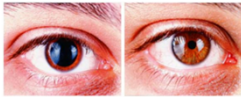


INE: Nutritionally Oriented Physical
Exam - Eyes


Eye Examination




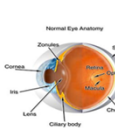
Pupil Constriction: In a darkened room, shine a small penlight in one eye. Pupil should constrict. Continue to shine light and count how many seconds pupil stays constricted. Stop at 20 seconds or upon dilation of pupil.

Adrenal weakness is indicated if pupil does not remain constricted for 10 seconds or longer. If a pupil does not contract when a bright light shines on it, this indicates dulled nerve reflexes, weak adrenal glands, or an overstimulated sympathetic nervous system, often from fear as a hidden, chronic condition. Adrenal stress is indicated if the pupils begin to expand and contract repeatedly when exposed to bright light for 30 seconds.


Pupil Constriction - seconds held:





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Circle all that apply	Possible interpretation
White ring around the iris	Excess of calcium or aluminum, salicylate poisoning or arteriosclerosis. This sign presents as white halo around the perimeter of the iris. It may indicate a family history of heart disease. Go for a cholesterol check. A heavy white ring near the outer edge of the iris points to salt (sodium) & calcium deposits.
Grey ring around the cornea	Possible atherosclerosis, Alzheimer's disease, liver issues
Gray pupil	Cataracts
Green pupil	Glaucoma
No pupil constriction with light	Weak adrenals
Black discoloration below bottom eyelids	Adrenal exhaustion
Brown discoloration below bottom eyelids	Adrenal weakness, kidney weakness
Puffy bags under eyes	Kidney/bladder weakness, edema
Yellow discoloration below bottom eyelids	Liver/gallbladder stress
Eyes "bug-out"	Possible hyper-thyroid



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INE: Nutritionally Oriented Physical
Exam - Eyes



Sclera

Sclera Color (white outer wall of the eye)	
Circle all that apply	Possible interpretation
Yellow/brown	Liver or gallbladder stress
Clear with bluish tint	Poor circulation/anemia
Red	Conjunctivitis, inflammation of the GI tract, liver fire rising
Green	Poor bile formation
Pasty, off white	Lymphatic congestion
Gray	Constipation, sluggish bowel



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