

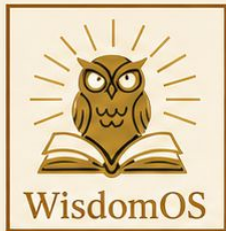


Iridology & Breast Health

— With WisdomOS —



WisdomOS



Who Is Wisdom OS?

Our **MISSION** is to to awaken the wisdom within

We guide you to listen deeply to your body, think differently about your health, and take empowered action from home—one insight at a time.

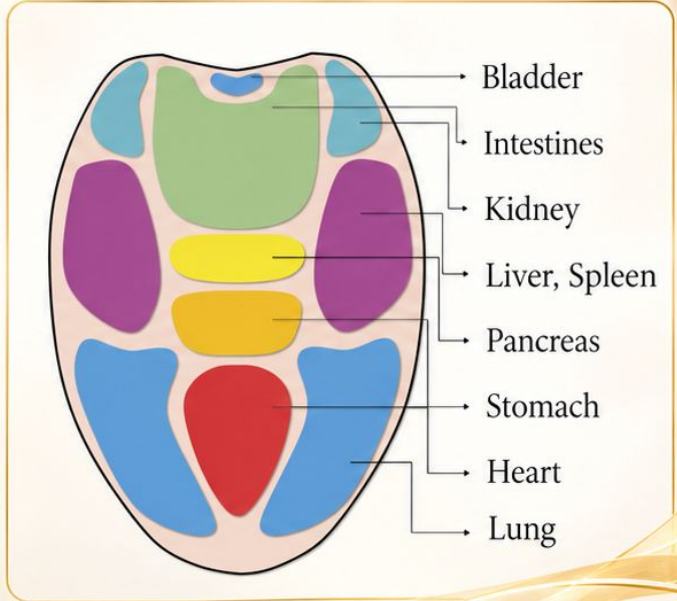
Through ancient traditions, modern tools, and compassionate education, Wisdom OS helps you remember what you've always known:

You are your own healer.

We simply reconnect you to the map.



The Eyes Are A Reflex Organ

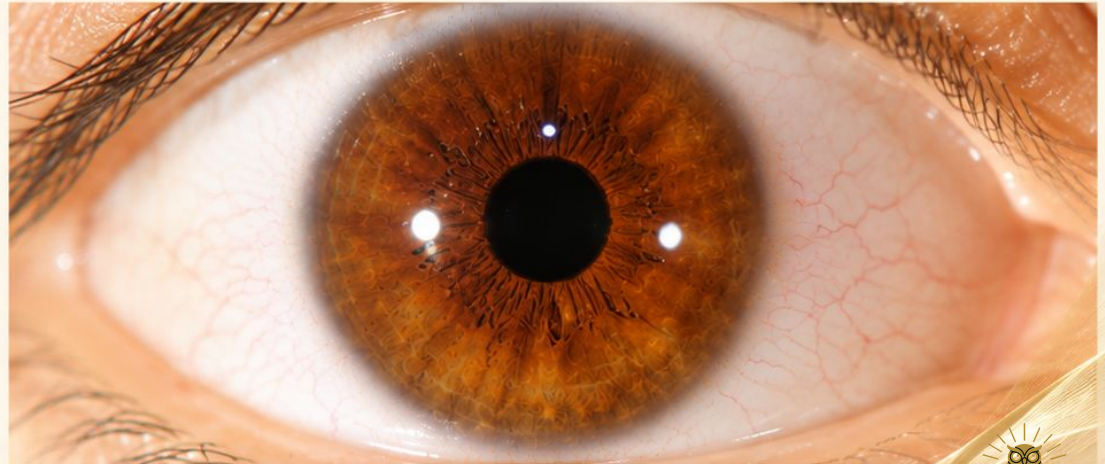


Just like feet, hands, tongue, and the colon!

WHAT IS IRIDOLOGY?



Iridology is the study of the color, pigmentations, and structure of the iris of the eye as they relate through *reflex* response to genetic strengths and deficiencies of the body systems – much like foot reflexology.



Dr Ellen Tart-Jensen

Known as “The Daughter of Iridology,” Dr Ellen spent over 40 years working with Dr Bernard Jensen teaching, writing, and advancing the field of Iridology. She is internationally recognized in iridology, nutrition, cleansing and natural healing. As a former founder and 7-year President of the International Iridology Practitioners Association, her textbook on Iris Analysis is used by Iridologists worldwide.

