

Beginner's Guide to Iridology at Home

Chapter 1 The 3 Options for Taking Photos

Chapter 2 Aajonus' Iridology (not in this ebook)

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Chapter 1 The 3 Options for Taking Photos

These are in order of preference. 1 is best, 2 is good enough when done right, and 3 is good but 99.9% of the time, the shops crop the outer 10-20% of the iris for some reason, and the sclera is obviously not visible.

Option 1 - Professional Photographer

I have not gone out of my way to find a photographer yet, but if you want to go down this route, find someone who does macrophotography in your area. Examples of macro-photography:



(stock)



@macro.photos.only IG

This type of photographer will be best equipped for iridology photos. Here is an example of a setup for best lighting/quality, and an example of an iris photo done this way, different guy same photographer/iridologist (@alway5isnow IG stories, 'Oscar')

and 'Mayo' respectively):





[Aajonus Pictures](#)

Things to ask for:

- No image cropping (easy)
- Lighting as done above
- Light reflection centered inside the pupil (no obstruction of iris) - can then edit the reflection out if you like
- True colours (no editing or may need minimal colour correction, have the photographer show you the colour correction and why it shows true colour better)
- Alignment - try to have your chin and the camera on a flat surface to make the image straighter. If you have access to a headrest like in either photo, use it

Option 2 - Best Smartphone Guide

What you will need:

- 2 smartphones, one having a very good camera, the other having a torch (all smartphones) but more ideally one that can be turned brighter and dimmer
- A windowless room (any windows, outside light will cause unwanted reflections)
- A second person to take the photo, who knows how to focus a smartphone camera

Method:

Before starting: Get the second person to find the perfect distance from your eye to take the photo from, do some practices anywhere to test the resolution. You may find you need to use 2x zoom to maintain a good distance.

1. Make sure the room is completely dark. If it has windows, you would need blackout blinds/curtains that let near-zero light in. If the window is on one side

only you may get away with just facing away from it and having the curtains/blinds shut.

2. Get the smartphone with the excellent camera and have the second person ready to take photo as practiced earlier
3. You, the person having the iris photos taken, holds the 2nd smartphone with the torch on, dimmed a little if necessary but kept as bright as you can tolerate. Hold this second phone so that the torch is as close to the camera of the other phone as possible. This is so that it is pointed straight at you rather than from the side, minimising shadows/highlights that distort the quality for iridology.
4. Take a few photos and choose the best one.
5. Repeat for the other eye.

