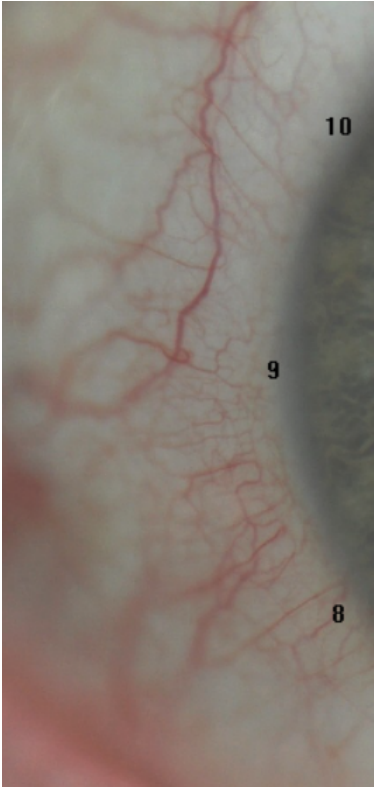
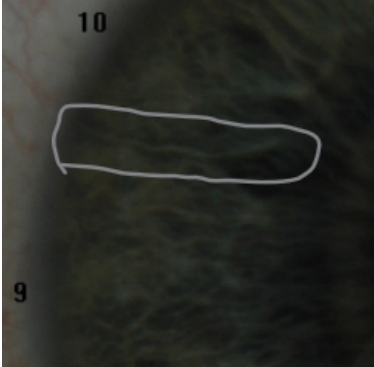
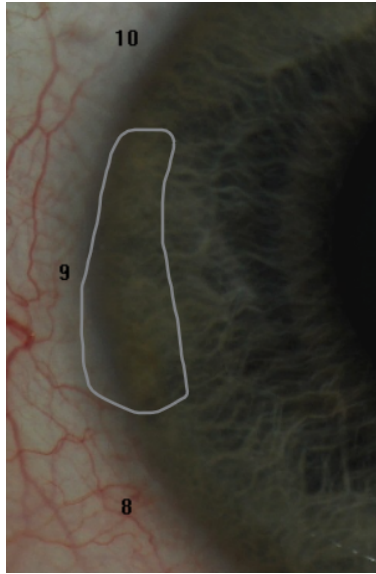


## PERSONAL IRIDOLOGY CONSULT - ANNOTATED

Iris Screenshot	Aajonus Quote	TLDR
 <p>R</p>	<p>A: The sclera of the eye; the white, relates to bone marrow, remember when I said the red and white blood cells mature there, and once they're mature they enter the bloodstream. It's supposed to be a pinkish white, and you can see yours is a bluish grayish white. Lots of aluminum and tin in your bone marrow. And that obstructs the cell's ability to develop properly, so as much as you have in the bone marrow, probably is obscuring about eighteen percent of your energy level. Right off the bat.</p> <p>B: Yeah?</p> <p>A: Yeah. And if you've got that laptop sitting on your lap and charging those with that EMF field, that metal in your bone marrow is going to double it. Double and triple. Every cell that's</p>	<p>Blue and/or grey tinted sclera means metals in the bone marrow.</p> <p>EMFs can be even more harmful to a persons blood cell production and as a result energy levels if they have metals in the bone marrow.</p>

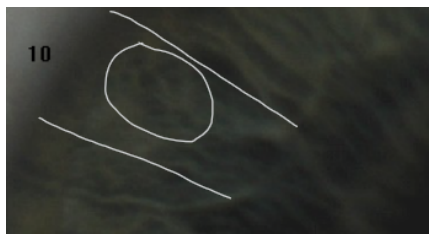
	<p>created during that period.</p> <p>B: That why I fell asleep while I was sitting there?</p> <p>A: Yeah, and that'll charge them and then they won't be able to develop properly. Yeah, so, it just reduces your ability to have more energy.</p>	
<p>R</p> 	<p>A: I tell the relative health of the body by the consistency of fibers. Here's a very consistent fiber. In density, strength, and starts from the beginning here at the autonomic nerve belt and goes all the way out to the edge. You can't see the edge because you've got too much lymphatic waste out here and too much lymphatic congestion. Should be a dark blue, sharp ring around here with the fibers, light blue fibers, fading off into the dark blue. And you see, you can't see any of yours. Your vacuum cleaners are full bags.</p>	<p>A very good straight fiber.</p>
<p>L</p>	<p>A: Yellow means</p>	<p>Yellow = Penicillin</p>



that there's a lot of penicillin in the body, okay? So, you've got penicillin in your lymphatic glands. Penicillin, even though it's not a good one; it has no shutoff valve because they've sterilized it, penicillin comes from cheese and it's a good thing. Now I'm not saying getting a penicillin injection is good, it isn't. Because they've sterilized it.

Penicillin in lymph glands

R



A: Up in that right shoulder, you're talking about the left, but that right shoulder you got all those spirals. We're going to find them on the left too and you were just generating too much energy.

Somewhere else Aajonus mentions toxins going intracellular causing criss-crossing fibers which could be similar.

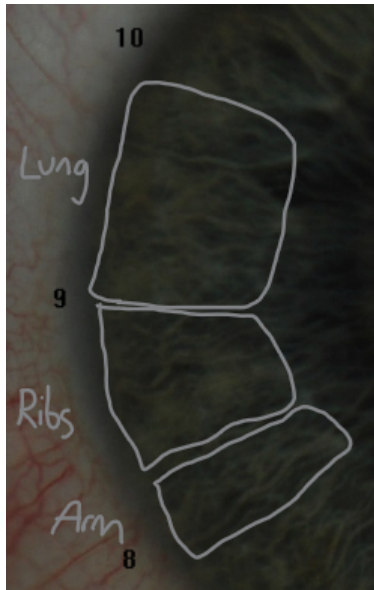
R

A: Anyway, that lung, see all this is dead cells that are collecting. Waste you're not able to get rid of. So, it's just collecting because your lymphatic system has no more room in the bag. Take a look at the right rib cage. Again, metals everywhere. Some of these fibers are

