

THE BRAIN AREAS

The brain areas are situated in the iris map in the region between 11 and 1 o'clock of a watch, in both irises: on the left, the left brain hemisphere; on the right, the right brain hemisphere. This representation was developed by Dr. Bernard Jensen but the divisions and attributes of each area not always obey the classical neurological anatomic nomenclature, however, it supplies subsidies of real importance to the iris studies, which are searching for the human being comprehension.

In the division of the physiological and the psychological brain in both irises, the second is situated in the nasal region and the first in the temporal region of the iris. Such a division can be better understood by the representation of the topographic areas from Manuel Lezaeta Acharán, where we can clearly see that in the medial or nasal part of the iris are found the encephalic structures more recently acquired in the phylogenesis, constituting exactly the frontal lobe. This is an attribute only reserved to the *Homo sapiens* and it rules the psychic functions better elaborated in the phylogenetic scale. Because of this, Jensen called this area psychological brain, in opposition to those situated in the brain area nominated as physiological brain, which are exactly the primordial acquisitions in the phylogenetic scale, like for example, the bulb, that embryologically comes from the robencephalon, while the area corresponding to the psychological brain comes from the prosencephalon.

In the nominated psychological brain there is the representation of areas that show the more recent brain acquisitions, the more elaborated, related to the highest psyche levels. In the nominated physiological brain we have represented the functions related to the maintenance of the basic instinct of life, like the bulb, for example, where are the cardiovascular and the respiratory center.

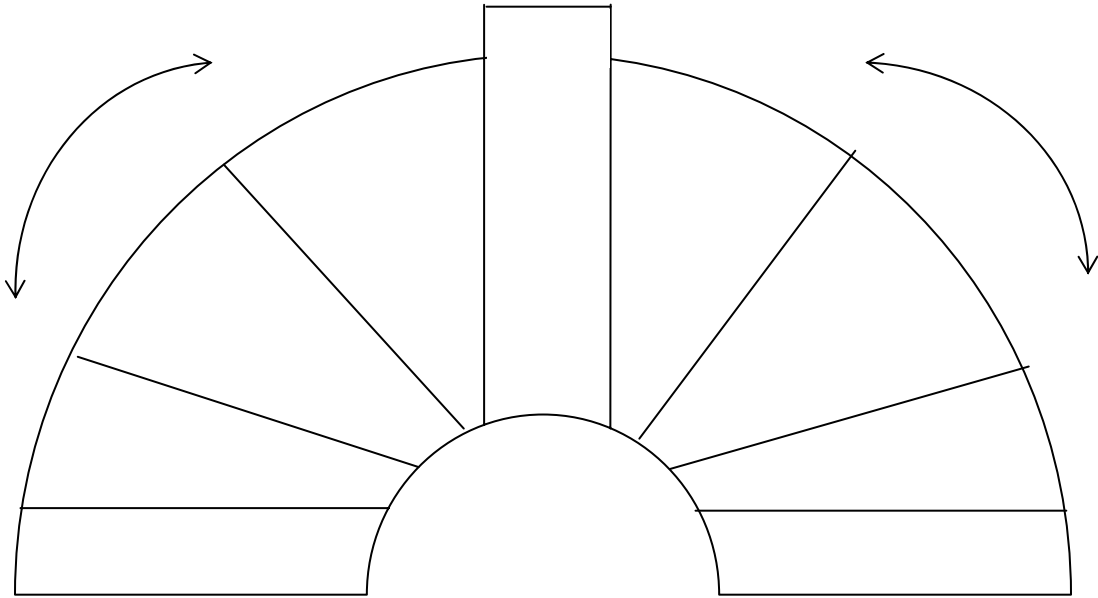
Obviously, it is only a didactic division that is not inserted in the classical neurological anatomic nomenclature, not forgetting the brain works as an integrated unit, where all the functions are interconnected favoring the whole.

The several brain divisions in both irises are represented in the following pictures:

