

THAD
CHEATHAM



IRIDOLOGY & DETOX SPECIALIST

"While there are many ways of trying to determine bodily conditions, such as hair analysis, the SMA tests, urinalysis, fecal analysis, blood analysis, etc., we do not find one that gives a more complete picture of the *whole* situation than the science of iridology."

- Dr. Bernard Jensen



How to take the Best Iris Photos for Iridology Readings

The purpose of this PDF is to help you learn all the ways to get a good iris photo using a smartphone or a DSLR, and save yourself the struggle and frustration so many of my clients have had.

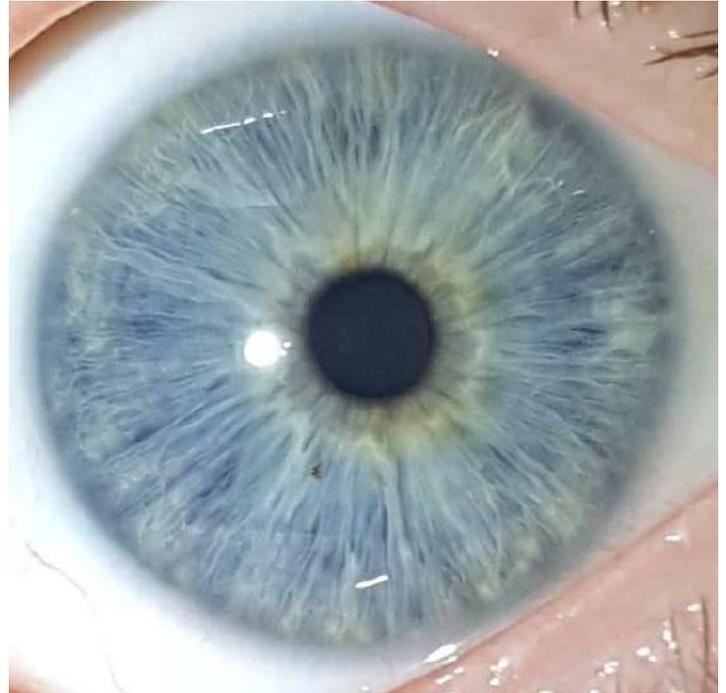
*****UPDATED IN RED 12/12/19*****

Taking Pictures on your smart phone

This's a good example of a blue eye taken on a Samsung smart phone.



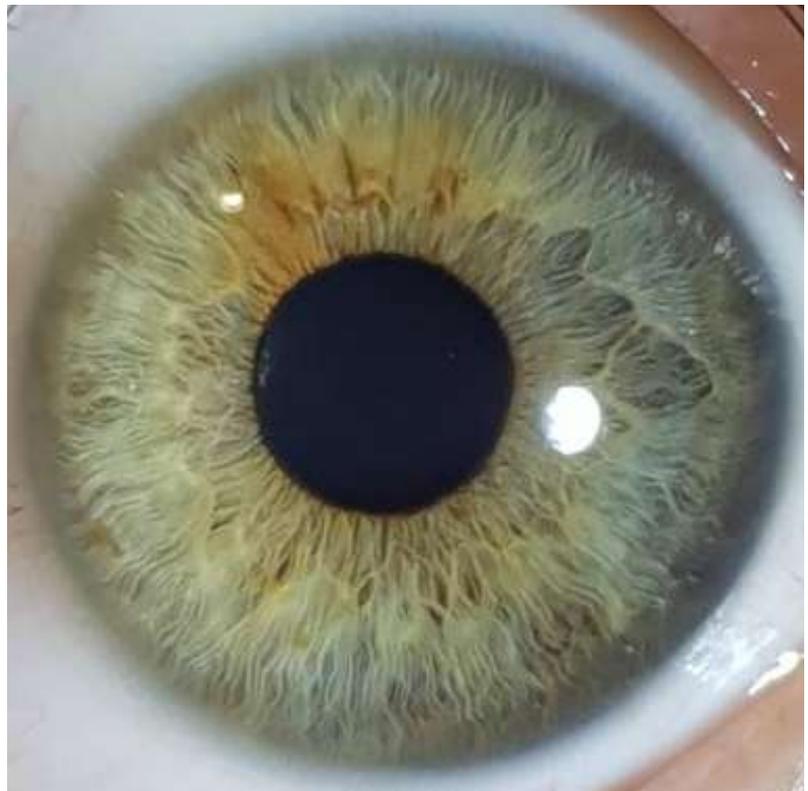
This's a good example of a blue eye taken on a Samsung smart phone. This person used the flash plus a small flash light. For most people just the flash works fine without the small flashlight.