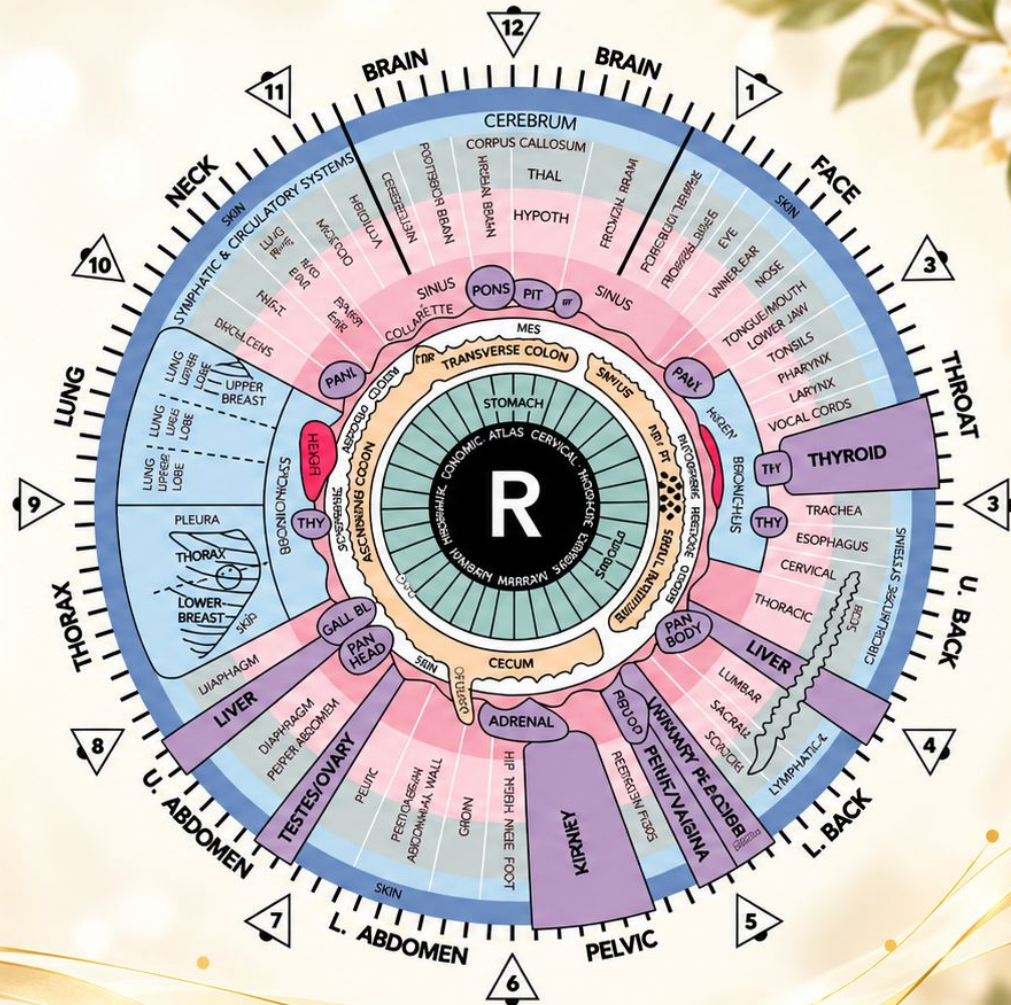


Infinite Iris



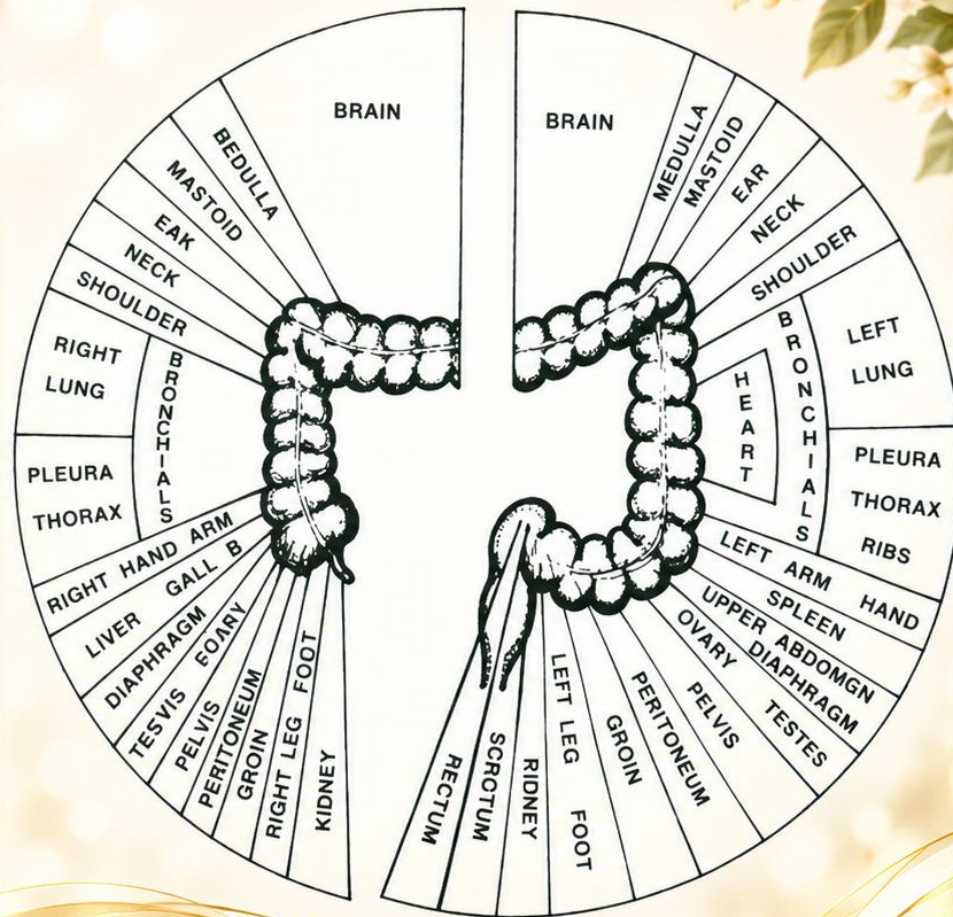
Ellen Jensen

Zone three is the humoral zone or zone of the Blood and some Lymph.



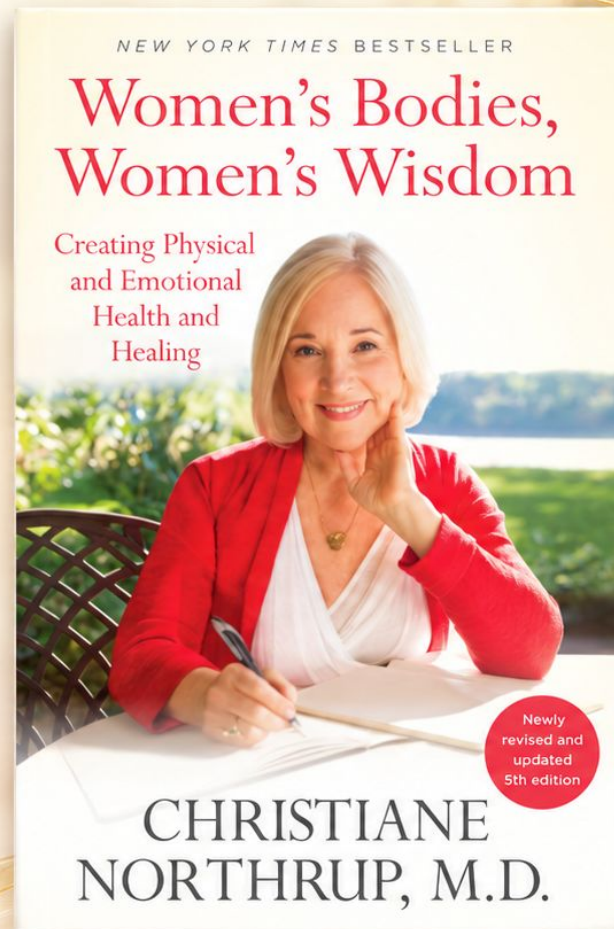
Dr Bernard Jensen's Colon Reflexology Chart

The colon and it's reflex points can be seen in the eyes! This speaks to how the body is completely interconnected. For example, a child with chronic ear infections that won't heal even with antibiotics may need to cleanse the bowel before the ear will ever improve.



“The secret to thriving is the knowledge that we are never simply victims of our bodies. It’s very reassuring to know that we all have within us the ability to heal from anything and go on to live joy-filled lives.”

– Dr Christiane Northrup



Surprising Physical Facts about Breasts

- 1) Breasts are sensitive to hormone changes and undergo cyclic changes in synchronicity to the menstrual cycle.
- 2) Cyclic mastalgia, or breast pain that comes and goes depending on the menstrual cycle is usually caused by low iodine, excess estrogen, high caffeine intake, or chronic stress. This kind of pain is not a risk factor for breast cancer.
- 3) If not related to menstruation, breast pain can also occur due to high inflammation in the body or other hormonal changes (ex. From heavy metals like cadmium)



