

# Holistic Iridology®

## Health Assessment through External Ophthalmic Examination

David J. Pesek, Ph.D.

**W**hat is iridology (pronounced, *eye-ri-dology*)? Many people today are talking about how we can see our level of health through looking at our eyes. This brief explanation will serve as an introduction to the art and science of iridology. The science and practice of iridology is performed by analyzing the iris along with the sclera (sometimes referred to as Sclerology) as well as the pupil, cornea and conjunctiva.

As a logical and rational explanation to substantiate the efficacy of iridology, I present the following information from human embryology, anatomy and physiology regarding the ocular tissues.

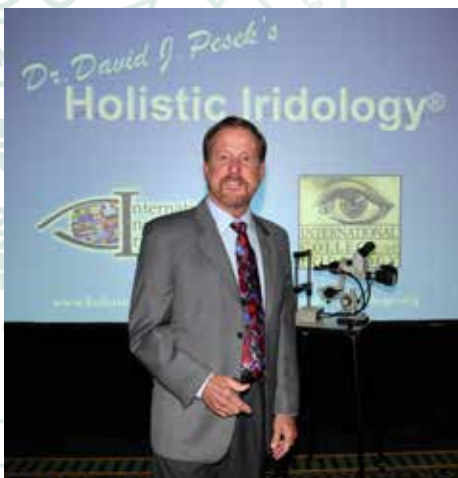
With regard to human embryology, iris tissue derives from the same embryologic layer as the nervous system: ectoderm. The eyes and thalamus emerge from the same cerebral vesicle: diencephalon. The thalamus works as a major relay and integration station of the information that goes to all areas of the cerebral cortex, basal ganglia, hypothalamus and brain stem. It is possible that the eyes (irides) work as an embryologic twin structure to the thalamus.

With respect to human anatomy and physiology, it is important to understand that the ocular structures are innervated by five of the twelve pairs of cranial nerves: 2nd optic, 3rd oculomotor, 4th trochlear, 5th trigeminal and 6th abducent. Further, the eyes contain the four tissues of the body – epithelium, connective, muscular and nervous – along with the nutritive fluids of blood and lymph.

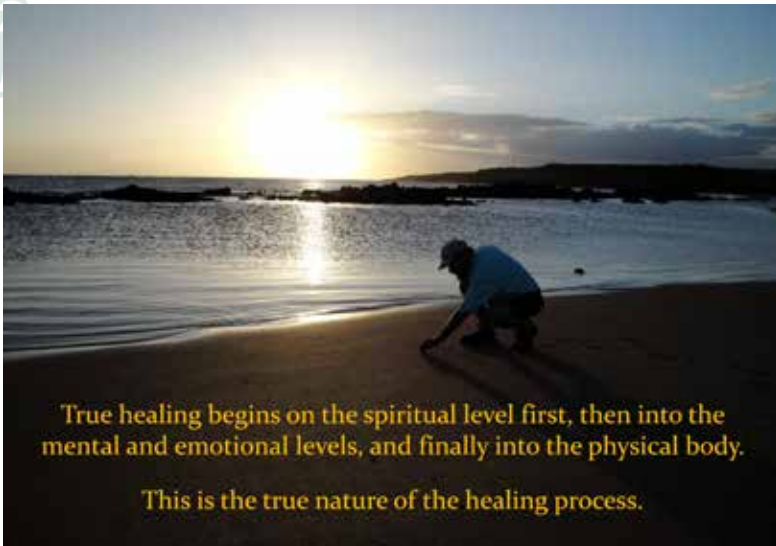
As sensory organs, the eyes have afferent nerve pathways that carry information to the central nervous system for processing. This information is then sent out via the peripheral nervous system through the efferent nerve pathways to the autonomic nervous system. These nerve impulses innervate the muscles, organs and glands of the body.

The eyes are connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerves, and they are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, pituitary and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical, hormonal, structural and metabolic processes of the body. This information is recorded in the various structures of the eye, i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus, it can be said that the eyes are a reflex or window into the bioenergetics of the physical body and a person's feelings and thoughts.

Genetic information about an individual's strengths and weaknesses can be interpreted through the connective tissue of the irises, including its structure, pigmentations and accumulations. The patterns of the trabeculas that comprise the visible aspects of the iris are unique to the individual. Health conditions that develop over time can be analyzed by changes in the iris, sclera, cornea, pupil, conjunctiva and retina. These changes in health are a function not of genetics alone but also of the ways a person eats, drinks, feels, thinks, lives and loves.



