



ACADEMY
WITH TYLER TOLMAN

WORKBOOK

THE FUTURE OF HEALING HAS ARRIVED

Disclaimer: This information is not intended to replace the services of a medical professional. The facts and opinions presented are for educational purposes only and are not a substitute for medical advice or diagnosis. You should not use the information in this workbook to diagnose and treat a medical or health condition. Please consult a physician in all matters relating to your health prior to starting a health and wellness regimen, and particularly with respect to any symptoms that may require diagnosis or medical attention. Any action taken in response to the information provided is at your sole discretion. Tyler Tolman, his affiliates, agents, employees, contractors or assignees make no representation or warranty with respect to the accuracy of information and cannot be held liable for any claim, loss or damage either directly or indirectly resulting from any actions taken by you based on the information provided.



ACADEMY

WITH TYLER TOLMAN

TABLE OF CONTENTS

■ HEALING REMEDIES	1
■ COMMUNICATION	11
■ METHODOLOGY	13
■ IRIDOLOGY	17
■ SCLEROLOGY	43
■ DIGESTIVE SYSTEM	57-121
■ MOUTH	64
■ ESOPHAGUS	69
■ STOMACH	74
■ INTESTINES	81
■ LIVER	88
■ GALLBLADDER	95
■ PANCREAS	102
■ KIDNEY	109
■ BLADDER	116
■ ENDOCRINE/REPRODUCTIVE SYSTEM	123-180
■ PINEAL GLAND	130
■ PITUITARY GLAND	136
■ THYROID/PARATHYROID	143
■ THYMUS GLAND	150
■ ADRENAL GLANDS	156
■ UTERUS	161
■ PROSTATE	166
■ OVARIES	170
■ TESTICLES	175
■ RESPIRATORY/INTEGUMENTARY SYSTEM	181-202
■ RESPIRATORY	183
■ INTEGUMENTARY	195
■ LYMPHATIC/IMMUNE SYSTEM	203-235
■ BREASTS	216
■ IMMUNE SYSTEM	220
■ TONSILS	226
■ SPLEEN	231
■ CIRCULATORY SYSTEM	237-250
■ NERVOUS SYSTEM	251-278
■ BRAIN	258
■ SPINE	267
■ NERVES	271
■ MUSCULAR/SKELETAL SYSTEM	279-299
■ TEETH	294
■ CHEAT SHEET	301
■ POSITIVE FEED FORWARD FORMS	311
■ GOALS	333
■ RESOURCES	341
■ INDEX	389

ABOUT YOUR HEALTHY SELF ACADEMY MENTORS **TYLER TOLMAN**



BIOGRAPHY

Tyler's journey began at the age of 12 when he went to spend the summer with his father, Don Tolman, on his farm in Salem, Missouri.

It was here that he witnessed and took part in the health retreats that his father led, where people would be taught about the power of natural raw foods to heal the body. He saw first-hand the effectiveness of his father's methods to improve and heal devastating illnesses, and this gave him the inspiration to follow in his father's footsteps and continue and expand upon his research and techniques.

Over the years Tyler carried out extensive research into ancient teachings and health practices that had been lost to the modern world. He devoured volumes of books, and absorbed information and teachings by Pythagoras, Plato, Einstein, Hippocrates, the Ancient Egyptians, and many other brilliant minds and cultures. He joined numerous esoteric groups such as the freemasons, and got access to the true teachings of King Solomon and various pharaohs and prophets.

Tyler's research has led him to the conclusion that the good things in life are easy to attain and simple to understand, but that the way most of us have been brought up has made these simple things confusing. In short, we have lost the combined knowledge of millennia in our search for unnatural, quick-fix solutions.

It is Tyler's aim to strip away the lies that we have been fed from birth and to shed light on the key principles of living a natural, healthy, disease-free life. Through his teachings, people all over the world have been able to develop mentally, emotionally, physically, financially, and socially.

Tyler's aim is to take the power of whole raw foods and natural healing to the world so that we can all benefit from this ancient wisdom.

ABOUT YOUR HEALTHY SELF ACADEMY MENTORS **BUCKY O'NEILL**



BIOGRAPHY

Expert facilitator, international speaker, business curriculum creator and coach, Bucky never comes short of changing the lives and businesses of those he comes into contact with. He has helped countless lives come into alignment with their truest expression, step into passion and create financially prosperous businesses using their transformational skills and abilities. He truly is both a master in business and a sage in human design!

Many people “do business” from a space of “doing” instead of “being”. Which sadly leads to frustration, disappointment and burnout. However, when you are coming from an aligned space of knowing who you truly are, you are able to serve at your highest level of contribution to the world.

Bucky first discovered this when he was confronted with the hardships of life. Though he was raised in the business world, he wasn't fully centred on who he was, and instead was focused on who he “should be” based on the world's perception. This led to relational and emotional heartache.

However, when he experienced his awakening, a divine “ah-ha” to who he was meant to be, everything changed. Since then, Bucky has not only created a highly successful and sustainable business for himself, he has been able to help others create successful 6 & 7 figure “impact-driven” businesses while changing lives in the process!

ABOUT YOUR HEALTHY SELF ACADEMY MENTORS **INNA SEGAL**



BIOGRAPHY

Inna is a gifted healer and a pioneer in the field of energy medicine and spiritual development. She can “see” illness and blocks in a person’s body by intuitive means, explain what is occurring, and guide people through self-healing processes.

In the current climate where many people find themselves feeling stressed, overwhelmed and bombarded by everything from EMF’s, media, social media, chemtrails to 5G etc..., you don’t have the luxury to wait until you are sick to start learning about what can transform your inner wellbeing and soul evolution.

Your body holds a hidden secret wisdom. When you unlock this wisdom you have an opportunity to heal, grow and awaken your higher consciousness. It’s as if you become truly here, present, embodied and alive.

Until you understand that you are a spirit / soul being having a human experience, no matter what you do, there will be an aspect of you that feels a little numb, disconnected and anxious.

True healing, teaches you to know yourself, work with the wisdom of your feelings, access and repair the Divine archetypes of your organs and move into a new point of view about how to live your life!

You also need to understand that learning the sacred language of your body, places the power into your hands. When you awaken this type of intuition, you begin to have access to a guidance system, that leads you towards, healing, evolving and living your life purpose.

It’s important to understand that nothing is stagnant in this world. You are always in the process of either degenerating or regenerating. To create deeper vitality, requires you to have an ongoing healing practice, which helps you to let go of the old, often unconscious behaviours that you have taken on from your family members and previous incarnations and open your heart to something new!

ABOUT YOUR HEALTHY SELF ACADEMY MENTORS **CHEF CYNTHIA LOUISE**



BIOGRAPHY

Chef Cynthia Louise is a whole food chef who's creativity and passion is boundless which has led her to creating a wealth of courses, products, retreats and more...

She's created a series of online cooking masterclasses and programs that are designed to nurture you through an emotional connection with wholefoods. Connecting you internally to your incredible organs your body houses. She's the founder and creator of the world's first living probiotic spread, MY MIGHT. Originally and expertly crafted in her family home while healing from open-heart surgery. The full storey of the birth of MY MIGHT is on the home page under the shop tab. NOURISH is her 5-day plant-based hands-on cooking retreat which takes place in Bali. A hands-on cooking retreat where you dive into plant-based cooking alongside Chef Cynthia Louise, as she holds you up and shines a light on your soul and pure potential when it comes to nourishing yourself. Chef Cynthia Louise is a contributor & presenter on FMTV and Gaia TV; a long-time partner and mentor with the "Heal Thy Self Movement" online global health network, and has published co-author of 3 international bestselling cookbooks with DR Libby Weaver: REAL FOOD CHEF. SWEET TOOTH STORY. REAL FOOD KITCHEN. Creative food director and partner of global brands, GENIUS U and Entrepreneurs Resorts. Chef works alongside a global team and visionary Roger James Hamilton, building 50 central genius food locations worldwide for entrepreneurs to be nourished while they create and act on their business on a global stage. Chef Cynthia Louise's on-stage presence means she's a natural speaker and presenter. She is a voice of care and wisdom that ripples through our hearts gently.

Connecting global visionaries and local entrepreneurs, mums, and dads into a value system that connects health alongside wealth as one energy, which creates a thriving energetic lifestyle internally.

HEALING REMEDIES

HEAL THY SELF ACADEMY WITH TYLER TOLMAN



HEALING REMEDIES

HOW DO WE HEAL

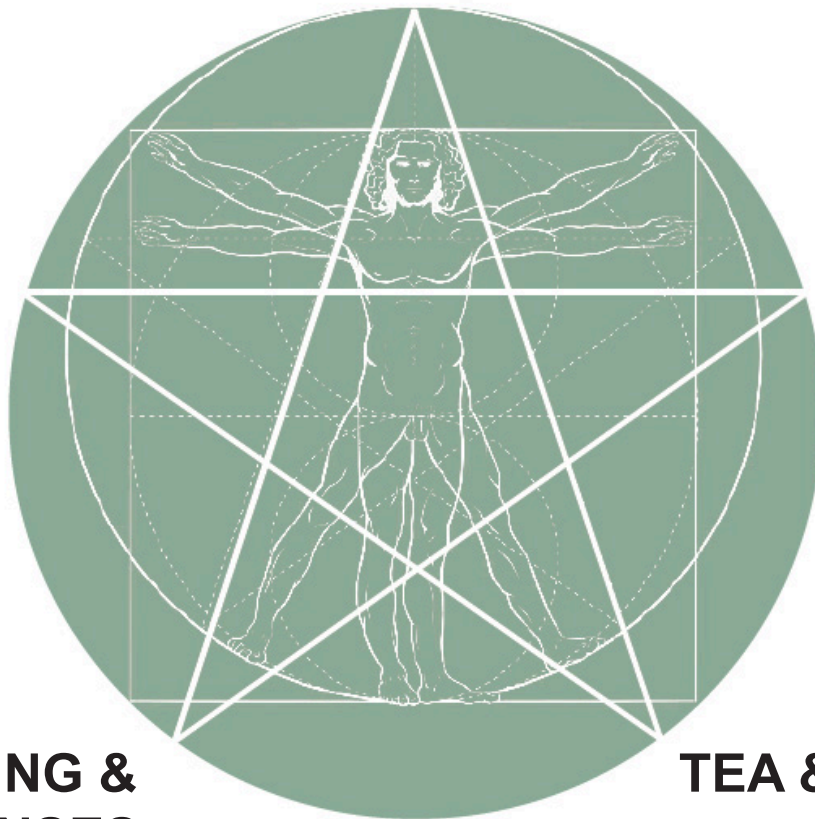
**MENTAL &
EMOTIONAL**

**ESSENTIAL
OILS**

FOOD

**FASTING &
CLEANSES**

TEA & HERBS



<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

HEALING REMEDIES

7 PRINCIPLES



AIR



WATER



SUNSHINE



EXERCISE



PASSION



WHOLEFOOD



RELATIONSHIPS

HEALING REMEDIES

FOOD IS MEDICINE



“Food is Medicine” ~ Hippocrates: the father of Western medicine

FACTS

- What you put into your body is the foundation for good health.
- Illness stems from inadequate nutrition and poor eating habits.
- Hippocrates believed that eating wholesome food is the basis for good health. Almost 2,500 years ago he said, “leave your drugs in the chemist’s pot if you can heal the patient with food.”
- Before doctors and medicine was commonly used, wise tribal elders would seek out healing herbs and plants for their community and food was applied prescriptively to bring about healing. Over time humans have shifted away from the healing power of nature and towards prescribing packaged synthetic drugs and artificial remedies to deal with illness.
- As a result, many people rely on a diet of processed, fatty and sugar-laden food, which has in turn increased the rates of obesity and disease significantly.
- Food has the power to prevent much of the chronic illness experienced today. A change in diet and nutritional intake needs to take place to heal and restore the body and prevent illness. Although taking pharmaceutical drugs for ailments may appear useful for reducing symptoms, they come with short and long-term side effects that also contribute to the toxic build up in the body. While drugs are important in life threatening situations, if long term conditions can be managed with diet and lifestyle changes, then using food as medicine must be considered an initial way of tackling the issue or condition to prevent future health problems.

HEALING REMEDIES

POWER OF FASTING



HISTORY

- Fasting is mentioned over 40 times in the Old and New Testament of the Bible. Apart from scripture, the earliest records of therapeutic fasting for elimination of disease date back to the ancient civilizations of Greece, Egypt and the near east.
- Plato and Socrates fasted for 7-10 days to gain physical and mental efficiency.
- Pythagoras fasted 40 days before his examination at Alexandria and required his students to fast before entering the Pythagorean Academy.
- The renowned Greek physician Hippocrates (founder of modern medicine) recognized therapeutic fasting as the best cure.

BENEFITS

- Fasting triggers stem cell regeneration of damaged, old immune system, tissues and organs within the body.
- Prolonged fasting forces the body to use stores of glucose, fat and ketones, but it also breaks down a significant portion of white blood cells.
- Rejuvenescence - the ability of living things including humans to regain youthfulness.
- Autolysis - the ability of the organism to selectively self-digest and remove unwanted material and accumulations from within the body without touching vital structures. This is a normal quality physiology. In fasting, this quality of life becomes greatly enhanced so that many tumors, cysts, abscesses, abnormal accumulations, fatty deposits etc. may be completely or largely absorbed.
- Fasting can break many food addictions, such as coffee, sweets, alcohol, smoke and other bad habits.
- The energy usually used for digestion is redirected to immune function, cell growth, and eliminatory processes.
- The immune system's workload is greatly reduced, and the digestive tract is spared any inflammation due to allergic reactions to food.
- Due to a lowering of serum fats that thin the blood; tissue oxygenation is increased and white blood cells are moved more efficiently.
- Fat-stored chemicals, such as pesticides and drugs, are released.
- Physical awareness and sensitivity to diet and surroundings are increased.