Surprising Physical Facts (continued)

- 1) Currently about 70% of women have been told by a health care provider that they have 'fibrocystic breast disease.' When the National Cancer Association investigated the issue and discovered that 70-80% of what is called 'fibrocystic breast disease' is actually normal changes in breast anatomy and is not associated with an increase in breast cancer, even though many women still believe it is.
- 2) It's normal for some areas of the breast to be denser than other areas.
- 3) Breast cysts are common for women in their 40s when hormone levels are changing.



Shocking Breast Stats

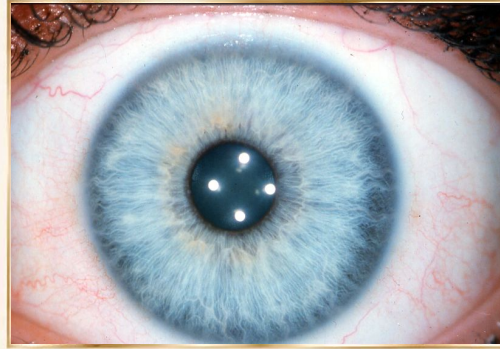
1. 75% of Physicians would refuse Chemotherapy for themselves
2. 33% of breast cancer cases could be prevented by diet, exercise, and a healthy body weight -American Institute for Cancer Research
3. 70% - 80% of all positive mammograms do not (upon biopsy) show any presence of cancer
4. The accuracy of a mammogram drops to as low as 50% for women with dense breasts
5. Nearly $\frac{1}{2}$ of all women age 40 and older who get mammograms have dense breasts



THREE IRIS COLORS

There are three iris colors recognized in iridology. One is **blue** and one is **brown**. When there is a genetic mixture of blue and brown, we call it a **mixed eye**.