Dead cells in lung because lymph is not cleaning it out

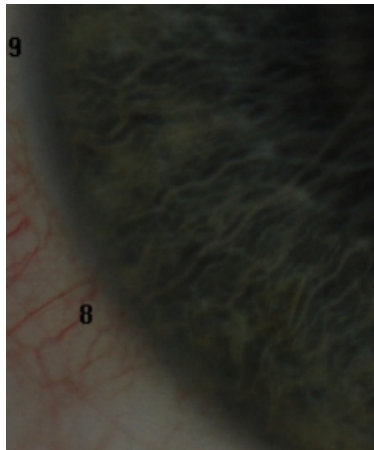
Metals all throughout ribcage

Right arm weakened from injections, mercury and aluminium



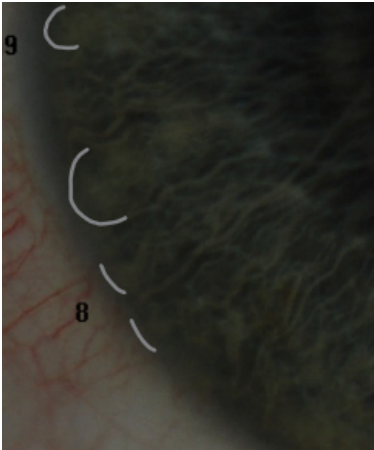
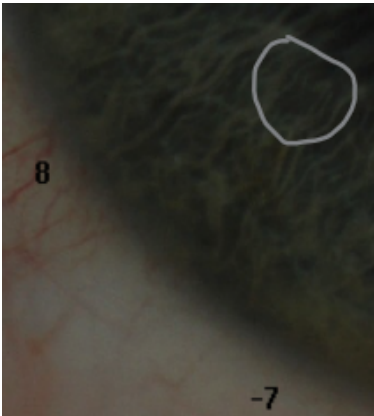
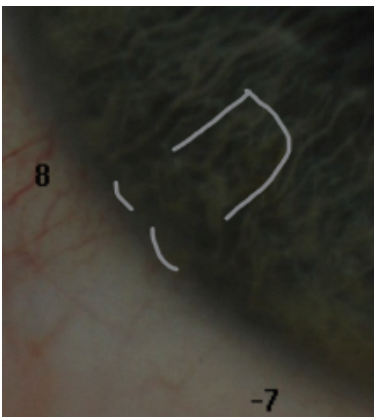
very thin because of the injections in the right arm. Heavy mercury and aluminum in this area here, just ate a hole in your tissues.

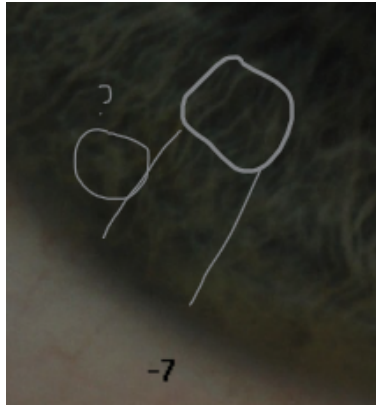
R



A: Here you've got mutations where you're crossing around, where energy will spin around. If you have a lot of those like you do, that causes twitches, you just get uncomfortable sitting still so, you do stuff like that. To discharge that energy that just spirals around, spins around in there. Usually when people get on this diet, after about six or nine months, all that goes away because the body's intelligence increases and the toxicity lowers so that the body doesn't get confused and takes care of rerouting stuff. So, all that stuff right now causing all that

Mutations seen by criss-crossed fibers, makes energy spin in that area and you will have jitteriness/restlessness there.

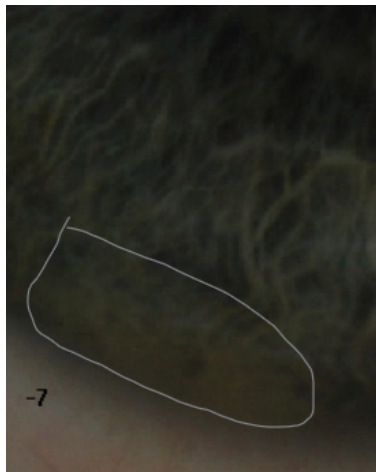
	jitteriness in your right side over here will be discharged.	
R 	A: This, again, is heavy lymphatic congestion in all the glands and nodes. Right now, this is called a rosary because of beads	Lymphatic congestion
R 	A: And then this is the gall bladder. And you can see how fine those tissues are. Those are also damaged.	
R 	A: And this is the liver. A little stronger, but you've got lymphatic waste there. And some of those fibers are rather thin.	
R	A: And this is the pancreas here. And the right testicle, you can see you've got	Pancreas at the top Testicle should be the rectangle, but possible scar tissue shows a bit



scar tissue in that testicle. That pancreas is okay. It was damaged a little bit here from vaccines.

outside the typical testicle area

R



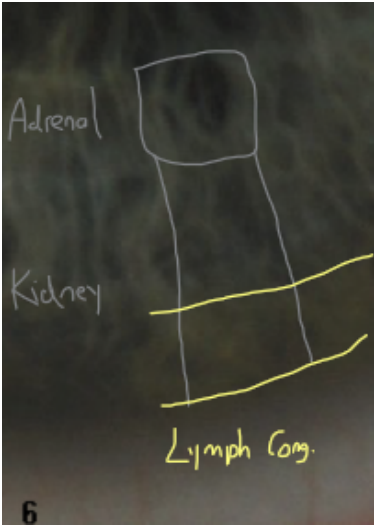
A: And then this is the rest of the groin area and, of course, the lymphatic system is completely blocked.

