Eyes are the Gateway to Wellness—and Physical, Spiritual, Mental, and Emotional Balance

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Insight to Wellness

Our eyes tell us all we need to know to achieve health, wellness, and transform our lives. The eyes show the toxic load our bodies carry, reveal hereditary weaknesses in organs, pre-dispositions to illnesses, and susceptibilities to personal or self-esteem issues from unresolved traumas.

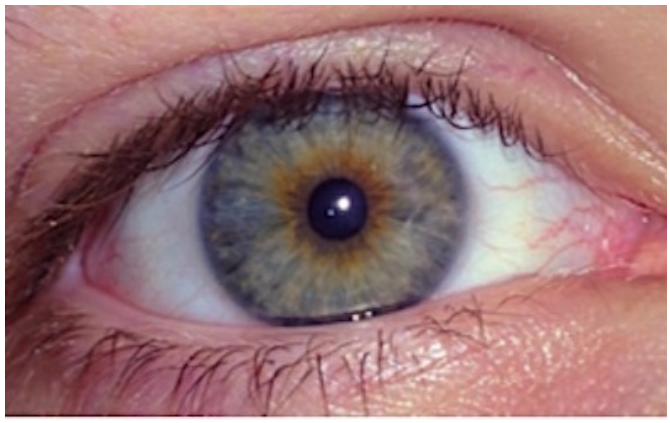
Iridology gives pointers to the state of everything. The intricate markings and color patterns of our eyes give all the information we need. Inside and out, organs, tissues, glands, and regulatory systems to mental, physical, spiritual, and emotional balance, our eyes tell us how to improve health and well-being.

Iridology is a scientific, spiritual, and holistic approach to examining systemic health. It gives a road map or blueprint to naturally reveal the complexity and intensity of problems and conditions, warnings, acute signposts, and guide treatment.

Using Physical and Emotional Method Iridology as starting points helps patients or clients discover who they are, why they may do what they do, and genetic and personal traits. Iridology gives unique access to open the door (sometimes the floodgates) to dramatic self-awareness and improvement.

It often confirms information the health professional suspects or signals potential illness before clinical evidence—or highlights susceptibilities that can be treated with lifestyle or nutritional changes, or other modalities and holistic approaches to improve outcomes. We are able to put in place preventative steps to avert chronic illness, balance emotions to achieve healthy behaviors, and diffuse negative mind talk that erodes our wellness foundations—the physical, emotional, mental, and spiritual planes—which are such fundamental indicators of well-being.

The eye reveals the condition of all four states of being— mind, body, emotional, and spiritual so that awareness is enhanced and all can be addressed. Using a step-by-step process to show each personality type and working with other natural modalities means that we achieve the goal of bringing balance and enhanced well-being.



Our eyes can show our current state of physical, spiritual, emotional, and mental health—and signpost the way to wellness.

Recent Publications

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1. Gellman, A. 2017, Fibromyalgia Research (January to June 2015) published in the *American Journal of Homeopathic Medicine*. Washington, D.C. and the University of Toronto Holistic Research Symposium, November 2016
2. Gellman, A. & D. Gellman, 2004. *The Passageway to Your Soul*. Toronto, Ontario.
3. Gellman, A., 2000. *The Bible of Health, 4th edition*. Toronto, Ontario.
4. Weight Loss Study using the Blood Type Diets and Homeopathy. 2012 – 2013
5. Geriatric Health Study Using Food and Homeopathy. 2012
6. Stress Age Questionnaire —Wall Street Journal

Alexandra Gellman



Natural Health Practitioner Alexandra Gellman specializes in trusted, simple approaches to wellness, health, nutrition, and how to improve life—in easy, do-able steps. With a Ph.D. in Integrative Medicine, a background as a Registered Homeopath, Registered Orthomolecular Health Practitioner, and Behavioral Life Coach and over 30 years' experience transforming the lives of clients and patients, Alex opens the door to health and well being for many with her services and is well-known and established with her work in Iridology for individuals and groups. The Wall Street Journal noted Alex's published Stress Age Questionnaire was the first to include the effect of trauma and stress on the aging process. alex@alexgellman.com