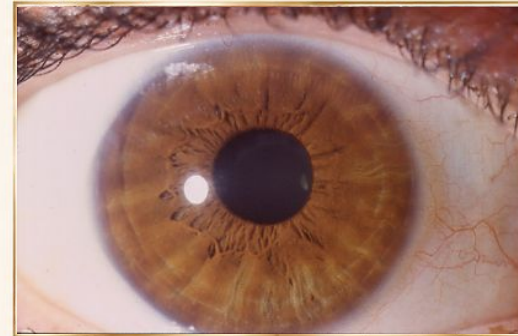
BLUE EYE



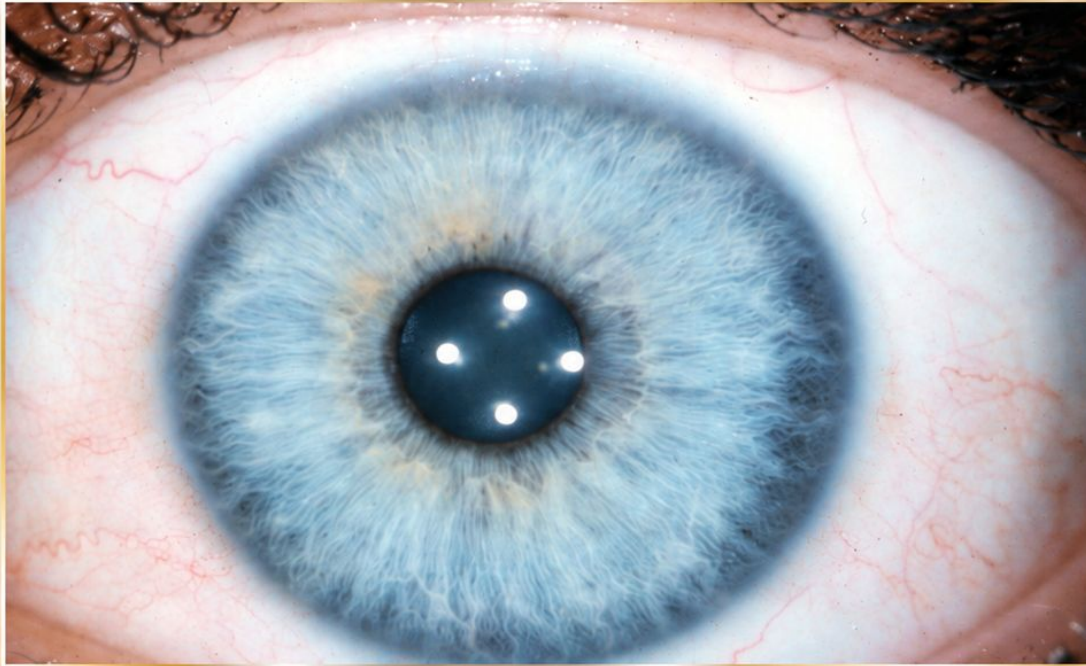
BROWN EYE



MIXED EYE



Blue Eyes: The Lymphatic Pattern



Blue eyes tend to demonstrate imbalance through lymphatic congestion and an overactive immune response, with symptoms commonly appearing in mucous membranes, joints, and skin.

THE BREAST IS A LYMPHATIC CROSSROADS

Anatomical reviews estimate approximately **75–85% of breast lymphatic drainage travels toward the axillary lymph nodes**, with another roughly **15–25% traveling toward the internal mammary/parasternal lymphatic system**.

The lymphatic connection to breast health is not theoretical. When major lymphatic pathways are disrupted during breast-cancer treatment, roughly **1 in 5 women can develop chronic lymphatic swelling**. In one meta-analysis, surgically reconnecting those lymphatic vessels reduced that rate from **20.8% to 7.9%**, representing a **69% reduction in relative risk**.