HEALING REMEDIES

HERBOLOGY



“let plants be thy medicine” ~ Hippocrates

FACTS

- Herbal medicine is both a science and an art.
- Herbs and plants have medicinal properties.
- Herbs have always been the principle form of medicine in developing countries for centuries, but they are now popular in the developed world too.
- Herbal medicine can be used to maintain mental and physical health, fight the effects of stress, pollution, treat illness or chronic disease and much more.
- The variety and sheer number of plants with therapeutic properties is astonishing. Some 50–70,000 plant species, from lichens to towering trees, have been used at one time or another for medicinal purposes.
- Today, Western herbal medicine still makes use of hundreds of native European plants, as well as many hundreds of species from other continents.
- In Ayurveda (traditional Indian medicine) about 2,000 plant species are considered to have medicinal value, while the Chinese Pharmacopoeia list over 5,700 traditional medicines, mostly of plant origin.

HEALING REMEDIES

ESSENTIAL OILS



HISTORY

- Using essential oils is an art and science that spans civilizations and covers the globe.
- When we use essential oils, we gain enormous benefits from the vitality, and health-producing effects, including therapeutic and topical use and in some cases ingestion.
- Essential oils were discovered in the King Tutankhamen tomb, and were used as one of the main healing modalities in ancient Egypt, Greece, China and India.
- Because essential oils are produced by the immune intelligence of the plants, people can use essential oils to support their wellness and healthy stress response by sipping of a cup of tea infused with essential oils or diffusing essential oils into a space.
- Essential oils can also be used as a complex healing prescription or specific ceremonial use.

EFFECTS

- The effects of essential oils act simultaneously on the mind, body and spirit, offering a range of applications from the most basic skin care to enhancing a connection with the divine.
- Essential oils are simply concentrated versions of plants, that have therapeutic effects through inhalation.
- When you inhale essential oils, it goes straight into our bloodstream and we immediately see the way it can positively affect the body.
- When you drink or smell peppermint tea it boosts oxygen in the muscles and in the brain which gives you more stamina for sport or physical training and also boosts your digestion in the stomach. It can be used before eating heavier meals.

<hr/>	<hr/>
<hr/>	<hr/>

REMEDY METHODOLOGY

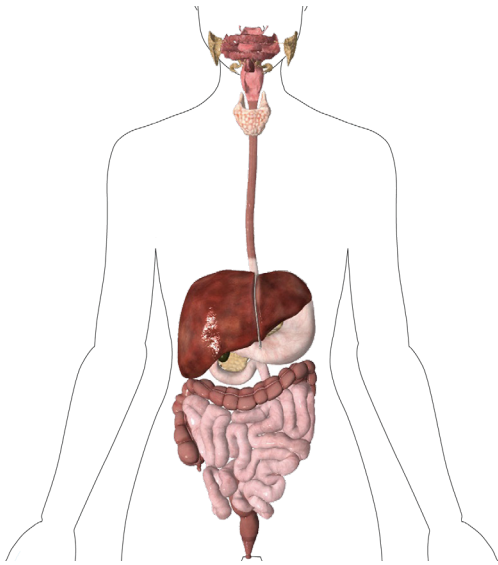
MENTAL EMOTIONAL



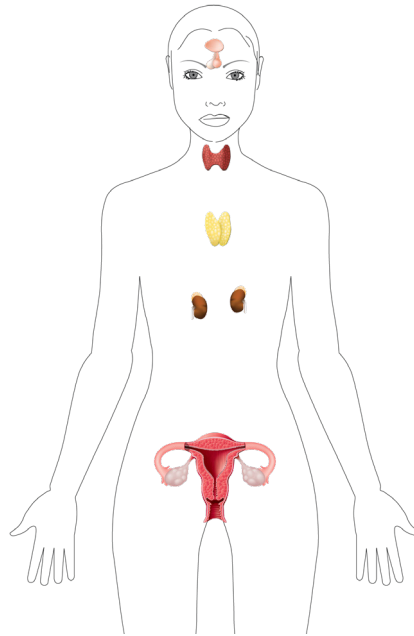
A HEALTHY STATE OF MIND

- Your body responds to the way you think, feel, and act.
- The brain sends the body messages when you are stressed, sad, angry as well as when you are happy or excited.
- It is important to get in touch with your body on a more subtle level, so that you can be aware when your brain and body are experiencing positive or negative situations, experiences and feelings.
- Studies show that certain repetitive emotions or thought patterns can affect your body on a cellular level to the point of seeing negative change or degeneration in organ health.
- When we actively engage in the mental and emotional changing of patterns we can see a direct effect on our physical body health too.
- Some pioneers in this work include Louise Hay and her positive affirmation work and Inna Segal and her mind-body connection releasing exercises.

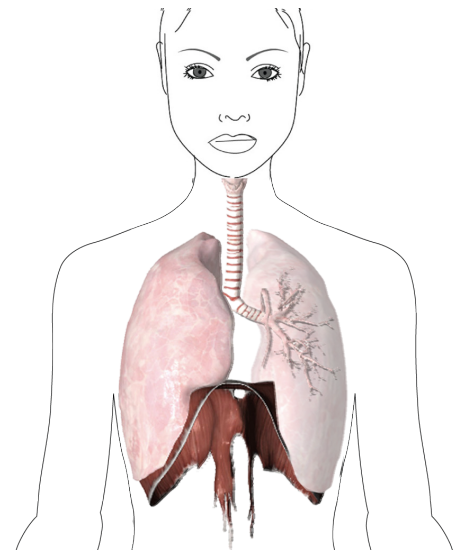
7 BODY SYSTEMS



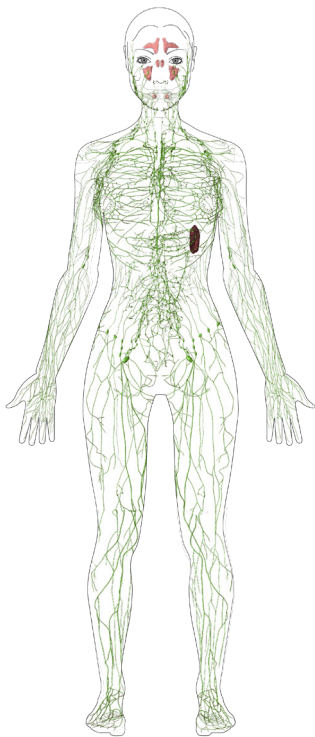
**DIGESTIVE
SYSTEM**



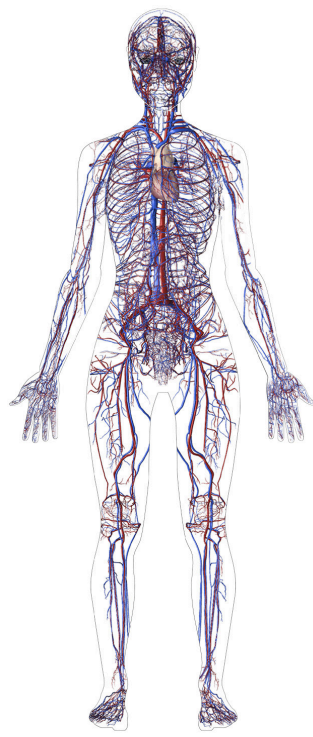
**ENDOCRINE /
REPRODUCTIVE
SYSTEM**



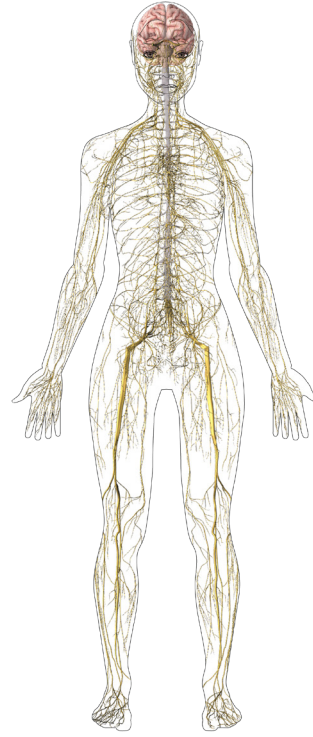
**RESPIRATORY
SYSTEM**



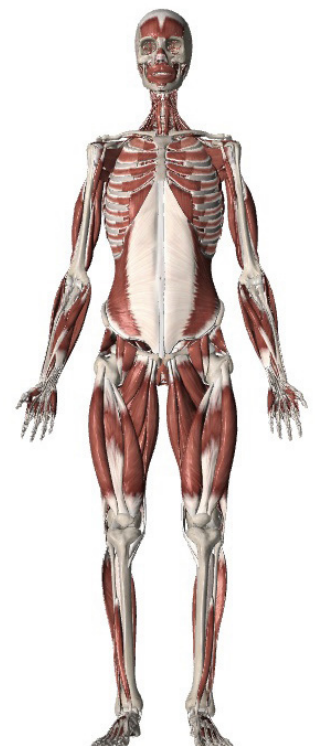
**LYMPHATIC / IMMUNE
SYSTEM**



**CIRCULATORY
SYSTEM**



**NERVOUS
SYSTEM**



**MUSCULAR / SKELETAL
SYSTEM**

COMMUNICATION

HEAL THY SELF ACADEMY WITH TYLER TOLMAN



COMMUNICATION

3 MODES OF AWARENESS

1. Feeling or kinaesthetic
2. Seeing or visual
3. Hearing or auditory

DOS & DONT'S

- ☐ Prescription
- ☐ Diagnosis
- ☐ Treatment
- ☐ Not getting off medication, drugs or suppliments
- ☐ Apathy, Empathy, Sympathy

AWARENESS

- ☐ Identifying clients communication style
- ☐ Build rapport and create connection
- ☐ Enable the client to feel comfortable
- ☐ Client more likely to disclose helpful information

TECHNIQUES

- ☐ Body posture
- ☐ Eye contact
- ☐ A non-distracting environment
- ☐ Door opener (ask them to share)
- ☐ Minimal response (hold space)

METHODOLOGY

HEAL THY SELF ACADEMY WITH TYLER TOLMAN



METHODOLOGY – THE 5 P's

1 PREPARATION FOR THE ROOM AND SELF BEFORE THE SESSION BEGINS

DAY 1+2

- ☐ **Set Up** – Room / Chairs / Laptop / Camera / Form / Water / Smell Nice / Brush teeth
- ☐ Sit down and take a deep breath in and out
- ☐ Mentally & emotionally prepare yourself

SAY AFFIRMATION:

I am ready to be fully present and serve my client with integrity.
I choose to put aside anything that will not serve me or my client.
I am putting aside ____ and ____ and ____ (name distractions)

- ☐ Take 1 more deep breath in and out
- ☐ Smile and go and open the door to welcome your client
- ☐ **Coach**
 - Research consult questionnaire prior to consult

2 PRIMING THE CLIENT WHEN THE SESSION STARTS (PAGE 1 OF CONSULT FORM)

DAY 3+4

- ☐ Welcome greeting and introduce yourself – hug or shake hands
- ☐ Ask and fill out their name/age/weight on the form
- ☐ Ask and fill out their main reason/s for being here on the form
- ☐ Ask and fill out any other important information – conditions, medications, other
- ☐ Ask and fill out their goal for the session

3 PHOTOS TAKEN DURING THE SESSION

DAY 1+2

- ☐ **Explain the procedure**
 - I am going to take some photos of your eyes using this special eye camera that captures images of your iris (the coloured part of the eye) and the sclera (the white part of the eye). This is called iridology and sclerology.
 - In order to take the photos, I will have to come quite close to you and your face and may need to touch your face with the camera.
- ☐ **Ask Permission**
 - Are you ok with that?
 - If they say yes – move to next step
 - My computer may make some noise, but please just follow my instructions and it should take less than 5 mins. It doesn't hurt but please let me know if you feel any discomfort.
- ☐ **Adjust set up as needed**
 - Bring chair closer to them if needed
 - Refocus your camera on your hand if needed
 - Move laptop so it's easy to see it
- ☐ **TAKE PHOTOS**
 - Say, 'look at my nose' "or finger"
 - Make sure you can see (most or all of Iris)
 - Get them to tuck their chin if needed for full view of iris
 - Bring camera with light up from the side/front to their eye to let their pupil adjust
 - Anchor the position of the camera with pressure touching their face in the eye socket
 - Focus the camera again if needed

- ☐ ****ORDER (Start from Right Eye)**
 1. Straight 2. Look left 3. Look right 4. Bottom
 - Pull camera away and ask them to pull down their under eye and look up – show them
 - Say: open wide
 - Retake any that turned out too blurry

Give them a break from the camera light if you see or they say they need it
- ☐ Save Photos
 - Into a folder on your desktop – name folder with First & Last name

4 PEN IT

DISCUSSING FINDINGS AFTER PHOTOS HAVE BEEN TAKEN (PAGE 1-2 OF CONSULT FORM)

- ☐ Name 3 organs you see something mentionable in
- ☐ Name and explain them as a psora/lacuna/congestion/weakness/toxicity/stress
- ☐ Fill them out on the sheet (tick the organ – write the finding word on the line provided)
- ☐ Look up the 3 organs or systems together in the ref guide or workbook and discuss
- ☐ Open RIGHT eye iridology and sclerology photos x 4 (Front, Right, Left, Bottom) and align them in this order on your screen
- ☐ Open RIGHT eye iridology and sclerology charts to the right of those photos
- ☐ Talk them through anything major you see on the right that shows in both the iris and sclera (genetics and current status) – 1-2 things
- ☐ Now do the exact same process for the LEFT – iri and sclera – name (1-2) things
(Note: Reason for not doing all systems and organs is time & not wanting to overwhelm client)
- ☐ List the main 3 organs/systems + level of condition (ie acute/chronic)
- ☐ Ask relevant questions pertaining to the organs you choose – injuries, ailments, pain, dis-ease, emotional mental correlation
- ☐ Open the reference guide and start to look up what to do/say/eat for each one – make some notes on the form (not full plan yet)
- ☐ Touch on Emotional Connection
- ☐ Read emotional affirmations to them in the moment – if they seem responsive and time permitting

5 PLAN

(PAGE 3 OF CONSULT FORM)

- ☐ Use the form – turn to back page and create a day to day plan including all foods, oils, teas, herbs, exercises, affirmations, 7 principles of health
- ☐ Discuss with the client and get commitment each step of the way
- ☐ Ask them if they would like to commit to a 90 day coaching program with you for follow up, continued correspondence and assistance or if they want to think about it to contact you and tell you their decision about next steps

AFTER they have left do the following steps

- ☐ Take a photo of form and plan
- ☐ Send it to yourself and save in their eye photo folder
- ☐ Send their photos, form and plan to them along with any other videos, studies etc that you promised or discussed
- ☐ Include your coaching options with the email 90 day coaching program/30 day program etc

IRIDOLOGY

HEAL THY SELF ACADEMY WITH TYLER TOLMAN



IRIDOLOGY

THE HISTORY



Iridology (or rather the study of the iris and it's connection to health) has existed for more than 3,000 years. Detailed iris pictures engraved onto silver plates were discovered in Tutankhamun's tomb. Throughout the 17th, 18th and 19th centuries, various writings on Iris markings and their meanings have since been recorded throughout Europe and Asia.