RIGHT IRIS

Sensorial brain
Physiological brain

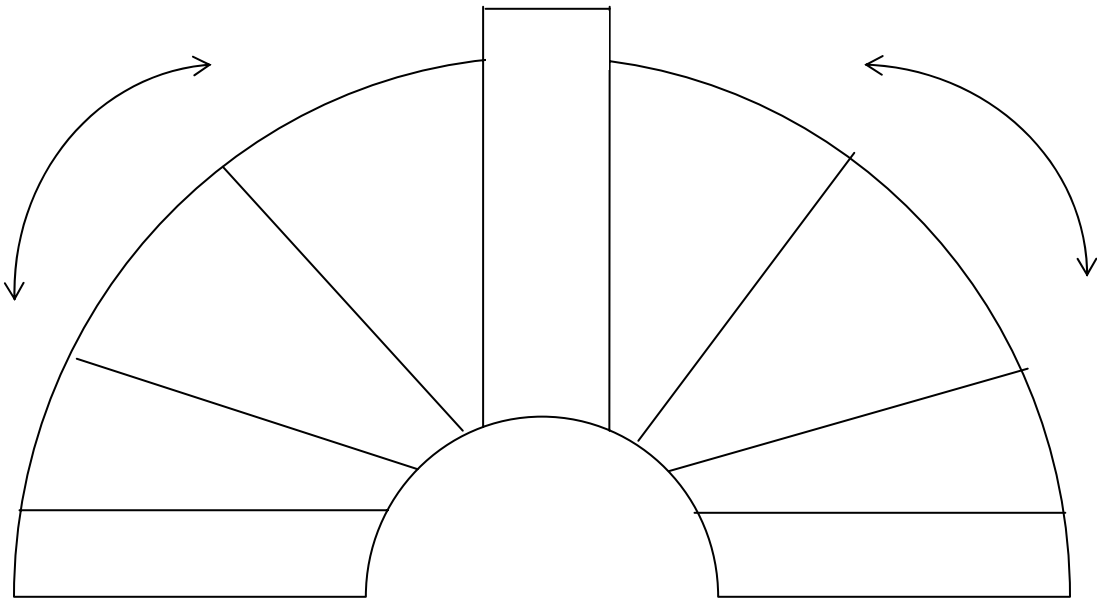
Motor brain
Psychological brain



LEFT IRIS

Motor brain
Psychological brain

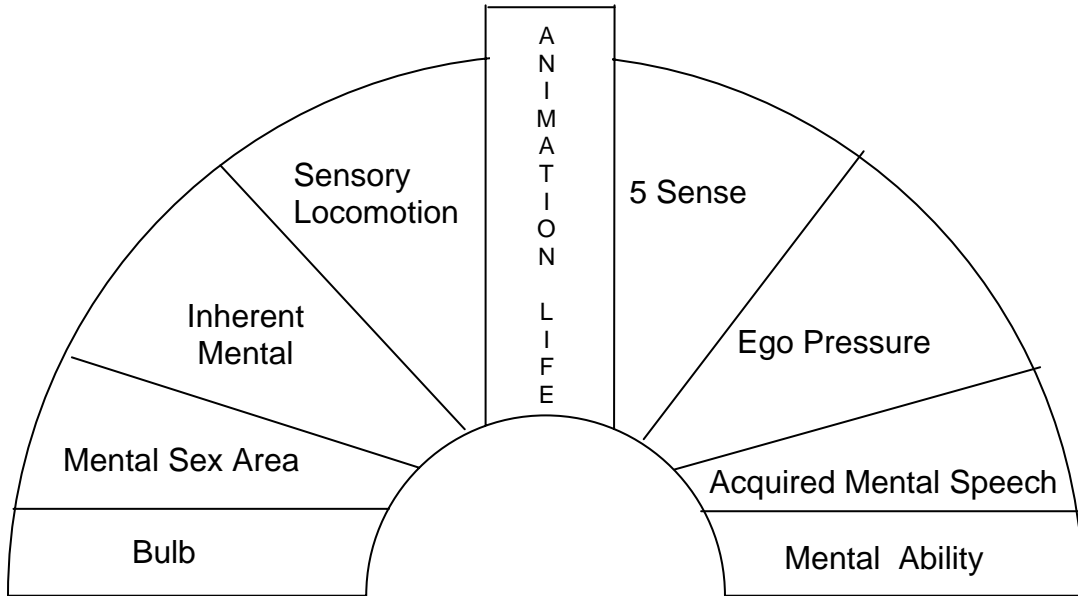
Sensorial brain
Physiological brain



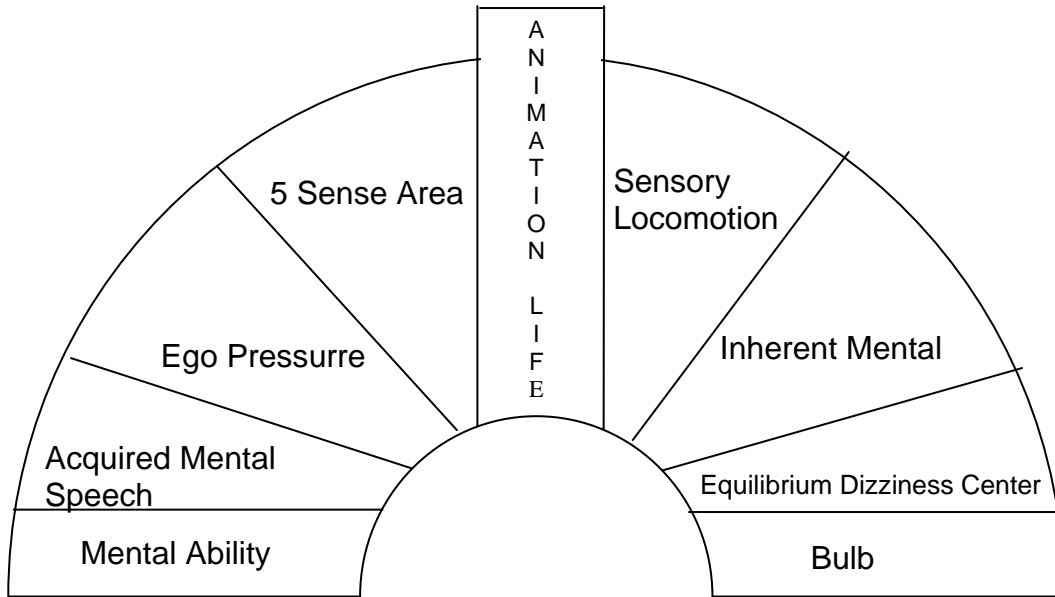
On the right iris there are the following divisions: psychological and physiological brain, that present the following subdivisions:

	A) Physiological Brain	1- Bulb 2- Mental Sex Area 3- Inherent Mental 4- Sensory Locomotion 5- Animation Life
Right Iris	B) Psychological Brain	1- Animation Life 2- Senses 3- Ego Pressure 4- Acquired Mental Speech 5- Mental Ability
	A) Psychological Brain	1- Mental Ability 2- Acquired Mental Speech 3- Ego Pressure 4- 5 Senses 5- Animation Life
Left iris	B) Physiological Brain	1- Animation Life 2- Sensory Locomotion 3- Inherent Mental 4- Equilibrium 5- Bulb

RIGHT IRIS



LEFT IRIS



Animation and Life

The area of animation and life, being an area located in the middle, it is the first one to be approached.

It is located, as it was 12 o'clock in a watch. Anatomically it comprehends the cerebral cortex, the hypothalamus and the hypophysis, that are regions where the body and psyche integration occur. It is said this area is the "soul headquarters". It is interesting to remember that this area also makes the integration between the two brain hemispheres through the callous body.

Vitality means life and it rules the energy that generates life that gives balance to the nervous and emotional tonus, as well as it rules the neuron endocrinous balance of the organism. It works as a psychosomatic center of integration.

When the person has balance, the vitality generates the joy of life, the optimism, the sense of humor, the physical and mental energy.