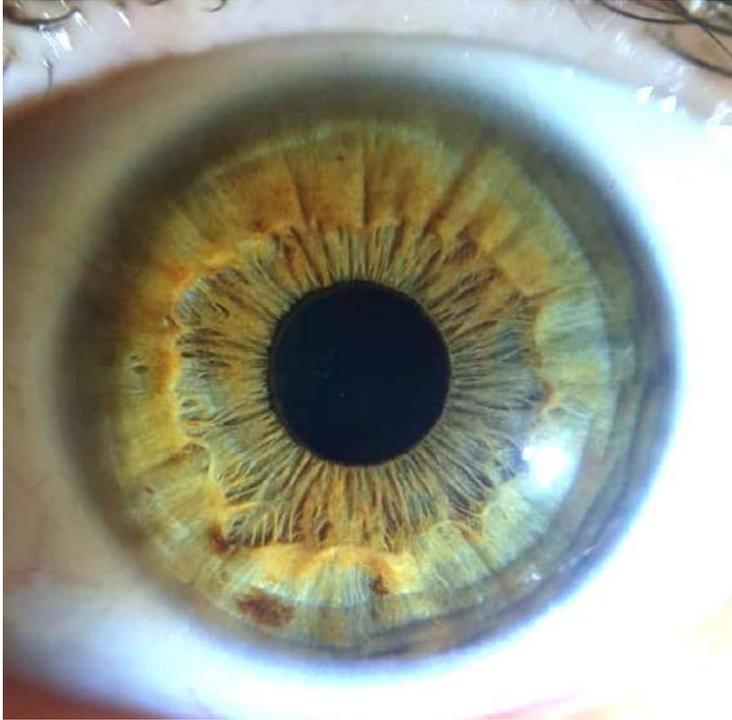
This's a good example of a blue eye taken on a smartphone.



This's a good example of a true blue eye turned mixed colors taken on a smartphone.



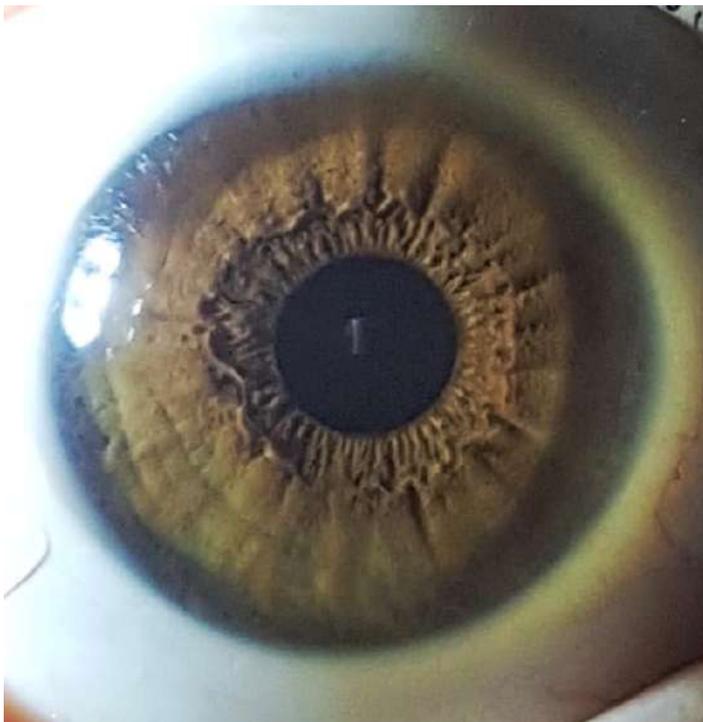
This's a good example of a true blue eye turned mixed colors taken on a smartphone.



