

The Universal Language of Sclerology

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1. The eyes have only one language and it's the same everywhere in the world. It applies to everyone...and it is...universal!
2. The eyes are not only windows to the soul. They are windows to your health. They're a glimpse at everything from your overall health to many intimate health specifics. And strangely enough they can show even your political leanings. Your eyes showcase your sense of style. They can reveal how healthy you are, your personality, your emotions, if you are stressed...and even...when you are lying!
3. If you are ill, or just a bit under the weather...the first place it's likely to show is in your eyes.
4. SCLEROLOGY has been called...“The science and art of observing the markings in the whites of the eyes and their relation to systemic health”.
5. The sclera's subtle array of lines, colors, gels, pigments, clouds, films and crystals, offer a whole field of data detailing the effects on the body of...
 - Diet
 - Genetics
 - Thoughts
 - Emotions
 - Environmental stresses
 - and the movement of various energies within the body-mind
6. In doing health evaluations using the scleras, we take into account many signs like some that we see there. Most of the signs we look at in the scleras are lines. We look at line...
 - Origin and destination
 - Configuration
 - Thickness, brightness and hue-compared to other lines
 - Straightness or curvedness
 - Relative tortuosity
 - Juxtaposition to the iris
 - Length
 - Color
 - and much more

So, what do these markings represent? In this particular foto, we're seeing stress and congestion in the thyroid and spinal column on the L side of the body.
7. The markings in the scleras are essentially showing us *stress and congestion*. Yes, they also show us levels of drug deposition, the effects of parasites, the development of abnormal tissue, problems with blood pressure, and a great deal more. All kinds of specifics. However, most basically, we are seeing stress and congestion. So, what IS stress and congestion? We are calling it, “The presence of abnormal concentrations of any single or combination of certain elements within a vessel, organ or tissue area, causing obstruction and thus interfering appreciably with normal function”. This is essentially a medical definition and it's good enough for us. Let's take a look at a few examples of sclera markings and their implications.
8. A Basic Congestion Line is a single line that usually begins as a Primary (or genetic) Line. Then, it starts to show its sign of congestion in that part of the body by contorting, getting thicker and maybe getting brighter. If this person continues down the road of dietary insult and life-negative lifestyle, this line will likely grow thicker, more contorted, and more tortuous and twisting. It may then send off branches, showing its negative influence on other tissues or organs. It may fork or angle, or any combination of these all in the process of showing ever-increasing stress and congestion.
9. Here is another example of the Basic Congestion Line. Perhaps 80% of the time, these lines are genetic markers.
10. Influence Lines involve simple or complex secondary pathology. Such pathology could take the form of various levels of congestion, toxicity, negative influence, spreading of disease, trauma, tumor, or other type of injury to the *receiving* organ from the *giving* organ. In this case, with the fork-like line combination on your right, we are looking at the kidney's negative influence on the pancreas. The line combination on your left shows the cecum's negative influence on the liver. Now, both organs are stressed and congested, but the thicker ones are more exaggeratedly so. So, how do we know to which body organs these lines are referring?
11. By simply placing a map transparency over the foto on your computer screen, you can locate these areas of stress and congestion. And that's just the beginning!
12. The Influence Line provides us with a graphic illustration of bidirectional and multilevel relationships between or among the involved systems, organs or tissues of the body those with which the sclera is communicating. The scleras allow us to see these organ relationships in considerable detail, how they communicate with each other, and what they are communicating. In this particular case, we're looking at relationships among the R adrenal, the cecum, the R kidney, the pancreas, and the liver. Many signals are being sent back and forth and we can see them! We know, e.g., that...
 - On the gross physical level, the problem started with the adrenal
 - Most of the congestion is in the cecum and kidney
 - And there are several factors involved in the development

of this process.

