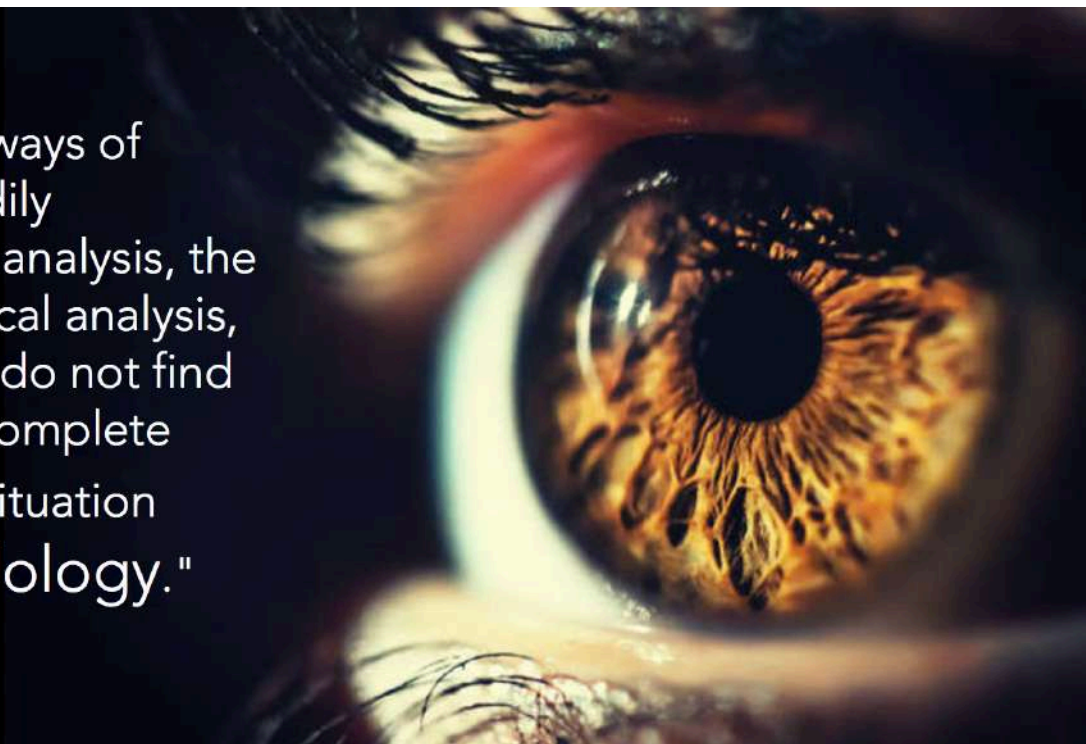"While there are many ways of trying to determine bodily conditions, such as hair analysis, the SMA tests, urinalysis, fecal analysis, blood analysis, etc., we do not find one that gives a more complete picture of the *whole* situation than the science of iridology."

- Dr. Bernard Jensen

# *How to take the Best Iris Photos for Iridology Readings*

The purpose of this PDF is to help you learn all the ways to get a good iris photo using a smartphone or a DSLR, and save yourself the struggle and frustration so many of my clients have had.

