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How Acute Disease Becomes Chronic

By

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How Acute Sickness Becomes Chronic

By Jenni Beasley

The Iris

Working within the context of natural therapies, be it Kinesiology, Neuro-Training, Naturopathy, Homoeopathy etc, the theory on chronic stages of ill health and disease is often reflected in the iris. This study is known as Iridology.

The naturopathic term for acute and chronic disease differs slightly to the medical term.

The medical term of acute is: *of abrupt onset, in reference to a disease. An illness that is of short duration, rapidly progressive, and in need of urgent care.*

"Acute" is a measure of the time scale of a disease and is in contrast to "subacute" and "chronic." "Subacute" indicates longer duration or less rapid change. "Chronic" indicates indefinite duration or virtually no change for longer than three months. The time scale depends on the particular disease. For example, an acute myocardial infarction (heart attack) may last a week while an acute, sore throat may only last a day or two.

Iridology, when referring to acute also means of short duration, however what brought on a stroke, heart attack or other such complaints would be considered caused by long-term imbalances and would not be termed acute.

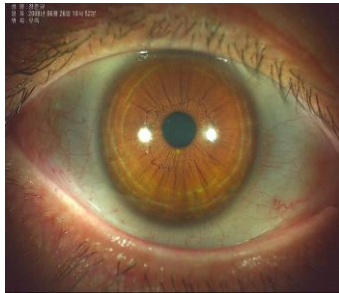
Using iridology allows one to observe the interrelationship between organs/glands/tissues; the iris reveals underlying causes of physical ill health. All stages of disease are observable even prior to symptoms through iridology reflexes (known as sub-clinical). In studying the theory on chronic stages of disease, iridology shows that chronic disease is developed over a period of time.

In naturopathic terms a practitioner would not consider a heart attack an acute problem, but one that has risen from some long term compensation. A practitioner using iridology alone would look for marks in the iris that showed all the probable causes for the heart attack.



When we use the map of the iris to view the state of our health, a perfect eye shows no flaws, no holes in the fibres of the iris, no inherent weaknesses, is perfect in colour, either blue or brown and referred to often as the silk iris. More and more though, we are seeing a mix of blue and brown as couples from different backgrounds marry and produce off spring with an in between mixed colour.

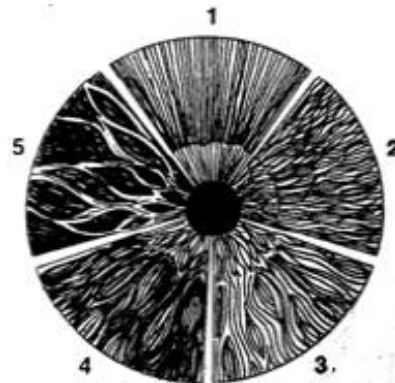
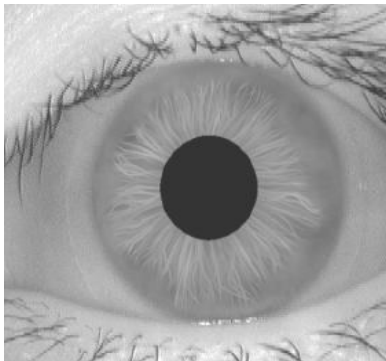
All the other colours such as hazel, green, grey or orange tones are layers of toxins on top of the original base colour. A true brown eye colour comes from a genetic background from Negroid descent, the Orient, Mediterranean area or the Middle East.



Brown Iris



Blue Iris



Silk Iris

1. Fibres of the iris are knitted close.

After years of continuous ineffective nutrition, improper drug treatments and exposure to harsh chemicals and artificial substances, we, and our offspring are showing more and more disruptions to our vital energy patterns. Today we see very few flawless irises, reflecting a strong constitution and vital health patterns. Most have dark or yellow/brown deposits, open lesions, darker lesions that show more chronic tendencies and weaker recuperation ability.