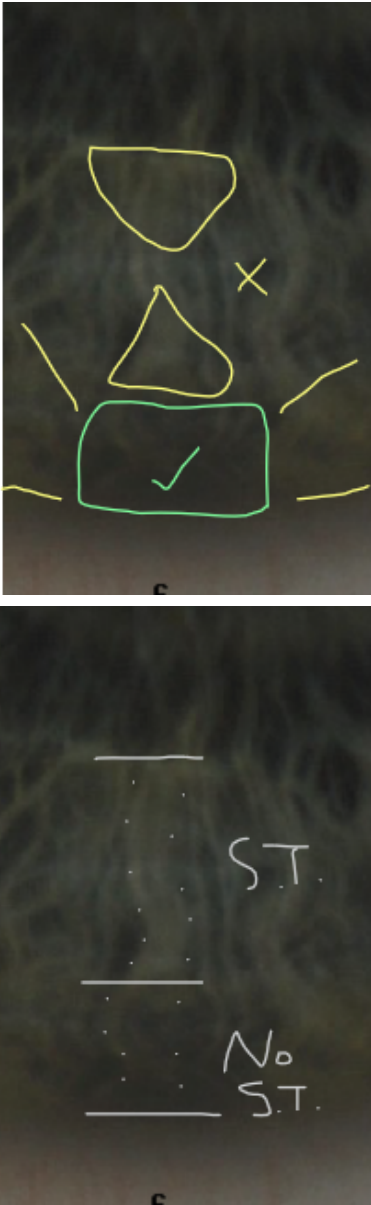
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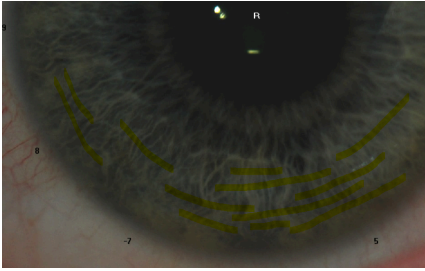
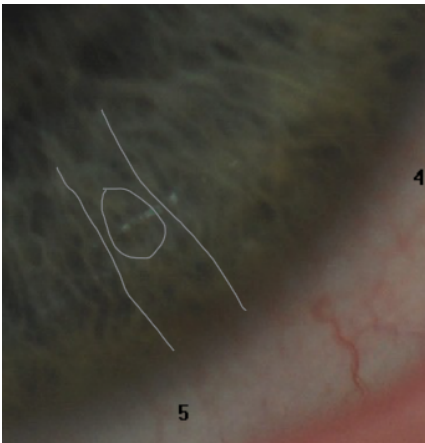
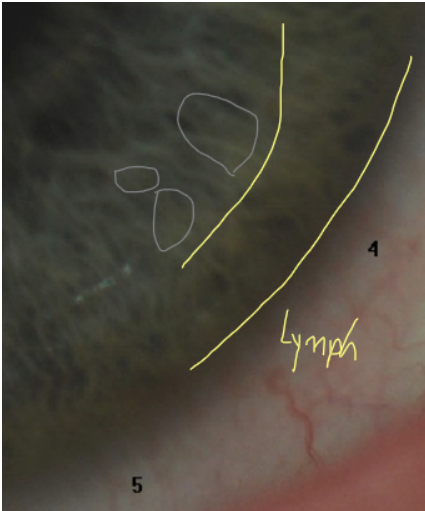


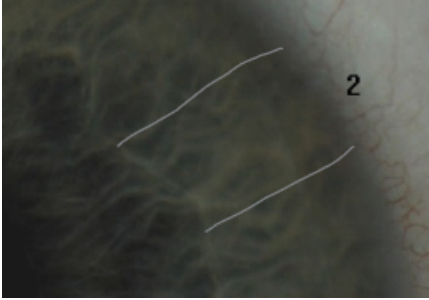
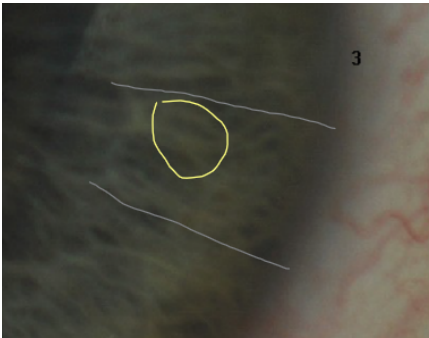
A: This is the right leg and you got one shot as an infant way up here. That's this right here. Probably a tetanus shot. I don't know if you had pneumonia or whatever it was. With infants they give them tetanus shots. If it's a bad cold or if it's pneumonia or bronchitis, something like that, they'll give a shot. And some of it moved over and damaged your shin- your knee, just a

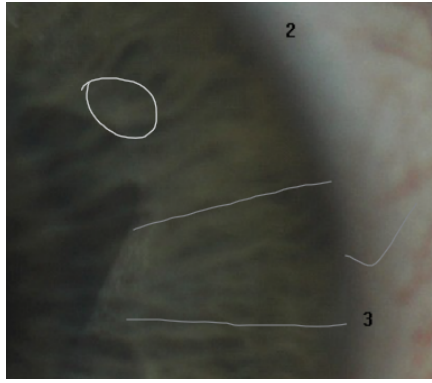
Right leg: Injection higher up.  
Scar tissue = whiteness of the fibers  
Tightness in the leg

	<p>little bit. That's not bad. But you have a ton of scar tissue here. Going right down just slightly to the left of center. So that's built up in there. That was probably because of an injection. Although it didn't open like this one, you didn't try to keep the mercury from going into the cells, you built it in scar tissue around. This looks like it infiltrated all those cells. And rather than creating a lesion like these did, it just damaged all the tissue all the way down. So that can cause a little tightness in this leg all the way down. Just make you slightly less agile than you should be.</p>	
<p>R</p> 	<p>A: Then we move over to the inner left side of the body. This is the left adrenal gland; you can see the mercury poisoning in there. And all the damaged scar tissue and the belt around it. And this is the left kidney. And some damage there, some of that mercury leaked down into the</p>	<p>Adrenal gland mercury contaminated -&gt; leaked into kidney but kidney is okay</p> <p>Heavy lymphatic congestion</p>

