

Colors:

over certain areas on the iris correspond to the area of the body as indicated by the maps. You can then decide what types of changes are occurring.

White indicates an area of the body working hard to "maintain."

Yellow-white indicates an area of the body losing a battle

Red-brown indicates deterioration.

Black indicates dying tissue.

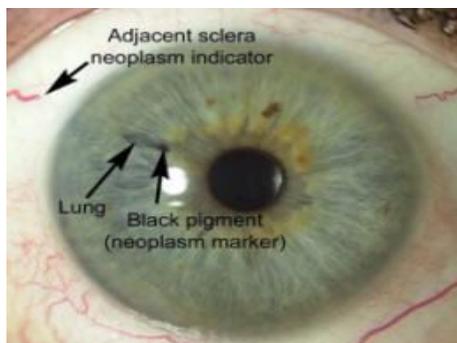
Rings

There are numerous rings seen in the iris. Here are a few of the main ones:

Radii Solaris-radiates out like spokes on a wheel. Where they occur they poison and inhibit cells.

Lymphatic Rosary Ring-indicated areas of congestion.

Nerve Rings-The more of these rings a person has, the more nervous the person is. They may need lifestyle changes such as decreasing stress and finding another person to open up to and share with.



CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

We provide the following modalities to support Adults and Families a brief overview

Cosmetic Acupuncture: Natural Facelift without surgery or botox.

Craniosacral Therapy: Hands-on system to very gently correct the musculo-skeletal system and fascia of the body

Kinesiology: Hands-on system. We primarily use this as a quick preliminary diagnostic tool

Lymphatic Drainage: Hands-on system to very gently correct the lymphatic system of the body

Blood Type Diet: Your personalized nutrition program to slow down ageing, lose weight and prevent diseases.

Natural Hormone Replacement: Avoid the horrors of synthetic hormones (heart diseases, cancer and osteoporosis) using Natural Hormone Replacement Therapy (NHRT).

Blood Type Exercise Program: Your personalized blood type exercise program to optimize mind-body fitness and to slow down ageing.

Blood Type Supplement: Your personalized nutrition to slow down ageing.

Mind Body Program: Special Psychological programs to wipe out dis-ease patterns and extend your life potential.

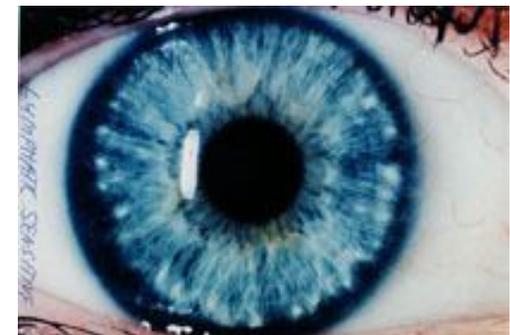
Anti-Ageing Assessments: The only practice in Singapore offering you the best of Western Traditional Medicine and Complementray Medicine testing methodology.

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

Iridology

As diagnostic tool:

Toxins and their locations
Stages of Inflammation
Inherent Weakness or Strength
General Health level
Biochemical Deficiencies



CALL
Sundardas Naturopathic Clinic
251A Victoria Street
Singapore 188035

Tel. 6323 6652
www.sundarnaturopathy.com

Iridology

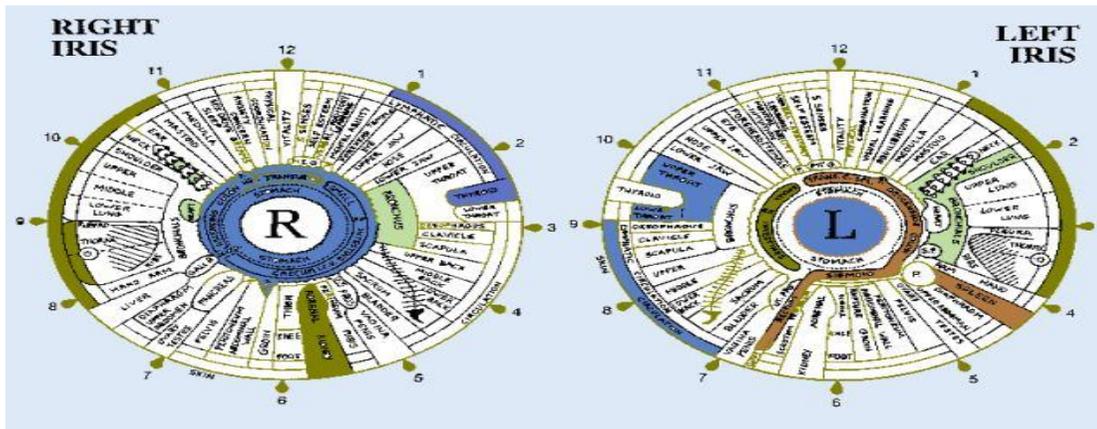
Introduction

It is often said that the eyes are the windows to the soul. In iridology, the eyes are the windows to the body. Just like observing the tongue, nails and skin color of the patient, Iridology is a helpful science that helps practitioners like us to further understand the underlying causes of the patients' health.

With iridology we have an economic and painless way to observe by external signs the conditions of the internal organs and systems.

Health problems are detected in the irides from very early stages, which warn us when our bodies are not functioning normally and we can take steps to improve our state of health before a problem develops.

Iridology is used as diagnostic tool for :



CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

Toxins and their locations
Stages of Inflammation
Inherent Weakness or Strength
General Health level
Biochemical Deficiencies

In reading the iris to gain insight to the body there are several characteristics that are studied. These include, but are not limited to layers, colors, rings, and spots.

LAYERS

A primary theory of Iridology is that the iris is constructed in layers that represent the four stages of tissue activity.

Acute changes
Sub-acute changes
Chronic changes
Degenerative changes

.By visualizing which layer has the defect, one can then decide what the nature of the problem is.

In general, *prevention is the object of an Iridology reading.* We want to warn the patient about tendencies and weaknesses so the patient can fend off illness and disease before it begins. Others view it as an indicator, like a blood pressure cuff or a thermometer.

In fact, Iridologists claim that defects in the iris will show up long before changes in traditional lab values.

Iridology works conjunctively with nutrition, herbal medicine to make sure that a patient is getting his or her appropriate dose of nutrients, minerals, organic elements, enzymes, vitamins, and the proper pH in the stomach. Every disease is considered the result of a chemical shortage. There are certain mineral deficiencies which are associated with specific markings in the iris, such as zinc, calcium, phosphorus, as well as a lack in niacin or folate. An iridologist might suggest what foods a patient should eat to obtain the nutrients that he or she really needs; a person's diet is discussed and may need to change in order for he or she to curb certain risk factors.