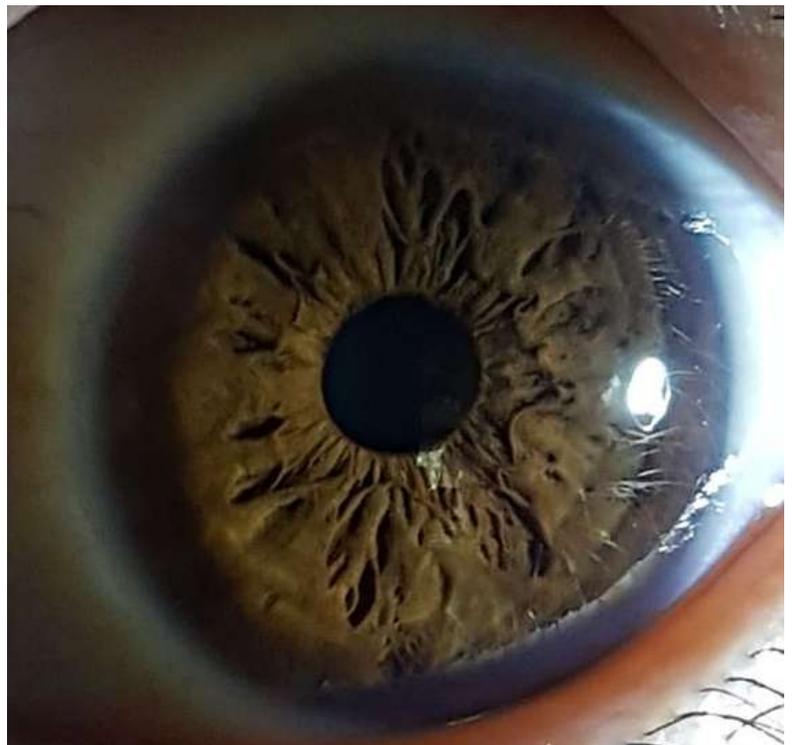
This's a good example of a true blue eye turned brown taken on a iPhone 6.



This's a good example of a true blue eye turned brown taken on a smart phone.



This's a good example of a true brown eye taken on a smart phone.



This is a good example of a true brown eye taken on an iPhone.



****PLEASE NOTE THAT THE ABOVE PICTURES HAVE BEEN CROPPED AND ZOOMED IN. TO SHOW AS AN EXAMPLE OF WHAT A GOOD EYE PHOTO SHOULD LOOK LIKE FOR THIS PDF. PLEASE DO NOT CROP OR ZOOM IN ON THE PHOTO BEFORE YOU SEND IT TO ME. LET ME DO THAT SO I DON'T LOOSE ANY RESOLUTION. YOU CAN READ ABOUT THIS IN MORE DETAILS IN THE SECTION BELOW CALLED "CROPPING AND EDITING". THANKS FOR UNDERSTANDING. :) ****

• **Remember to...**

- Always use the rear camera on the smartphone because it's usually a higher resolution camera than the front "selfie" camera.
- Use the newest version smartphone that you have access to.
- Samsung seem to render some of the best iris photos so far especially brown eyes. You can get good photos with iPhones they can just be more tricky and finicky. However don't use iPads as these cameras don't have high enough resolution. Also a DSLR WITHOUT a macro lens will not work because it can't zoom in close enough to see high enough resolution.
- Make sure you use the zoom on the smartphone half way then move the phone closer to the eye so you can get as close as you can to the eye. Just make sure you keep taping the screen so it stays in focus.
- Don't crop or edit the photo in any way from the original.
- Don't use any apps or ways to take the photo different than just the normal camera on the phone. These sometimes can cause the photo to be digitally pixelated when I zoom in on the photo. See example below.
- **Tap on screen were the iris is to get it to focus on just the iris not your cheek or fingers.**
- Take contact lens out before taking eye pics.
- **Keep your head vertical, and don't tilt it in any way. Also the person taking the shot needs to do the same thing with the camera.**

- Look at the camera. Don't look to the side, up, or down. Look directly into the lens. The picture below is really hard to read accurately because they aren't looking at the camera. This is because it is very hard on me to keep my mapping or transparency accurate so the reading will be accurate. **THIS IS VERY IMPORTANT!!**



- Hold camera vertical not at a weird angle like the picture below. **THIS IS VERY IMPORTANT!!**