Inflammation & Breast-Cancer Outcomes

Inflammation leaves measurable fingerprints. In more than **2,600 women with early breast cancer**, those with higher CRP—one of the body's basic inflammation markers—had a **62% greater risk of a disease event and about 2½ times the risk of death.**

Want to learn more about Iridology & Inflammation?
Here is a replay of our talk on this subject:

<https://wisdomos.app/inflammation-through-the-eyes>

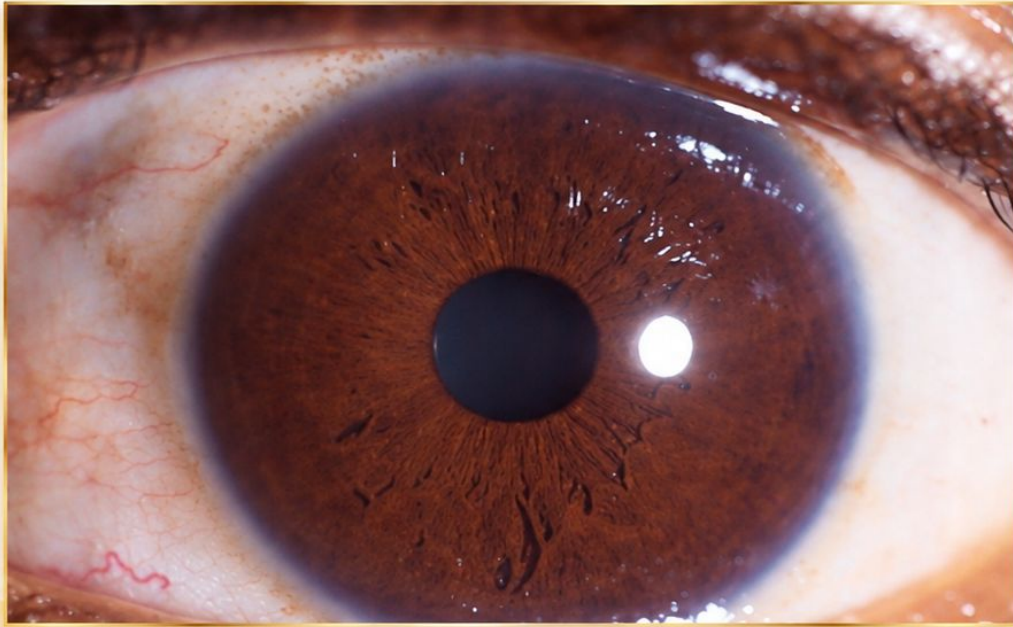


Blue Eye Breast Solutions

- 1 Dry Brushing or Self Lymph Massage / Self Breast Massage
- 2 Celery Juice (3+ oz daily)
- 3 Fermented Cod Liver Oil