**David J. Pesek, Ph.D.**  
Founding President  
International Institute of Iridology®



True healing begins on the spiritual level first, then into the mental and emotional levels, and finally into the physical body.

This is the true nature of the healing process.

Iris analysis can uncover hereditary predispositions to degenerative conditions and early pathogenesis decades before symptoms occur or conventional diagnostic testing may reveal. Thus, it is a valuable asset for preventive healthcare.

The science and practice of iridology is not new. The oldest records uncovered thus far have shown that a form of iris interpretation was used in Central Asia (Mesopotamia) as far back as 1,000 BC, nearly 3,000 years ago. This information was found in cuneiform writings on tablets of clay from the civilization of Chaldea. The Greeks referred to this culture as the cradle of knowledge. Hippocrates, the “Father of Medicine” was born in approximately 460 BC in Greece on the island of Kos. It is known that he looked in the eyes of his patients for health information. He said, “Inquiries are to be made and symptoms are to be noted,

those in the whole countenance, those on the body and those in the eyes.” He was regarded as the greatest physician of his time. In the Bible, St. Luke writes that Christ said, “The lamp of your body is the eye. When your eyes are sound, you have light for the whole body, but when your eyes are bad, you are in darkness.”

In the year 1670, the physician Philippus Meyens, in his book, *Physiognomia Medica*, described the division of the iris according to organ regions of the body. The Viennese ophthalmologist, George Joseph Beer (1763-1821), did not know of these old views on iris analysis. Yet, in his 1813 publication, *Textbook of Eye Diseases*, he wrote, “Everything that affects the organism of an individual cannot remain without effect on the eye and vice versa.”

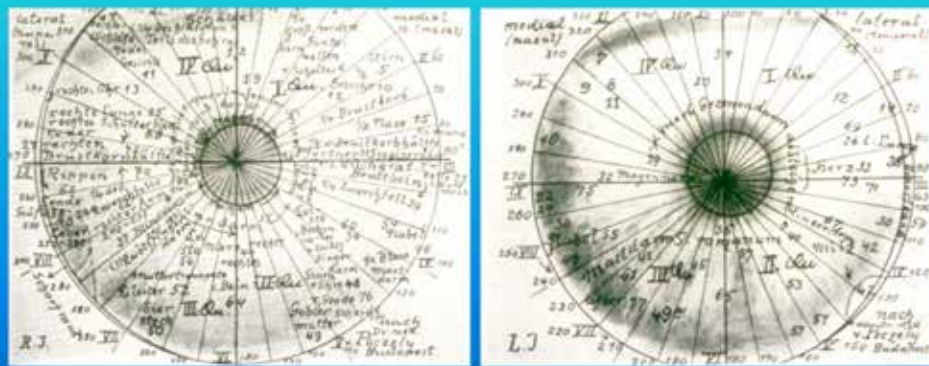
A Hungarian, Dr. med. Ignaz Péczy (1822-1911), published a book in 1880 entitled, *Discovery in Natural History and Medical Science, a Guide to the Study and Diagnosis from the Eye*. This book achieved an international renown and he is considered the renaissance father of iridology.

During the first half of the 20th century, iridagnosis (as it was called then) was utilized here in the USA primarily by medical doctors. The following is a quote from Henry Lindlahr, M.D. circa 1919. “The ‘regular’ school of medicine (allopathic), as a body, has ignored and will ignore this science (of iridology), because it discloses the fallacy of their favorite theories and practices and because it reveals unmistakable the direful results of chronic drug poisoning (pharmaceuticals) and ill advised operations.”