Taking Pictures on your smart phone

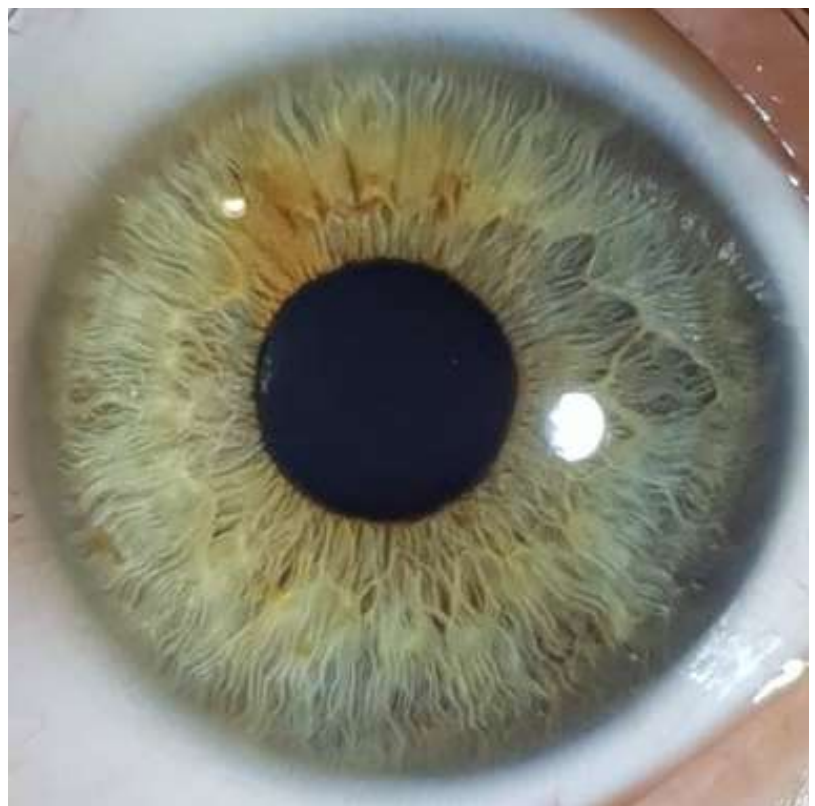This's a good example of a blue eye taken on a Samsung smart phone.

This's a good example of a blue eye taken on a Samsung smart phone. This person used the flash plus a small flash light. For most people the flash works fine without the small flashlight.
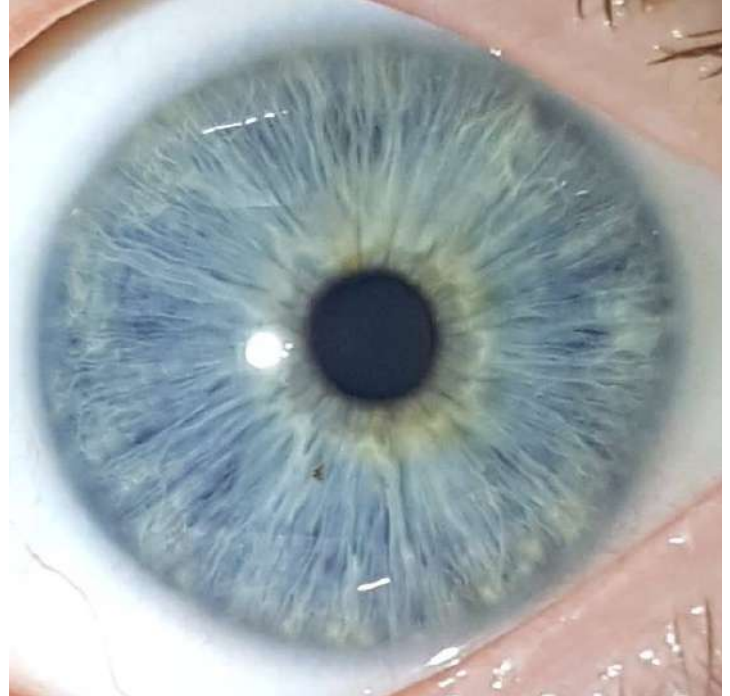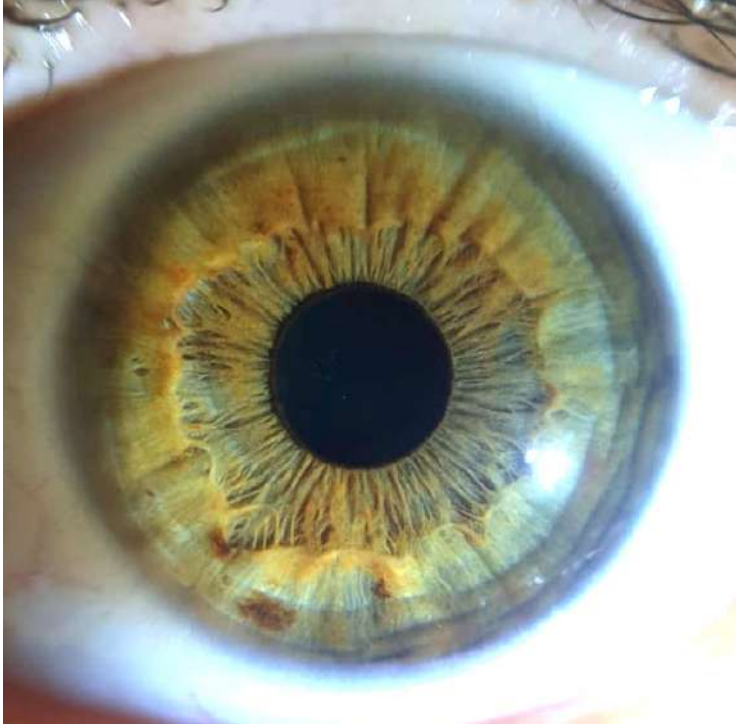
This's a good example of a blue eye taken on a smartphone.

