
Moderate polyglandular Mild connective tissue Anxiety tetanic		Slightly less dense fiber Some lacuna Mild shading Some extra pigment			medium	
Extreme polyglandular Extreme connective tissue		Loose/open fiber structure Many lacuna Shading, including dark gray or black Extra pigment (white or colors)			Reduced resiliency	
Shading		Description			Interpretation	

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White	Raised fibers	Predisposed to inflammation, pain, irritation
Gray	fibers are recessed	Reduced vitality
Black	Deeply recessed	Low resiliency
Perifocal lightening	Bright, raised fibers, often outlining a lacuna, can be white or another color that draws attention to the area, often outlining a lacuna	Suggests an area that is predisposed to irritation and inflammation

Iris Signs (Chapter 6)

Name	Description	Interpretation
Trabecula (fiber, radial, radial fiber)	Fibers in iris	Normal
Reflexive	Raised, white fibers	Predisposition to inflammation and pain
Vascularized reflexive	Pink or red trabecula that are missing Schwann sheath	Pain, inflammation, more intense than non-vascularized reflexive
Radial Furrow	Gaps between trabecula that reveal shading Minor or major	Minor: stomach or tissue weakness depending on location Major: weakened nerve energy in intestines with potential impact on surrounding organs
Rarification/rarefaction	Dark areas in iris	Low reactivity, body able to send nutrient in and pull nutrient out
Closed lacuna	Petal shape that has converging borders	Importance varies with shading and fiber density Body less able to send nutrient in and pull toxins out
Open lacuna	Approximate petal shape with non-converging borders	Importance varies with shading and fiber density

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		Body usually more able to send nutrient in and pull toxins out
Crypt	Very small diamond or teardrop-shaped lacuna attached to collarette, either inside or outside. Very dark gray or black	Very low vitality area Body not able to send nutrient in or pull toxins out Predisposed to ulcers, cancer, IBS, significant GI problems
Defect sign	Very small slit or dot, very dark gray or black	Very low vitality area, Body not able to send nutrient in or pull toxins out Predisposed to ulceration, perforation, potential cancer Often multi-generational
Cord	Reflexives appear bundled or matted together	Increased predisposition to inflammation, irritation, congestion
Lymph Bridge	Cord with a tophi at the terminal end	Combination of tophi and cord interpretation
Funnel	Collarette is broken with the fibers on either side of the break reaching out to the periphery of the iris	Potential for: 1)disturbed nerve feed from bowel through penetrated tissue 2) disturbed bowel integrity (sluggishness, slow transit time, toxic build up 3) penetrated organs may have toxic overload
Gateway arch or bridge	An arched cord that appears to be sitting on the surface of the iris, does not end in a tophi	Predisposed to inflammation, irritation, pain Also predisposed to pancreas, blood sugar issues
Contraction Furrow	Creases that are approximately parallel to the periphery of the iris, can be short pieces or long	Predisposed to overactive nerve responses, adrenal gland stress, nervous twitches, spasms
Transversal	A fiber that runs across other fibers	Predisposed to greater risk of congestion, inflammation , pain , developing adhesions, vascular or humoral blockages, scar tissue formation , local stagnation in organs/tissue through which transversal

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		runs
Vascularized transversal	Pink or red transversal	More intense than transversal
Osseous Netting	Fibers that run across other fibers, zone 7 and /or 6, creating a netted appearance	Greater risk of arthritis
Roof top transversal	Transversal that look like peaks on a roof, usually in zone6, 5	Increased risk of arthritis, joint issues
Heart/Spleen Transversal	Left iris only, runs from heart zone to spleen zone	Increased cardiac risk
Scurf rim	Dark border in zone 7, sometimes reaches into zone 6	Predisposed to skin and lymphatic systems less able to throw off toxins, kidneys may need support as a result
Circulatory Ring	Blue haze extending from edge of iris, does not need to be even all the way around	May indicated venous insufficiency May also suggest vasoconstriction as a result of hypoglycemia
Corneal Annulus	In the cornea, acquired sign Milky white ring in zones 7, 6, 5, completely encircles iris Same as lipemic diathesis	Suggests liver imbalance that affects fat metabolism Thyroid and pancreas can also be impacted Cardiovascular system is usually impacted Most critical when starts to form before age 50, less important if it starts to form after age 50