13. In this line combination, our focus is an *Immune Compromise Line*. The vertical line in this foto is called an “IC”, or Immune Compromise line. Notice how this IC line, which is connecting with the LUQ, appears to emanate from, or otherwise joins with, this very recent and active congestion line coming from the thymus area which, of course, involves the lymphatic-immune. Now, (taking into account the relationship between the thymus and the spleen), note how that big thick line goes directly from the thymus into the spleen. Then, note how there is a short Influence Line moving inferiorly into the spleen area, and that another short Influence Line emanates from the thymus-to-spleen line and moves superiorly into the arterial heart area. So, the thymus, spleen and heart are all connected here and also to something in the LUQ, likely a function of the brain. What could all this mean? We will need to follow the dots, which involves reviewing symptoms and asking questions.
14. Here’s another example of an Immune Compromise Line. We’re looking at a QIC, or Quadrant Immune Compromise. This means that all of the organs and tissues in that entire Quadrant have suffered an immune compromise. The average loss is perhaps 18%. Since we are in a medial quadrant, here the Medial Quadrants being toward the nose the IC marker (in this case) has an added implication of neuroendocrine-immune interactions involving the HPA axis. This occurs when the IC line connects the Hypothalamus and Pituitary which are in the upper Quadrants with the Adrenals in the lower quadrants. Of course, unless we look into the RUQ and the RLoQ, we won’t know for sure where our IC line is going in other words, which other organs it’s connecting with. In this particular case, we at least know for sure that the thyroid, another crucial endocrine organ, is involved. Let’s put a map on it to be sure.
15. Like many other bodily and behavioral responses to health challenges, immune system responses are initially beneficial. But, as we’ve suggested, when they’re sustained, their effectiveness can be reduced. That potential threat is minimized by the immune’s high level of regulation and its close integration with the ANS and endocrine. So, as long as this system is kept strong via pure hi-raw diet and life-positive lifestyle, no problem. Bi-directional interaction of common chemical messengers and cellular receptors connects the immune system with the nervous and endocrine. In this interactive communication among systems, sensory stimuli to the central nervous system that activates the HPA axis results in the peripheral release of adrenal steroids and catecholamines, both of which can have immuno-regulatory effects. For all this to happen, we healers have to get the consent of the Pt to change his or her act, to improve their diet, and get serious about life-positive lifestyle changes. Yes, we can give them herbs and supplements and various natural treatments, all of which will help. But, their participation in the purification and healing processes is crucial to their success. Somehow, we have to get them to understand and value this to the point of action!
16. A Pinguicula is a yellowish or clear gel-like growth on the conjunctiva, near the Limbus. It appears on the sides of the eye at the 3 o’clock and 9 o’clock positions. It is a change in the normal conjunctiva tissue that results in a deposit of protein, fat or calcium or some combination of those. It’s like a skin callus. In Sclerology, a Pinguicula is an indication of liver and/or gallbladder distress from super-heated fats and oils, usually meaning from fried or processed foods. When the Pinguicula is yellowish, the liver is more involved. When relatively clear, the gallbladder is implicated.
17. A Pinguicula is different from a Pterygium. A Pterygium which is not shown here grows over the cornea and develops feeder vessels. The Pinguicula does not. When you see a Pinguicula, look at the thyroid area because of the direct relationship between nutrition and hormones. The foods we eat and the vitamins, minerals, and nutrients available to the body, ultimately regulate the synthesis and use of thyroid hormones. We ARE what we EAT! Thyroid hormones influence the metabolic rate of fats, proteins, and carbohydrates. Of course, when we do our sclera evaluation, we want to be thoro. We want to learn as much as we can about these relationships, always checking the Net and googling to learn the latest on what others have found.
18. Forks are among the many signs we see in the scleras. Forks come in a variety of shapes and sizes. They can be wobbly, strait, even, uneven, tiny and large.
 - a. Significant injuries often show up as forks such as fractures, wounds, dislocations, concussions, and compressions even conditions resulting from prolonged exposure and poisoning.
 - b. Some forks show Metabolic trauma from inflammatory processes; we’re talking biochemical responses to stress, injury, poor nutrition, and so on.
 - c. Forks can represent Dietary traumas via either inflammation from dietary insult, or alteration of body biochemistry due to poor nutrition.The sclera reports all of these. You just need to know the language.
19. Forks can also represent gross mineral imbalances, resulting in stone formation. They can show up from drug abuse, and they can be caused by tumors.
20. The Encapsulation sign involves the enclosure by the body of one or more of a variety of materials from fatty cells to parasites. This sign, the Encapsulation, is medically referred to as the “Axenfeld’s Nerve Loop”. Technically, then, Encapsulations are little tumors. Encapsulation characteristics include...
 - Appearing as an enclosed and raised fatty blob on the surface of the episclera
 - Most of the time, they are benign
 - They are seen usually at the end of a line
 - They are located typically 3-4 mm from the Limbus
 - They occur more in darkly pigmented people
 - They are tender to the touch
 - They are sometimes associated with a Fermentation sign
 - And, they can also end in a Neoplasm sign (especially an N3)
21. In about 12% of sclera evaluations, we find Encapsulations
 - Only about 1% of Encapsulations are bilateral
 - 70% are found in the lower Q’s and toward the nasal or medial canthus
 - They are often seen in women with a history of uterine fibroids
 - 62% are found anterior to the eye’s vertical rectus muscle insertions, which mean you will see them in the upper Q’s.
22. Vessel Pooling looks like string of pearls or micro dots on the sclera. It indicates local areas of sluggish circulation and the pooling of blood in vulnerable areas of blood vessels. They’re like the ballooned areas that developed in the old car tire inner tubes. In some sense, they’re also a lot like that in terms of vulnerability. When viewed thru a slitlamp, you can see how blood cells get trapped in those little ballooned areas and go round and round, losing some of their life span.
23. We often see vessel pooling in people with poorly controlled

or uncontrolled diabetes.