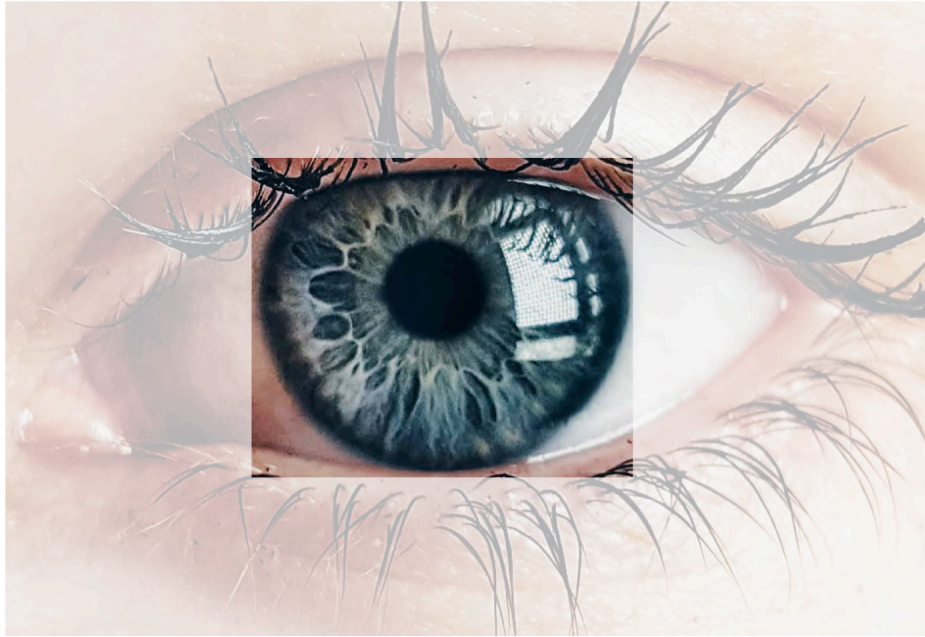
Dr Ignatz von Peczely, a Hungarian Doctor, is considered the 'father of iridology'. When he was a child, he accidentally broke the leg of an owl. He observed a black mark in the owl's eye, which gradually changed in form and shading as the leg healed.

During his career as a physician, he systematically recorded the irides of patients before and after surgery. The changes in their eyes coincided with their injuries, surgeries or illnesses. His 'Iris Chart' was established in 1880.

Dr Bernard Jensen is renowned for his work today on developing one of the most widely used iris charts. His passion for natural healing was driven by his own recovery from a medically 'incurable' condition at the age of 18. If you are interested in learning more about the science of iridology, I highly recommend his book *Iridology: The science and practice of the healing arts*.

IRIDOLOGY

AN INTRODUCTION



The iris (plural: irides) is the circular pigmented membrane behind the cornea that gives the eye its colour. Iridology is the study of the irides to determine the state of health in the corresponding area of the body.

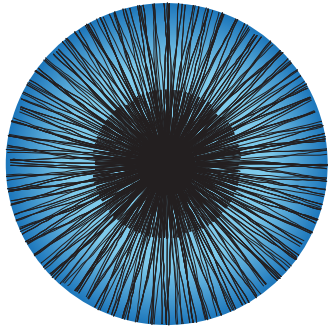
The iris is incredibly complex and even more unique than our fingerprints as they are made up of an infinite variety of fibre characters, each capable of changing. They reveal body constitution, weaknesses and inflammation, where dis-ease is located and the stage in which it is manifesting.

Because the iris is connected to every organ and tissue of the body, information is sent from the brain and the pigment of the iris reflects the person's state of health. According to Dr Jensen, "Nerve fibres in the iris respond to changes in body tissues by manifesting a reflex physiology that corresponds to specific tissue changes and locations". Impulses are delivered to these nerve fibres from the brain, nervous system and spinal cord.

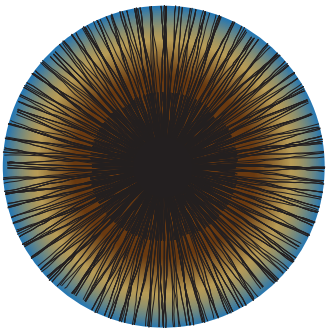
There are also only two true eye colours: brown eyes and blue eyes; and a third 'biliary' colour, which is a combination of brown and blue (referred to as hazel eyes). Diet, medications and lifestyle are capable of changing eye colours. That's why it is not uncommon for someone with green eyes to do an extended fast and end up with blue eyes once the body has been able to cleanse and regenerate.

When you think about it, the eyes are like a miniature television screen that show us the most remote portions of our body. Not only can we see what's happening in the world around us, we can see what's happening on the inside as well. Our eyes are the window to our soul and the mirror to our body.

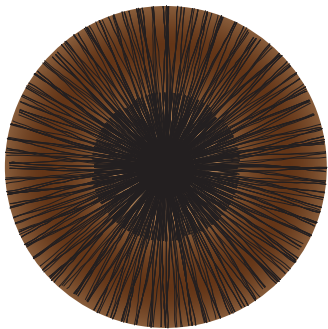
3 EYE COLOURS



_____ Blue



_____ Biliary



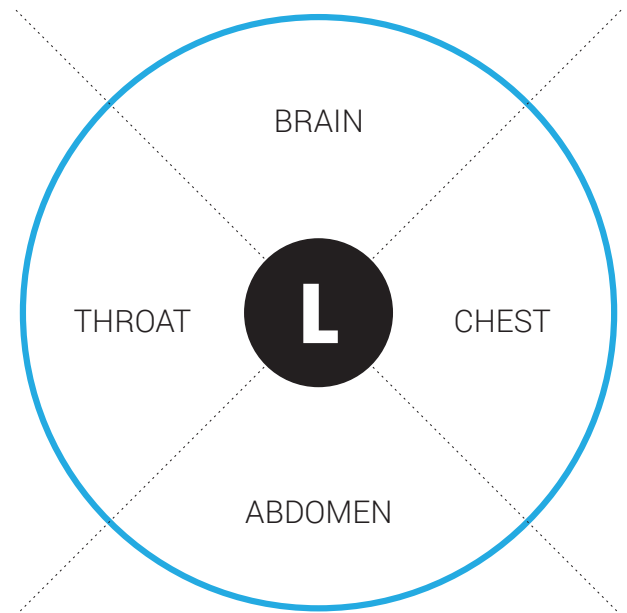
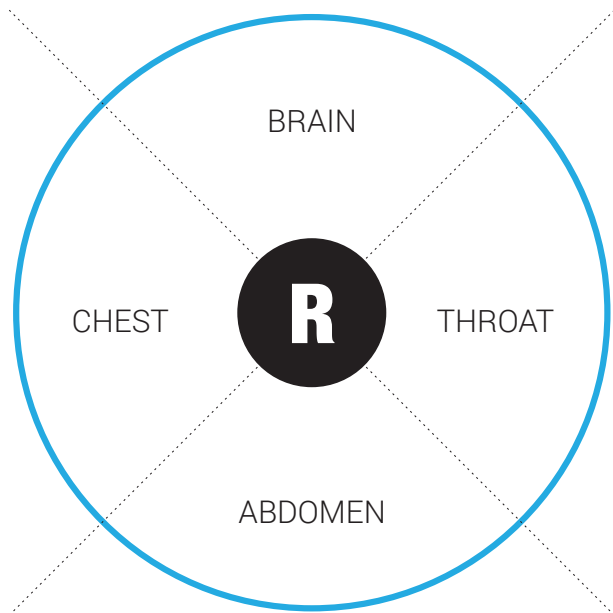
_____ Brown