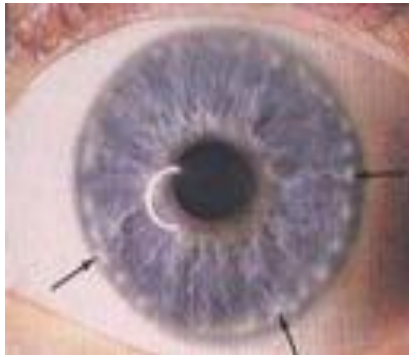
Iris colour and Chronic Disease

The iris of the eye is constructed in layers, on top of one another. The layers represent a variety of shadings all the way from an extreme white to a dark black.

When we study the iris, there are four colours that reflect disease patterns. Looking at these markings can give more information about suppressed diseases within a person.

Inflammation

A sign of inflammation in the iris is white in colour, (e.g. See photo with arrows, showing inflammation and congestion on the edges of the iris, the lymphatic area). Inflammation may also appear as a small cut in a pie or a portion out of a wheel of the iris and be in a reflex area representing some part of the body. The white represents the acute stage of disease, the acid stage. When the colour in any area of the iris turns light grey, it has moved from an acute to sub-acute, then further darkening in colour to dark grey for chronic disease patterns, then black for the destructive or last stages of disease.



(Refer to photo with white area around the outer edge of the iris (left side of iris), indicating congestion in the lungs and also yellow brown toxins throughout the blue iris.)

How a disease becomes chronic

Just as the name points out chronic sickness develops over time. In naturopathic terms, this time duration is considered a lot longer. A heart attack has been developing for a number of years, not just months. So have many other disease patterns. With mis-use and chemical abuse, our bodies become lowered in vitality and loose energy. We become tired, less motivated, we need to sleep more and wake feeling exhausted.

For example, one day we develop the symptoms called a cold. Our nose runs, our throat becomes itchy. Instead of resting and recuperating, we push ourselves to do more. We find a quick fix to the sore throat and runny eyes, by taking a cold and flu tablet. It eases our symptoms and we feel better. Instead of resting and recuperating, we suppress our body's need for healing. Feeling better, we push ourselves even more, while under the strain of less energy and immune intolerance by spreading our energies in different directions. We also create the stage for the first platform of suppression. The symptoms of a cold are a natural way of eliminating what is irritating us, producing catarrh to expel the toxins. The word catarrh is derivative of an old Greek word meaning "I flow".

If material is working out of the body as a discharge, this should be allowed to proceed to the complete cleansing point. In stopping any discharge, you drive it further into the tissues. This now suppressed pattern turns inward, toward our organs or glands and rests in the tissues that are the most vulnerable. Our strong organs and glands have the energy to resist challenges, our weakest do not.

All of us have weak and strong organs/systems/glands. It will depend on our inherited patterns. These weak points play a large part in how strong we are when challenged. So, instead of going to bed and resting to get past our cold, we suppress the discharge and burn our energy even more. The body needs the opportunity for this natural process to take place. We often fail to realize that our body seeks to maintain itself through the law of preservation; that it works to preserve itself constantly, in order to regenerate and rejuvenate itself as long as possible.

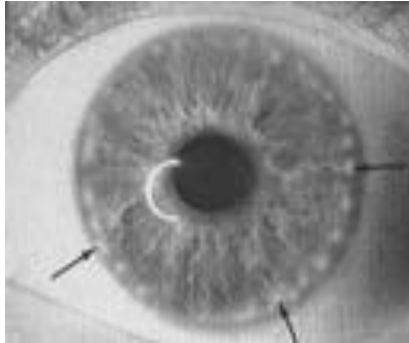
Disease does not invade the body. It is through *lowered energy* that we develop symptomatic diseases that may settle in any organ, particularly the organ with an inherent weakness. This is why muscle checking for our '*available energy to heal*' is so important. The reason disease can develop in weak organs, is that they do not have the resistance to throw off toxic material settling in the body. Strong organs and weak organs differ with respect to their functioning ability. The weak organs manifest disease patterns to such an extent that the resisting power can not throw off any toxic material settled there and a more chronic disease may develop, such as cancers, arthritis, heart attacks etc.

