



Visions of Health: Understanding Iridology

Bernard Jensen

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For over one hundred years, researchers have studied the links between health and the patterns, colors, and textures of the iris. In the United States, Dr. Bernard Jensen brought the art of reading the iris into the twentieth century. In Visions of Health, Drs. Jensen and Bodeen describe the basics of iris analysis in easyto-understand language with dozens of illustrations and color photos, as well as charts for reading your own eyes and those of friends. They believe that with this book in hand, you can recognize weaknesses in the iris and adjust your lifestyle to achieve optimum health.



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