Due to increasing political and economic pressure upon medical schools by the emerging pharmaceutical industry, the teaching of iridology was removed from the curriculum. Eventually this art and science was lost within the allopathic medical practice. However, it was kept alive by naturopathic physicians in the

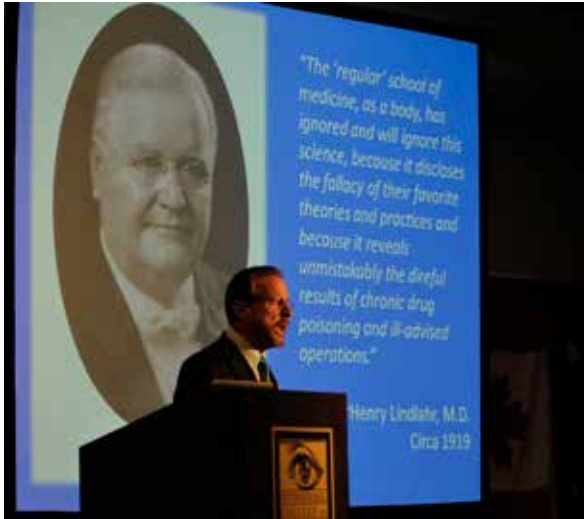
latter half of the 20th century. Most notably, Bernard Jensen, D.C., N.D., Ph.D. of the U.S.A. was the champion of this valuable tool of assessment until his passing at 93 years

## Iridology Chart According to Dr. med. Ignaz Péczy Circa 1885



of age. Also of significant import were two of Dr. Jensen's contemporaries who were Heilpraktikers, Hp. Josef Deck and Hp. Josef Angerer of Germany. Today, iridology is practiced worldwide, and in Europe it has been used clinically for generations.

Embryologically, as the iris tissue forms it takes on the characteristics of the genetic information contained in the sperm and ovum cells beyond iris color and visual acuity.



These two cells provide a multi-generational influence of physical, emotional and thought information. An individual's genetic material going back only 5 generations contains information from 62 ancestors. There are approximately 7.3 billion humans on earth and there are no two irises alike. It can be said that the trabecular patterns in the irises are unique vibrational frequencies of the soul's consciousness. This information can, in part, be subconscious to

the individual's awareness, yet has direct influence on their physical, emotional and thought behaviors. Science, through quantum physics, is showing us that everything in our universe is pure energy on a sub-atomic level. Matter is energy vibrating at various frequencies. Thus, iris tissue is a compilation of multiple frequencies that form the unique patterns for the individual that have been created by the soul's consciousness.

Research has shown that emotions have undeniable effects on the many different systems that comprise the human body. They are subordinated to a variety of mental processes in which they depend upon the individual's unique perceptions to take on their characteristics.

An individual's capacity to develop perceptions can be related, in part, to heredity and can be identified at birth by observing various genetic signs in the iris, sclera and pupil. While other, phenotypic, signs develop over time as a function of perceptions, beliefs and resultant emotions and thoughts.

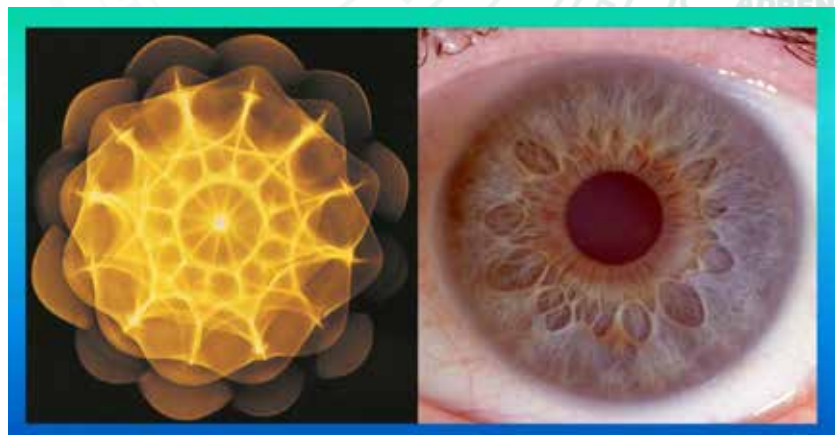
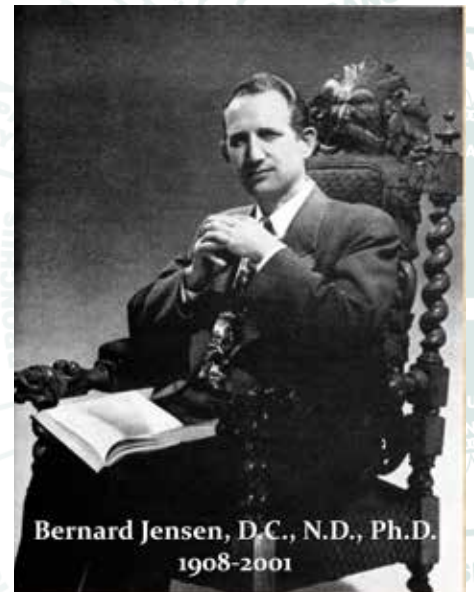
An advanced system of iris analysis that I have researched and developed, called Holistic Iridology®, includes and goes beyond the traditional physical assessment. Through this leading edge system it is possible to understand the "whole" person. Mental, emotional and spiritual aspects can also be interpreted along with the physical.