Brown Eyes: The Hematogenic Pattern

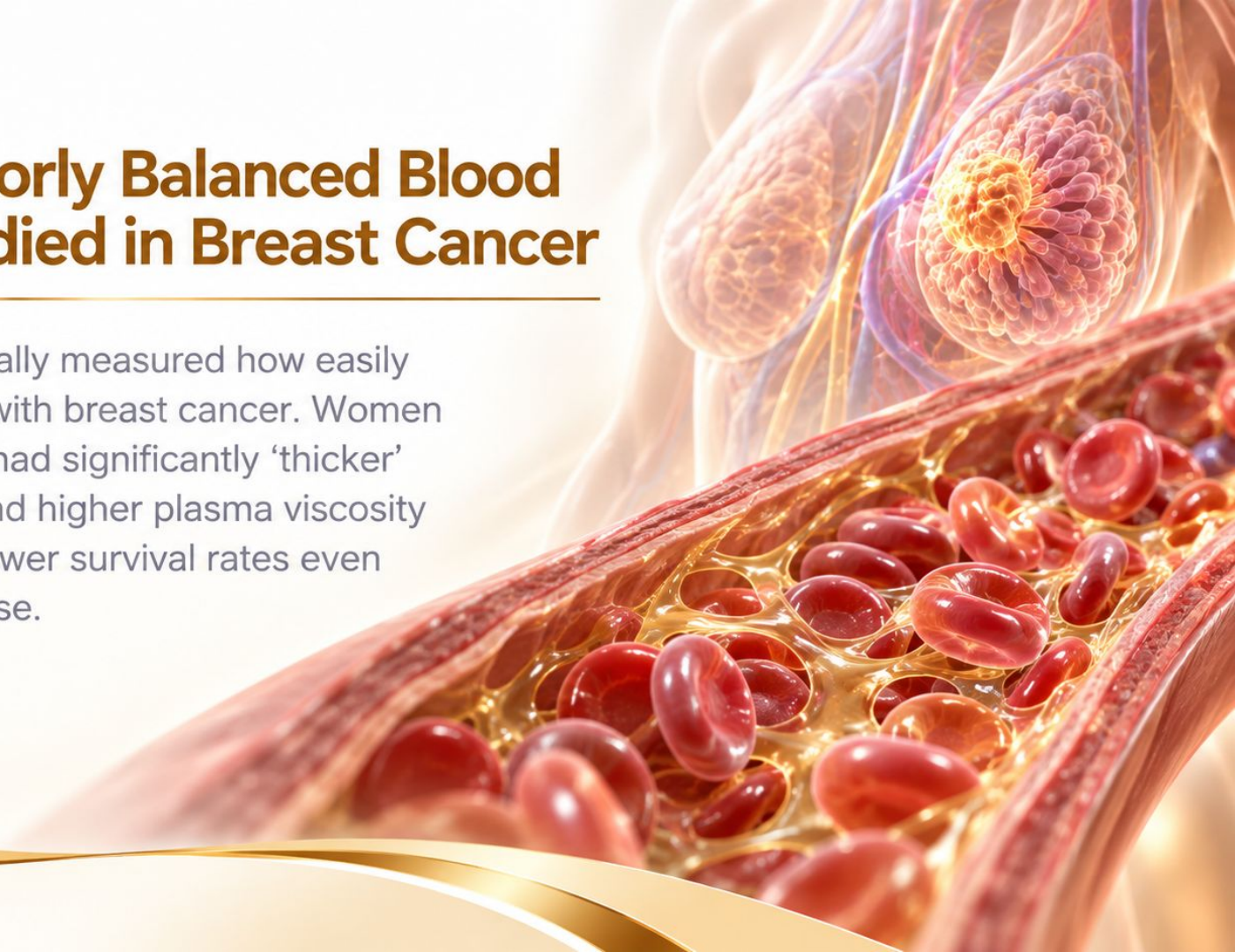


Brown eyes tend to demonstrate imbalances through the blood-and-circulation pathway where sluggish flow, mineral imbalance, and glandular stress can contribute to tissue irritation. Common tendencies include thicker or poorly balanced blood, reduced circulation, difficulty retaining essential minerals, and glandular challenges.



Thicker or Poorly Balanced Blood has been Studied in Breast Cancer

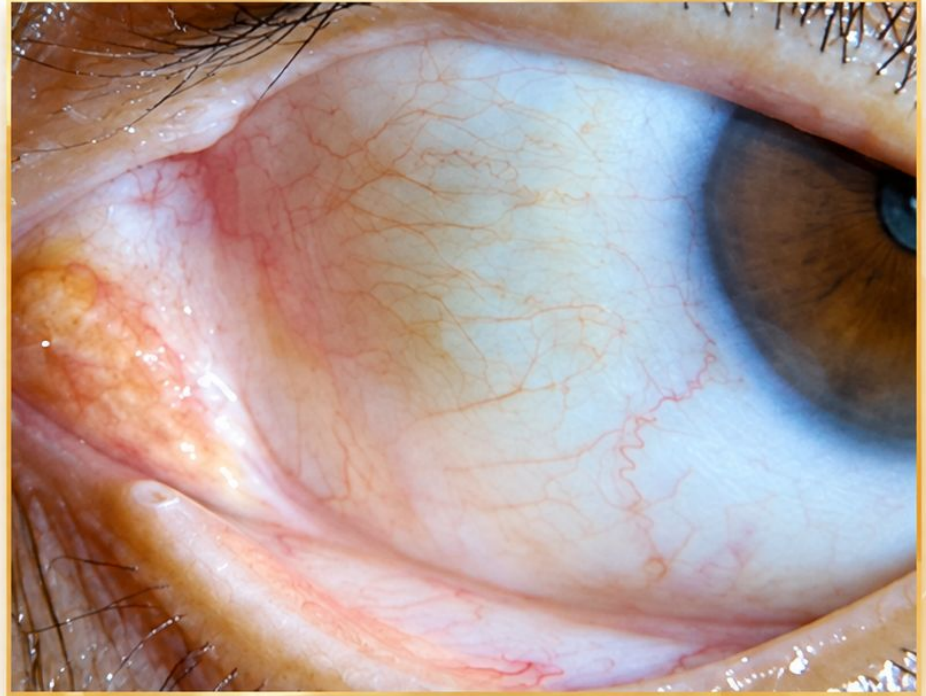
Researchers have actually measured how easily blood flows in women with breast cancer. Women with poorer outcomes had significantly 'thicker' plasma at diagnosis, and higher plasma viscosity remained linked with lower survival rates even in node-negative disease.



Low Iron and it's Connection to Breast Cancer

The inner eyelid has long been examined for pallor as a clue to low hemoglobin or iron status.

In a 2025 study of more than 140,000 women, premenopausal women with the lowest iron stores had about a 32% higher breast cancer incidence than women with the highest iron stores.