However, when the person is not in harmony, the most common symptoms are the fatigue, discouragement, melancholy, indifference, depression, tendency to suicide, sleep and dream alterations.

What usually generates the unbalance is when the own limits are exceeded, either with physical works or exaggerated intellectual ones, or even by insufficient ingestion of nutrients necessary to such an area. Also by the use of psychic stimulants, even if they are natural, because as it is known, after the excitement the depression comes. That's why it is fundamental the resting, the leisure, the sleep and the moderate physical activities, like walking, for example. The high altitudes also favor this area recovery.

Dr. Jensen assures that it is important to update the motivations and avoid excessive ambitions.

Talking about nutrition, use food supplement to obtain vitamins A, D and E, like wheat germ oil, dendê oil, cod liver oil and minerals like iron, sulphur, phosphorus, silicon, manganese and oxygen. Also use seaweed, which are iodine-rich, for the thyroid, that is one of the components of this area. It is also good to eat small and dark fruit like blackberries, raspberries, plums, grapes, cherries, Surinam cherries and jabuticaba (Brazilian cherry-like fruit).

Dr. Jensen, in the Brazilian Iridology Congress, assured we should rest before getting tired, because this way vitality is preserved.

Once we have studied Animation and Life, which is common in both irises, we can then study, just because of a didactic matter, the areas that form the physiological brain of the right iris, starting by the medulla.

Bulb

The bulb is a structure derived embryologically from the rosencephalon, more specifically from the mielencephalon.

The bulb makes part of the encephalic trunk, which belongs to the central nervous system.