All of the various glands, organs and structures of the body have vibrational frequencies that predominately resonate with particular thoughts and emotions. For example, in brief, the destructive emotions of anger and resentment have a negative effect on the liver, gallbladder, thyroid and parathyroid. These emotions may be conscious or subconscious and are present before a physical condition will manifest in these tissue structures.

The pancreas, in both endocrine and exocrine function, will be adversely affected by emotions of grief and sadness. Keep in mind that these emotions can be, and most likely are, from generational influences and are reflected in various signs in the iris.



Dr. med. Ignaz Péczely (1826-1911)



*Sound and light frequencies through water compared to a polyglandular constitution iris*



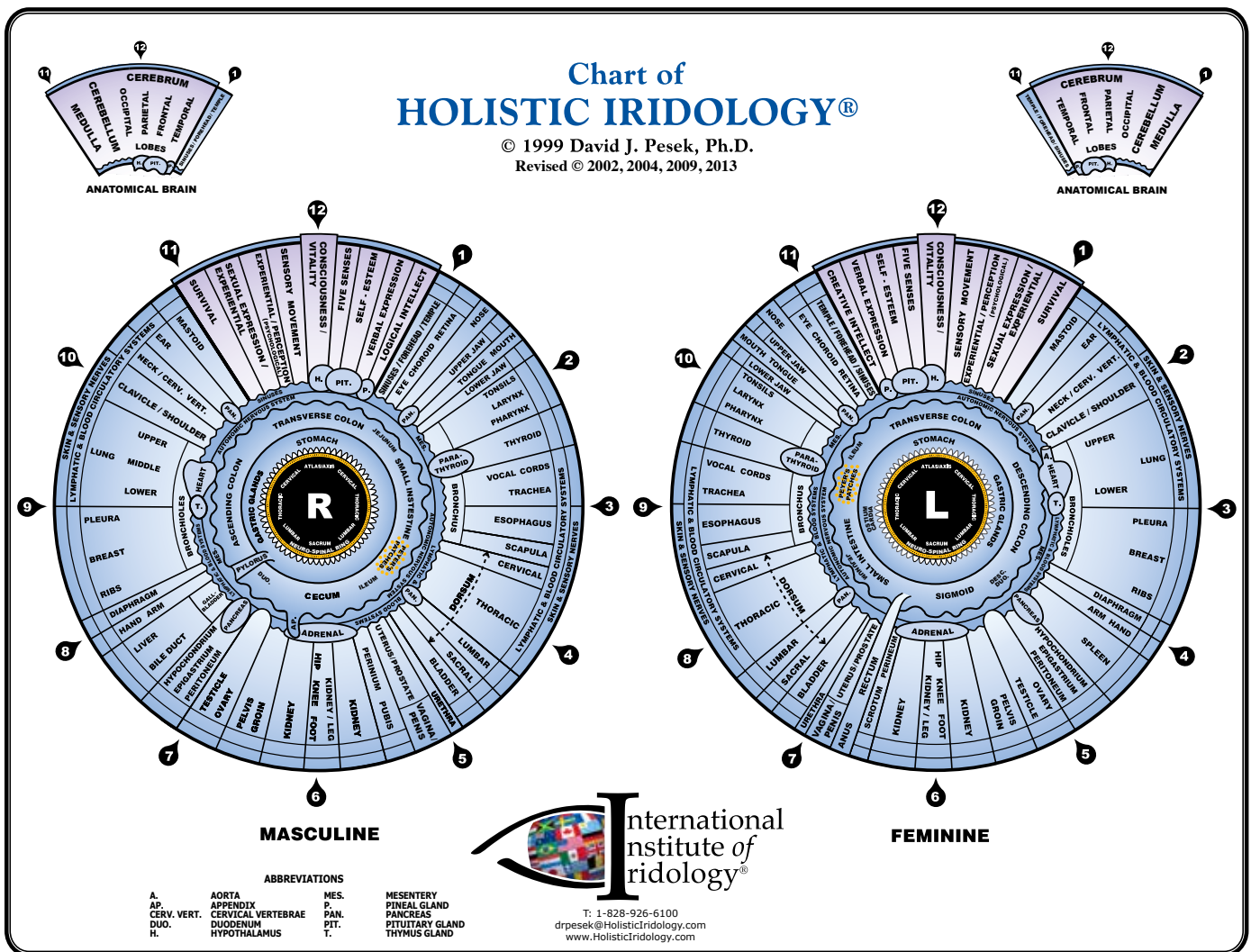
*A sound frequency through iron filings compared to a strong constitution iris*

