

# **Introduction to Endocrinology & Iridology**

## **By John Andrews**

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### **Introduction**

[Taken from *Endocrinology & Iridology*, UK, 2005]

The understanding of the endocrine system and its many dynamics is required with whatever field we find ourselves working within, after all hormonal exchanges are the basis for life. An in-depth study of the endocrine system is a logical extension from my previous published works on the immune system, embryology and emotional approaches in iridology. It is the next piece of the jigsaw puzzle in iridology research. I doubt, however, despite swathes of research and work in this field, that this is the final piece we need to complete the picture.

Before you begin reading I must make you aware that this is not intended as an in-depth reference on endocrinology alone, but only my awareness of endocrinology, in relation to iridology. With this in mind, much of what does not appear could be just what you are searching for! My apologies. I must stress that the work presented here is based wholly on my experience and, from direct contact with colleagues, referenced when appropriate. The clinical and research-based work presented in this book is true to my knowledge base at the time of publication, although there is, always, much we can all learn and apply to help patients and their families. I encourage suggestions and discussion within this field.

We need to have a holistic understanding of the endocrine system in order to maintain health. We know that the endocrine system is integral to emotional well-being, healthy growth, metabolism, blood sugar balance, energy and psychoneuroimmunology. Indeed, Peter Mandel one of natural medicine's pioneering integrators and innovators states that the root for all diseases is in the endocrine system. The late Bernard Jensen, inspiration to literally millions, said that our health is dependent on the health of our hormonal system.

The activity of the endocrine system complements that of the immune and nervous systems. In fact many authorities conclude that the endocrine system is the most important factor in the maintenance of homeostasis, due to the control of metabolism, growth and reproduction. This activity takes place in a slow, but sure way due to prolonged communication between large numbers of cells at numerous different sites in the body.

Most of the broad approaches to the understanding of the endocrine system are included here. My aim has to present the material so it is accessible, digestible and practical for a broad base of professions – naturopaths, general practitioners, endocrinologists, patients and, of course, iridologists. If I have only partially achieved this attainment then I will be very happy.

In addition to these broad approaches and application of the hormonal system, in relation to iridology, I have offered some chapters on more specialised topics, some have scant information on them generally, especially in non-specialist circles and iridology generally. I have been inspired to research and integrate diverse sources of information, from a solid foundation of practical experience. Many of these areas have not been mentioned in iridology texts previously; therefore we are open to critical assessments and also errors. The chapters on prolactin, gastrointestinal endocrinology, the endocrine liver and the inner pupillary border typify this.

With new research we always run the risk of sceptical mindsets, but this should not destabilise our intentions to share the work and provoke debate. I always encourage iridologists to publish and share their work in the Advanced Iridology Research Journal and other forums. Many do, but fear of criticism prevent most from doing so. We must breakthrough this to allow iridology to flourish further.

You may find some of the information presented here as new and even challenging, one attendee on an advanced seminar I was teaching, commented that their training in iridology had been turned on its head. This book does not exclude any other approach in iridology, my hope, is that it adds to it, and even enhances it.

Some of the work featured here has been presented at endocrinology meetings or conferences in the UK, plus also at iridology congress and symposia in Greece, USA, Italy, South Africa, England and as I write, in Sao Paulo in Brazil over four days at the end of November 2004. A full advanced course is scheduled on Endocrinology & Iridology in Ireland for April 2005. Further such seminars on the subject are in the pipeline in the UK, USA and throughout the world. If any of this material has intrigued or inspired, and you wish to learn more please get in touch via email to be added to our international database.

If one fraction of the material here has inspired or even helped you as an iridology student or a practitioner to assist and help a patient or given you a different perspective or understanding, then in my eyes, all this work has been worthwhile and the project is a complete success.

I offer heartfelt appreciation for your interest. Thanks for reading.

John Andrews  
Sao Paulo, Brazil, November 2004