The bulb is the anatomic part of the encephalon, responsible, among other things, by the maintenance of the life's basic functions, while the respiratory, cardiac and vasomotor centers are located in it. Moreover, it performs a central action on the deglutition, hiccoughing, spasms, vomiting, salivating and coughing.

Many of the physical complaints with no apparent causes, like dyspnoea, tachycardia, hiccups, arterial tension alterations, may occur because of this area.

Like in every area, it must be supplied the essential nutrients for its functioning, like vitamins D and E, goat or cow's whey, which are sodium and potassium-rich strengthening the nerves, and food that contains chlorine like watermelon seed, parsley, fish and fish broth.

Avoid chills and chill winds. In popular wisdom the scarf is used, because it avoids chill winds to penetrate in the organism by a point located on the nape, according to the Chinese medicine.

The vertebral adjustments are very important to improve this function, as well as the high altitudes that stimulate the chest expansion. Also yoga can benefit because it improves the spinal cord conditions, chiefly the cervical, and develops an adequate breathing.

Mental Sex /Sex Impulse

According to Dr. Jensen, this area affects the other cerebral functions more than we can possibly imagine. It is closely related to the creativity. The libido in order is an important fact to procreate. If this area is working properly there is more motivation, life stimulus and imagination. Otherwise, some alterations in the sexual sphere can happen like libido reduction, satyriasis, nymphomania, perversion, violence, fatigue, vanity, selfishness, irritability, exaggerated competitiveness.

For the hyperactivity cases, some foods are favorable like cucumber, grapes, seeds, wild seeds like wild wheat seed, as well as the ones iodine and fluorine-rich like seaweed.

In the case of activity reduction, food rich in iron, silicon, zinc, sulphur, calcium and mainly the ones that are easily digested and assimilated can benefit. Treat for anemia if present.

Inherent Mental

The inherent mental, as its name implies, refers to the survival instinct, good willing, social imitation, emotions, concentration. In the abnormality of its functions it can happen hallucinations, suicide obsessions, impatience, melancholy, indecision, concentration difficulty, mental confusion, submission and destructiveness.

When unbalances in these functions happen psychic stimulants must be avoided like caffeine drinks, cigarettes damp climates, among others. Concentration must be practiced as well as yoga and also the use of a slant board.

Foods that nourish the nervous system are welcome, like the seaweed, iodine-rich; niacin, found in the wheat germ and yeast beer; the tryptophane found in yogurt, nuts, gergelin; the choline, found in artichoke, almonds and coconut; the lecithin found in chestnuts and nuts.

This way the optimism, the courage, love, will power, confidence, leadership, analytic ability, success, reproduction, comprehension and the social acceptance come back, which are the inherent mental attributes.

Sensory Locomotion

It is an area that rules basically the proprioception through touch, the muscle coordination with the muscle-tendinous receptors, the thermic sensations, the pressure and movement.

When it is normal, the individual has an adequate time reaction to the sound, light and stimulus like sensory-motor. Some attributes from this area consist in establishing performing limits without muscle fatigue, through an adequate work of strength and physical endurance, which comes from a great physical and mental coordination.

When this balance is missing, it can cause general lack of motor coordination, exhaustion, no perception of him/herself, and therefore of the surrounding environment.

To keep the balance of these areas, extreme stressful situations must be avoided, as well as heavy lifting, excitement, sexual excess, night work and working when exhausted.

After a brief study of the areas that form the physiological brain of the right iris, the study of the several areas of the psychological brain of the right iris will be approached, which for didactic reasons follows the clockwise for each sector.

5 Sense Areas

The 5-sense area, as its name implies, involves the visual, auditory, gustatory, olfactory and tactile senses. They are located in the cerebral cortex and gnostic area (near lateral sulcus of left hemisphere).

Many times there are alterations related to the 5 senses, although not always there is something wrong in the referent organs.

For example: an individual may smell something strange and it can possibly not be happening, the clinical exam is taken and nothing is identified. In these cases, there is probably something happening at the level of the brain representation of the olfactory function that can be clarified by the exam of this area. The same reasoning can be extended to the functions of the other areas.

The 5 sense areas are chiefly related to the physical and also psychic “feeling”, where attributes like sensuality, materialism, narcissism, and sensibility to the sensorial stimuli also pass through them.

When this function is altered, the sensations can be modified for more or for less and according to the quality too, as it can be noticed in the case of olfactory alteration, which is qualitative. On the other hand, there are people who smell so intensively that this fact disturbs his/her life, generating migraine, etc. That is why it is good to know that it is possible to adjust these functions, bringing them as close as possible to normality.

This area rules the feeling of hedonism in which what counts is the sense of pleasure and everything is justified so that it occurs. After all is the pleasure for the pleasure.