This's a good example of a true blue eye turned mixed colors taken on a smartphone.

This's a good example of a true blue eye turned mixed colors taken on a smartphone.

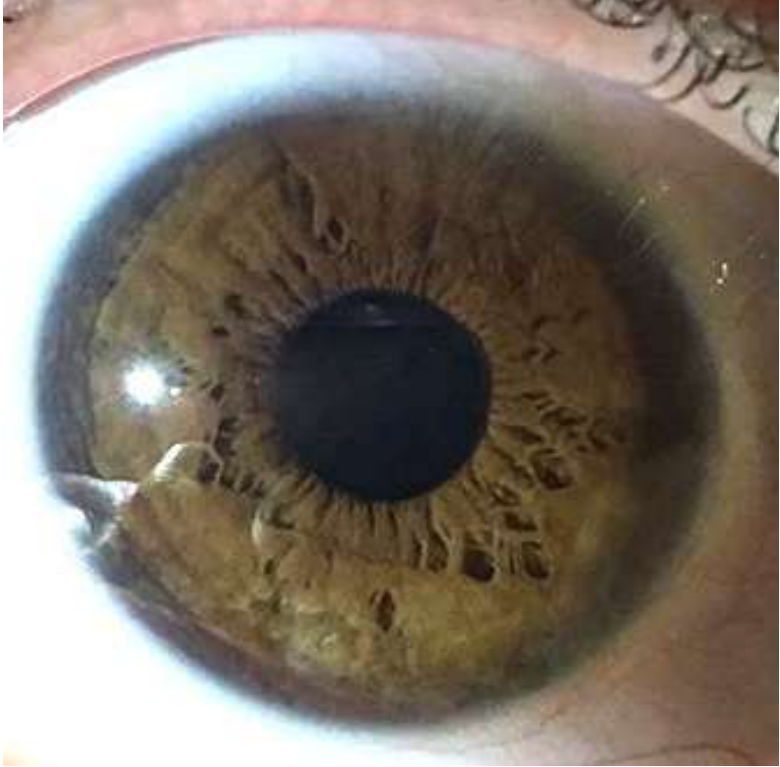This's a good example of a true blue eye turned brown taken on a iPhone 6.

This's a good example of a true blue eye turned brown taken on a smart phone.

This's a good example of a true brown eye taken on a smart phone.

This's a good example of a true brown eye taken on an iPhone.

PLEASE NOTE THAT THE ABOVE PICTURES HAVE BEEN CROPPED AND ZOOMED IN. TO SHOW AS AN EXAMPLE OF WHAT A GOOD EYE PHOTO SHOULD LOOK LIKE FOR THIS PDF. PLEASE DO NOT CROP OR ZOOM IN ON THE PHOTO BEFORE YOU SEED IT TO ME. LET ME DO THAT SO I DON'T LOOSE AS MUCH RESOLUTION. YOU CAN READ ABOUT THIS IN MORE DETAILS IN THE SECTION BELOW CALLED "CROPPING AND EDITING". THANKS FOR UNDERSTANDING. :) **

- Remember to…

- Always use the rear camera because it's usually a higher resolution camera than the front "selfie" camera.

- Use the newest version of a smart phone that you have access to.

- iPhone or Samsung seem to render some of the best photos so far. However don't use iPads as these cameras don't have high enough resolution. Also a DSLR WITHOUT a macro lens will not work because it can't zoom in close enough to see high enough resolution.

- Don't use zoom on the smartphone because that can lower the resolution.

- Don't crop or edit the photo in any way from the original.

- Don't use any apps or ways to take the photo different than just the normal camera on the phone. These sometimes can cause the photo to be digitally pixelated when I zoom in on the photo. See example below.

- Tap on screen to get it to focus.

- Take contact lens out before taking eye pics.