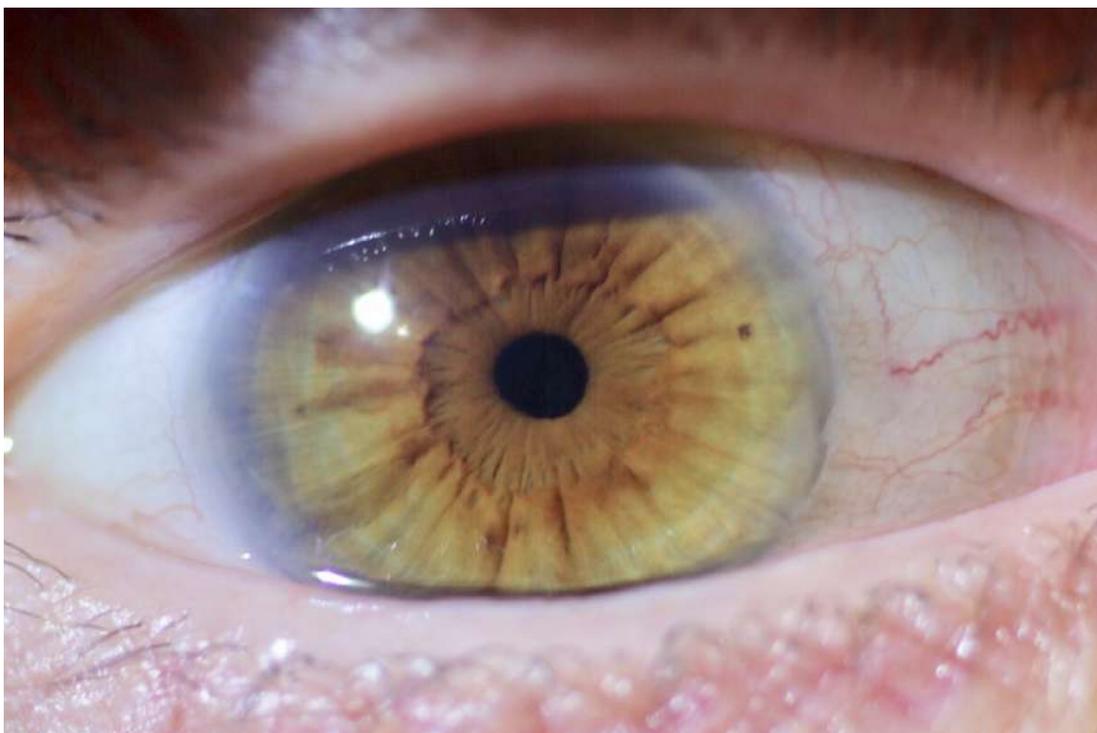


*Note that if the top of your eye isn't at the top of the photo with the camera this could miscue your iridology reading results. This is why it is very important to hold both the head and camera vertical to the eye. I can not line up my chart or transparency right if the eye and camera is not vertical. **THIS IS VERY IMPORTANT!!**

- If you're using fingers to hold your eye lids open, make sure your fingers are out of the shot so that the camera can focus on your iris instead of your finger. **THIS IS VERY**



- Make sure you're eyelids and eyelashes are not covering or shadowing any parts of your iris. Use your fingers to hold your eyelids and eyelashes open. If I can't see the area I can't read the area. **IF YOU ARE A WOMAN AND YOU HAVE BROWN EYES AND ARE WEARING MASCARA THEN THE EYELASHES CAN CAST BAD SHADOWS SO IT'S BEST TO NOT TAKE THE SHOTS WITH MASCARA ON OR JUST MAKE SURE YOU HOLD THE EYELASHES BACK OUT OF THE WAY. THIS IS VERY IMPORTANT!!**



- Have the person taking your picture first zoom in with the camera functions half way. Then move the camera as close to your eye as possible and still be able to keep it in focus. Also the person taking the photo needs to tap the screen where the iris is so the camera can focus on the iris not other areas of your face or fingers. The picture below was taken too far away so when I try to zoom in I can't see the quality and details. ****VERY IMPORTANT****



- Take a photo of each eye one at a time not like the picture below.



- Make sure the camera is straight in front of your eye, not from the side.



- This photo below is hard to read when I zoom in on it because it is digitally pixilated and fuzzy, not clear enough to be able to see all the fine details easy. This could be from an app on the phone, not enough front lighting or reducing the size of the photo when it is emailed to me.

****IT IS VERY IMPORTANT WHEN EMAILING THE PHOTOS DON'T REDUCE THE SIZE SEND THE ORIGINALS. IF THEY ARE TOO BIG THEN YOU MAY HAVE TO USE A FILE SHARING PROGRAM LIKE DROPBOX!****