The foods that benefit the nervous system and the muscles, like the ones that contain vitamin B, chlorophyll juice (composed by roots and beet leaves), are great for this purpose, as well as the combination of vegetal proteins: sulphur-iron foods like kale, onion, broccoli, pumpkin, cauliflower. The iron-rich foods must be also ingested. Iron can be found in every green-leaf vegetable and also black cherry, yolk, liver, oysters, mulberry and whole wheat.

Besides the foods, some exercises must be practiced like stretching and neck exercises, yet with medical orientation, as well as the practice of yoga.

Another resource is the cold water applications to head and neck, being careful to apply hot pads on the feet.

Like the popular saying: “for good health it is necessary to have empty stomach, hot foot and cold head”.

Ego Pressure

This is an area that, like all the others, has many attributions. However, maybe one of the most important is the indication of how the Ego is situated

according to the individual him/herself, with generally extremely critical attitudes to him/her own. The location of this area, which involves the cerebrum, hypothalamus and the hypophysis, gives us an idea of the intricate reactions of these areas with the rest of the organism. Almost all the mechanisms of organic regulation pass by the hypothalamus-hypophysis. This axis determines, for example, along with the suprarenal, "to fight or run away facing the danger". In the jungle, a wrong answer can, in some circumstances, mean the death. If you opt for fighting when you should run away it can lead you to death. Between the extremes there are a variety of situations mediated by this area, which regulates the stress mechanisms, mainly referring to the survival instinct.

According to Jensen, the high blood pressure needs care when there is an iris sign in this area, due to a bigger predisposition to the cerebral vascular accidents.

This area, considering that the limbic system is part of it also mediates the emotions.

The forebrain, as a more recent structure in the phylogenetic scale, influences the hypophysis and the hypothalamus, mediating the psychic reactions such as anxiety and sexuality through the desire, domination, power hunger, ambition, leadership, determination and the self image, that is fundamental to the relationship.

Acquired Mental Speech

This area is related to language in general, that is, writing, speech, reading or facility to learn languages. Any alterations can bring implications such as difficulties in learning, memory and concentration, deficiency, carelessness, social maladjustment.

The structures involved are the cerebrum, thalamus, frontal lobe, hypophysis, epiphysis or pineal.

To develop this area, Dr. Jensen assures: "Exercises such as speak with objects in the mouth, whistle, speak in public, preferably making a speech, are perfect to benefit this area. Activities like swimming, handy works and sports that demand coordination and concentration are great indications to solve the problem".

Mental Ability

This prefrontal and frontal area (the most recent *Homo sapiens* acquisitions in the phylogenesis) rules what is more subtle and elaborated in the human being, like the intelligence, the logical thinking, the personality, the reasoning, the will power, the memory and the voluntary movements.

An inadequate functioning can predispose the person to the astuteness, confusion, slyness, suspicion, imprudence, despair, denial, poisoning thoughts,

mental blocks, lack of control, social auto-segregation, sensibility, frigidity, cruelty, melancholy, pessimism, irritability, moral cowardice and depression.

As attributes, according to Dr. Bach, the following qualities are ruled by this area: determination, confidence, conviction, courage, geniality, joyousness, happiness, imagination, self confidence, worry and balance.

Equilibrium Area or Epileptic Center

The cerebellum is, as well as the bulb, one of the first structures to appear in the phylogenetic scale, and like the bulb, it is originated in the roencephalon, but in the metencephalon portion. This way, it is possible to infer how much it is fundamental to the maintenance of the basic life activities, like the flat musculature coordination and the postural equilibrium. It also rules the sexual activity. It is a center of dynamic energy for the whole organism.

A proper anatomic-functional cerebellum offers sense of physical and mental equilibrium, security, stability and discriminative sense.

When unbalanced it can happen: epilepsy, faints, dizziness and altered muscle answers, decreased or weakened.

Dr. Jensen, in these situations prescribes alkaline diet which will be studied forward, mainly if there is epilepsy diagnostic. In these circumstances some herbs are indicated like artemisia, alfalfa, helianthus, primrose, elder tree and others. Foods that benefit the nerves are also recommended, like manganese-rich starch and vitamins B6 and E, found in green beans, green peas, sugarcane syrup and green juices.

Daily walking is recommended for better venous return, and handy works such as painting, pottery, joinery and carpentry.

Never forget this treatment, in any way, authorizes the interruption of the anti-convulsive medicine or others that perhaps the individual is taking.

Celso Batello, M.D.
Pres.Iridology Brazilian Medical Association