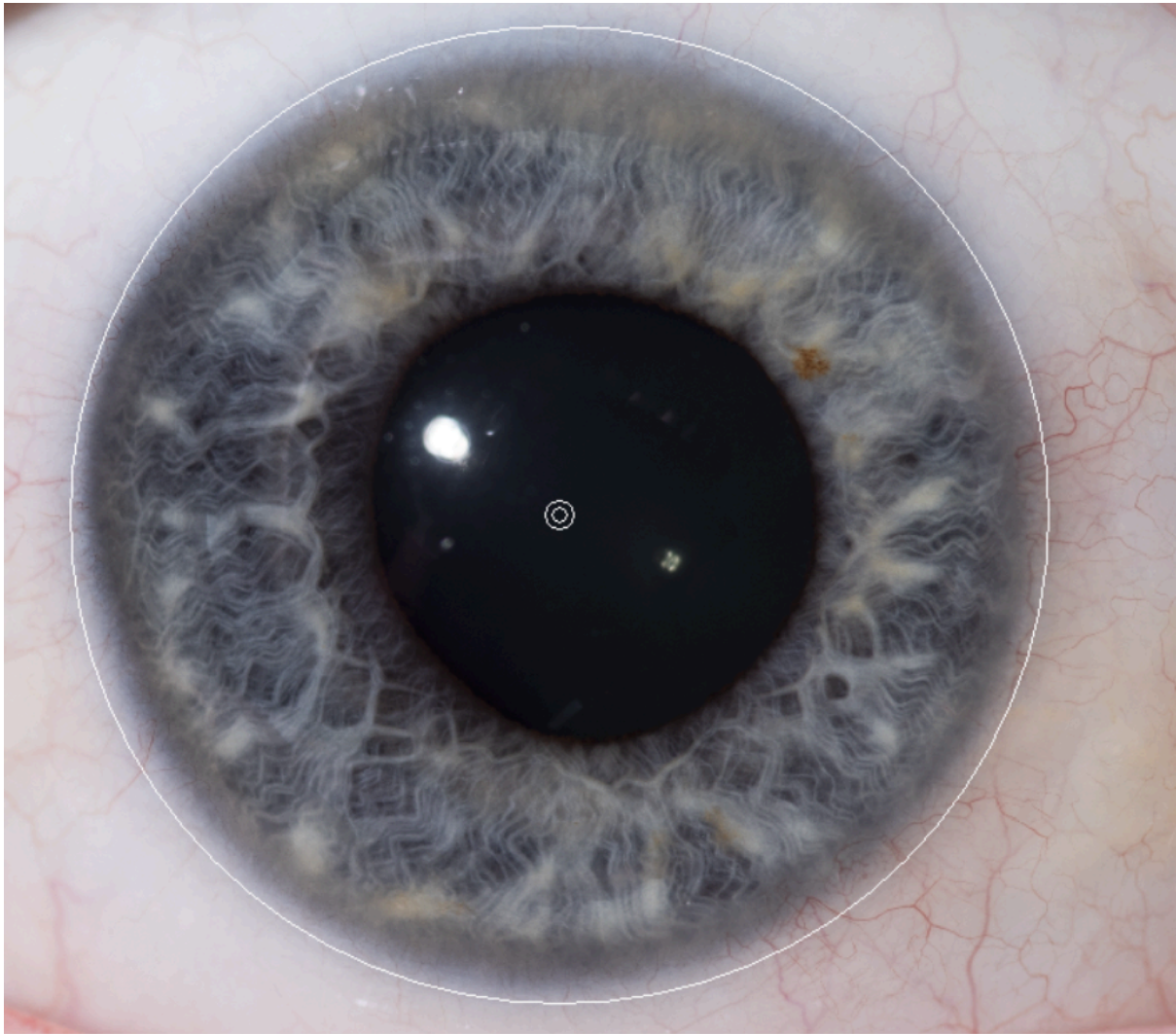
P.S. The reason for using 2 smartphones is that the pupil needs to be as contracted as possible for the best reading. If you use one smartphone with the flash on, you are more likely to blink when the photo happens.

Option 3 - Iris Art Shop (+Homemade Photos)

Although I've done these photos 3 times, I wouldn't actually recommend it. If you simply cannot figure out or have a good enough phone to take good photos with Option 2, do option 2 and get this done to pair it with.

[Iris Galerie](#) - The shop I've used. Some places may want you to book for 2 people if you want both eyes done, which you do. This is because they often get people come in to get one eye done as artwork, not both. Ask for minimal editing and that you're getting it done for an iridologist to analyse. You can do your best to ask them not to crop any outer edge of the iris, but it probably won't work. Show this photo to show

them you want it cropped no smaller than this white circle:



Benefits

No need to find a photographer
Guaranteed quality
Inexpensive if done only every 6-12 months

Drawbacks

Often crops skin area out entirely, lymphatic system out partially to entirely, sclera out entirely every time
This company does not offer raw photos (unedited ones sent along with edited ones due to their policies). Some other smaller iris art companies may. Search on Google Maps for 'eye art' or 'iris art' or 'iris photography'

Chapter 2 Aajonus' Iridology (not in this ebook)

Guide coming out soon on primal-diet.net and/or healthfully.ai

Chapter 3 Further Guidance and Coaching

See primal-diet.net/coaching for Primal Diet coaching and consultations with Rom

See primal-diet.net/iris-reading for Aajonus-style Iridology consultations with Oliver (me)