24. Micro-aneurysms are sometimes found in the retina of the eye, but here we are seeing them at the Limbus in Pt's with medically-diagnosed diabetes. These micro-aneurysm signs are signals in the eye of actual miniature aneurysms within the body that can rupture and leak blood.
25. The Fermentation sign shows pancreas metabolism dysfunction with associated bacterial involvement. Notice how we didn't use the medical terms "hypoglycemia" or "diabetes". The generic term "Pancreas Metabolism Dysfunction", or PMD, covers a broad area and includes the medically-described and named processes. Where we had previously associated the Fermentation marker with carbohydrate metabolism only, we've since realized that it's the pancreas function as a whole organ that's involved including both endocrine and exocrine aspects. The dysfunction is shown by a line with tiny, mostly dark blue dots at the end, arranged in a generally circular pattern. Sometimes, these dots can be brownish, grayish, or even black. We believe that the patch of dots represents bacteria living off the metabolites resulting from the incomplete food processing involved in the pancreas's metabolic management of foods. Think of it as being like fermentation. The sign tends to appear a bit more in darker-eyed persons and more often in the Upper Quadrants. We know that brown-eyed people have more of a genetic tendency to pancreas metabolism dysfunction. We also know that the brain uses proportionally more sugar than do other parts of the body.
26. When you see the Fermentation sign, check for symptoms of hypoglycemia, and be sure to observe any markings in the pancreas area of the RLoQ and, of course, in the many pancreas areas of the irises. It's well-known that literally millions of people are walking around with not only hypoglycemia but with clinical-level diabetes. These are epidemic in the world right now, thanks to the crap food industry plus cooperation from corporate media advertising and branches of the federal government. What we're looking at here is markers involved a LLoQ. Note that the pancreas's fat and protein functional difficulties are emphasized when markers appear in those specific areas of the pancreas in the RLoQ. Note also, that we now have reason to believe that the tail of the pancreas, which is shown here in the LLoQ, indicates information on the physical as well as on the emotional aspect of that organ. The marking on your R originates in the rectum and terminates in the e-pancreas (or emotional pancreas).
27. The Blue Cast is a bluish hue over the entire sclera. If you remember from your Anatomy, the sclera is a dense, poorly vascularized connective tissue structure composed of six types of collagen, + elastin, proteoglycans, and glycoproteins. The characteristic very slightly pale blue sclera seen in children is caused by thinness and thus relative transparency of the sclera's collagen fibers that allow us to see a little of the underlying darkly pigmented uvea layer. A number of inflammatory and non-inflammatory processes can affect the sclera in adults, causing the blue hue. In the non-inflammatory category, we have those disorders that thicken the sclera and those that thin it. OK, how did the scleras get blue like that in this adult, and what can result from it? Here are the main possibilities (and the first 3 are the most prevalent):
 - Venous insufficiency, which can lead to thrombosis and varicosity
 - Inadequate oxygen, or hypoxemia, especially to the brain and other tissues. This can cause many problems, starting with shortness of breath and moving to anxiety or restlessness, fatigue and headaches, all the way to impaired brain function... and that shows up as decreased attention span, confusion and disorientation. So, you always need to be checking your symptoms over against sclera signs
 - Poor circulation is the third most frequent cause of the Blue Cast
 - Anemias are possible including iron deficiency, but many other minerals could be involved
 - Catabolic dysfunction, meaning problems eliminating food toxins and other wastes at the cellular level
 - Brittle bone disease, or Osteogenesis Imperfecta, which is a congenital disorder detected early in childhood, resulting in skeletal deformities, early hearing loss, and dental abnormalities
28. Some medications, like steroids, when taken for long periods of time, can also produce blue sclera. Certain syndromes can have blue sclera as a presentation, such as:
 - Ehler's Danlos syndrome
 - Pseudo-xanthoma Elasticum
 - And Marfan's syndromeWhen patients (or clients) come to see you for help, and you haven't heard of the disorder they name, google it. Get the latest medical perspective on it. Find out what Naturopaths are saying about it. Learn what you can about the disorder, consider the Pt's circumstance as a whole, feel into what you would do, and then proceed with their Rx.
29. At first, we referred to this sign as a "Snake-in-a-Hose" (which is what it looks like), until we noticed that it had a medical name: the "Bordered Meander" which name we liked better, so we've called it that ever since. You'll see meandering vessels bordered with straightish vessels. This is another of the more advanced CV signs. In some real sense, this sign is what medical professionals term "arteriosclerosis". It shows...
 - Arterial congestion
 - Vessel hardening
 - Vessel thickening
 - Loss of elasticity, and...
 - Vessel wall degenerationUnlike atherosclerosis, arteriosclerosis only affects small arteries and arterioles.
30. When we see the Bordered Meander in brain areas, we should check the pupil for vertical ellipses. If these two occur together, there is a real potential for hemorrhagic stroke. This means loss of blood supply to the brain, and that can be deadly. So, when you see this sign in the upper Qs, immediately check for vertical pupils.
31. At Grand Medicine, we've been presenting "live" courses in various countries for many years but none in the USA for the past two years. In October of 2015, we will present the ONLY "live" courses of the year, here in the USA. BOTH the Sclerology BASICS and ADVANCED courses, four days each, with one day in between, here in Lake San Marcos, California. We are accepting only eight persons per class, so contact us right away. A low-cost hotel is nearby. If you have not yet studied Sclerology, here is your chance in a rare "live" class. For more details, email us at gm@grandmedicine.com.

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