

Iridology in the 21st Century

Extract from forthcoming book:

John Andrews is the Editor of the *"Advanced Iridology Research Journal"* and the author of *"Immunology & Iridology"*, *"Endocrinology & Iridology"*, *"Emotional Approaches in Iridology"* *"Iris and Pupillary Signs"* plus *"Embryology & Iridology"* which is co-authored with Dr. Daniele Lo Rito. Dr. Andrews is recognized for his research and work in Iridology and is a regular lecturer on four continents and throughout the United Kingdom. In 2004 John was presented in Brazil with the Ignatz Von Peczely Award for his international and scientific contribution to advancing iridology.

John trains iridologists to all levels, and lectures for numerous institutions, including medical bodies throughout the United Kingdom. He is in private practice in East Yorkshire, England.

Due to Mr Andrews' extensive back ground and active involvement in several research initiatives in the field of Iridology, he is the foremost authority to turn to for information on the subject of not only advancement in Iridology, but in the authentication of this worthy science. John Andrews states, *"In the English speaking world, we have had a paucity of iridology-based research. Studies gone before have not really involved iridologists with a medical or scientific perspective, and further scrutiny has revealed these studies to have been improperly designed or even flawed from the outset. Because of this and continued propagations in Iridology about specific phenomena, we have a great deal of ignorance and misunderstanding about the practice."* Due to this, Andrews began his publication, *"Advanced Iridology Research Journal"* in 1998. With this journal he has continued his own research and has followed research ideas throughout the UK, and other countries such as Italy, Greece, Belgium, Ireland and Brazil.

Andrews believes that Iridology has the potential for tremendous use in a clinical and also a specialist setting, in relation to providing greater diagnostic clarity and accuracy on numerous and different levels. His passion is *"for Iridologists to practice iridology in an accurate way and by repeatable methods to cultivate greater acceptance and a spectrum of application."*

There are several facets of iridology that are being researched with great care and emphasis on certain areas of the eye. From the study of embryology (how the foetus develops in the womb) and development of the iris, the inner pupillary border and pupil we can see how the deeper issues, challenges and physical disease are encoded within our blood, tissues, glands, organs, mesenchyme and embryonic iris structures. Dr.

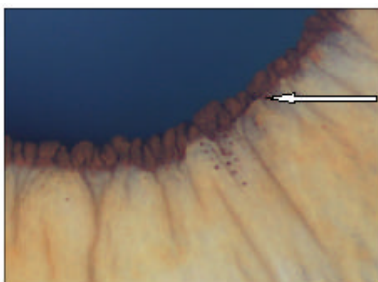
Daniele Lo Rito states, *"We are at the beginning of these (embryological) studies...but since other researchers have begun to study this aspect of embryonic development, we have decided to unify our efforts and research with the purpose of creating a common blueprint that is already in use."*

The New Collarette Research

The research, conducted primarily by John Andrews, regarding logical structures of analysis into the widely overlooked immune and endocrine systems, through iridology, have helped to further our understanding of the iris, pupil and the inner pupillary border. Mr Andrews goes on to suggest, *"In regards to research into the immune and endocrine systems, we have discovered the vital importance of the Collarette and its myriad of structures. Looking at 1,122 medically diagnosed endocrine patients; it was found that the signs for the endocrine pathologies were actually attached to the external border of the Collarette in 93% of cases. In the embryological research spanning from 1999 to 2003 it was found that the mean accuracy on all endocrine diseases was 85.69% in 555 patients across the board of males and females. These signs can be located on the internal border of the Collarette."*

It is critical for the iridologist to become acquainted with this research and know the importance of looking closely at the Collarette. Particular to the Collarette are signs in immune analysis, such as autoimmune disease where a Misshapen Collarette is extremely prevalent.

Accurate analysis of the Inner Pupillary Border will be the primary feature of iridology in the future. Mr John Andrews has found that in his lectures to groups of medical professionals in the UK and Europe that they do understand that this facet of iridology can be integrated into medical thinking and practice, above and beyond the rest of iridology's features. The IPB is made from cellular endocrine pigments and connects to the retina, hypothalamus, pituitary and pineal gland. This transmits a relationship and connection with Neuroendocrinology, melatonin and serotonin balance, inner environmental balance of lymphocytes and the subsequent psycho-immunological dynamics. Mr Andrews feels that much of the future of iridology is in the analysis of the Inner Pupillary Border (IPB). It can convey a depth of information on a physical, genetic and psychological level.



In 1996 and 1997 doctors in South Korea conducted a great deal of iridology research with the BEXEL-Irina Iridology computer system. This was based on Korean and Russian research over the decades and is even now being trialled in hospitals and clinics for reliability of diagnostics and analysis from the iris. One interesting finding was that the computer had extremely high percentages of reliability in all areas, except for the immune system. This was the impetus for John Andrews Yorkshire, UK to begin his own intensive research on the immune system as it related to findings in the iris.

You will have noted in several chapters in this book references to both thought and emotional tendencies. Many pioneers in the emotional approach have had to walk a lonely path fraught with ridicule. There are those both in the general medical field and in the field of integrative medicine that suggest that reference to psycho-emotional dynamics denigrates the science and practice of Iridology. Recall again that not one of us is a mere physical shell; but are composed holistically of mind, body, and spirit. To look at one part, and ignore the rest, is folly. When one considers the tremendous amount of research by conventional scientists and doctors into the exploration of Psychoneuroendocrinoimmunology and the subsequent growth of mind-body medicine approaches, the argument that the psycho-emotional approaches in Iridology are invalid no longer holds sway.

Ongoing and Future Research Projects

- *Intestinal tumours* – Embryological topography research examining the possibility of a more reliable method of screening for identification of various types of intestinal carcinoma. This research is a combined effort between John Andrews and Dr. Lo Rito in Italy and associated international colleagues
- *Pituitary* – Ongoing research looking at the iris, embryology and IPB (inner pupillary border – posterior epithelial cells) signs in relation to pituitary and hypothalamic outpatients from endocrinology departments in UK hospitals.
- *IPB signs* – Documentation and correlation on 'new phenomena' located on the inner pupillary border and only recently observed due to advancements in technology through Iris Supplies of Australia.
- *Longitudinal Iris Development Study* – twenty-five years duration mapping the development of the iris, pupil and IPB from birth through to the age 25 to categorize the stages of development exerting change on the iris and identifying, if possible, what has influenced this? This project could be instrumental in helping to demystify many of the points of controversy maintained in iridology in the English speaking world. The dubious points that leave Iridology open to denigration and ridicule.