- Keep your head straight, and don't tilt it in any way.

- Look at the camera. Don't look to the side, up, or down. Look directly into the lens. The picture below is really hard to read accurately because they aren't looking at the camera. This is because it is very hard on me to keep my mapping or transparency accurate so the reading will be accurate.

- Hold camera straight up and down (not tilted front to back or side to side). Like the picture below.

*Note that if your eye isn't square with the camera this could miscue your iridology reading results. This is why it is very important to hold your head straight and the person taking the photo hold the camera straight to the eye. I can not line up my chart or transparency right if the eye is not straight.

- If you're using fingers to hold your eye lids open, make sure your fingers are out of the shot so that the camera can focus on your iris instead of your finger.

- Make sure your eye lids and eye lashes are not covering or shadowing any parts of your iris. If you have to, use your fingers to hold your eye lids open. If I can't see the area I can't read the area.

- Have the person taking your picture hold the camera about 6 inches away from your eye. Don't zoom in with the camera's zoom or it can make the photo fuzzy. The picture below was taken too far away so when I try to zoom in I can't see the quality and details.

- Take a photo of each eye one at a time not like the picture below.

- Make sure the camera is straight in front of your eye, not from the side.

- This photo below is hard to read when I zoom in on it because it is digitally pixilated and fuzzy not clear enough to be able to see all the fine details easy. This could be from an app on the phone or from not enough front lighting.
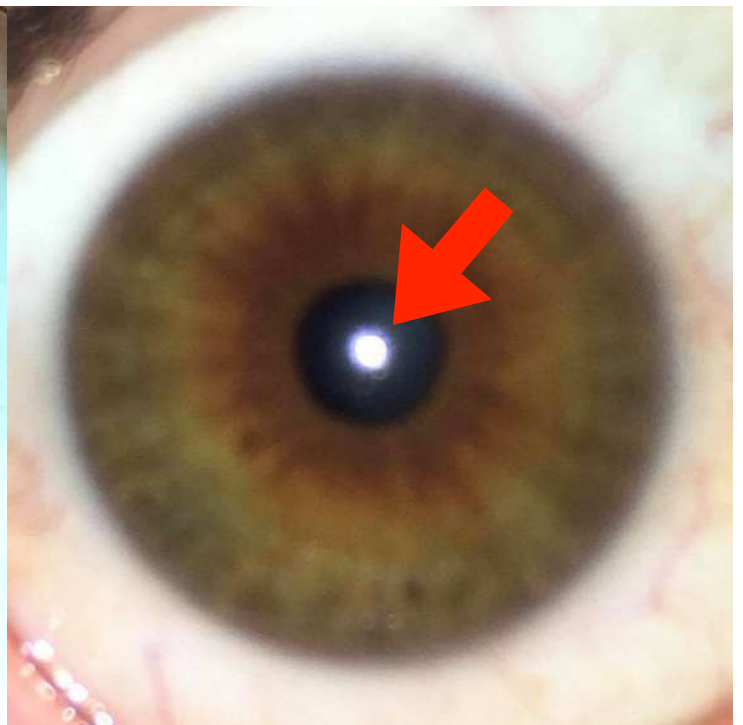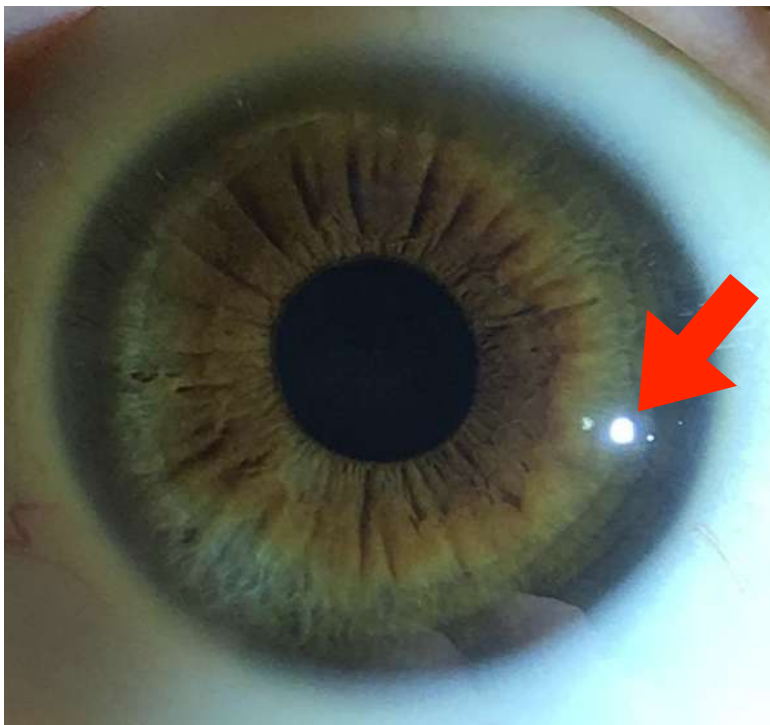
Lighting