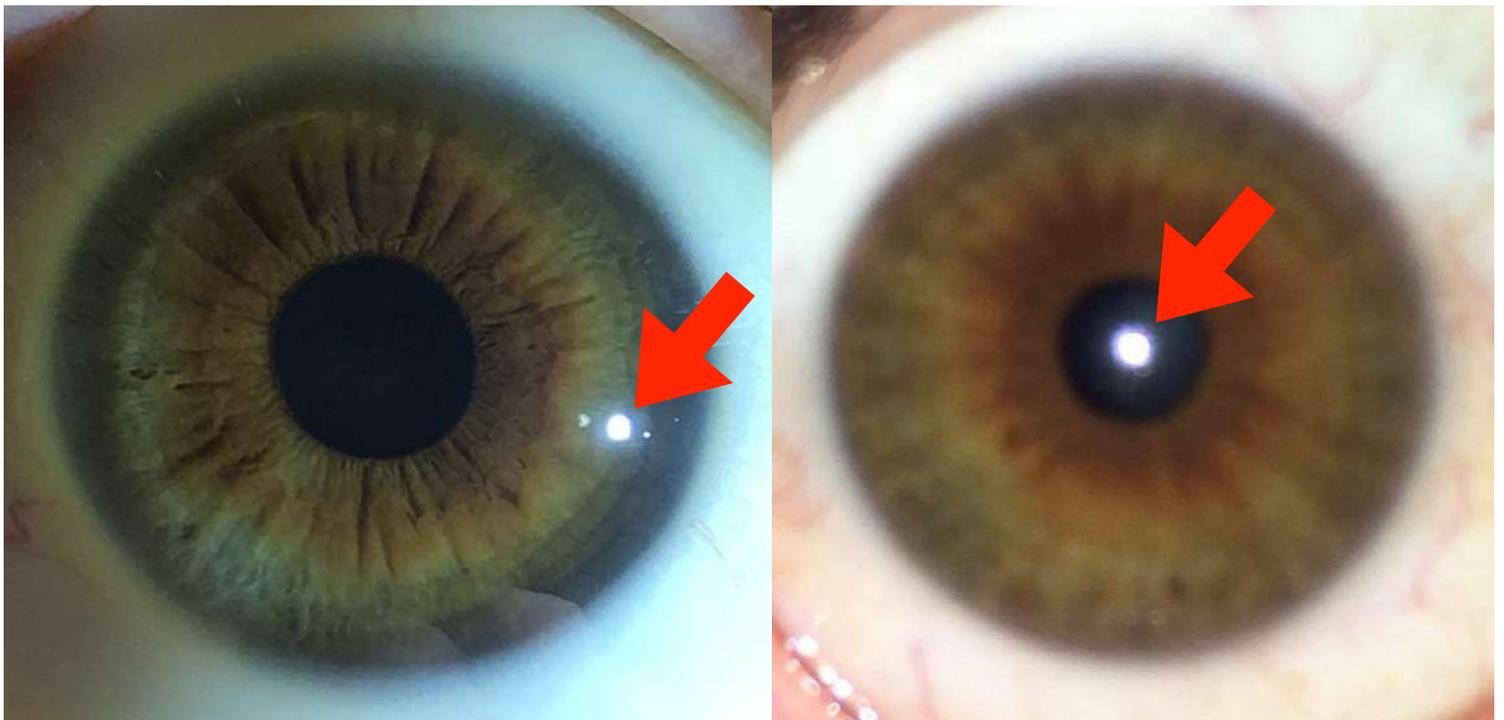


Lighting

- Don't take your eye pictures in the sun because it's too bright and will always cast a shadow or cause a large reflection spot as in the picture below.



- **True Brown Eyes or Blue Eyes that have turned Brown:** You will need to use a small flashlight to illuminate your eye from the side. Be careful not to block the side light with your hand holding open you're eye lids. For brown eyes and dark blue eyes the room may need to be slightly darker. Make sure you get the reflection spot from the flashlight on the side of your iris. Notice the picture on the right with the reflection spot in the center, you don't see any of the weaknesses you can see in the photo on the left with side lighting. Even if the photo on the right wasn't fuzzy you would not see the weaknesses because the lighting is wrong. See examples below.



- **Make sure to hold your eye lid and lashes open with one hand from above and below so you don't block the side lighting.**
- **Make sure you point your flashlight from the outside of the eye you're taking a picture of, not the inside.**



(Small flashlight)
Illustrating being
shined from
the outside of the
face



You don't want to
shine from this side
(for the right eye)
because you can't
get the right angle.

