

## WHAT YOU WILL GET FROM YOUR ONLINE IRIDOLOGY ASSESSMENT

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### MINI ASSESSMENT

You will receive a professional customised report emailed to you within five working days. This contains a photo of each iris (supplied by you) and information on your primary colour type, structural type (a combination of your inherent strengths and weaknesses), health, dietary and lifestyle recommendations based on your constitution to allow you to become the best you can be. Also included (if applicable as not everybody has one) is your diathesis which identifies your potential to specific organ system problems.

### STANDARD ASSESSMENT

You will receive all the information provided in the mini-assessment plus:

- ♣ Basic Signs - these are particularly useful in determining inherent issues and identifying areas needing special nurturing.
- ♣ Collarette Signs - these represent the nervous systems, digestion, tone, function and absorption of the intestinal tract.
- ♣ Pupil and its border - represents the spine, various organs, and metabolic processes.
- ♣ Sclera Signs - these concern tissue integrity, the immune, hormonal, hepatic and nervous systems with an emphasis on the circulatory system.

### HOW TO TAKE YOUR IRIS PHOTOS (the iris is the entire coloured circle surrounding the pupil)

- ♣ The best pictures are from a digital camera on a tripod with no motion.
- ♣ The new version smartphones have a high resolution and are worth trying. It is best to have someone else hold the phone, so the pictures are clear and not blurry.
- ♣ Set to macro setting.
- ♣ Have flash on and red-eye reduction on.
- ♣ Zoom in as much as you can, without losing quality.
- ♣ Use indoor lighting – daytime.
- ♣ Stand sideways to a window so as not to get a glare in the iris.
- ♣ Autofocus may need time to adjust, or you may wish to shut off if possible.
- ♣ Hold the upper and lower eyelids open to make the entire iris visible and the whites of eyes show above and below iris, with no shadows from the lashes.
- ♣ Look straight on, so the iris is not angled.
- ♣ Take 3-4 pictures of one eye and then the other.
- ♣ Check to see if the entire iris is clear with the whites all around the iris showing with no shadows or glare.
- ♣ Email your iris photos to [sharynb@ionherbals.com.au](mailto:sharynb@ionherbals.com.au)