It is important to emphasize that the emotion of unconditional love has a powerful and pervasive healing effect on every cell of the body.

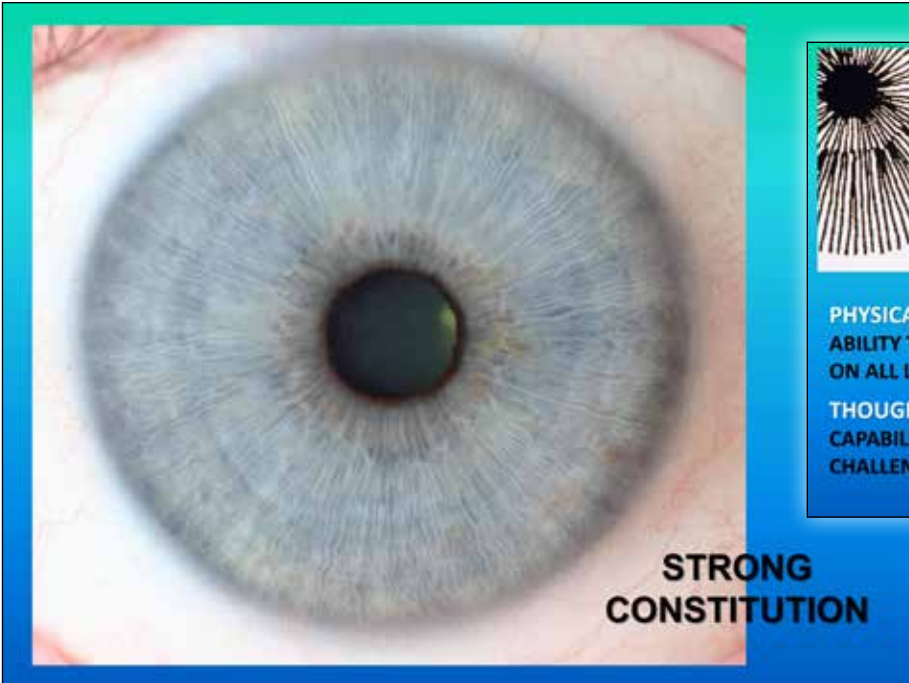
Each eye gives us different information. The left eye correlates with the left side of our body, which is that feminine, creative, conceptual and intuitive side of us. The right eye correlates to the right side of our body, which is that masculine, analytical, linear and practical side of us.

Epigenetics can define how information in genes is expressed and used by cells. Considering that environmental factors can influence gene expression, it is also possible through our beliefs and the ways we eat, drink, feel think, live and love to modify the expression of the natal deoxyribonucleic acid (DNA).

Researchers have found a range of possible chemical modifications to the DNA and to proteins called histones that associate tightly with DNA in the nucleus. These modifications can determine when, or even if, a given gene is expressed in a cell or the entire organism.



*The topographic map of the irises has representation and location for all the structures of the body. This map or chart bears a correlation to the embryological development of the human fetus.*



**STRONG CONSTITUTION**



**STRONG GENETIC CONSTITUTION**

**IRIS INDICATOR:**  
**TIGHT, EVENLY DISTRIBUTED TRABECULAS**

**PHYSICAL:** STRONG/VITAL GENETIC HEREDITY; GREATER ABILITY TO RESIST ILLNESS AND DISEASE; HIGHER STAMINA ON ALL LEVELS

**THOUGHT/EMOTION:** STRONG MENTAL AND EMOTIONAL CAPABILITIES WITH A MINIMAL AMOUNT OF HEREDITARY CHALLENGES; HIGH LEVEL OF ENTHUSIASM