- Don't take your eye pictures in the sun because it's too bright and will always cast a shadow or cause a large reflection spot as in the picture below.

- **True Brown Eyes or Blue Eyes that have turned Brown:** You will need to use a small flashlight to illuminate your eye from the side. Be careful not to block the side light with your hand holding open you're eye lids. For brown eyes and dark blue eyes the room may need to be slightly darker. Make sure you get the reflection spot from the flashlight on the side of your iris. Notice the picture on the right with the reflection spot in the center, you don't see any of the weaknesses you can see in the photo on the left with side lighting. Even if the photo on the right wasn't fuzzy you would not see the weaknesses because the lighting is wrong. See examples below.

- Make sure to hold your eye lid and lashes open with one hand from above and below so you don't block the side lighting.

- Make sure you point your flashlight from the outside of the eye you're taking a picture of, not the inside.

(Small flashlight) Illustrating being shined from the outside of the face

You don't want to shine from this side (for the right eye) because you can't get the right angle.

- Below is a good example of how far away to hold the the small flash light away from your eye. The arrow is pointing at the flash light notice how far away it is from the face (This picture was taken on a point and shoot with a macro setting. Because of the macro setting and higher resolution than a phone it will still work when I go to zoom in on the photo)
- You need enough light but not too much. This is the reason you use a small flashlight not a big one. Just make sure your batteries are not to weak so that the light is bright enough. If you play around with some small flashlights and get the right angle you will get the iris to illuminate like in the photo below that is what you are trying to do to get a good shot. Also very important try to get a flashlight with a white light not a LED blue tinted one. See photo below for this example of the right light to use not a LED light.

- **Blue Eyes:** Use the flash with the rear camera on the back of the phone. Take them in a normally lit up room. Not outside too many refections and shadows. Do your best to get the reflection spot of the flash in the middle "pupil" of your eye. Some people do have good results using a small flashlight plus the flash. Most of my clients have the best luck with just the flash. See good examples at beginning of the PDF.

*Note that if there is a reflection spot blocking the iris we will not be able to read your iris in that area and give you the best reading.