	<p>kidney. But it's still okay. Heavy lymphatic congestion.</p>	
	<p>A: The lymphatic system isn't blocked in the foot and ankle from about mid shin; you see where the scar tissue stops? That's about mid shin down; very little lymphatic congestion. But all the way from mid shin, all the way up, heavy lymphatic congestion, the worst lymphatic congestion. All your lymph glands in here are jammed. So that's going to make your legs weaker, you're going to tire more easily, because you're not cleaning out the lymphatic waste or the byproducts of metabolism, the lactic acid. And you're going to break it down slower. Of course, being in the heat and the sun and perspiring and exercising helps, but unless you get those plastic balls to melt and get it out of the body, you'll never be high efficiency. You're just going to</p>	<p>Green circled area shows little to no yellow, cloudy lymphatic congestion.</p> <p>Yellow circled areas show lymphatic congestion.</p> <p>Remember normally lymph congestion is white cloudy beads around the iris edge. This person has a lot of penicillin throughout their lymphatic system making it yellow.</p> <p>S.T. = Scar tissue No scar tissue from the mid-shin down.</p>

	<p>get slower and slower as you get older. Now we know what to do and you're never going to get old, okay?</p>	
	<p>A: Okay, you have one, two, three, four five, six, seven, eight activity rings. Athletes have seven to fourteen activity rings. So, you're on the low side of the top athletes.</p>	<p>I still can't find 8 but here's between 5 and 7 that I can partially see. Zoom in.</p>
	<p>A: This is the left side of the urinary bladder and you have some spiraling there. That kind of spiraling happens in the toxicity in the mother while you're gestating. But again, that nervous bladder will relax once you get the fats in the system a little better.</p>	<p>Honestly I don't see the spiralling very clearly.</p>
	<p>A: And this is the left side of the back and look how much waste product is building up in there. You must use your arms a lot. So, all that waste product, all the dead cells, your back is full. Everywhere. And your lymph glands, you've got a lymphatic belt here. Not even the rosary,</p>	<p>Grey circles: Possible sites of 'waste buildup' seen as minor yellow-orange discolouration.</p> <p>Lymph system all blocked here</p>

	<p>it's just jammed. So that means all of these lymph glands, everywhere on the left side are jammed. Okay, so we have all that congestion, all at the left side of the back.</p>	
<p>L (left shoulder)</p>  <p>R (left scapula)</p> 	<p>A: All the way up, you have a spiral there up in the shoulder on the left side. That's the one you were talking about. See that big spiral? It just sends the energy spinning. It'll cause tightness as debris collects and all that lymphatic congestion is there too.</p> <p>In fact, that's a little shrunken because the lymphatic glands should be way out here. When they're inside, that means they're smaller than they should be. So that's a slight deformity. But it's just right there. Right here, this area, they're shrunken. And then they go back into the proper place again so.</p>	<p>Weird that he suddenly moved to the left shoulder which is in the left iris. Maybe he considers the scapula a part of the shoulder and is looking at the right iris?</p> <p>Showed both - you decide.</p> <p>Yellow on right iris could be the shrunken lymph gland.</p>
<p>R</p>	<p>A: This is the trachea and it's good. Larynx, a little</p>	<p>Circled area is the larynx/tonsil and is a bit white = possible scar</p>



scarred. Did you have your tonsils removed?

B: Uh, no.

A: I see a lot of scar tissue there. Say "Aaaah..."

B: Aaaah....

A: Boy, they are almost nonexistent. They're just red. Look like they're just red inflamed things.

B: I used to get a lot of sore throats when I was a kid.

A: Yeah. But you have no gland there. It's just flat red. So, you've dissolved them.

tissue. Technically shows as the bronchus on my chart but Aajonus has been known to use the chart more loosely/individually.

Other area is the trachea, has good fibers.

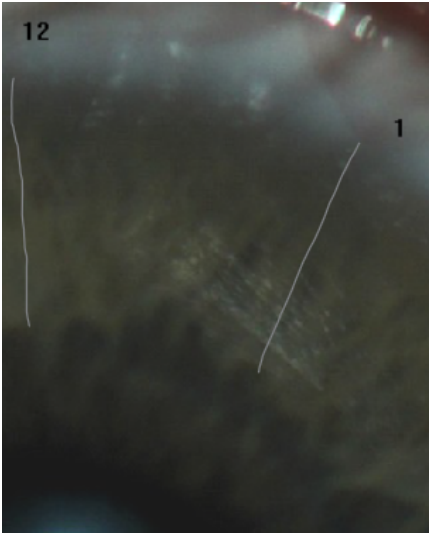
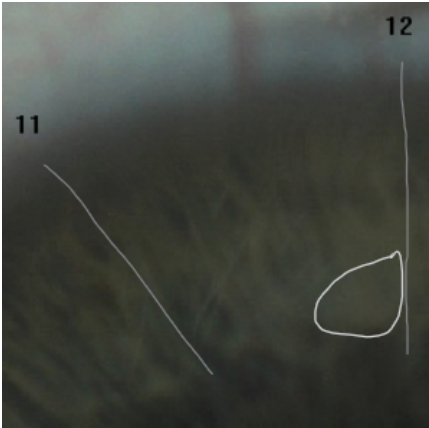
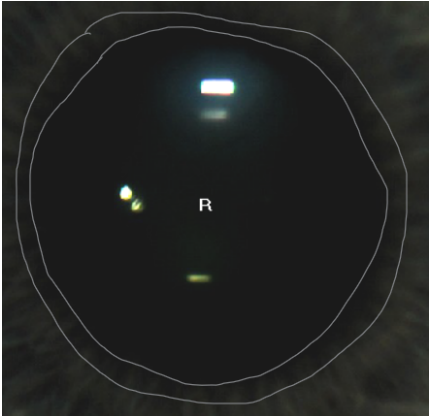
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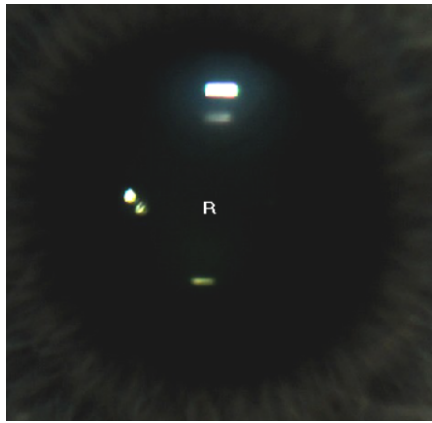


A: And then up here, this is the left eye and you've got some congestion in there but it's okay.

