

## How to Take Your Iris Photos

An Iris analysis reveals your current state of health when it comes to the tissues of all your organs and glands in your body. It will tell us where any congestion, stagnation, obstructions, inflammation, and degeneration is in your body and what glands may be affecting other parts of the body. Iridology is an amazing tool and science! Based on your reading, we will be able to tell you what areas need your most immediate attention to heal all your health issues.

### Instructions:

For an Iridology Reading, I will need a picture of both of your eyes - As clear and as up close of a photo as you can get of each of them (Both Left eye and Right eye). Make sure you label which one is your Right eye and which one is your Left eye when you send them to me!

When you are ready to take your iris photos make sure you have a flashlight handy to light up the eye while taking the picture. Also make sure you aren't near any windows as any light reflections will cover up important Iris markings in the photo and I won't be able to read them.

Use your fingers to open your eye up fully so that we have a full picture of the entire iris (as show in the photo below) and look straight forward into the camera when taking the photo. :) Try your best to make sure your eye is straight and leveled for the picture.

Use the best quality camera you have for your iris photos. A DSLR camera is best, a point and shoot camera is also great, or an Android/iPhone camera can give good images too. It is also easier to take your iris photos if you have someone else helping you take it while you hold your eye open they hold the flashlight and take your picture. :)

Make sure the flash light's light does not create any blind spots when capturing the iris photo. If it does, just take another photo of the eye making sure to adjust the flashlight to another side to show the areas that were covered before. You can send me multiple photos of your eyes this way.

Below is an example of what an eye photo should look like in terms of photo quality, positioning, and lighting so I can read it most accurately. :)



Below is a 3d look of an iris photo that you can achieve by playing around with the flashlight's position. If you can get a photo like this, this is the best eye photo quality for the iris reading!



Remember to feel free to send a few photos of each eye. The more detailed, the better! Make sure that your iris photos are sharp, clear and as detailed as possible - not blurry! :)

After purchasing your Iridology report, please let me know if you run into any problems while taking your eye photos and I will help you as best as I can. Please send me your eye photos as soon as you can so I can have time to read them. Thank you! Can't wait to read your eyes! :)