IRIDOLOGY

OVERVIEW OF THE IRIS

FATHER

MOTHER



RIGHT SIDE OF BODY

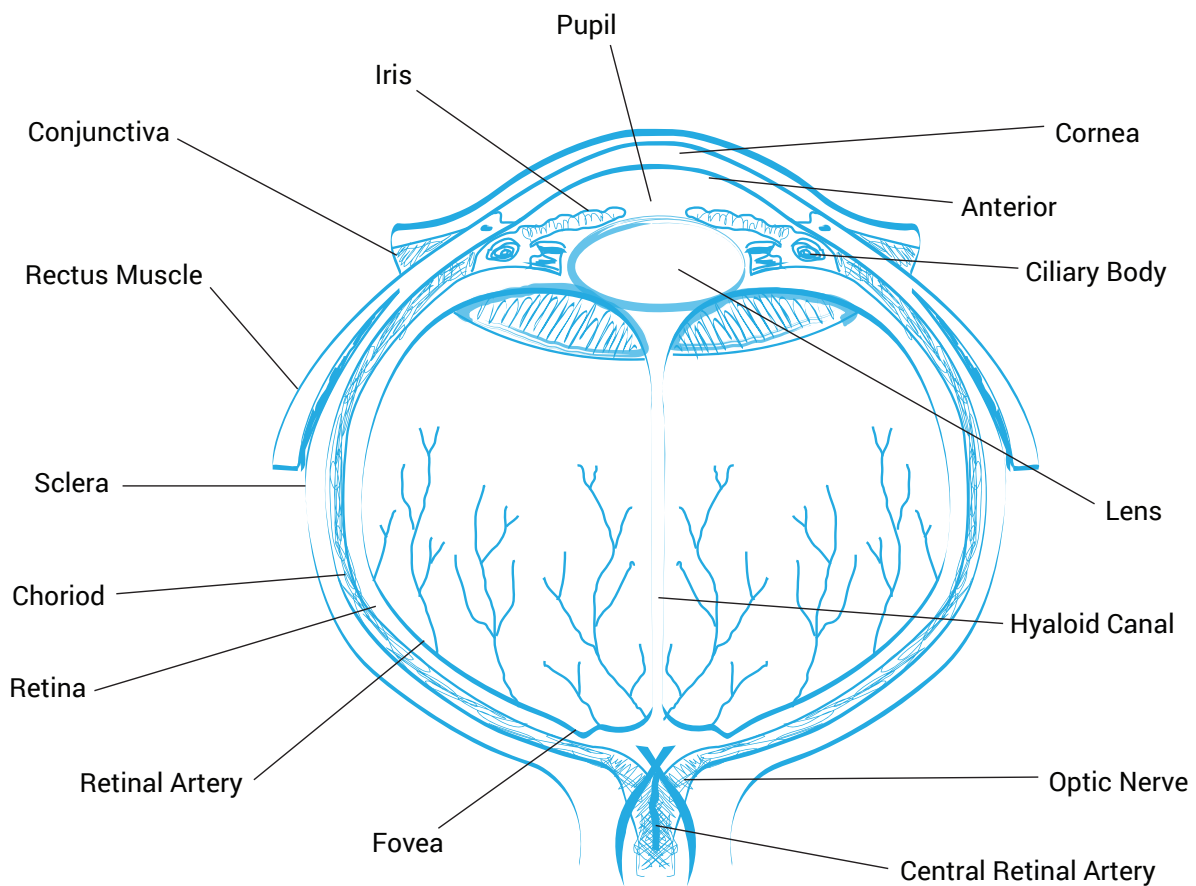
LEFT SIDE OF BODY

QUADRANTS IN THE SCLERA ARE BASED ON THE FOUR MUSCLES THAT OPERATE THE EYEBALL

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

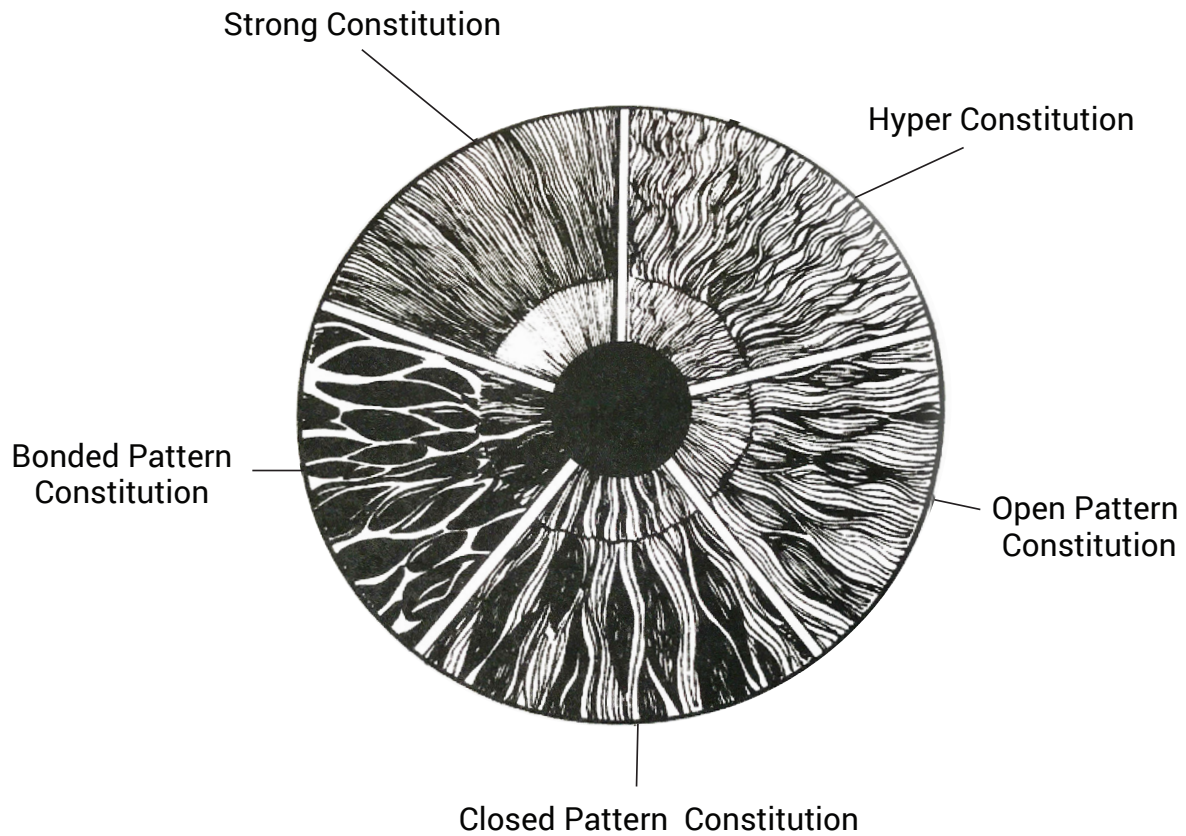
IRIDOLOGY

ANATOMY OF THE EYE





IRIDOLOGY

IRIS CONSTITUTION



IRIDOLOGY

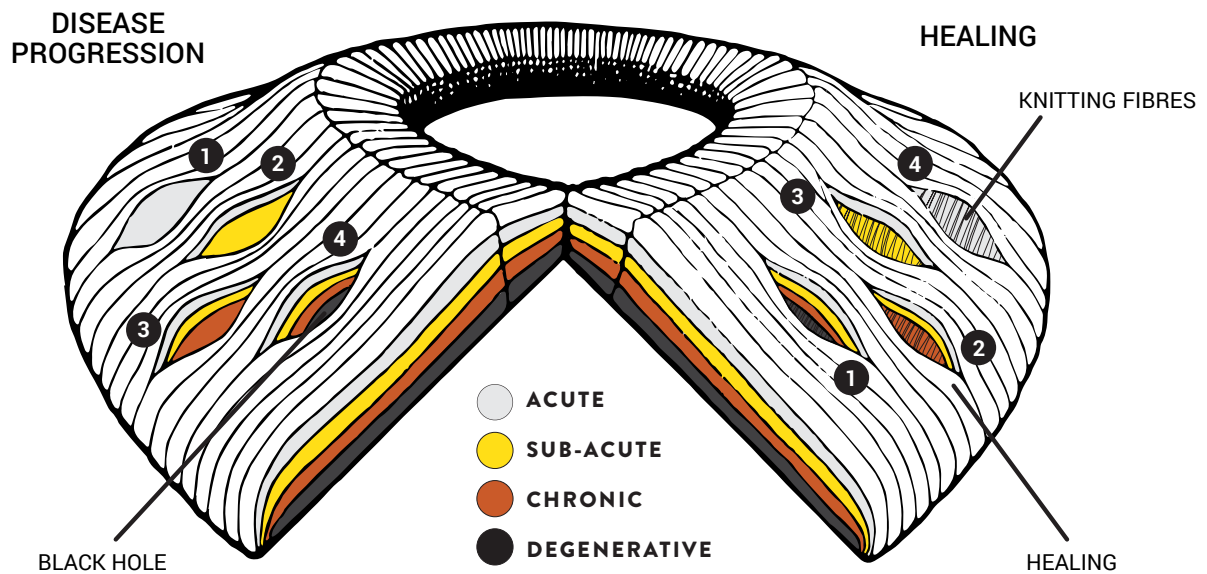
EYE DECODING

SEVERITY	CAUSE	 BLUE & MIX EYES	 BROWN EYES	HEALING TIME
ACUTE	Inflammation	White	Light Yellow	60 to 90 days
SUB-ACUTE (Kidney)	Catarrh, Mucous	Yellow	Yellow, Grey (more pigment)	6 months to 1 year
CHRONIC (Pancreas)	Chronic, Sulphur	Orange	Dark Yellow, Dark Brown	1 to 2 years
DEGENERATIVE	Dying Tissue	Black	Black	3 to 7 years

SEVERITY	CAUSE	 BLUE & MIX EYES	 BROWN EYES	HEALING TIME
ACUTE				
SUB-ACUTE (Kidney)				
CHRONIC (Pancreas)				
DEGENERATIVE				

IRIDOLOGY

DEGENERATIVE & PROGRESSIVE STATES OF TISSUE REFLEX

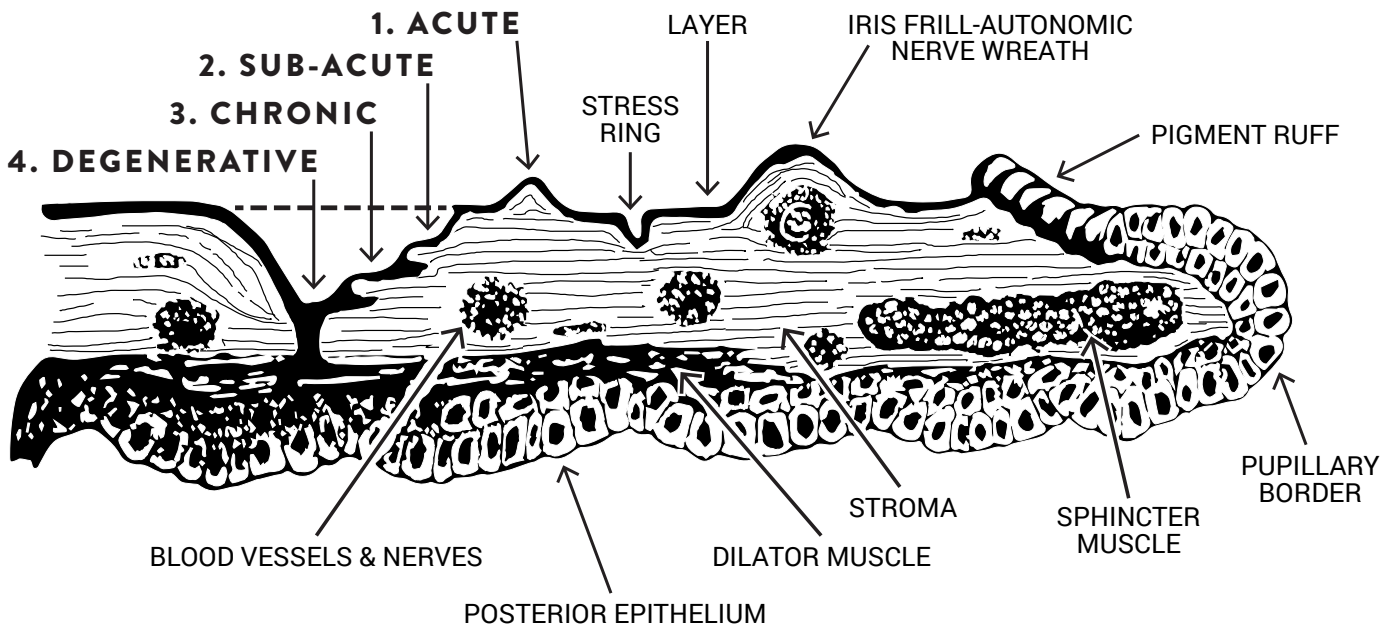


PROGRESSION TOWARD DEGENERATIVE CONDITIONS ARE SHOWN BY: 1. ACUTE 2. SUB-ACUTE 3. CHRONIC 4. DEGENERATIVE.
PROGRESSION TOWARD HEALING IS A REVERSABLE PROCESS IN WHICH KNITTING FIBRES APPEAR (SEE RIGHT SIDE)

IRIDOLOGY

DISEASE PROGRESSION

TOPOGRAPHY

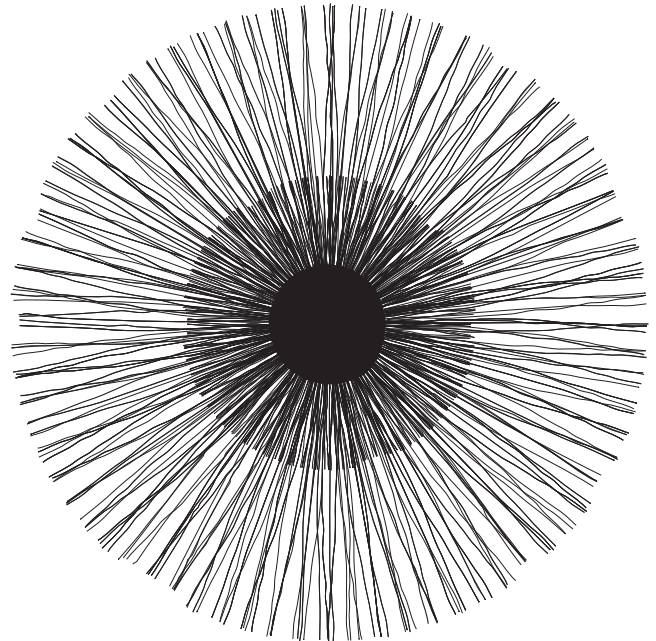
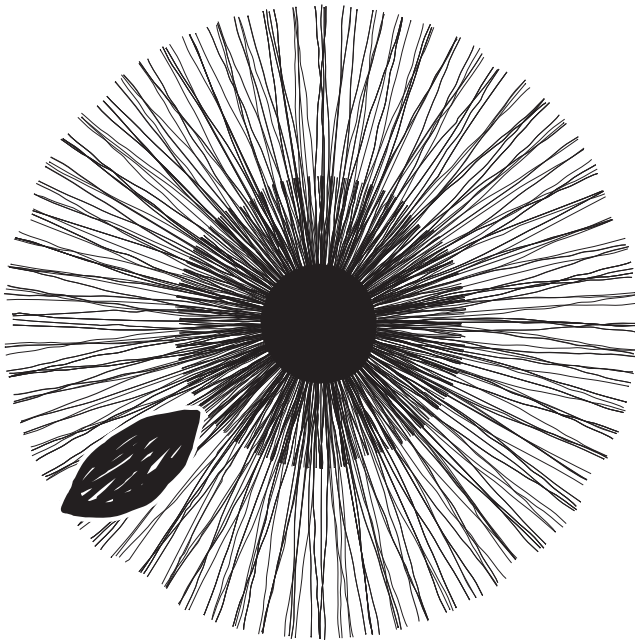
[illegible]

NOTES

[illegible]

IRIDOLOGY

MARKINGS IN THE IRIS



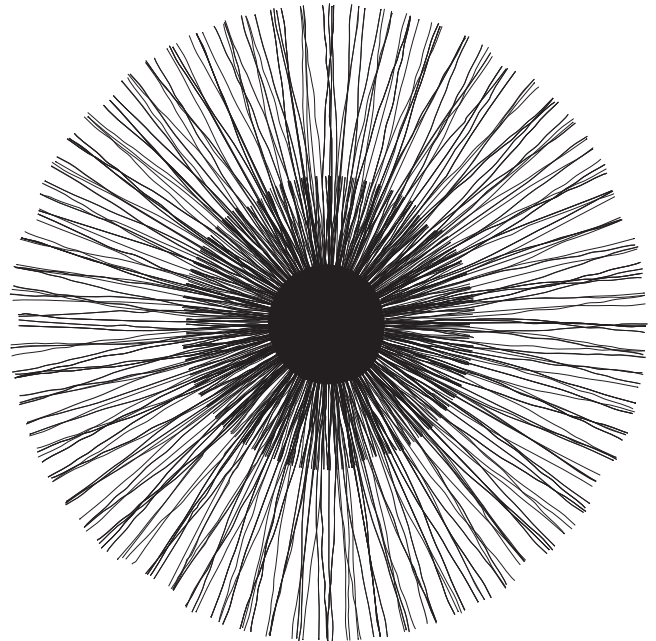
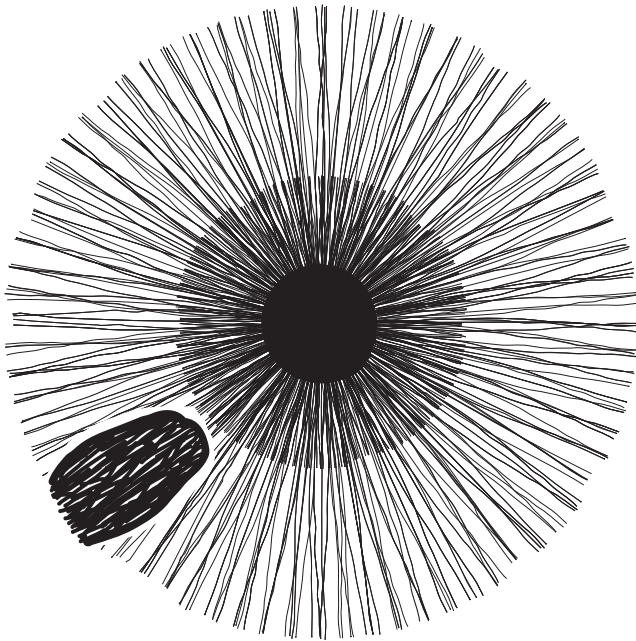
RIGHT PALM