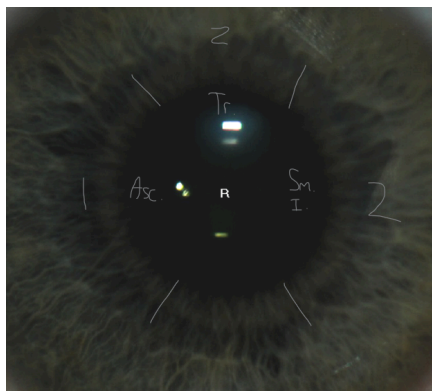
R

A: This is the inner left quadrant of the brain. And a lot of toxicity there, also collecting and jammed.

		
<p>R</p> 	<p>A: The outer right side, outer right quadrant of the brain, is much better here, not as much lymphatic congestion. You do have some scarring here in the nerves going to the brain.</p>	<p>Lighter circled area = scarring in nerves going to the brain</p>
<p>R</p> 	<p>A: The pupil relates to the stomach and that's supposed to be a flat dark black, and this should be a clean line around here; all this is mercury. Tattooed into your intestinal tract.</p>	<p>The jagged 'mountains' around the pupil indicate mercury.</p>

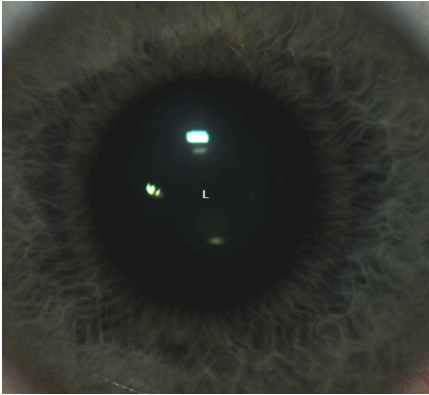
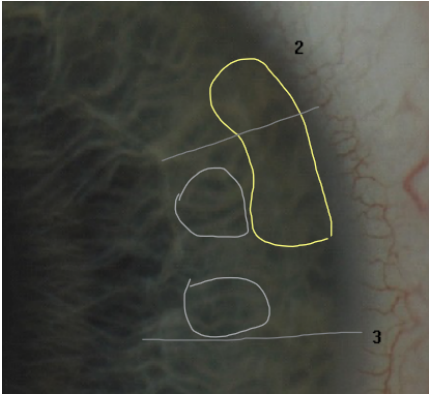


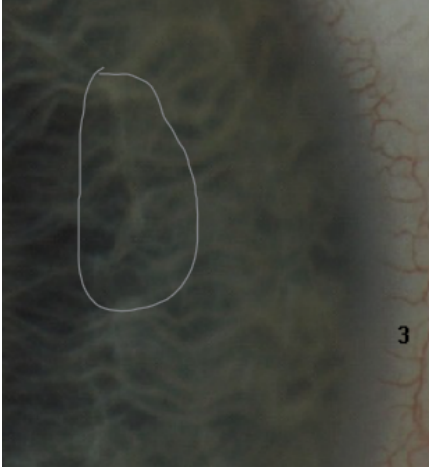
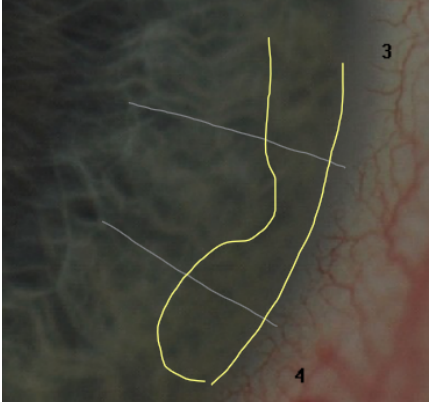
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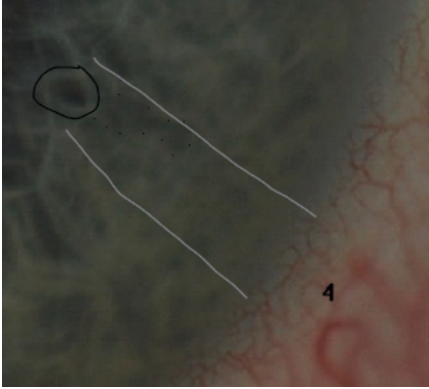
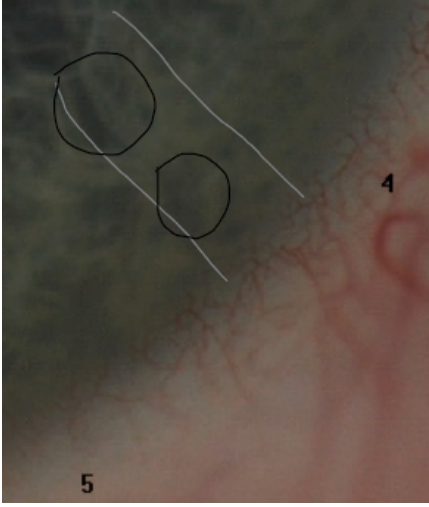


