



### Learn About Your Body by Looking at Your Eyes

The structure of the eye does not change after birth. The iris of the eye gives clues to the Resilience of the tissues of the rest of the body [e.g., “tight” or “loose” weave of the fibers]. There are correlations between certain structures and tendencies for developing problems in functions such as digestion, lymph congestion, and predisposition to inflammatory conditions. Neuro-Emotional/behavioral/autonomic tendencies have also been associated with certain iris fiber structures.

For more information see: [Iridology: A Handbook](#), by Kianna Smith; [What The Eye Reveals](#), by Denny Johnson; [Window of Health](#), by Hoy Ping Yee Chan with chapter by Dr. Ralph Wilson; [www.IridologYes.com](http://www.IridologYes.com) and [www.CNRI.edu](http://www.CNRI.edu)

