

as seen in

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As nutritional guru to people like super-photographer Francesco Scavullo and actress Ingrid Boulting, Dr. James D'Adamo claims that while he has been known to forget a face, he never, *never* forgets an eye. His rather unique diagnostic technique—known as iridology—involves an analysis of the iris or colored portion of the eye to diagnose sickness or nutritional deficiency.

“The eyes reveal the health of the patient,” says Dr. D'Adamo. “They show how effectively a person is eliminating wastes from his system, since any ‘toxicity’ registers in the light-colored rings around the iris. You see, each area of the iris corresponds to a different part of the body—gall bladder, lungs, liver, stomach, pancreas. If any of these organs are not functioning normally, certain white, veinlike formations appear in the iris. Also, any previous weakness, such as rheumatic fever, will show up. You can even tell how creative a person is. If you picture the eye as the face of a clock, at about a quarter after twelve—in the left eye—there is a slight marking. If that's present, the individual has creative gifts.”

Another unorthodox diagnostic procedure developed by Dr. D'Adamo involves coordinating diet with blood type. “For example,” he explains, “someone with type A blood should be a vegetarian because A types are prone to mucus conditions—clots or severe sinus problems. Eggs, meat, milk, and cheese are mucus-forming and therefore poisonous to A types . . . as are whole-wheat products. A's should stick to soy products and slowly ease themselves into a totally vegetarian diet.”

According to Dr. D'Adamo's scheme, the person with O type blood tends to be much more muscular; in fact, most great athletes are O's. Individuals with O blood thrive on strenuous exercise, while A's should stick to yoga. Dr. D'Adamo suggests that O's eat plenty of energy-yielding

The Eyes Tell All

by Dr. James D'Adamo

protein foods—meat, eggs.

On the other hand, someone with type B blood is what Dr. D'Adamo calls a “middle-of-the-roader.” “The B's are interesting, because when they are very healthy, there's such a good relationship between the mental and the physical. B's should plan their diet around both vegetables and protein (omit chicken). The AB type, however, should be vegetarian, although fish is permissible.”

A Special Tip From Dr. D'Adamo:

- “Use healing herbs . . .”

Golden seal root—excellent for all digestive problems and a marvelous blood purifier.

Comfrey—makes a soothing herbal compress for sprains and bruises.

Peppermint tea—a natural digestive aid; drink it regularly after meals.

Parsley, corn silk, or shave grass—natural diuretics to release excess water from your tissues.



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