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS



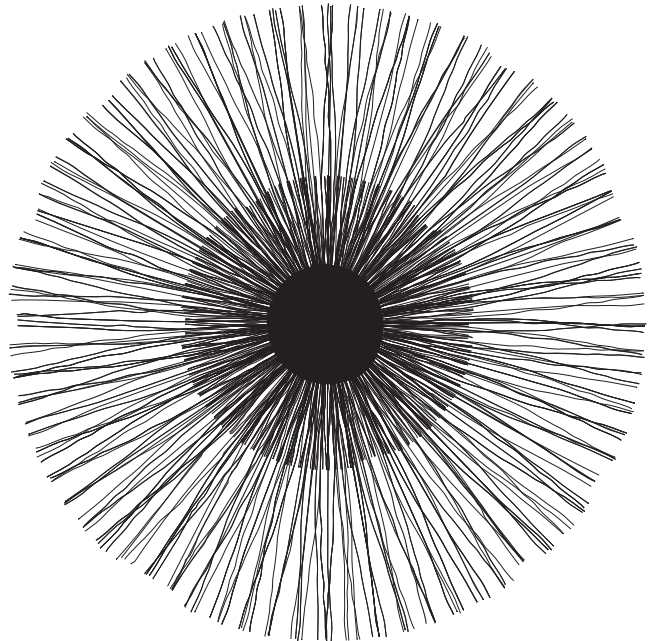
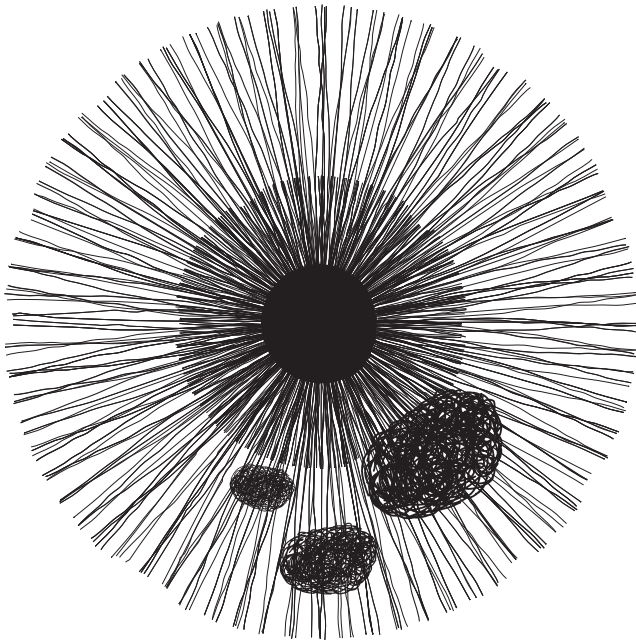
RIGHT PAI M

NAME

DEFINITION

IRIDOLOGY

MARKINGS IN THE IRIS



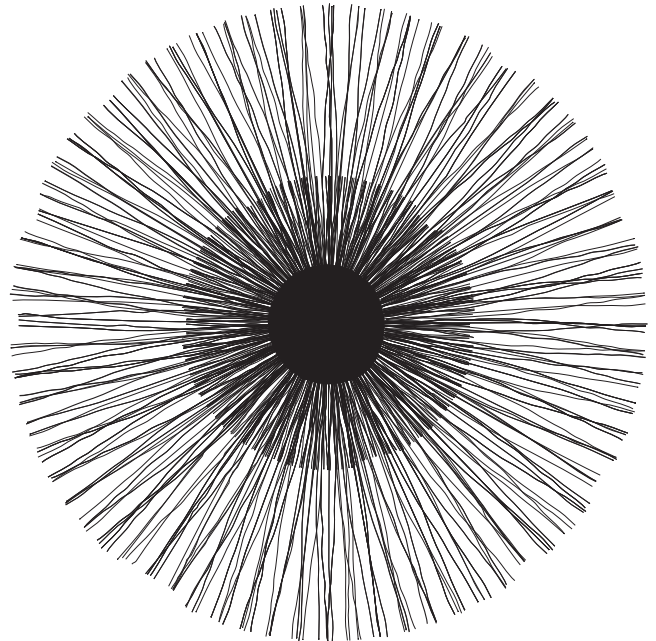
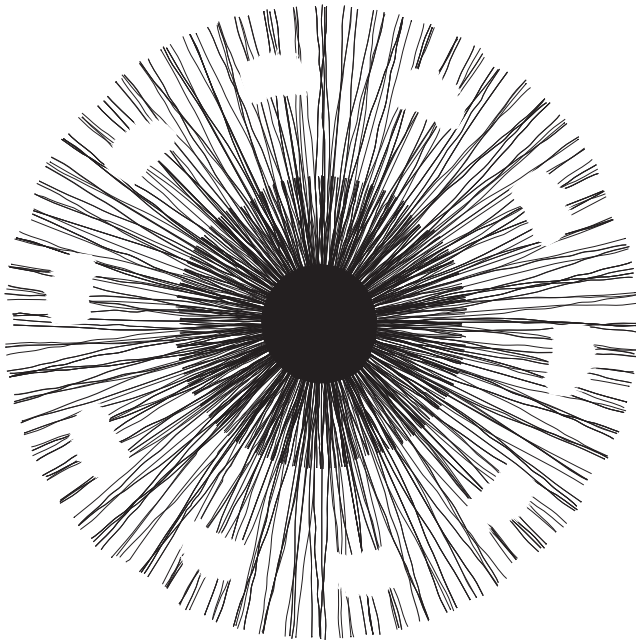
RIGHT PAI M

NAME

DEFINITION

IRIDOLOGY

MARKINGS IN THE IRIS



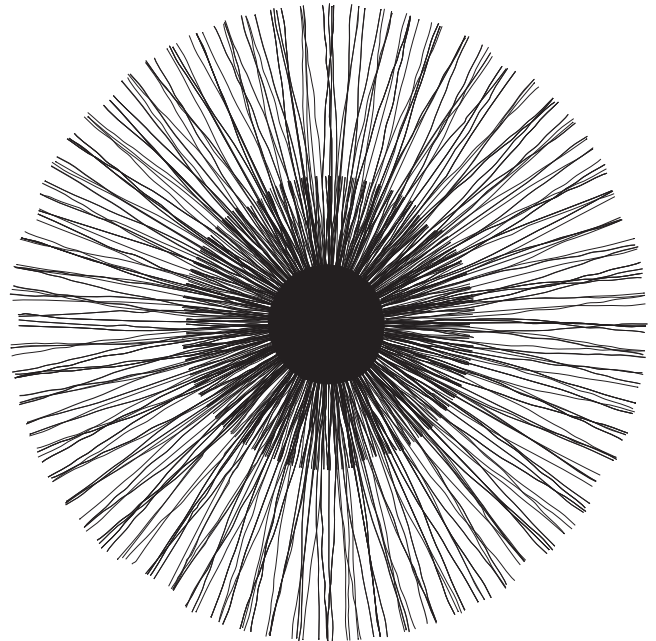
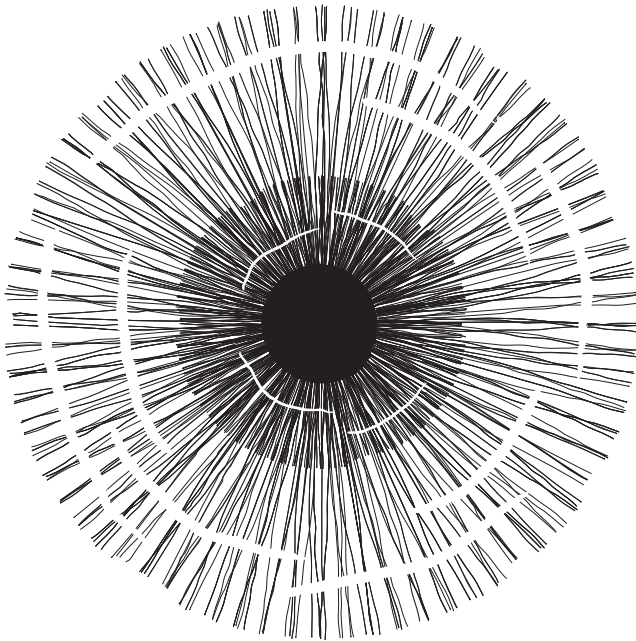
RIGHT P A I M

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS



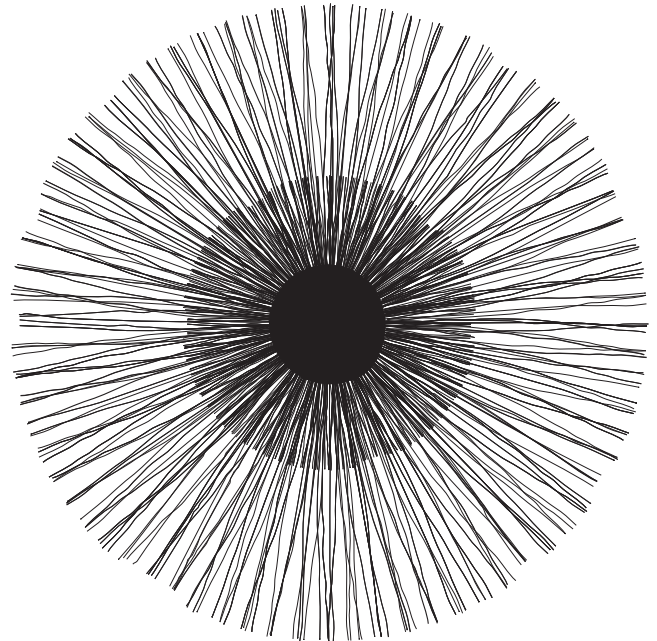
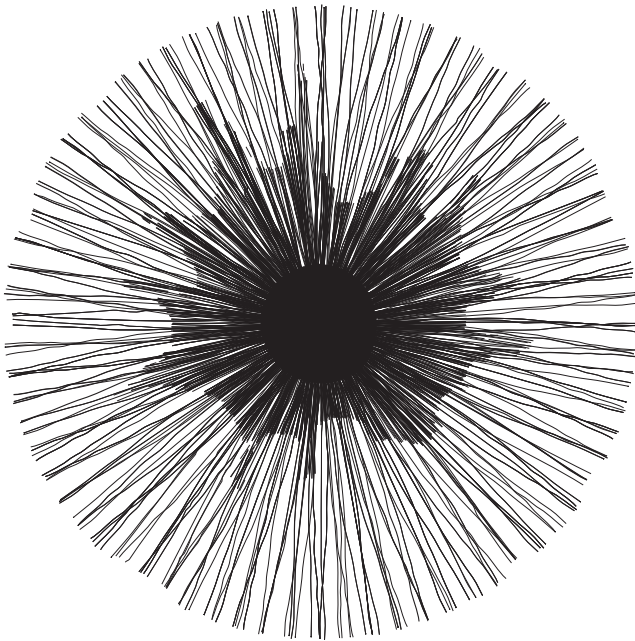
RIGHT P A I M

NAME

DEFINITION

IRIDOLOGY

MARKINGS IN THE IRIS



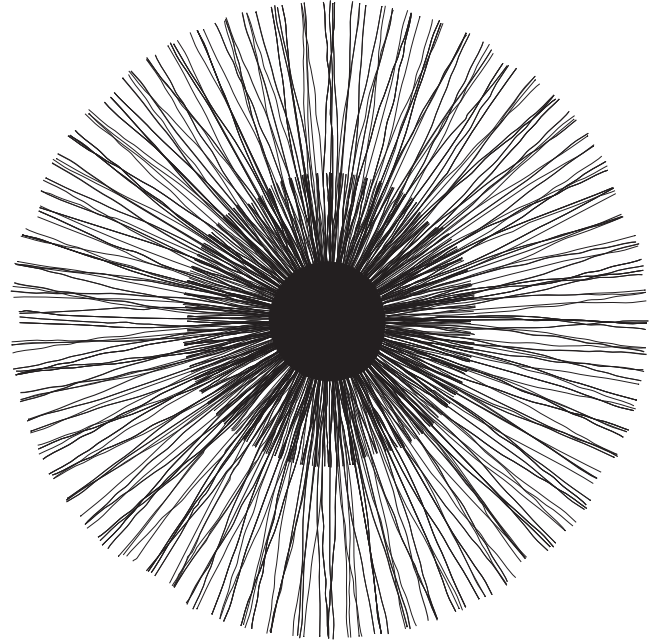
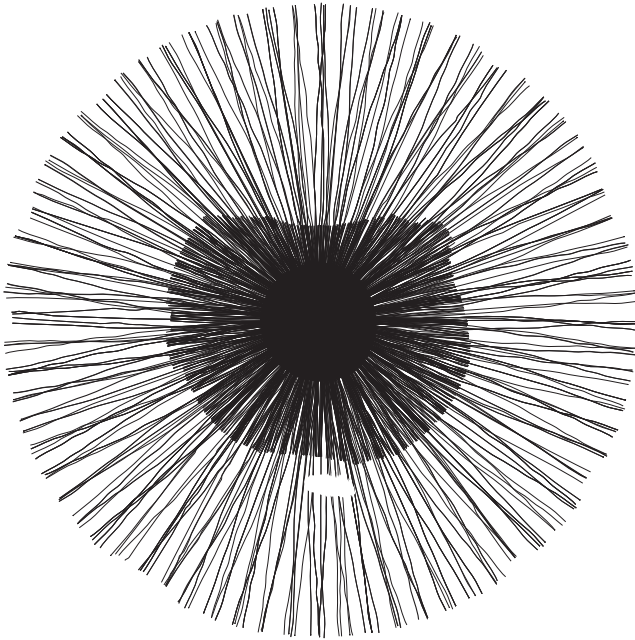
RIGHT P A I M