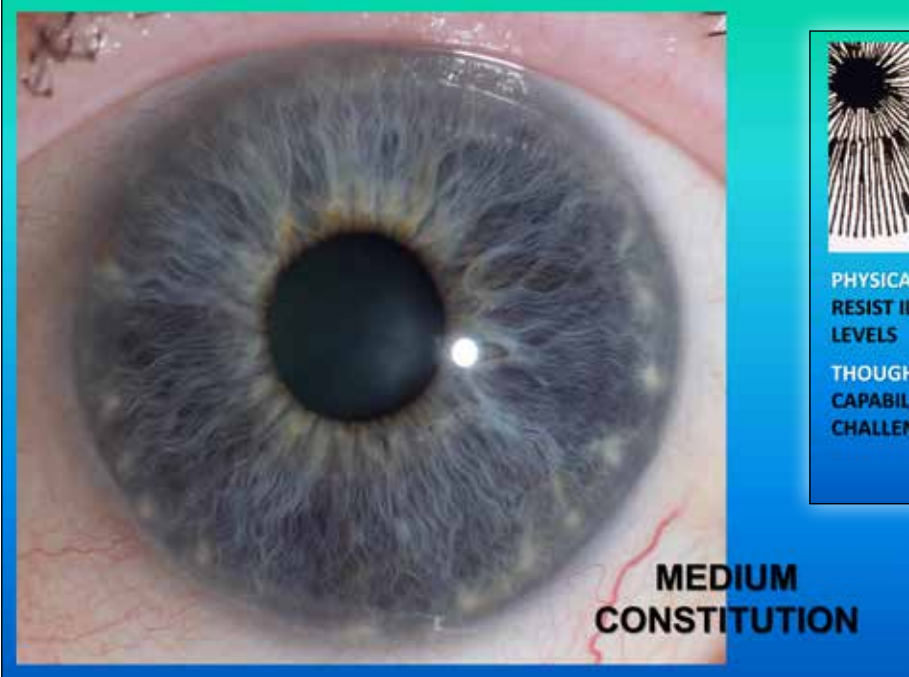
True healing begins on the spiritual level first, then into the mental and emotional levels, and finally into the physical body. This is the true nature of the healing process.

By being made aware of their conscious and subconscious thought and emotional behavior patterns and influences of genetic (DNA) memory, beyond just physical characteristics, individuals are able to understand the origins of their conditions and afflictions, enabling them to positively transform their lives on all levels. Thus, Holistic Iridology® is an excellent tool of analysis for prevention of illness and disease at the root causes, thoughts and feelings. In many cases, conditions can be detected 30 years or more prior to symptoms of poor health or clinical evaluations showing imbalance or disease. A high-risk area in the body can actually be observed in an infant. Thus, it is possible to assess potential pathogenesis decades before onset from a holistic perspective.

It is important to note that Holistic Iridology® is not used for diagnosis. Rather, it is used as a means of assessment for predispositions, conditions and levels of health. Proper clinical terminology for iridology or iris analysis is as follows: Genetic and Systemic Assessment through External Ophthalmic Examination.

*“The Iris, Sclera and Pupil of the eye show the veil the soul has created, through consciousness (or forgetfulness), that reflects the illusion which prepares the soul for attaining the reality of full enlightenment.”*

