

Iris Contraction Test for Hypoadrenia



INSTRUCTIONS:

- Darken a room and sit in a chair in front of a mirror
 - 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 the mirror with the other
 - You should see your pupil contract immediately as the light hits your eye
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- Normal pupil response should stay contracted in the presence of the light
 - If you have hypoadrenia, the pupil will not be able to hold its contraction and will dilate (widen) despite the light.
 - You can also time how long the dilation (widening of pupil) lasts

Now What?

If you found that you tested positive for hypoadrenia according to this test then your next step is simply to follow the upcoming lessons and start to gradually remove hidden stressors that could be stressful to your system.

For additional support and to chat about your health goals, call Danny Maresca at (919) 561-0767 or email danny@livingwellsense.com.

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