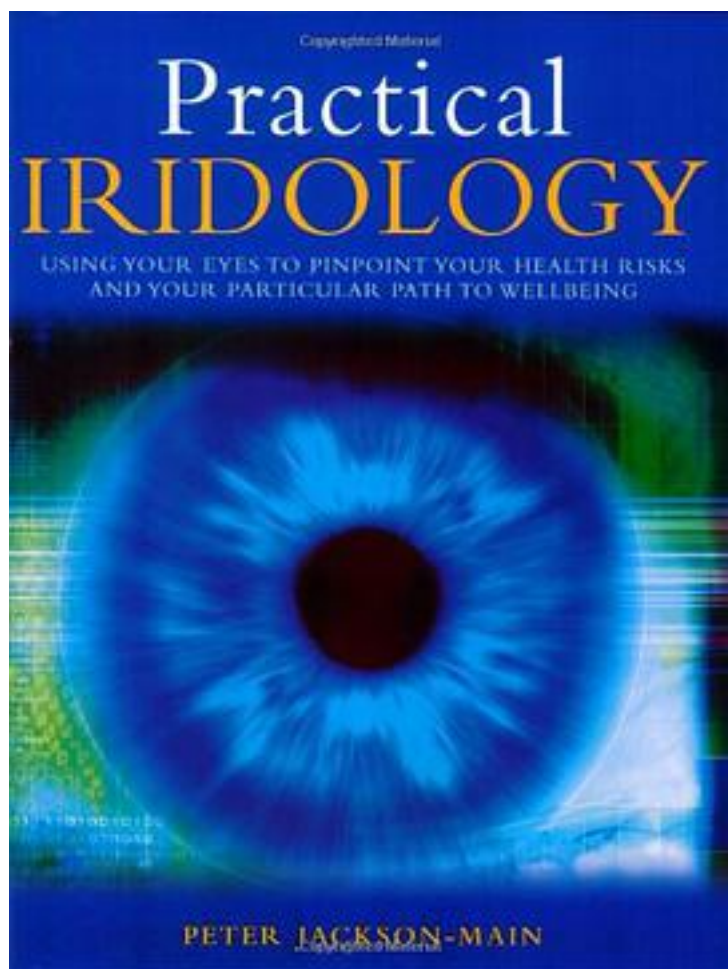


Practical Iridology



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The human iris provides a unique window into our bodies, offering clues to our past, present, and future health. Its related science--iridology--allows us to assess our

wellbeing and provides pathways to follow to ensure we remain physically and emotionally fit. Iridologist Peter Jackson-Main demonstrates just how easy it is for readers to make use of this diagnostic tool. With just a small flashlight and a mirror, you can begin to compare your eyes with the dozens shown in this book, learning about your constitution and how you can avoid potential health problems. "Practical Iridology" also explains what the colors and markings of your eyes reveal; details dietary and exercise routines for different iris types; provides a visual glossary of the different iris signs; and offers guidance in preparing remedies.

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目录:

[Practical Iridology_ 下载链接1](#)

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