- If you're having problems with the bright light making your eye dilate to much let your eye get used to the bright light for a little bit and it should relax back to normal so you can take the shot. Below is a picture of a dilated eye. The reason this is important is a dilated eye has its iris fibers constricted making the reading harder.
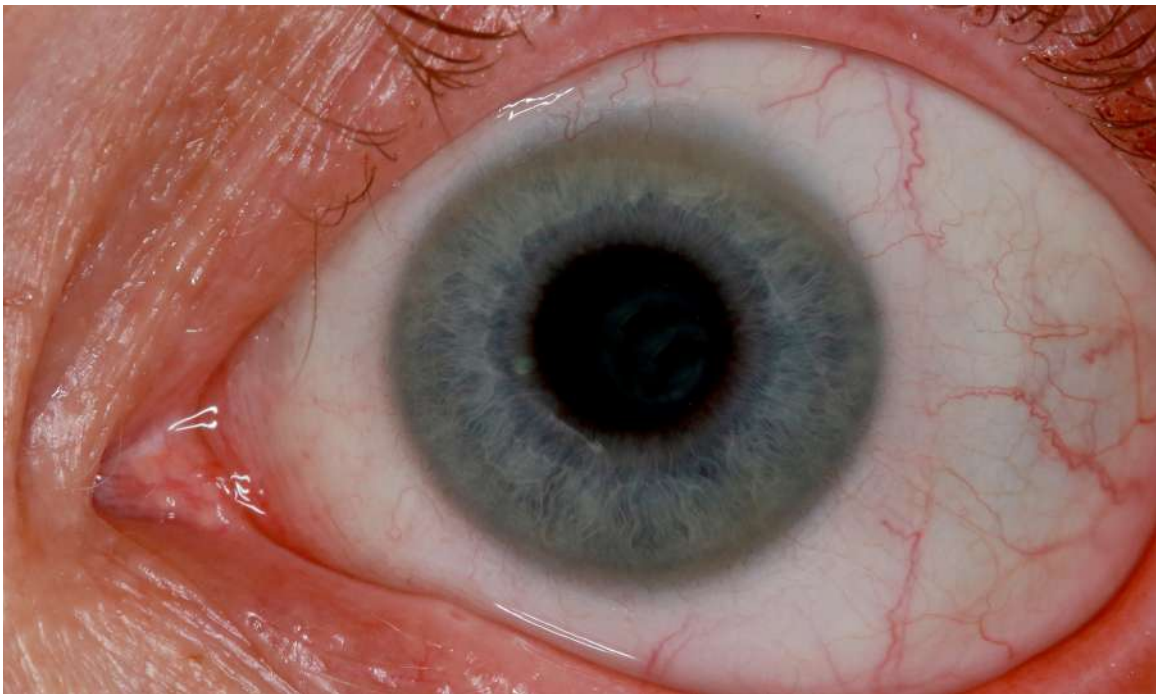
Cropping and Editing

- Don't crop the white part out of your eyes like the picture below because I won't be able to see if you have a "skin ring" or not and also I won't be able to look at the condition of the sclera (white part of your eyes).

- Don't crop the photo because I need to be able to make sure that your eye is aligned with the camera correctly.

- Please don't edit or crop the original photo because if I have to zoom or edit it the resolution will be too low. It's better If I do the editing so I can keep as much of the resolution as possible.

- Sometimes my clients will find an iridologist that will take their eye photos for them. Then either crop them like below or they will put a grid over the photo making it hard for me to see everything. If you go to someone that will take some good photos like below. Please tell them I need the originals from off his camera not after he edits them. Just tell him to email you the digital Jpeg image off of the memory card. Then you can email them to me.

"How can we expect to see all the fine details of the iris without macro photography! The higher the details the more I can tell you about your eyes!"

Taking pictures on a DSLR camera

- This is the best camera to take the highest quality pictures but you must have a macro lens for it to work.

- Blue Eyes: Use your macro lens and turn on your flash. Put the camera settings to: ISO 200, Aperture: F20-22, and Zoom: auto focus.

- Brown Eyes: Taking brown eyes with a DSLR can be more challenging than with a cell phone because you have to know the right settings to put the camera on so that you don't have to use the flash. I can't tell you these settings yet because I'm still trying to learn them myself. When I find out I'll update this PDF. The reason you don't use a front flash is because you won't be able to see as many of the weakness in a brown eye as with side lighting.

- Here is an example below of a blue left eye that has turned brown. The photo on the left was taken with a smartphone notice how it is not clear and they did not use side lighting. The shot on the right is taken on a DSLR with side lighting and no flash. If you even look really close you can see the camera's refection in the pupal of the eye and notice they are not using the flash. This is a very good example of how much of a difference the right equipment makes. The photo on the left is unreadable mostly. The one on the right is completely readable. I can even see the iris fibers which is one of the hardest things to see if the photo is not high quality.

- Now as you will see below in the last photo some people with really expensive iridology camera setups can get a really good shot of a brown eye using side lighting PLUS front flash. I just wish I could see him take the same person both ways and see what the differences would be. Different kinds of lighting at different angles for a dark color eye can get different results. So I would recommend if you have some really good equipment play around with it till you get the best shots. I am in this process with my own professional DSLR iridology camera. The more I learn guys the more I will keep sharing!

