

When I was offered a free iridology session in exchange for writing about it in the TPPSG I wasn't sure what my reaction was to the theory of iridology. Coming under the wide category of alternative medicine, and with little mainstream information about it, I was both sceptical about its veracity but also prepared to consider its validity. Why shouldn't the eyes – the 'gateway to the soul' – also be a gateway for the whole body? It seemed reasonable enough to me, so one day I found myself seeing Aman Kanwar at the Brecknock Natural Remedies Centre for an appointment.

He's a qualified Naturopathic Iridologist, and he explained how it is possible to obtain an enormous amount of information from studying the eye. He took a photograph of my pupil, and then discussed my medical history. I am lucky to enjoy good health generally, but am also at an age when I am concerned about the effects of ageing. Aman systematically went through the photograph he had taken, pointing out where he could detect weaknesses or low functioning, and curiously I could see what he meant when I looked at the details of my eyes, and how different they were from each other. He looked at different zones in the eyes, and did detect areas that had concerned me without me prompting or anticipating his comments. He said that within each eye you can see the effects of age and lifestyle, and you get a functional view of the internal organs and how they are doing and how the systems are working in your body.

After the initial session Aman then will send you a report – and photos of your eyes, which are curiously disconcerting to see so close up – and then will outline a treatment plan if needed. I was impressed by Aman's expertise and professionalism, and despite my initial scepticism I did come away with the impression that iridology is a worthwhile addition to the range of health options available. It did all make sense, so much so that I actually suggested to my partner that he go and see Aman, though of course being a man he hasn't actually done anything about his health.....

If you are interested in an appointment you can contact Aman at info@amankanwar.co.uk or tel 020 7096 0836.

Zozi Goodman

TPPSG Newsletter Feb.2008