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS



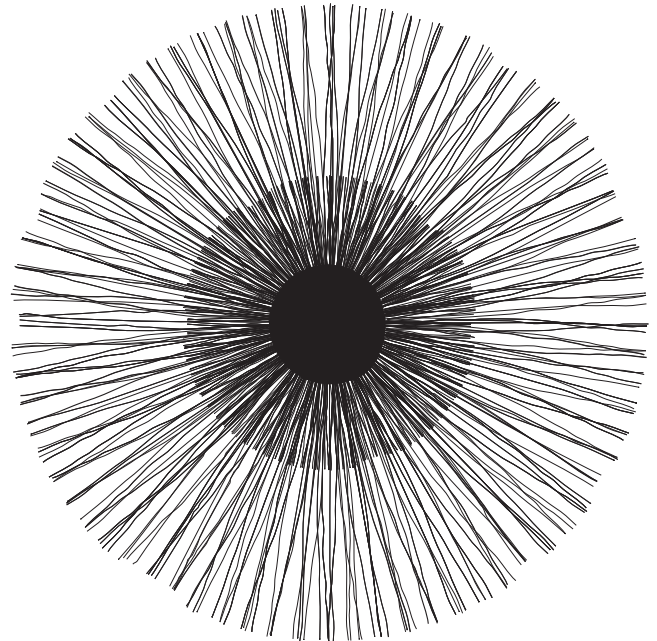
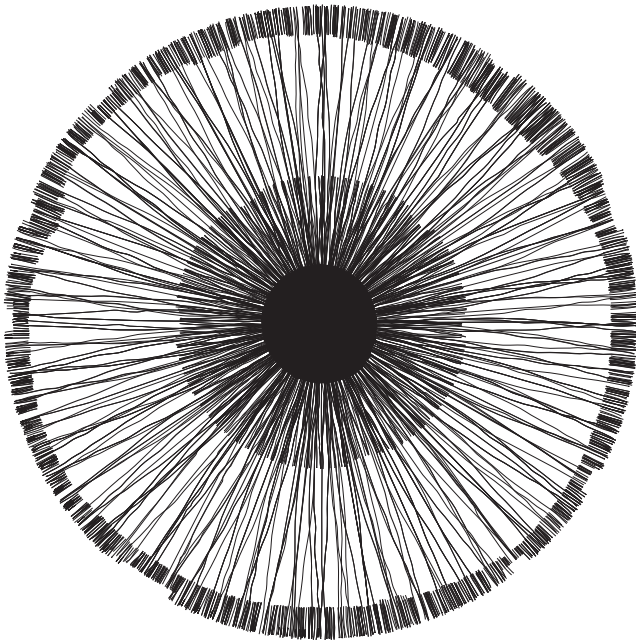
RIGHT PAI M

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS



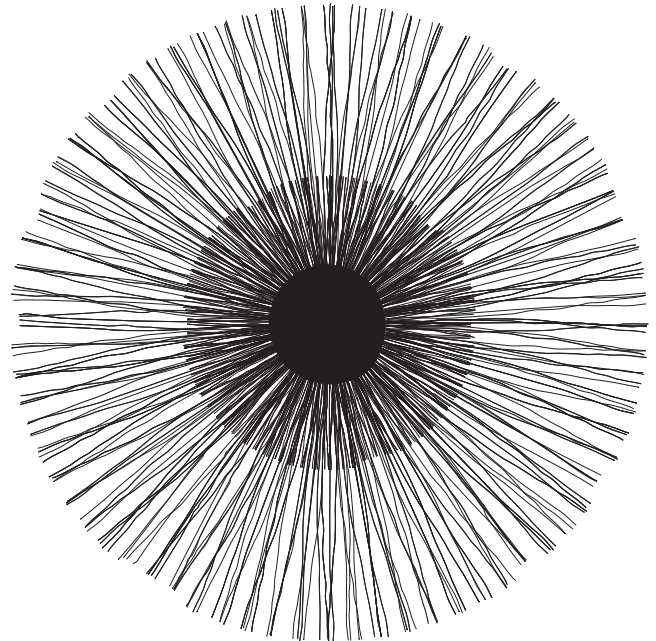
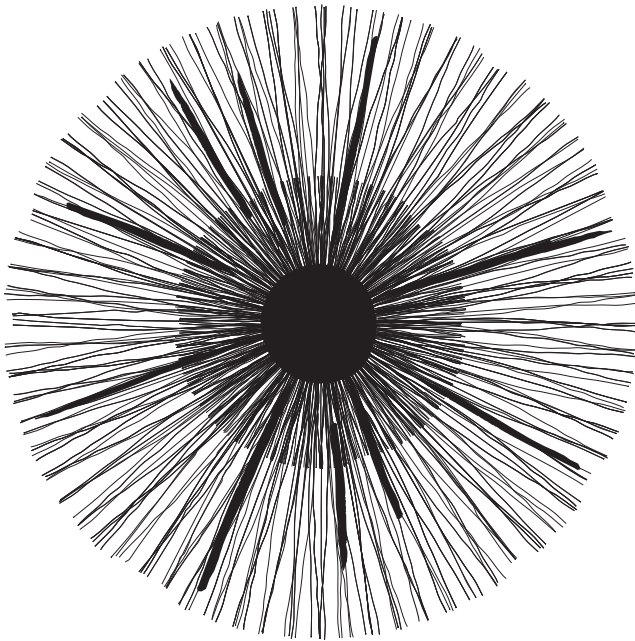
RIGHT PAIN

NAME

DEFINITION

IRIDOLOGY

MARKINGS IN THE IRIS



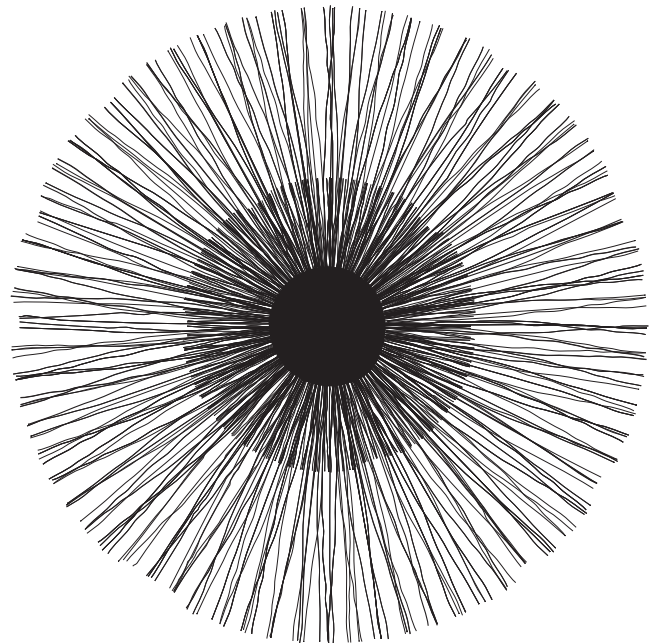
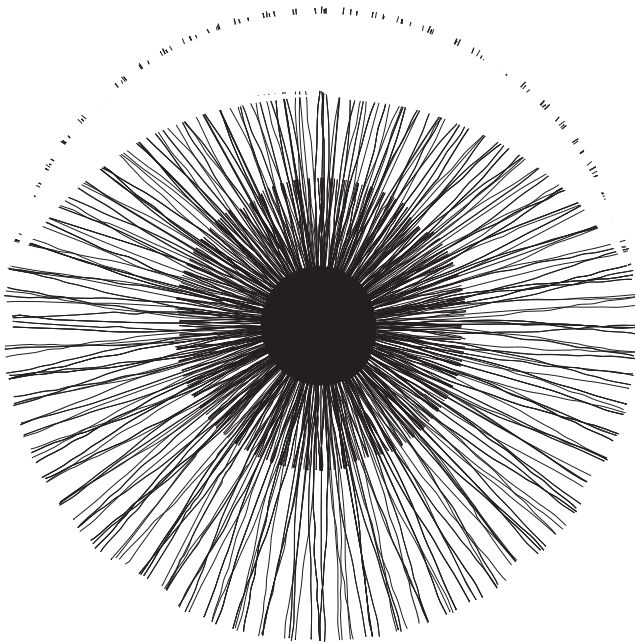
RIGHT PALM

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS



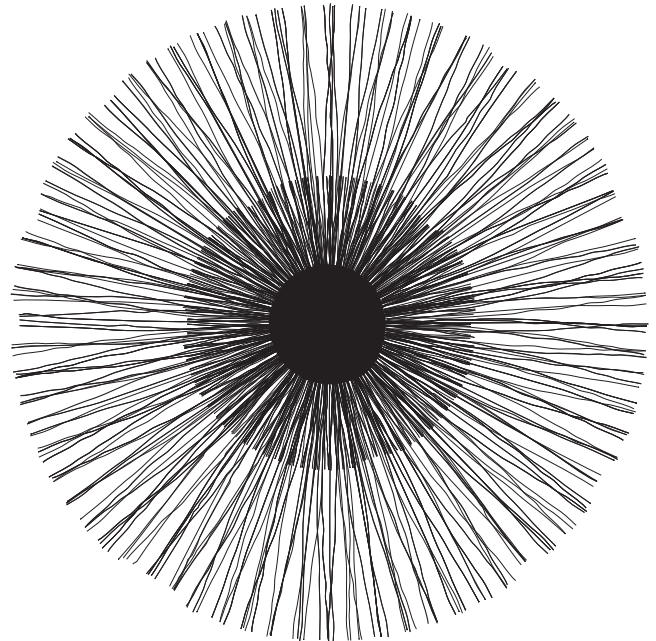
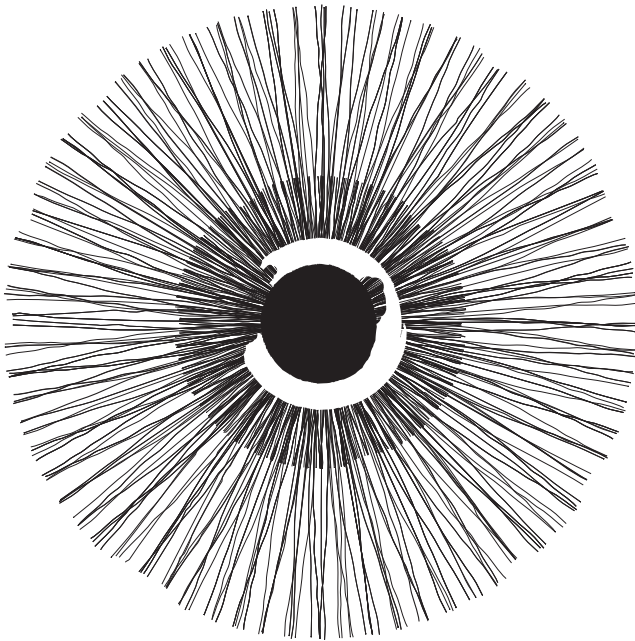
RIGHT P A I M

NAME

DEFINITION

IRIDOLOGY

MARKINGS IN THE IRIS



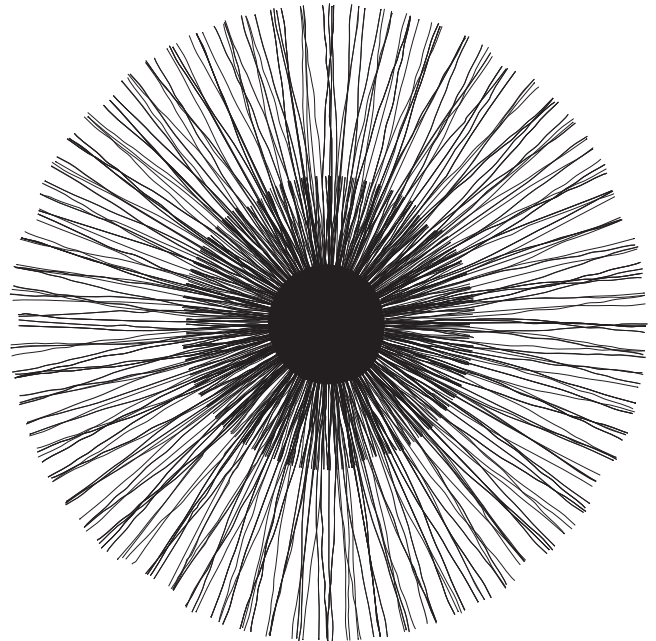
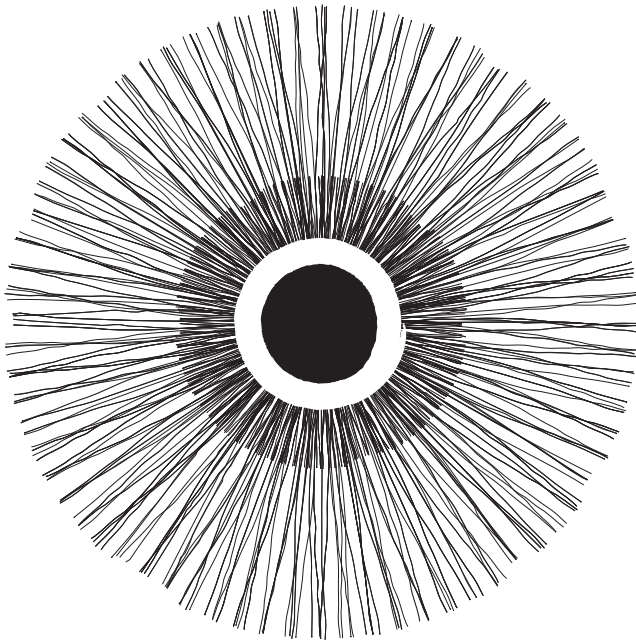
RIGHT PALM