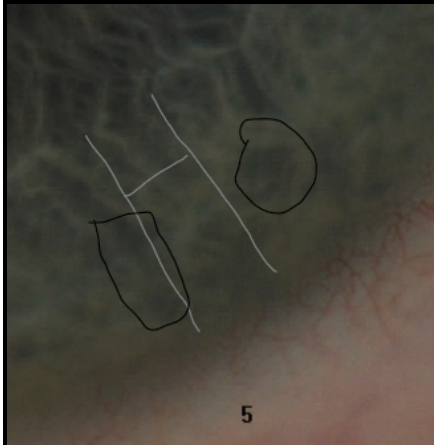

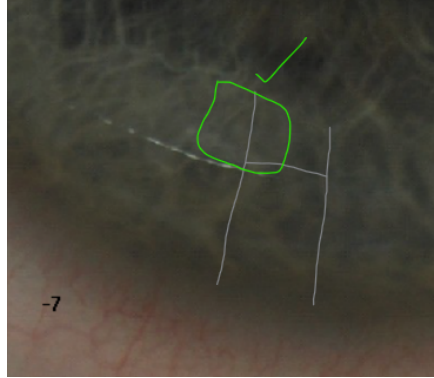
A: Plus, you have a Crohn's radius here. Which means that's what people who have Crohn's have. I'm not an MD diagnosing Crohn's but Crohn's is when you don't create enough mucus and your own digestive acids and bacteria eat away at your intestines and they become thin. And then they tear and you get leaky gut. And usually you have joint problems because the joints become the digestive areas of that leaky gut. **So, yours looks like only first stage here in your ascending colon, transverse to here. Little bit worse in the transverse. Over here in the small intestine on the left side it looks like second**

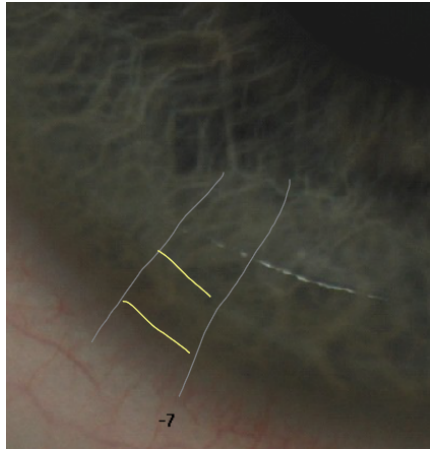
The white ring around the pupil is the "Crohn's Radius". In other iridology spaces it would be seen as an overacidic stomach which lines up with the "digestive acids eat away at your intestines". Also supporting this theory is that the ring is thinner on the left (asc. colon) and gets thicker through the transverse colon, and remains a bit thicker in the small intestine too.

	<p><b>stage and there are four stages.</b></p>	
<p>L</p> 	<p>A: You have the Crohn's radius here too. All that mercury and all throughout the intestinal tract. So, the intestinal tract starts where this autonomic nerve belt is, that keeps the brain in touch with the body and vice versa. <b>From there to the pupil is the intestinal tract.</b> You have the Crohn's radius there which is all scar tissue. And then here you have mercury in all the areas where you don't have scar tissue in the intestines.</p>	<p>Left eye Crohn's radius evidence</p>
<p>L</p> 	<p>A: Okay, let's start with the lung here. You have lots of spiraling stuff here too in this lung. Not as much damage as far as mercury damage collecting in the bronchials like you did in the other but you have a lot of dead cells collecting. And remember, dead cells collecting is moving toward cancer because the cancers just collecting dead cells.</p>	<p>Left lung has a lot of spiralling. Not as much mercury damage as the bronchials in the other eye. Collecting dead cells - moving toward cancer but that's nothing to be afraid of.</p> <p>I don't quite get what he means by the spiralling again.</p>

	<p>So that lung is going toward cancer. And you have heavy lymphatic glands, congested glands here, lymphatic waste. So, you just need to clear that.</p>	
<p>L</p>  <p>3</p>	<p>A: This is the heart; your right ventricle is much better than your left. Your left is a little thin, but that's okay because that's where the blood passes out. You need the stronger on the right side so that's a pretty good heart. Slightly larger than it should be but that's good for an athlete.</p>	<ol style="list-style-type: none"> <li>1. What the fuck how can he see individual chambers of the heart and the size of the heart</li> <li>2. Roughly the heart area circled</li> </ol>
<p>L</p>  <p>3</p> <p>4</p>	<p>A: This is the right [left, probably misspoke] rib cage and now you can see that these are more accordion-ed. That's because the pupil's so large. When it's contracted, like in the other eye, these are straighter.</p> <p>B: Okay.</p> <p>A: But that doesn't mean anything.</p> <p>B: Okay.</p> <p>A: ...because the</p>	

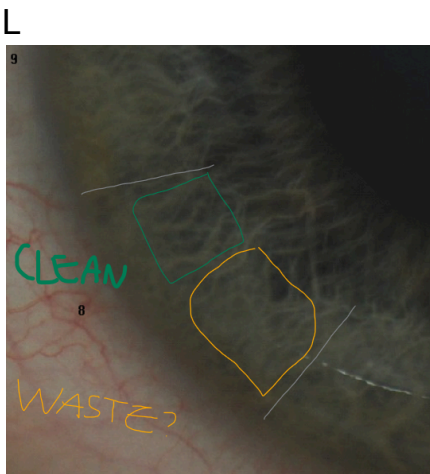
	<p>fibers should accordion when they're contracted. But you can see this lymph rosary ring you have here too, almost going into a belt in some areas.</p>	
<p>L</p> 	<p>A: This is the left arm here and you can see the injection spots, the damage going down, some weakness in that elbow, a lot of weakness in that left elbow.</p>	<p>Much of this is actually the bronchial on my chart overlay but again Aajonus does not follow the chart ultra-strictly.</p>
<p>L</p> 	<p>A: And then this is the spleen and that spleen is not very good. A lot of dissolved tissue in that spleen. So that holds your excess red blood cells in case you have a bleed, you've got your excess red blood cells to replace it, instantly so you're not anemic.</p>	<p>Dissolved tissue in spleen</p>
<p>L</p>	<p>A: This is the left testicle right here. Heavy mercury and damage all the way down that area.</p>	<p>Again I see more black outside the teste zone. Aajonus also skipped the diaphragm entirely so maybe he considers the teste a larger area on the iris. It is the larger of the selected grey area. The smaller</p>