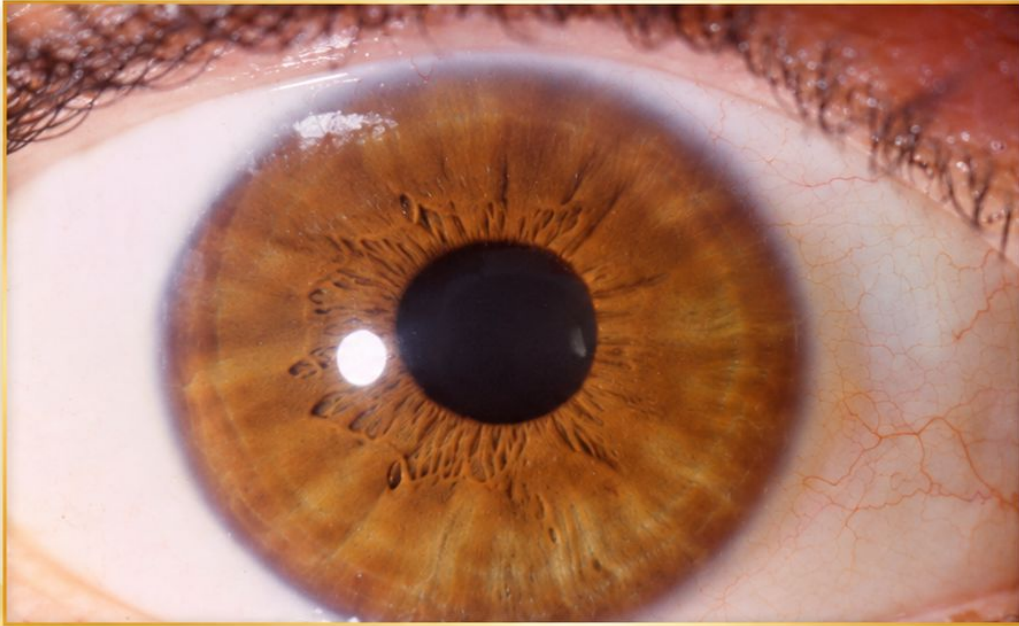


Brown Eye Breast Solutions

1. Cayenne Pepper & Garlic
2. Neprinol by Arthur Andrew Medical
3. Beet-Blackberry Circulation Drink: Blend 1 tablespoon unsweetened beet concentrate + $\frac{1}{2}$ cup blackberries + $\frac{1}{2}$ teaspoon cinnamon + $\frac{1}{2}$ –1 cup water. Drink once daily.



Mixed Eyes: The Biliary Pattern

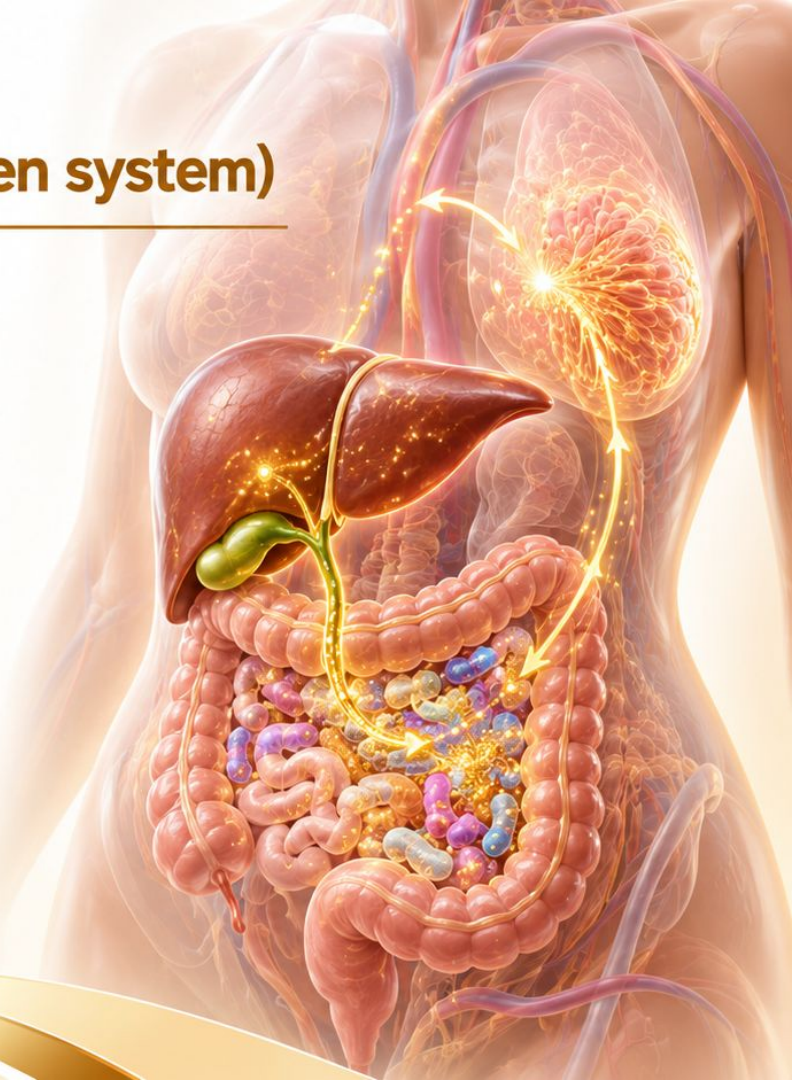


Mixed eyes tend to demonstrate imbalances through the liver–gallbladder–pancreas–digestive pathway where poor fat digestion, unstable blood sugar, and digestive congestion can prolong irritation. Common expressions include bloating, gas, constipation or diarrhea, difficulty digesting fats and blood-sugar highs and lows.