This is a good example sometimes of why it's important to find someone that has a good camera with a macro lens so that you can see all your fine details in the eye.
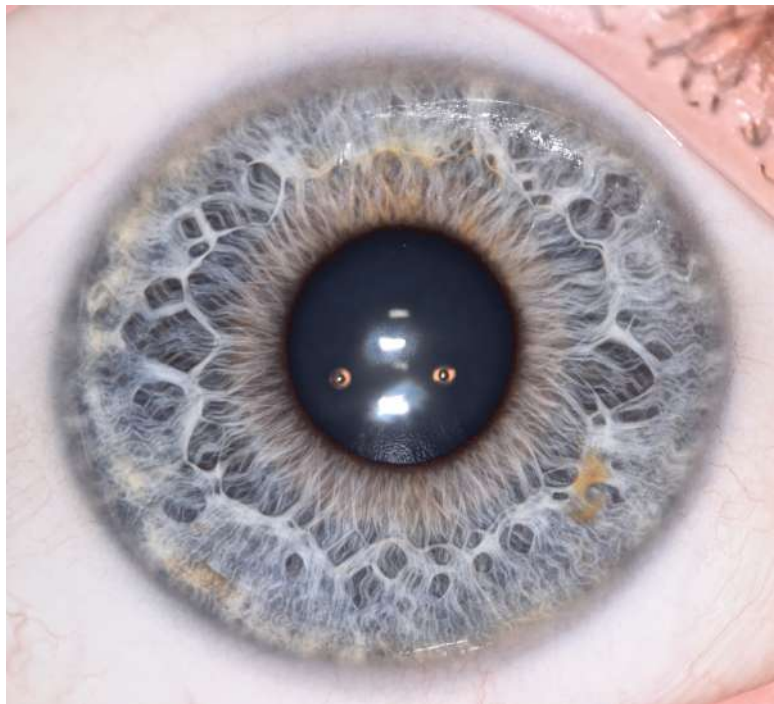
This blue eye picture is a great example of a person that has very small weaknesses and can be very challenging getting a good picture with a smartphone because it is not high enough resolution.

This is a good example of a blue eye that has turned orange/brown and it can be really challenging to capture the correct color of the eye on a smartphone or some DSLR cameras that are not on the right settings.

This's an example of a blue eye from a 6 year old. This shows that due to our younger generations having weaker genetics they need a higher quality camera (when available) than just a smartphone to capture all their weaknesses.
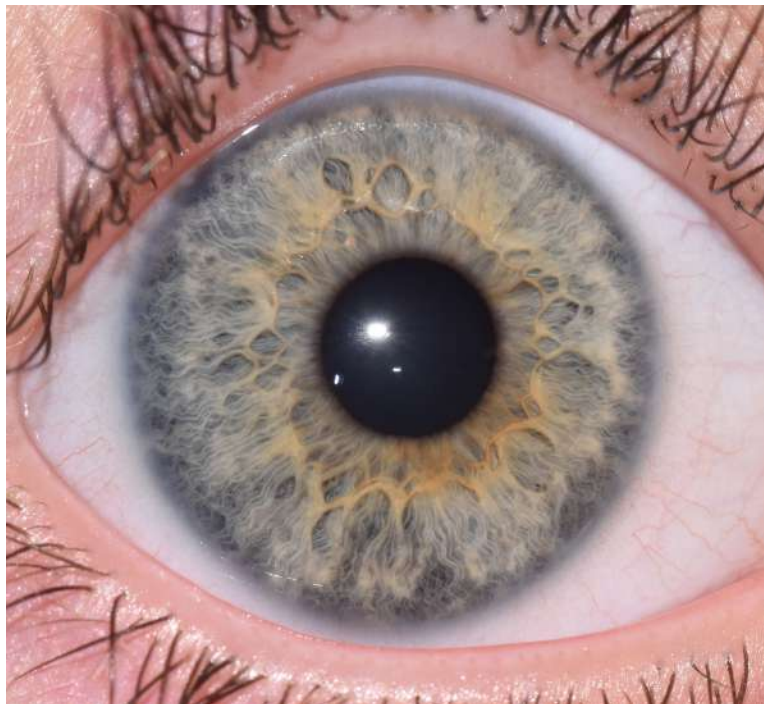
This's an example of a blue eye that's turned heavy brown. My client was having a very hard time getting her pictures to turn out clear on her smartphone. So she had to find someone that had a better camera so that she could get this photo to the right. This is a photo that was taken by an iridologist that has a very expensive set up and he used side lighting plus the flash. I am very curious how the shot would have turned out if he had of used just the side lighting. Like the first photo above in the beginning of this section of the PDF. The use of the different kinds of lighting makes such a big difference in the dark eyes.