		<p>square closer to the pupil is the pancreas.</p>
<p>L</p> 	<p>A: And then this is the left leg and heavy damage here in that left leg. You see these fibers just crisscrossing and very thin. So that left leg on the outside of that left leg it's quite weak in here. Make up for it in the fibers over on the inside of that leg. So that's making up for it here on the right side. This is down the center, and this right side, it's very very weak. All of that's weak.</p>	<p>All a bit unclear, image resolution is not great here. Overall the leg looks weak though - lacks of fibers.</p>
<p>L</p> 	<p>A: This is the right adrenal gland, right kidney. Some damage in that kidney. Adrenal gland is very good.</p>	<p>Very good fibers just a bit off the chart for the adrenal gland.</p>
<p>L</p>	<p>A: The right side of</p>	<p>Possibly a very</p>



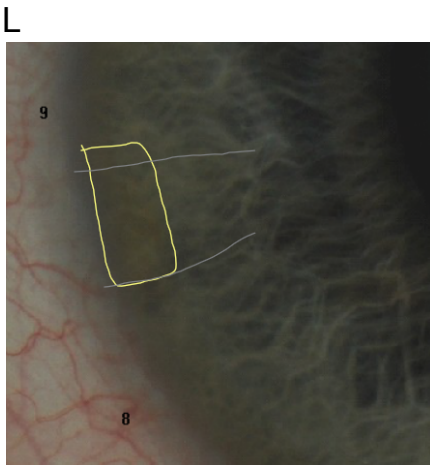
the urinary bladder's pretty good. But you're collecting all this waste, you know, it should be sharp light blue fibers with dark blue in between so you're just collecting all that matter. Because your lymphatic glands are just jammed.

important insight here:  
 "But you're collecting all this waste, you know, it should be sharp light blue fibers with dark blue in between so you're just collecting all that matter."  
 If the space between the fibers is hazy and sort of blends in with the fibers themselves = waste buildup?

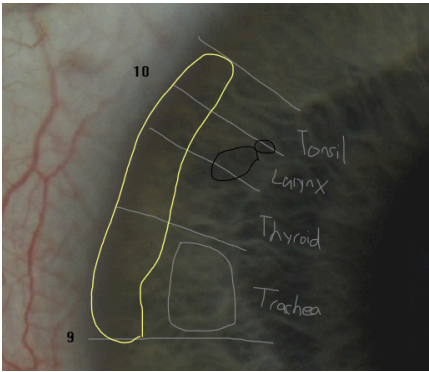

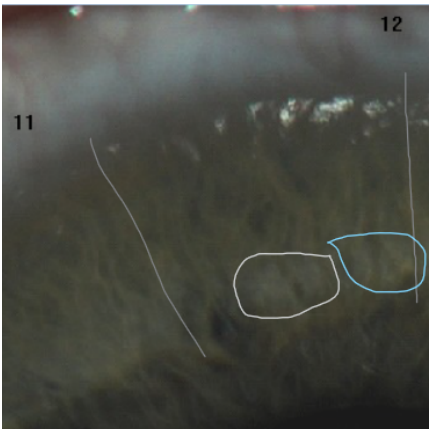


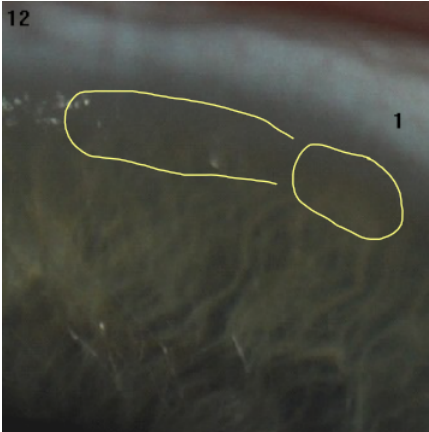

A: So, this is the lower right side of the back, here, this is about the waist right here. All that waste is just collecting everywhere in the back just like it did on the left side. Well, it's a little cleaner here on the upper side of the right side, not near as much waste as you were in the lower.

Sort of confirms the idea that haziness behind the fibers = waste collecting. Not massive lymphatic waste here so it must be the fibers area.



A: So that's rather clean there, from your shoulder blade up to here. Except in the lymphatic system, this is all jammed. In fact, this is the most jammed area you have is right in here. These lymph glands.

<p>L</p> 	<p>A: And this is the right thyroid gland. That's pretty good, and still you have all that lymphatic congestion out there. Trachea has a lot of debris but strong, larynx is okay on that side. And you have some mercury there, that could have been responsible for dissolving some of that tonsil.</p>	<p>Yellow = lymph congestion</p> <p>Black circles = possible sites of the mercury</p> <p>Grey circle = trachea, waste buildup</p>
<p>L</p> 	<p>A: Then we have the right eye here and that looks pretty good.</p>	
<p>L</p> 	<p>A: And this is the inner right quadrant of the brain. Lot of waste products collecting in the brain but good fibers all the way around. Scarring here from penicillin. Little bit of it in cerebral meningitis here on the right side. So, you might get a nasty flu or pneumonia coming</p>	<p>Inner right brain quadrant (includes frontal lobe and communication center)</p> <p>Scarring from penicillin (light grey circle, bit uncertain)</p> <p>Cerebral meningitis (probably the blue circle because of the whitish dots in the area. White dots inculcate infection, and this is the</p>

