

Iris Contraction Test

In a dark room, sit or stand in front of a mirror for about a minute to allow your eyes to adjust to the light. Then shine a flashlight across one eye (not directly into it) from the side of your head. Keep the light shining steadily across one eye and watch in the mirror with the other. You should see your pupil (the dark circle in the center of the eye) contract immediately as the light hits your eye. This occurs because the iris (the colored part of the eye), a tiny circular muscle composed of small muscle fibers, contracts and dilates the pupil in response to light. Just like any muscle, after it has been exercised beyond normal capacity, it needs recover.

The pupil normally remains contracted in the increased light. But if you have some form of hypoadrenia the pupil will not be able to hold its contraction and will dilate [open] despite the light shining on it. The pupil will either waver between contracted and dilated, or it will close initially, but then open up again. This dilation will take place within 2 minutes and can last for about 30-45 seconds before it recovers and contracts again.

Retest monthly. If your eye indicates you are suffering from adrenal fatigue, this also serves as an indicator of recovery. As you recover from adrenal fatigue, the iris will hold its contraction and the pupil will remain small for longer.