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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.



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The Eyes Are A Reflex Organ



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

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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.



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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.



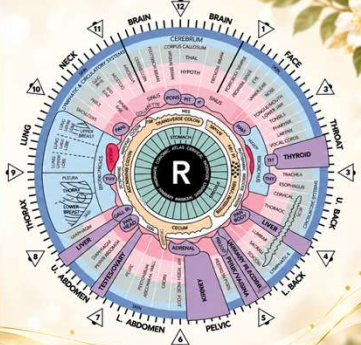
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IRIS ZONES

Zone one is the zone of the Stomach.

Zone two represents the Large and Small Intestines.

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



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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.

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Shocking Breast Stats

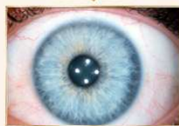
1. 75% of Physicians would refuse Chemotherapy for themselves
2. 33% of breast cancer cases could be prevented by diet, exercise, and a healthy body weight -American Institute for Cancer Research
3. 70% - 80% of all positive mammograms do not (upon biopsy) show any presence of cancer
4. The accuracy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

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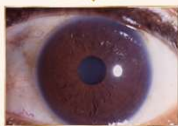
THREE IRIS COLORS

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

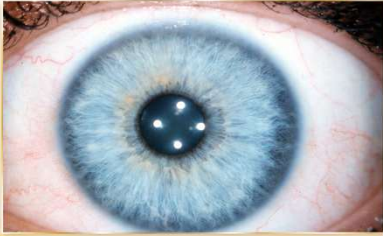


MIXED EYE



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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.



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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**.



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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**.

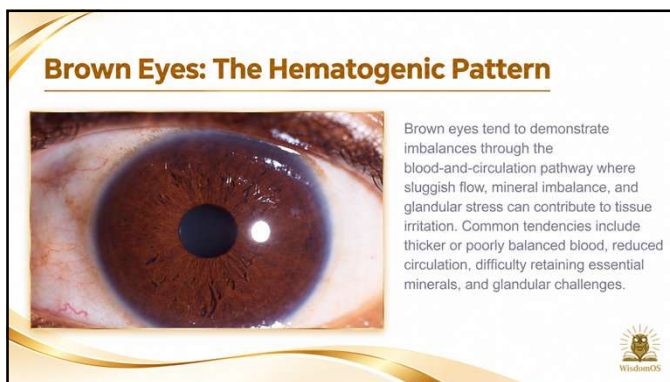
Want to learn more about Iridology & Inflammation?
Here is a replay of our talk on this subject:
<https://wisdomos.app/inflammation-through-the-eyes>



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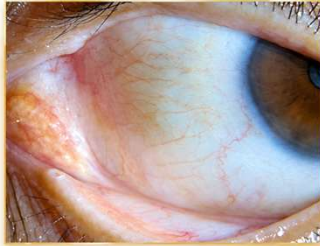


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Low Iron and it's Connection to Breast Cancer

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.



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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 + ½ cup blackberries + ½ teaspoon cinnamon + ½–1 cup water. Drink once daily.



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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.



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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.

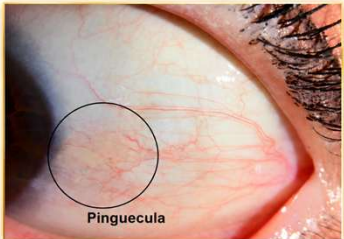
Researchers studying 60 healthy postmenopausal women found that gut microbial diversity was significantly associated with their estrogen-metabolism pattern, even after accounting for age and BMI.



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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.



Pinguecula

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Mixed Eye Breast Solutions



- 1 Slant Mat
- 2 Swedish Bitters or Chinese Bitters
- 3 Castor Oil Pack over Liver

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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

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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.

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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

“ 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.”

“ 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 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

“ 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

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Inspire and Inquire: Q&A



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