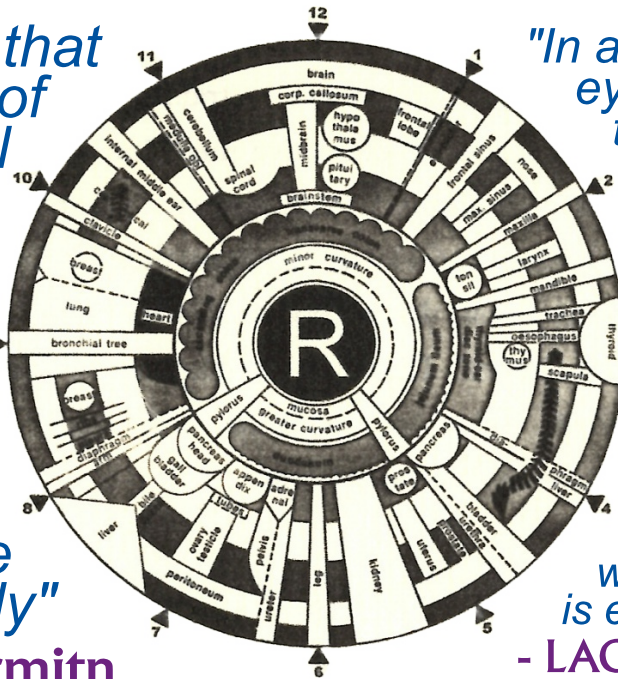


# Introduction to Iridology

## Health Through Eyes

*"It is now known that eyes are a mirror of our physical emotional health. Acting as the body's yellow pages, they function as an accurate index of what is occurring in the body"*

- Dr. Jacob.Hibermitt



*"In ancient cultures the eye was considered the gateway to the soul, and to the physician today, the eye serves as a window through which the state of health can be readily observed"*

- Patrick D.Trevor-Roper

*"To know others is wisdom, to know oneself is enlightenment"*

- LAO TSU

Iridology (study of the Iris) is an ancient method used to understand health. The eye can reveal so much about health.

For example: signs such as the 'cholesterol-ring' can alert people that they need to make health changes to prevent strokes.

Would you like to know more about Iridology and other common signs your eyes show you to review aspects about your health? If so, come and listen to this introductory talk I am offering to help people gain more knowledge about this fascinating subject. I have been a Naturopath and Iridologist for 22 years and have a wealth of information to share. I hope to run a short course late in the year if there is enough interest.

**Teacher: Sarah Burt**  
**Saturday, 11th May, 3-4.30PM**  
**Dorchester Yoga and Therapy Centre**  
**Cost, £5**  
**Email: [info@sarahburtnd.co.uk](mailto:info@sarahburtnd.co.uk)**