– David J. Pesek, Ph.D.  
September, 1988



**MEDIUM CONSTITUTION**

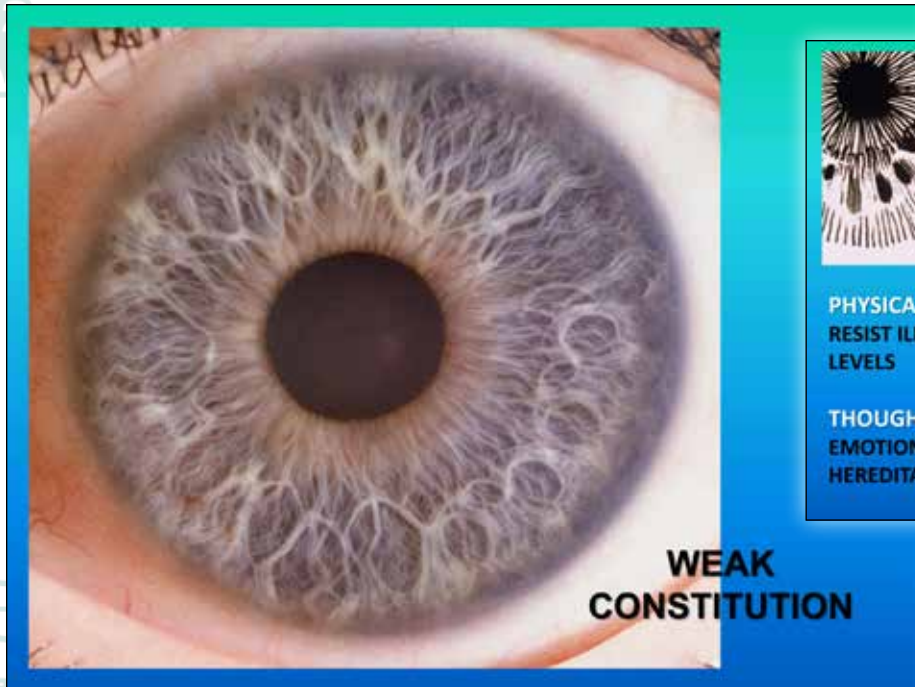


**MEDIUM GENETIC CONSTITUTION**

**IRIS INDICATOR:**  
**MODERATE DENSITY OF TRABECULAS**

**PHYSICAL:** GOOD GENETIC HEREDITY; MODERATE ABILITY TO RESIST ILLNESS AND DISEASE; MODERATE ENERGY ON ALL LEVELS

**THOUGHT/EMOTION:** GOOD MENTAL AND EMOTIONAL CAPABILITIES WITH A MODERATE AMOUNT OF HEREDITARY CHALLENGES; FLUCTUATION IN LEVELS OF ENTHUSIASM



**WEAK GENETIC CONSTITUTION**

**IRIS INDICATOR:**  
**WEB-LIKE APPEARANCE OF TRABECULAS**

**PHYSICAL:** WEAK GENETIC HEREDITY; DECREASED ABILITY TO RESIST ILLNESS AND DISEASE; LOWER STAMINA ON ALL LEVELS

**THOUGHT/EMOTION:** DECREASED MENTAL AND EMOTIONAL CAPABILITIES WITH AN INCREASED AMOUNT OF HEREDITARY CHALLENGES; TENDENCY TOWARD SUPPRESSION

Iridology provides a painless, economical and non-invasive means of assessing health status. It may be utilized in conjunction with any other system of analysis or diagnostic procedure available. Today, people are in need of preventive healthcare and less complex, costly

methods of analyzing their condition. Iridology is the key to both of these situations.

Iris analysis is most effectively done by imaging both eyes with a specialized microscope and digital camera. The pictures are then enlarged and carefully examined by a qualified iridologist who possesses the highest skills and standards. The iridologist should be certified through the International Institute of Iridology® in Holistic Iridology®. This advanced approach to iris analysis, which is now being used worldwide, encompasses various systems that are integrated into a truly holistic model.



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The eyes are the bridge between the spiritual, mental, emotional and physical aspects of our human nature. This 3,000 year old art and science may seem new and different to you. I encourage you to be open-minded and explore the possibilities.

The eyes have been proclaimed through the ages as the “windows of the soul” and now we acknowledge them as the window to the physical, emotional and mental characteristics as well.

**“Remember...Good Health Is Your Choice.”™**

Dr. Pesek is heralded as “The New Pioneer in Iridology”, and as “One of the World’s Pre-eminent Iridologists” by leading natural health organizations. He has received numerous awards including the Dr. med. Ignaz Péczy Award in recognition of his contributions to the advancement of iridology worldwide. As an internationally recognized authority in the fields of iridology and human behavior, David shares his knowledge and wisdom through lectures, clinical practice and a seminar series that leads to a Diplomate of Holistic Iridology credential. He also serves as the founding president of the International Institute of Iridology® and of the International College of Iridology®. David has created the premier event in the field entitled, “OUR” Annual International Iridology and Integrative Healthcare Congress™. This world class event is receiving international acclaim.

Dr. Pesek is on the faculty of several institutions that teach natural and integrative medicine. He has educated students, practitioners and Diplomates of Holistic Iridology® in over 50 countries reaching all continents. For over four decades, David’s passionate, pioneering and visionary work is helping to bring about the renaissance and advancement of natural healthcare through his dedication to the wellness and spiritual enlightenment of humanity. ☼