NAME _____

DEFINITION _____

IRIDOLOGY

MARKINGS IN THE IRIS

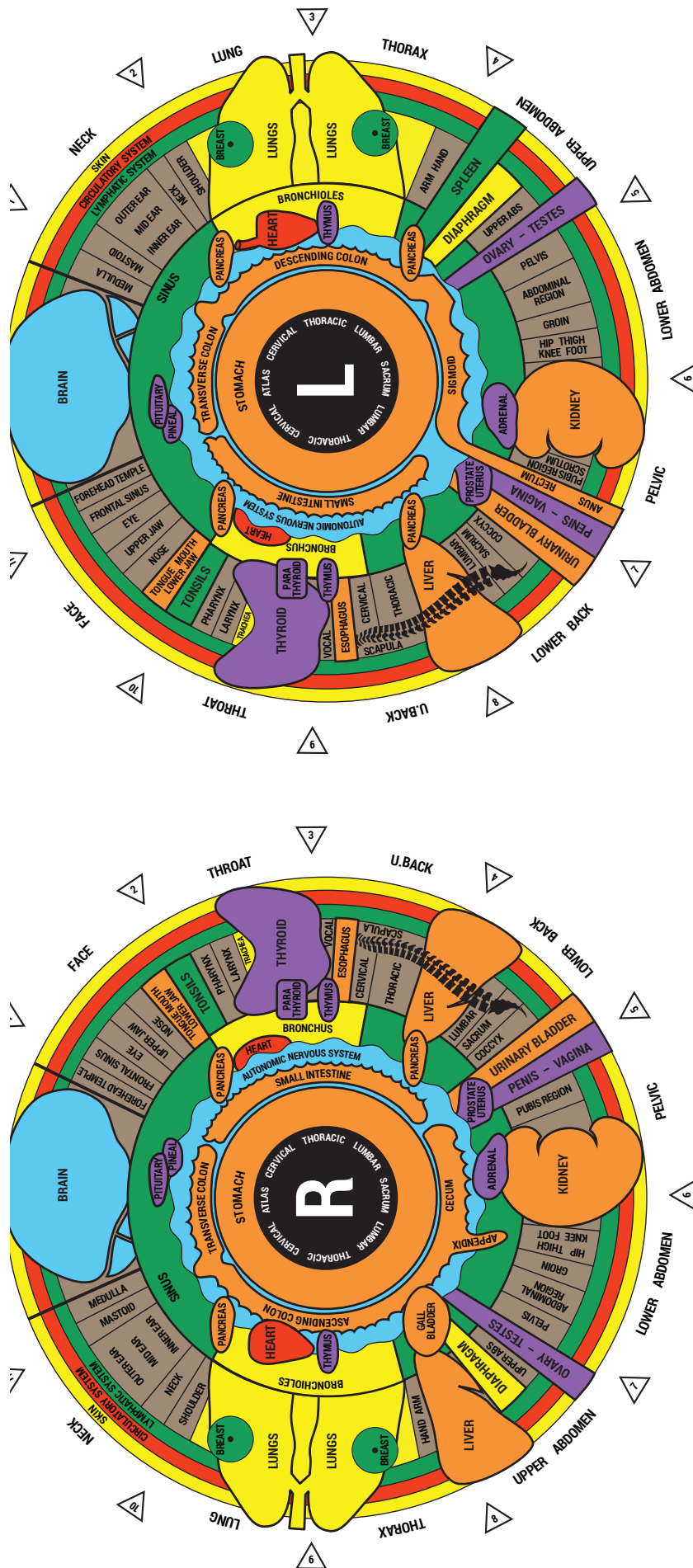


RIGHT PAI M

NAME

DEFINITION

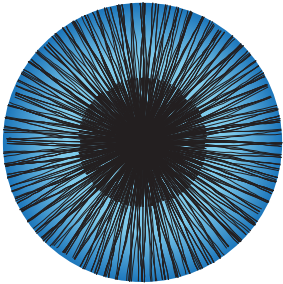
IRIDODOLOGY CHART



- Respiratory / Integumentary
- Lymphatic / Immune
- Circulatory
- Nervous
- Endocrine / Reproductive
- Muscular / Skeletal

IRIDOLOGY

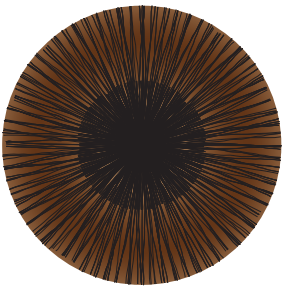
THINGS TO FOCUS ON HEALING



BLUE EYE

- Lymphatic
- Kidneys
- Respiratory

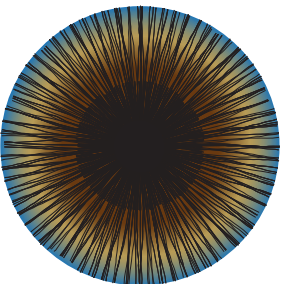
Blue eyes are called Lymphatic Type. They tend to experience mucous & inflammation types of conditions & have lymphatic issues and respiratory problems.



BROWN EYE

- Blood
- Liver
- Digestion

Brown eyed people tend toward having blood conditions and liver problems. They also tend to have more issues with digestion and elimination of toxins. They are called Hemotogenic. (Blood + Liver based issues)



BILIARY EYE

- Blood Sugar
- Digestion
- Lymphatic

Mixed eyed people have a more adaptable constitution based on both eyes but lean towards more blood sugar imbalances. Blood, digestion and lymph system should still be a focus of cleansing with blood sugar being more prominent in mixed eyes.

NOTES

[illegible]

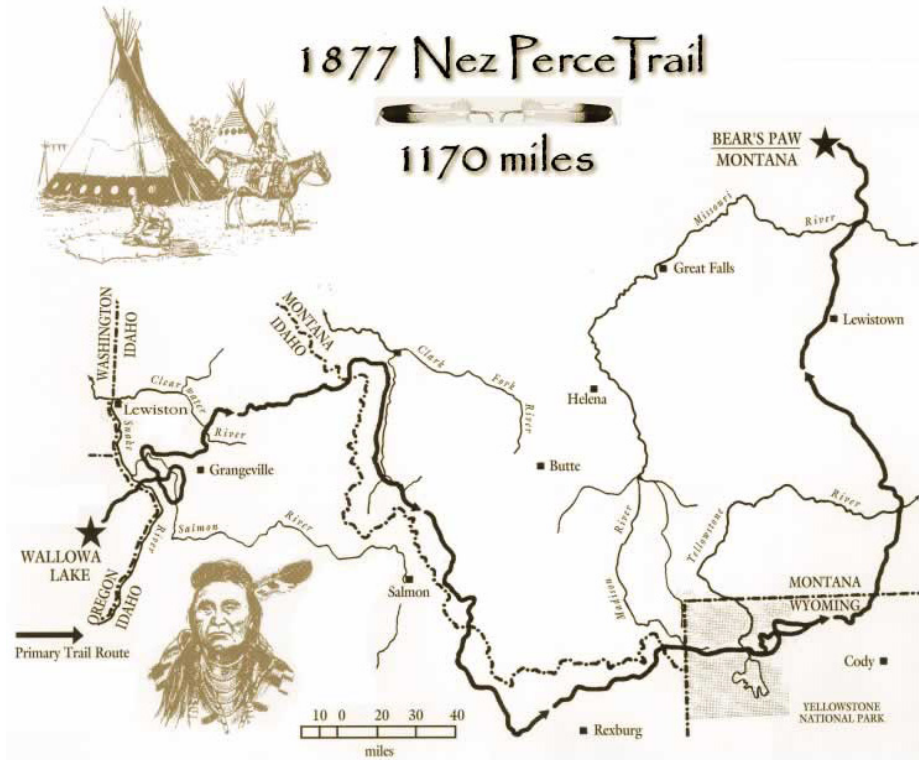
SCLEROLOGY

HEAL THY SELF ACADEMY WITH TYLER TOLMAN



SCLEROLOGY

THE HISTORY

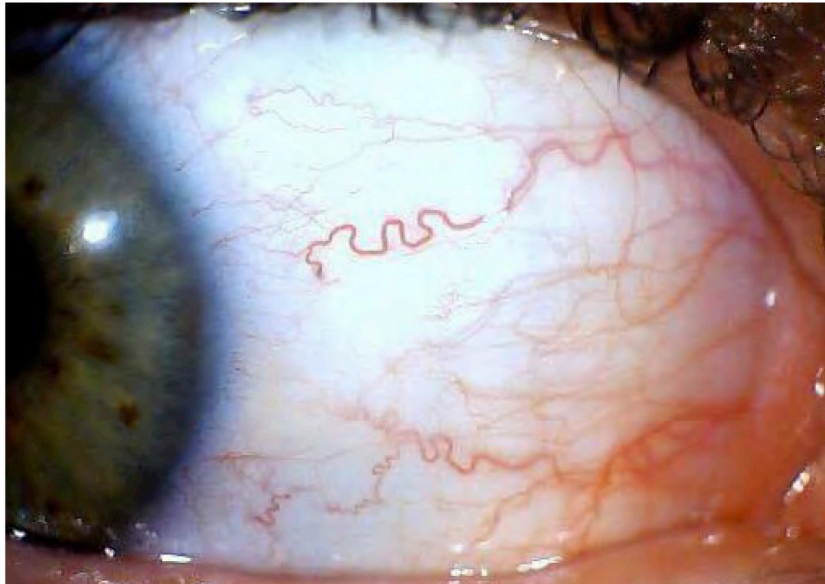


Many ancient cultures around the world have used a method of sclera diagnosis for centuries. Native American medicine people looked into the sclera to understand the stress affecting a person's health. In fact, it was from the Nez Perce Indians that Stuart Wheelwright learned the fundamentals of sclerology that would lead him to become the modern-day founder of Sclerology.

Chinese healers viewed the sclera as being connected to the 12 meridians and the yin and yang aspects of each meridian. They believed the lines in the sclera reflected the lymphatic fluid which bathes every cell and imbalances in the meridian energy registered in the sclera. Dr Stuart Mauro, a Doctor of Oriental Medicine, presented ancient Chinese records to the International Sclerology Foundation. This thousand-year-old document recorded the ancient wisdom that had been handed down across generations.

SCLEROLOGY

AN INTRODUCTION



'Sclera' refers to the whites of our eyes. Sclerology is the study of the markings in and on the scleral layers to learn where stress, imbalance, congestion and dis-ease exists within the body. The red lines and discolouration corresponds with specific areas of the body.

If the body chemistry is imbalanced or deficient in basic nutrition (amino acids, enzymes, vitamins, minerals, lipids) or toxic (infections, hormones, heavy metals, parasites, chemicals, radiation, large molecule proteins, etc.), the specific area of the sclera related to the affected body system registers that information.

Sclerology is an excellent "whole person health" EVALUATIVE science. With a quick glance into someone's eyes, a Sclerologist can ascertain what body systems are affected by stress or toxicity, the CAUSE of stress, and how the body is responding to that stress.

When we identify a blockage or toxicity, we can take action to support the body in clearing it. If there's a potential stress, we can take preventative measures to stop it from becoming more serious.

Health is so much more than the absence of disease. We live in a dynamic, vital, balanced, slightly ecstatic and aware state of being which can be interrupted if we are not in balance. We are multifaceted beings and so it's important to strive to achieve a relaxed and harmonious functioning of all the "bodies" or levels of our being.

When you use sclerology in conjunction with iridology, you have a really big window of what's taking place in your body.

SCLEROLOGY CONDITION EVALUATION



Sclerology can evaluate the condition of every organ and body tissue.

- **Highly Accurate**
- **Painless**
- **Economical**
- **Non-Invasive**
- **Helps to prioritise specific health focuses**

Likely the finest and quickest mode of holistic health evaluation.

Sclerology reveals changes, deficiencies, toxic stress, congestions, and abnormal tissue growth in the body.

Sclerology may predict possible pathology up to 13 months in advance and help us prevent illness before it manifests.

Sclerology markings have been verified by extensive and rigorous confirmation tests such as x-ray, pathology, CT scan, blood tests etc.

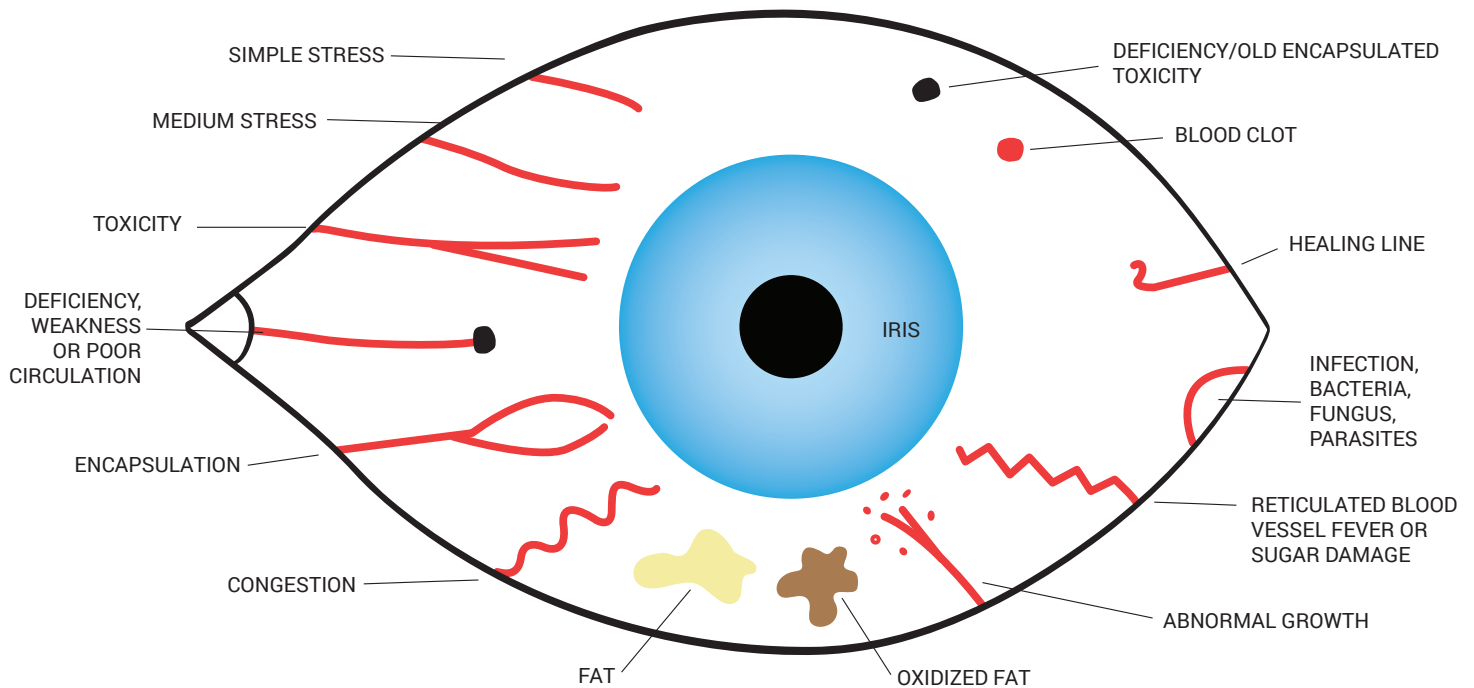
It can reveal infection by various categories of Parasites, Nematodes, Bacteria, Viruses, Flukes, Protazoa and other harmful organisms.