Corneal Arcus	Lipemic diathesis that is not complete	Suggests liver imbalance that affects fat metabolism Thyroid and pancreas can also be impacted Cardiovascular system is usually impacted Most critical when starts to form before age 50, less important if it starts to form after age 50
Pterygium	Thickened white/yellow tissue on cornea and sclera, loaded with capillaries	Acquired, benign From excessive exposure to sun, wind, sand If yellow may have liver involvement
Pinguecula	Clear, yellow, orange, or brown blobs on sclera that look like chicken fat	Acquired May need liver support May need to also support thyroid Consider support also based on color of pinguecula

Specific Lacunae (chapter 7)

Name	Description	Interpretation
Asparagus	Looks like the head of an asparagus with a thinner stalk attached to the collarette	Predisposition to chronic degeneration Risk of malignancy if tip is dark

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Beak – straight	Very narrow, very short, dark, slit-like	When attached to collarette indicates thyroid imbalance, topoloabile (Toni Miller) When pushing in on collarette is more serious for nervous system and digestive system (Betty Sue O’Brian) When not attached to the collarette, in kidney zone, topostabile. May suggest kidney cancer
Beak - curved	Very narrow, very short, very dark, wavy	Usually benign situation
Cigar or Torpedo	Long and narrow with rounded ends, attached to collarette	Topostabile Lack of energy in nervous system or intestinal tract Presence of perifocal lightening warrants further investigation
Collarette crypt	Very small, very dark, diamond or tear drop shaped Always attached to collarette, may be on nutritive zone side or humoral zone side	Gastrointestinal deficiencies May suggest long-standing family history of GI issues
Honeycomb	Multiple closed lacunae nested together giving the appearance of honeycomb Usually found in major organ reaction fields	Predisposition to disturbed cellular metabolism Risk of atrophy Risk of adhesions
Jellyfish or Medusa	Open lacuna reaching from collarette to iris periphery Fibers inside lacuna look like wavy hair, evenly combed	Topostabile Suggests family history of issues in the related organ
Leaf	Closed lacuna Has ribbing and veins that resemble a leaf Usually found in gallbladder, pancreas, pituitary, and gonad reaction fields	Topostabile

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Stair step or Roof Tile	<p>Three or more lacuna arranged like steps, a ladder, or overlapping roof tiles</p> <p>Usually found in the lower half of the iris or close to the collarette</p> <p>Other pigment or markings nearby increase the impact of this sign</p>	<p>Topostabile</p> <p>Risk of malignancy</p>
Neuronal Netting	<p>Wispy, criss-crossed network of fiber in an open or closed lacuna</p> <p>Topostabile</p>	<p>When found in pulmonary reaction zone suggests lung stress, asthma, pneumonia, and anxiety</p> <p>When found anywhere else, consider the area to be chronically hypoactive and in need ongoing support</p>
Polypose	<p>Peanut-shaped</p> <p>Topostabile</p>	<p>When it presses in on collarette suggests increased risk of bowel polyps</p> <p>When found elsewhere, consider the interior color, and interpret in situ</p>
Shoe	<p>2 lacuna that are stacked to look like the footprint from a man's shoe</p>	<p>Frequently indicates kidney insufficiency. Topostabile in kidney reaction zone</p> <p>Frequently appears in thyroid or ear reaction zones. Is topolabile in these zones and suggests kidney insufficiency when found here. Always check thyroid and ears as well.</p>
Tulip	<p>3-part lacuna that resembles a tulip plant with 2 leaves and a tulip bud</p> <p>Bud sits in the crotch of the Y-shaped fiber. One leaf sits on either side of the base of the Y-fiber</p> <p>Usually found in head reaction field</p> <p>Usually dark</p>	<p>Suggest nasal polyps and other sinus issues</p>

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