The Estrobolome (liver-bile-gut estrogen system)

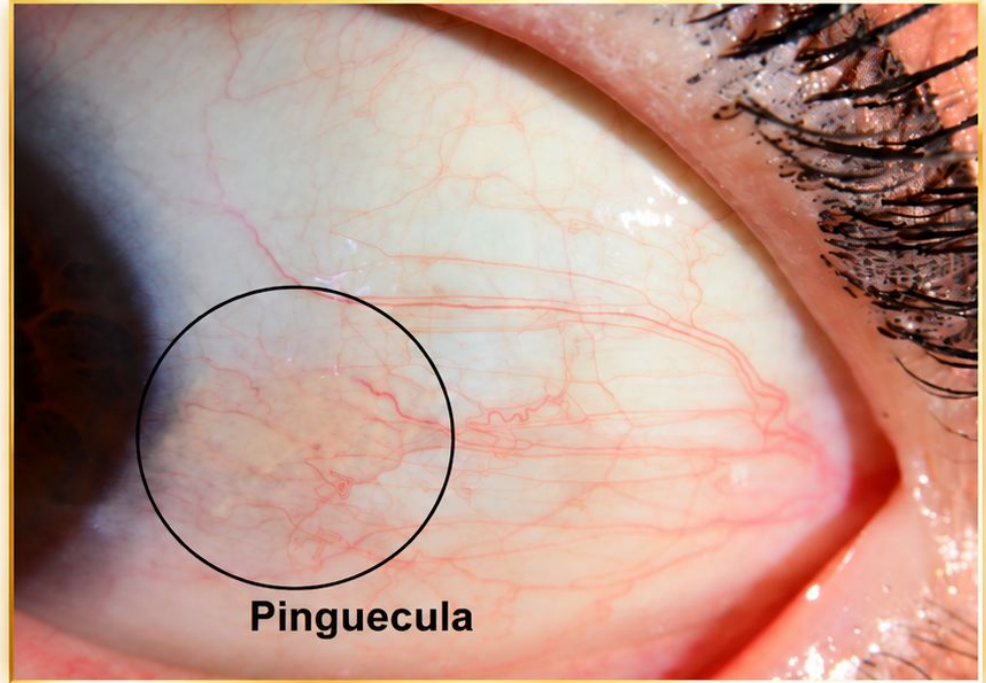
Here's a surprising breast connection to the liver and gallbladder: estrogen is processed by the liver, released into the intestine through bile, and gut bacteria can actually reactivate some of it so it returns to circulation and can reach the breast again. Approximately 50% of estrogen metabolites found in bile are in conjugated form.

Researchers studying 60 healthy postmenopausal women found that gut microbial diversity was significantly associated with their estrogen-metabolism pattern, even after accounting for age and BMI.



Liver-Breast Connection

The liver-breast connection shows up in population research too. In nearly 12,000 women, those with fatty liver had about a 77% higher incidence of breast cancer than women without fatty liver.



Mixed Eye Breast Solutions



1

Slant Mat



2

**Swedish Bitters
or Chinese Bitters**



3

**Castor Oil Pack
over Liver**

BREASTS Hold EMOTIONS



“Women with breast cancer frequently have a tendency toward self-sacrifice, inhibited sexuality, an inability to discharge anger or hostility, a tendency to hide anger and hostility behind a facade of pleasantness, and an unresolved hostile conflict with their mothers.”

– Dr Christiane Northrup



Emotional Ways to keep the Breast Healthy



- 1) There is evidence that a woman with breast cancer who perceives herself as having high-quality emotional support from a partner, family, or friend, will have an enhanced immune response.
- 2) Laughter is powerful medicine! <https://www.comedycures.org/>
- 3) Start each day by looking in the mirror and telling yourself at least 3 things you love about yourself and your body!
- 4) Sometimes the body heals simply when you give yourself permission to listen to its messages.



Case Studies



“ I love Michelle and how she is helping me with my health. Especially how my body needs and uses supplements. I am more confident in my supplements. I am off all RX except one and my doctor, a holistic DO, tested my blood and all is well. I am a 3 year Breast Cancer survivor and chose to go an alternative route. Very professional, knowledgeable, and approachable. I learn so much at each appointment. I am looking forward to my healing journey with Michelle.”

- **Sandi N**

“ Highly highly recommended for women and men who want to get to the root of their health concerns and be proactive with safe and natural solutions! - **Barbara E (also a Practitioner)**

“ I really didn't know what to expect. Then I met Michelle and she has exceeded my expectations as a health practitioner. Never thought I could actually do without coffee, sugar, dairy or gluten for two months. Feel better, have more energy, and sleeping great, thanks to Michelle!”

- **Danette M**

“ A 55 year old woman was experiencing breast tenderness and attributed it to estrogen or menopause issues. An assessment revealed severe adrenal stress and emotions as the true root causes of the breast discomfort. After 4 weeks of adrenal support foods and listening to Positive Body Image frequencies, the breast pain disappeared.

“ I noticed during that week that after day 4 I was just really really starting to feel good. I had energy. Nothing hurt. I also loved that my heart rate was lower and I started sleeping better.”

- **39 year old female doing the Frequency Membership**



Inspire and Inquire: Q&A



Phone/Text: 214-210-7156



Email: info@wisdomos.app