NOTES

[illegible]

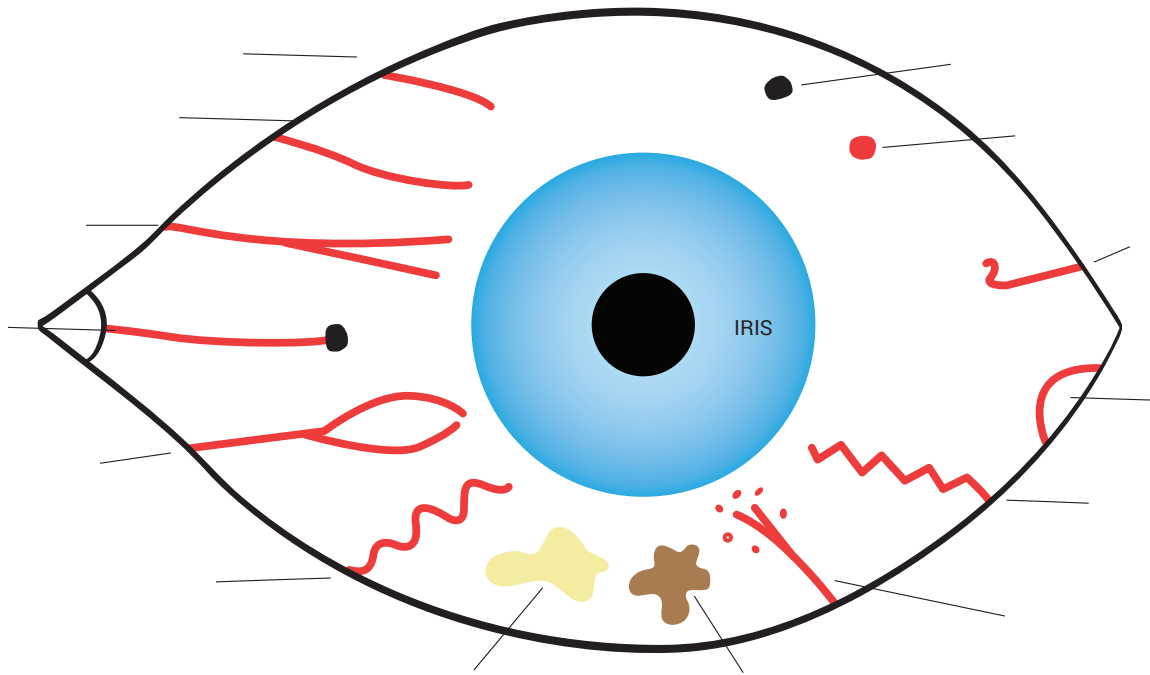
SCLEROLOGY

LINES OF THE EYES



SCLEROLOGY

LINES OF THE EYES

[illegible]

SCLEROLOGY

HEALING LINE PROGRESSION



TOXIC STRESS
Area of stress is at junction of Y



HEALING BEGINS



GETS BETTER>

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

SCLEROLOGY

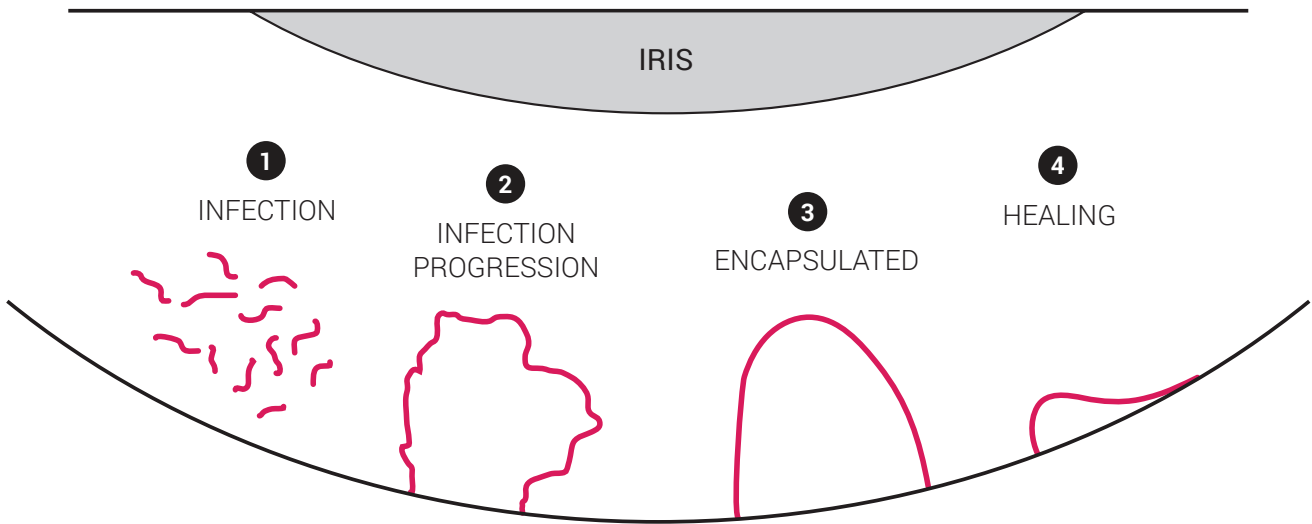
COLOURATION OF THE SCLERA

The Sclera can present a tint or hue. This is not a bloodshot condition, but a tint in what normally would be a white sclera.

COLOURATION	INDICATION
Pinkish flush	Alkalosis (tissues's pH is too alkaline, B Vitamin, deficient, excessive alcohol cosumption)
Bluish haze	Chronic alkalosis, anemic, poor spleen function, calcium dificiency
Bluish gray " Porcelain China"	Abnormal tissues toxicity
Grey around the rim	Abnormal tissue toxicity
Yellow	Jaudice, liver functioning poorly
Yellow Bands	Chronic damage to spine (vertebra)
White, Fatty Blips	Cervical Misalignment, manganese dificiency, liver toxicity, sun & wind damage. Occasionally isolate dots or blips appear in the sclera. These may indicate types of stress such as encapsulations and tissue degeneration.
Red dot in Head zone	Broken capillary (stroke)
Black dot	Old blood clot / old encapsulated toxicity
Grey dot	Intense area of stress
Blue dot	Lymph congestion
Brown dot	Liver Toxin

SCLEROLOGY

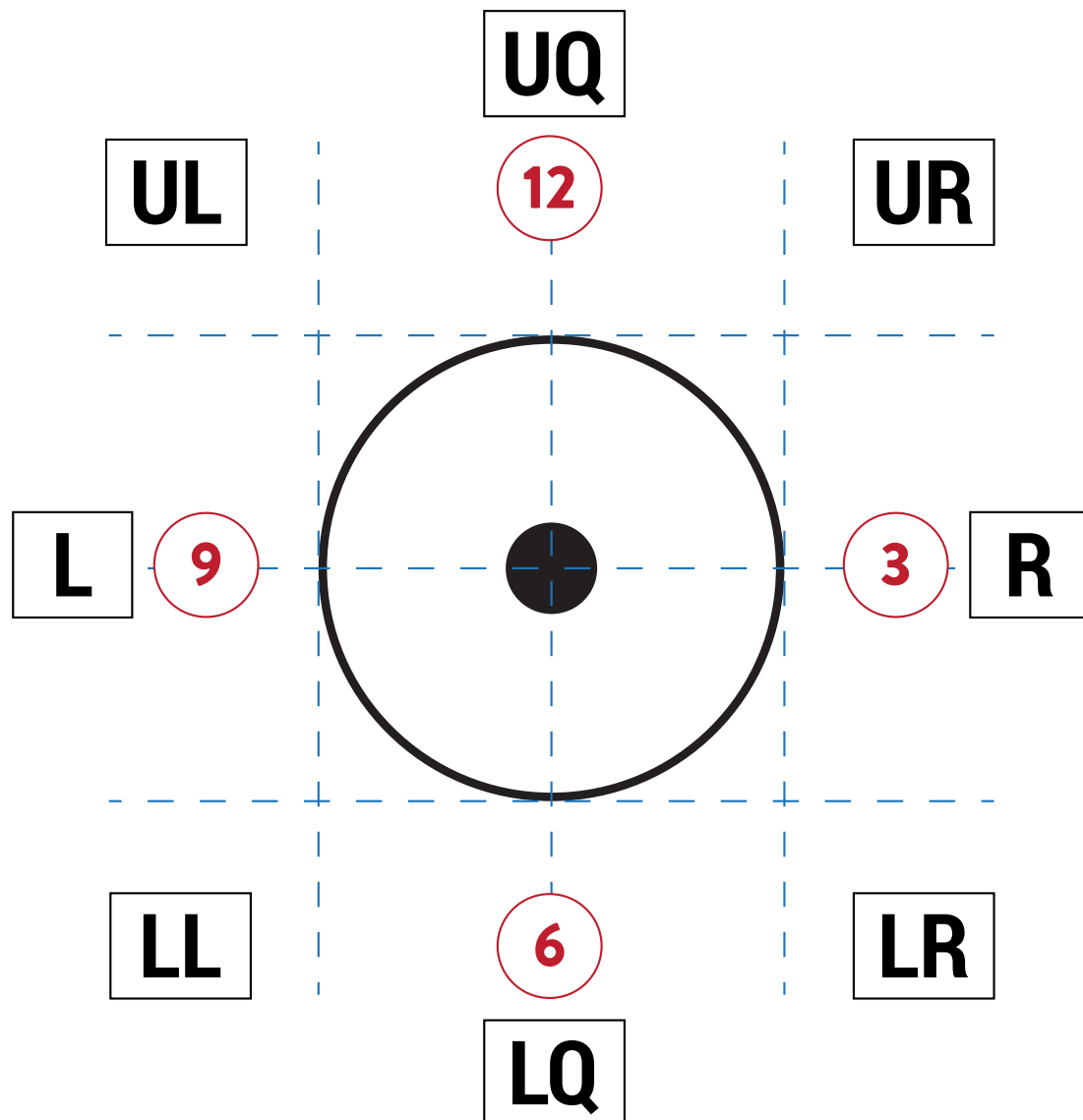
SCLERA MARKINGS

[illegible]

SCLEROLOGY

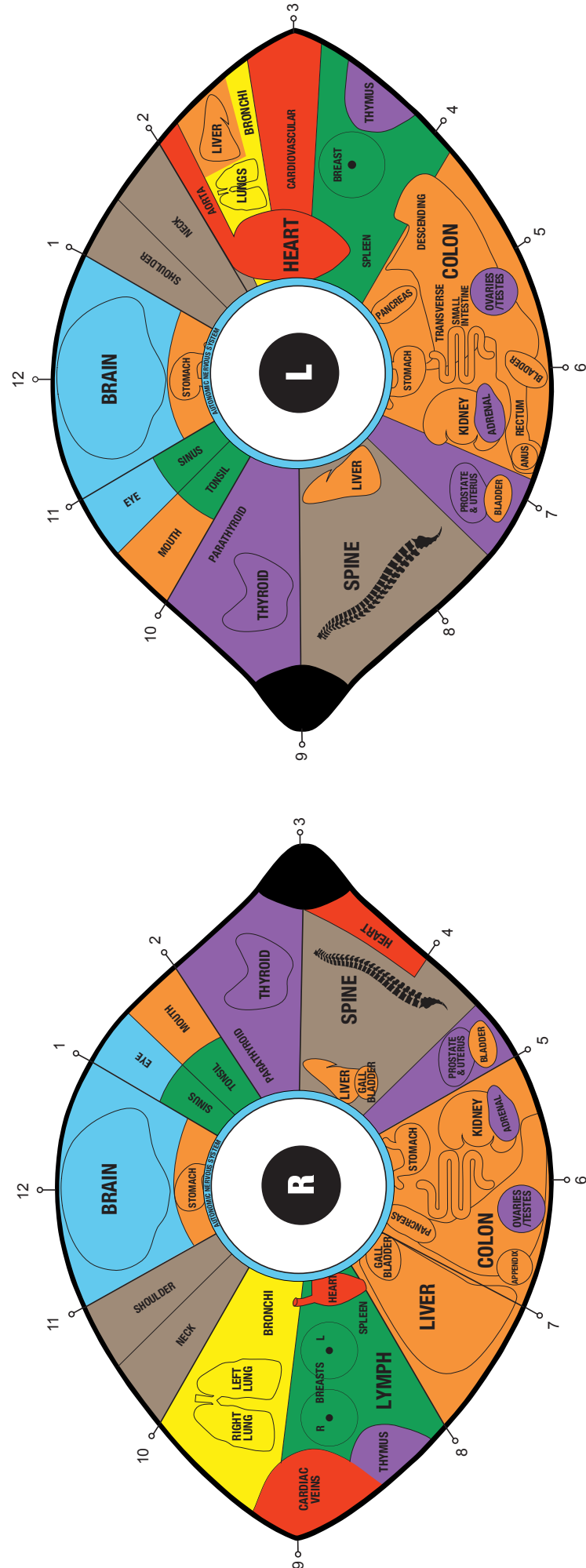
SCLERA GRID

This shows what areas you can see of the eyes when taking a photo with the eye camera. This is to show that you cannot see the entire bottom or side of the eye, just segments



<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

SCLEROLOGY CHART



NOTES

[illegible]

