

# CONTENTS

Preface .....	5
My beliefs .....	7
Acknowledgements .....	8
Chapter 1 – Introduction: The eyes are not just the windows to the soul .....	9
Chapter 2 – Genetic Iris Constitutions .....	15
Chapter 3 – The iris of the eye at first glance .....	30
Chapter 4 – Treat the Cause, not only the symptoms of disease .....	32
Chapter 5 – The eyes are maps to our bodies .....	34
Chapter 6 – Eye Colors .....	39
Chapter 7 – Fundamental Iris Signs .....	45
Chapter 8 – The 5 stages of tissue change and the Healing Crisis .....	54
Chapter 9 – The Pupil .....	58
Chapter 10 – The 6 Essential Processes of Life .....	68
Chapter 11 – The Digestive system and Leaky Gut syndrome .....	71
Chapter 12 – Detoxification organs and Iridology .....	77
Chapter 13 – The Breath and River of Life .....	87
Chapter 14 – The Hormonal System and Reproduction .....	93
Chapter 15 – Bones and Muscles .....	102
Chapter 16 – We see, we smell, we hear, we taste, we touch .....	105
Chapter 17 – Signs in the Sclera .....	108
Chapter 18 – The Brain, Psychological behavior and Iridology .....	117
Chapter 19 – Ten Incurable Diseases of Modern Civilization .....	125
Chapter 20 – Healing Methods and Iridology .....	132
Chapter 21 – Case Studies in Iridology .....	137
Chapter 22 – How to take the fear out of going for an iris diagnosis! .....	146
Chapter 23 – Conclusion: Change, harmony, iris diagnosis and mankind's search for a return to health .....	149
Frank Navratil's list of DIET and LIFESTYLE changes for a long and healthy life .....	152
Return to Health- health center/ Internet magazine/ courses/ maps / self-analysis mirrors and lenses / iridology equipment / books .....	154