So, we take a cold and flu tablet and continue on. The elimination process has been turned inward. The valve that was opened by the body to allow perfect elimination has not been closed. The body's reserve power is sufficient to handle only one condition at a time, and the energy that should have been



used for healing was dissipated in the suppressive process. Assuming we are well, we continue existence.

A little later, we develop a cough, possibly a fever and in a day or so a bronchial disturbance. Refusing to let this get us down we find medicine or another inappropriate treatment that takes care of the 'condition'. In turning off the natural process of burning toxic material in our body and eliminating through our lungs we create a second level of suppression. The suppressed catarrh begins to register in the iris as inflammation and over time build up to congest our lymphatic system. (White raises edges in the iris).



Although we have quickly cured our cough and fever, it has been very hard on the body, and as a result our body has to compensate. Soon, after some time has passed, we notice that at night, when it is cool and damp, we begin to develop a wheeze. A constant wheeze or hay fever is a significant symptom of the development of a long term 'chronic condition'. Wheezing should never be suppressed; otherwise you may

develop eczema or some other skin condition. It depends on our inherent weak points as to how the chronic condition is finally expressed.



Through observing the iris you can witness years of accumulated toxins, suppressed or inappropriately treated by observing the colour, from blue to yellow, orange and brown markings.

When considering healing, and recuperation, I notice that not enough emphasis can be placed upon the importance of the universal '*law of direction of cure*'. (Kent). Homoeopathic physicians when they refer to cure, refer to the 'complete eradication of disease states and consequently the complete eradication of the symptoms for long term, and a return to a condition of normal, vigorous health'. (Organon of Medicine). (*Note the word cure as quoted by Kent please read as 'recuperation'*).

We heal from the inside out. Not the outside in. When we suppress acute symptoms, over time we will develop chronic patterns of disease. We all know the recuperative effects of a good night's sleep. If we treat a diseased body as a tired body, we would give it a chance to recover. You

cannot whip a tired horse and expect efficiency from him. One day he will fall down and not get up again.

In studying the principles of healing (Jensen) first we must have a healthy blood stream. No drugs, toxins and artificial substances. The second is that blood must circulate rapidly enough to supply cell structures with all the necessary elements. And thirdly we must rest.

When we have more of an insight into disease states we can best work with the individual to heal themselves. Without the understanding of how we heal we cannot bring out the latent troubles or eliminate them effectively. All past symptoms, when reversing in the natural order will return. Look for these signs in your clients when balancing your client to recuperate and soon they will look forward, knowing they are truly recovering.

By Jenni Beasley

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Jenni Beasley, Neuro-Trainer, Naturopath and Kinesiologist has participated in Kinesiology since 1984 and has been in practice for the past 22 years. Operating her private clinics (Melbourne, and Northern NSW), Jenni also presents modules for the Certificate Four in Neuro-Training, incorporating Kinesiology, Kinesiology workshops, a Kinesiology Mentorship program, telecall conferences on Kinesiology. Over the years Jenni has studied naturopathy, homoeopathy, counselling, nutrition, massage, energetic healing, Hand and Face Trait reading, Cert IV in Assessment and Workplace Training and a Advanced Diploma in Naturopathy.

Currently Jenni is a member of the Australian Kinesiology Association, Professional Level Three, the Australian Institute for Kinesiologists and other professional membership associations for Natural Therapists.

She has also contributed much of her time to the Professional Associations of Kinesiology, both locally and internationally. Jenni has presented throughout Australia, and USA on Kinesiology and written many articles on the consequences of vaccine exposure, recuperation and the natural laws of healing.

With a background in Special Education, specialising in Intellectual Disabilities, Jenni draws much from her former experience in training children and adults with neurological challenges.

In her clinic Jenni combines both Kinesiology and Neuro-Intelligence procedures to retrain people who have never fully recuperated from any life experience, including exposure to toxic substances.

Jenni is not only a busy Kinesiology practitioner she is also a Trainer and Executive for Neuro-Training Pty Ltd providing workshops on Innate Healing Systems, Kinesiology and Neuro-Training.

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