

# **Iridology: a primer (part one)**

*by Jane Smolnik, ND, Iridologist*

## **What is iridology?**

How often do you think about your eyes, those organs on your face that detect light, converting it into electro-chemical impulses in neurons? Well, you might not think of your eyes quite in those terms, but you should definitely think about them more often. They are, after all, private investigators monitoring the world around you. The eye is sacred or, as da Vinci once said, “The eye sees a thing more clearly in dreams than the imagination awake.” The eye is indeed powerful. That’s why iridology is so important, especially when it comes to maintaining a healthy lifestyle.

Iridology is an alternative medicine technique that examines patterns and colors of the iris to determine information about someone’s health. In the world of iridology, the eyes are truly windows into the soul; well, not quite the soul, but the health of it as well as the body. Iridology is both a science and an art. While the goal of the iridologist is driven by science and the pursuit of health, he or she must employ an artistic sensibility to determine the right results.

## **The location of the eyes**

Eyes are health tollbooths, connecting various roads of the mind and body. For instance, the eyes are linked with the brain’s dura mater, which is the outermost membrane of the meninges and surrounds the brain and spinal cord. Additionally, the optic tract spreads to the brain’s thalamus area.

The thalamus area is located between the cerebral cortex and the midbrain, and relays sensory and motor signals to the cerebral cortex. The thalamus is a regulator and is partly responsible for consciousness, sleep and other activities. Through the thalamus, the eyes are also connected to the endocrine glands within the brain.

Simply put, because of the location of the eyes, the iridologist can extract much information regarding the body, including genetic information. The eyes are the body’s information superhighway, much like the Internet! An iridologist, you could say, weaves in and out of the traffic!

## **Ultimate Healing**

My name is Jane Smolnik and one of my passions is holistic iridology. I have over 30 years of experience in the field and am more than prepared to take a trip down *your* information superhighway! If you are in the Asheville, NC areas and are interested in making an holistic iridology appointment, call me at 828-777-5263. Even if you’re not in the area, contact me to learn more about the benefits of holistic iridology, how it can benefit you!

Stay tuned for part two of our iridology primer! We will focus on what kind of information can be learned through iridology!