

IRIDOLOGY

THE

SKIN

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IMPORTANT

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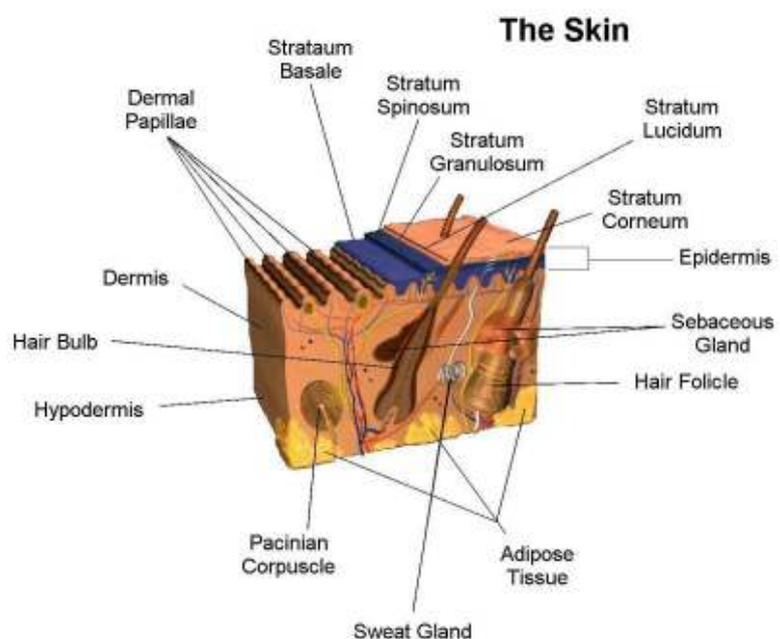
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Introduction

The skin, also called the cutaneous membrane and integument, is the tough, supple membrane that covers the entire surface of the body. It is the largest and heaviest organ of the body. On the surface are the sensitive papillae, and within the skin are certain organs with special functions - the sweat glands, hair follicles, and sebaceous glands. The skin protects the body's internal organs against infection, injury, and harmful sunrays. It also plays an important role in the regulation of body temperature. Although the skin of an average-sized adult may weigh as much as twenty pounds, it is only paper thin in some places and is not much thicker in others.

The Skin

The skin is composed of two tissues, 1) an outer layer called the epidermis, and 2) an inner layer called the dermis or corium.



The surface of the skin consists of dead cells, which are rubbed off as the individual moves, wears clothes, and washes, etc. This layer of dead cells is often referred to as 'false' skin. The other skin tissue (epidermis) is composed of five layers of cells, with each layer is named (see drawing above) for its unique function, texture, or position. The deepest layer is the stratum basale. It anchors the more superficial layers to the underlying tissues, and it provides new cells to replace the cells lost by abrasion from the outermost layer. The cells of each layer move upward as they mature.

Above the stratum basale lies the stratum spinosum. The cells in this layer have tiny spines on their surfaces. As the cells move to the next layer, the stratum granulosum, they become flat, lying parallel with the surface of the skin. Over this layer lies a clear, thin band of tissue called the stratum lucidum. The boundaries of the cells are not visible in this layer. The outermost layer, the stratum corneum, is made up of scaly, squamous plaques of dead cells that contain keratin. This horny layer is thick over areas of the body subject to abrasion, such as the palms of the hands, and is thin over other less protected areas.