	<p>up, dumping. If you do the cheese and do the hot baths it'll mitigate it.</p>	<p>cerebellum area, just about)</p>
<p>L 12</p> 	<p>A: This is the outer left quadrant of the brain and it looks pretty good. You have a lot of heavy lymphatic waste in the brain there, that's probably causing your headache more than this is.</p>	
<p>L</p> 	<p>A: And then the pupil, again, relates to the stomach and all that green in there is industrial solvents like the formaldehyde in the vaccines.</p>	<p>I have never seen the green or other colouring of the pupil he talks about. The pupil is just a hole in the eye so I don't see how it could be coloured but maybe Aajonus was just being his psychic little self here.</p>
<p>Further comments  <b>MAIN PROBLEMS:</b>  A: So, you've got two big problems. <b>Mercury contamination in your intestines</b> and other contamination, but mainly mercury and then your <b>lymphatic congestion</b>. So, you need to take those hot baths. In fact, if you could just sleep in one. Get a hot tub, sleep in your hot tub. That's what I used to do. Sleep four, six hours. Hot tub.</p> <p><b>SKIN TEST:</b>  B: How does that relate to, you know, when you did the quick test, the skin test? I was zero. [it was never stated how Aajonus tested the skin/muscles but he did this in one workshop to many audience members, telling them how many layers between 0 and 25 of toxicity is stored in their skin/connective tissue and/or muscles. Here: <a href="#">Primal Diet Workshop + Q&amp;A Of June 22, 2013</a>]</p>		

A: Yeah, but then that means you have it in your muscles.

B: Yeah. How come I don't have it in my skin like most everybody else?

A: ...because you're perspiring it out but you're not cleaning out all the waste out of it. And, you know, you are perspiring enough but you're somewhat dehydrated in that area. If you're dehydrated, you'd have more of it under the skin instead of in the muscles, because it causes more fatigue in the muscles if it doesn't get it under the skin. And it's staying in the lymphatic system. You know, it's just jammed all the way around.

## **PALMISTRY**

A: Let me see your hands. Okay, very good blood red cells, especially on the right side. Poor white blood cells. That's because you don't have enough fat. Hand reading is inside the cell, Iridology is outside the cell. So, you've got metal everywhere, mostly tin, inside the cells, mostly mercury outside. So, it's a little more poisonous. Still good red blood cell production. Poor white blood cell production because you just haven't been eating enough fat. Inside, the cells look pretty good. Digestive tracts are good even though there's heavy tin everywhere. The brain and the cells, they're mostly toxic. So, you just need to eat a lot more fat. Let me just test this. Relax, let your hand go limp in mine. The left teste is pretty good. The left adrenal gland is very good. And relax. The left side of the pancreas is hard, but still okay. Left thyroid, very poor, the parathyroid is very poor. Tonsil area very poor. See, if you had tonsils that were full, you'd have a mound like this here. So, relax. The right teste is pretty good. The right adrenal gland is very good. The right side of the pancreas is okay. It's about probably sixty-two percent active, that's good. Right thyroid's good, parathyroid is very good, tonsil area poor.

See the palmistry section of my iridology guide to understand how Aajonus did some of this palmistry work:

<https://docs.google.com/document/d/12ndZUnUVu04Q8qGNW21hB91BTQZxuiDmN7YJeEEAxs/edit?usp=sharing>

## THE SUGGESTED DIET

*Upon waking*

3 tbsp cheese + 1 tbsp butter

*10 mins later*

4-5 eggs 7 minutes apart

5 if you will be active that morning

4 if not

*(A: I just don't want your body, because you start putting a lot of food in when you have signs of Crohn's and then the poisons are going to dump into that food and I don't want poisons to dump into that food. Just giving you the cheese and the butter to handle that poison. So, I don't want to stretch the stomach and I don't want to stretch the intestines. I just want the eggs to fall in behind each other. So, they're not bulking up. Okay? And I don't want you to bulk up with anything. I don't want you to hog anything fast. I want you to eat slowly. Even your meat meals, a little bit more slowly. I want you to grind everything. So, you don't have to make digestive juices to help break down large particles of food. Okay?)*

*20 mins after last egg*

2 cubes of cheese

*10 mins later*

Meat meal of 1¼ cups or ½ pound of meat

2-3 tbsp butter with it

(B: Okay. Now if I'm feeling full before I'm done with that, keep going? Or?)

A: Keep going. You keep going, absolutely.)

*25 mins after finishing meat meal*

2 cubes of cheese

*10-15 mins after that*

2.5-3 tbsp cheese with 2.5 tap honey

*For the next 2.5 hours*

1. Eat cheese every 20 minutes

2. Alternate milk/sport formula:

Sip milkshake or milk (add ginger root to milkshake to stimulate peristalsis)

Sip sport formula including 2tbsp vinegar (to break up congestion) and ½ cup pineapple in place of one of the base ingredients (the tomato, cucumber, watermelon, milk, or whey). If using tomato (to have more energy as an athlete), lower that one in favour of the pineapple.

(Pineapple and vinegar for lymphatic congestion, pineapple also to break

down scar tissue in intestines, but needs to be sipped over the day rather than at once. Can have 2 quarts sport formula a day if in the hot tub for many hours, sipping up to 1oz per minute)

*After the 2.5 hours*

2 cubes of cheese

*10 mins later*

Vegetable juice:

24oz/680mL

Sip over 25 minutes

One juice a day

RECIPE:

35% carrot

30% celery

25% cucumber pureé (replace damage in lymph system)

10% cilantro

1-2 eggs

Fruit meals:

5 days a week, blended:

½ cup dark berries

½ cup pineapple

3 tbsp lime juice

1 tbsp lemon juice

? tbsp coconut cream

1.5-2 tbsp dairy cream

2 days a week:

Papaya custard

+ A little ginger root grated in

*For the next 4-5 hours*

Cheese and sipping

*Once the 5th or even 6th hour is up:*

2 cubes of cheese

*10 mins later*

Meat meal with butter, the cheese after, and the cheese and honey after that, same timing as the first meat meal

*Until going to bed:*

Cheese and sipping

*In the night, altogether:*

3 tbsp cheese + 2 tbsp honey

2-3oz milk

Can also add the 2-3oz milk 10 mins after the cheese+honey at meat meals