



**INE** | INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

# Nutritionally Oriented Physical Exam: Eyes

**Dr. Ritamarie Loscalzo**

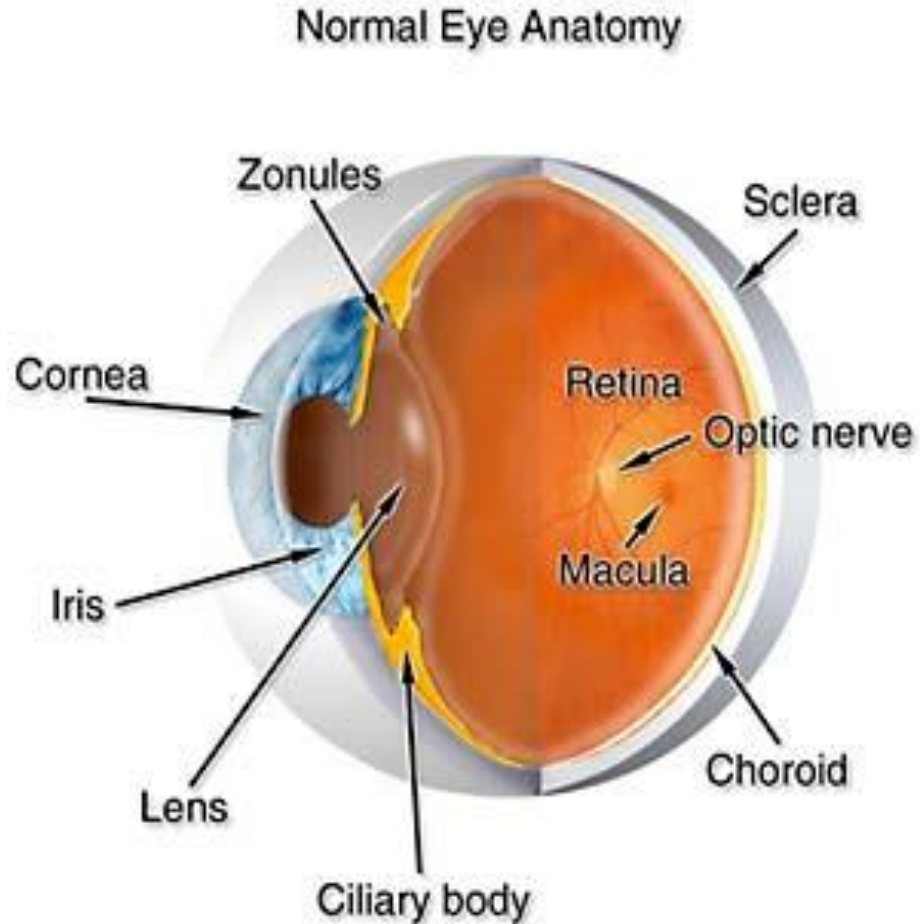


**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

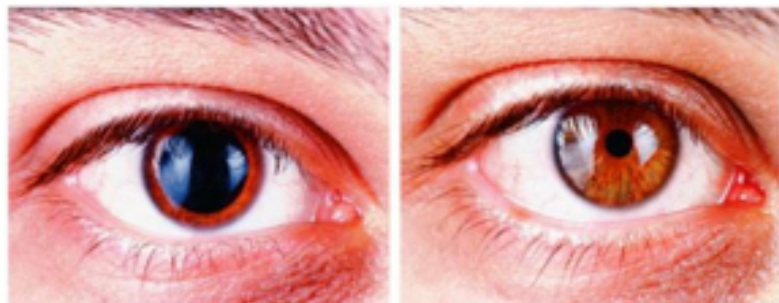


# Eye Examination

- ✓ Pupil
- ✓ Iris
- ✓ Sclera
- ✓ Lids
- ✓ Function



## Eye Examination

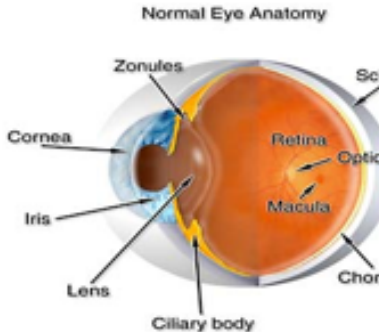
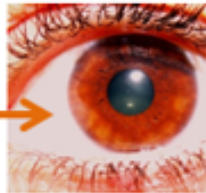


**Pupil Constriction:** *In a darkened room, shine a small penlight in one eye. Pupil should constrict. Continue to shine light and count how many seconds pupil stays constricted. Stop at 20 seconds or upon dilation of pupil.*

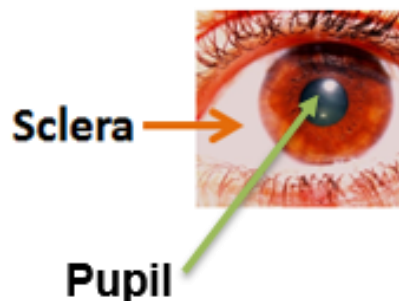
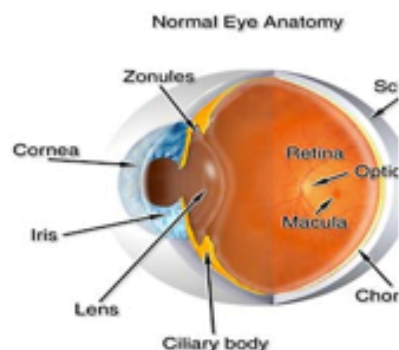
*Adrenal weakness is indicated if pupil does not remain constricted for 10 seconds or longer. If a pupil does not contract when a bright light shines on to it, this indicates dulled nerve reflexes, weak adrenal glands, or an overstimulated sympathetic nervous system, often from fear as a hidden, chronic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

<b>Pupil Constriction</b> - seconds held:	
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	Circle all that apply	Possible interpretation
<p>Normal Eye Anatomy</p>  <p><b>Sclera</b> → </p>	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

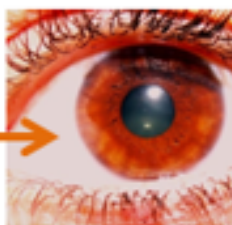




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**Sclera**



### **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