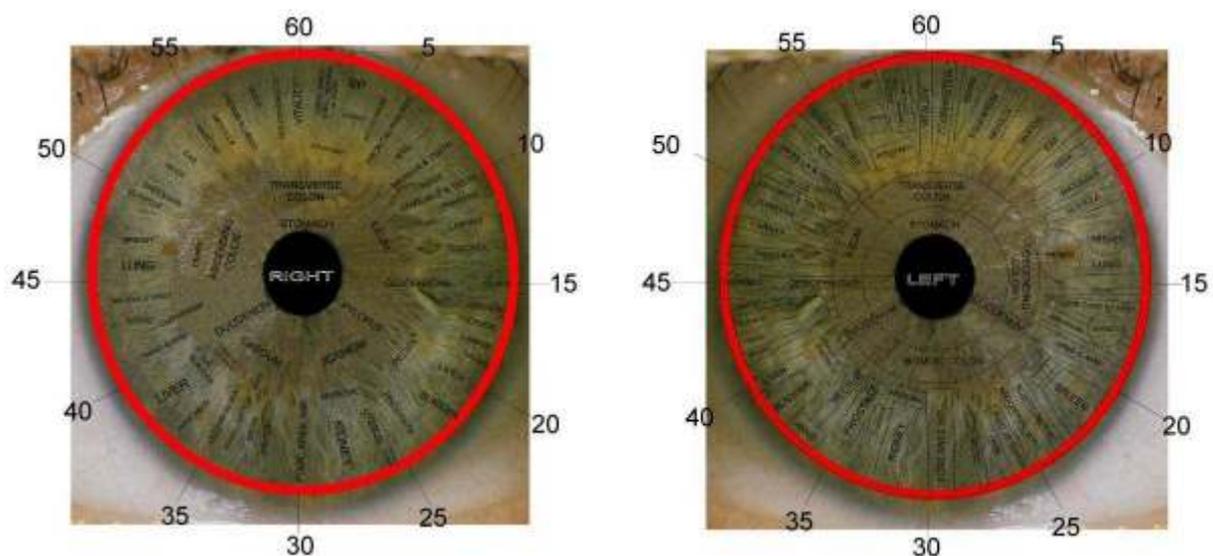
The color of the skin (see picture right) varies according to the amount of melanin in the epidermis, and it is genetic differences that determine the amount of melanin. The ultraviolet rays of the sun stimulate the production of melanin, which absorbs the rays and at the same time darkens the skin.



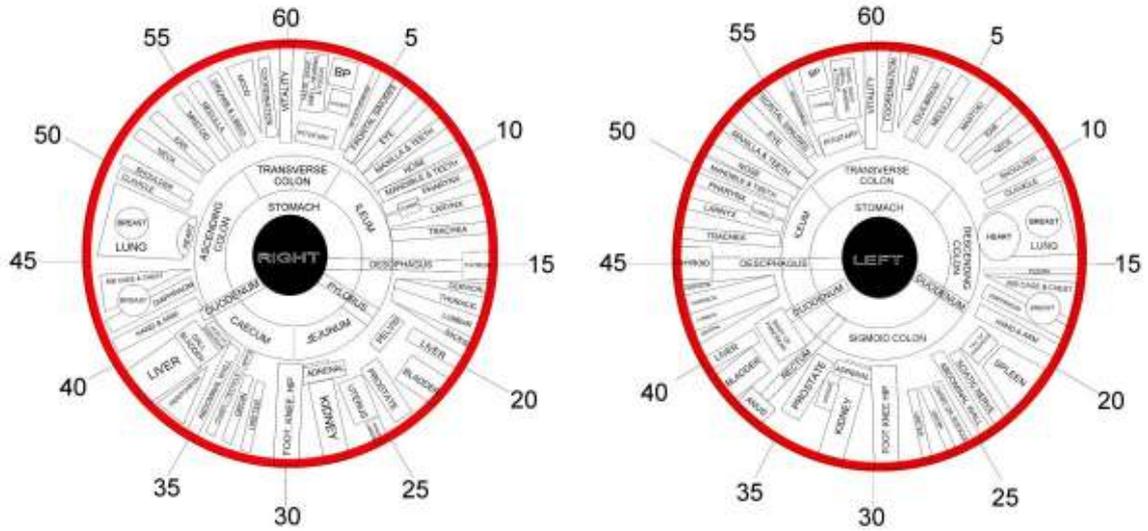
Altered skin continues into various parts of the body as mucous membrane, such as in the lining of the vagina, the bladder, the lungs, the intestines, the nose, and the mouth. Mucous membrane lacks the heavily keratinized layer of the outside skin, and it releases the mucus that lubricates and protects the nearby structures. The skin helps to cool the body when the temperature rises. This is done by radiating the heat flow in widened blood vessels, and by providing a surface for the evaporation of sweat. As the temperature falls, the blood vessels narrow and the production of sweat reduces.

Iridology

For indications of problems with the skin, look in the eye area(s) as indicated in red on the following diagrams:



**Skin: Right Eye, Seg 1-60; Left Eye, Seg 1-60
 (the skin is noted on the outer band of the iris +/-7%)**



End

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