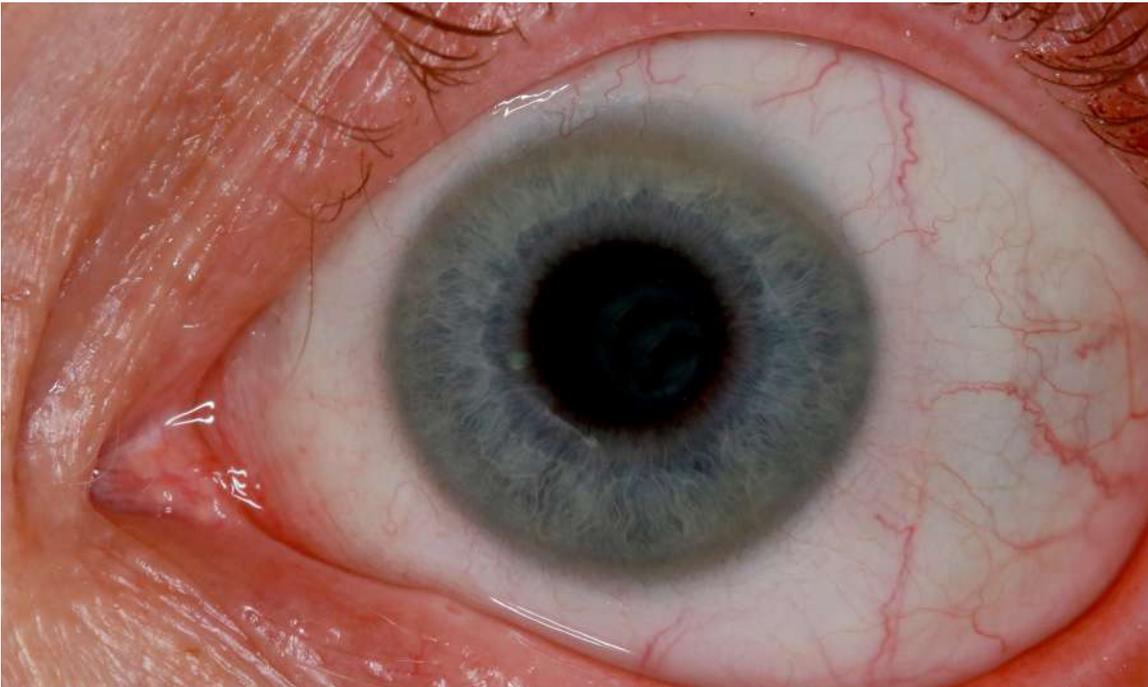
- Below is a good example of how far away to hold the the small flash light away from your eye. The arrow is pointing at the flash light notice how far away it is from the face (This picture was taken on a point and shoot with a macro setting. Because of the macro setting and higher resolution than a phone it will still work when I go to zoom in on the photo)
- You need enough light but not too much. This is the reason you use a small flashlight not a big one. Just make sure your batteries are not to weak so that the light is bright enough. If you play around with some small flashlights and get the right angle you will get the iris to illuminate like in the photo below that is what you are trying to do to get a good shot. **Also very important try to get a flashlight with a white light not a LED blue tinted one. See photo below for this example of the right light to use not a blue tinted LED light.**



- **Blue Eyes:** Use the flash with the rear camera on the back of the phone. Take them in a normally lit up room. Not outside too many reflections and shadows. Do your best to get the reflection spot of the flash in the middle “pupil” of your eye. Some people do have good results using a small flashlight plus the flash for more lighting if your flash on the phone is not bright enough. The photo below is a little dark and could use some more lighting. See good examples at beginning of the PDF.

Note that if there is a reflection spot blocking the iris we will not be able to read your iris in that area and give you the best reading.

- If you're having problems with the bright light making your eye dilate to much let your eye get used to the bright light for a little bit and it should relax back to normal so you can take the shot.



Cropping and Editing

- Don't crop the white part out of your eyes like the picture below because I won't be able to see if you have a "skin ring" or not and also I won't be able to look at the condition of the sclera (white part of your eyes).
- **Don't crop the photo because I need to be able to make sure that your eye is aligned with the camera correctly.**
- Please don't edit or crop the original photo because if I have to zoom or edit it the resolution will be too low. It's better If I do the editing so I can keep as much of the resolution as possible.
- **Sometimes my clients will find an iridologist that will take their eye photos for them. Then either crop them like below or they will put a grid over the photo making it hard for me to see everything. If you go to someone that will take some good photos like below. Please tell them I need the originals from off his camera not after he edits them. Just tell him to email you the digital Jpeg image off of the memory card. Then you can email them to me.**



“How can we expect to see all the fine details of the iris without macro photography! The higher the details the more I can tell you about your eyes!”
- Thad Cheatham

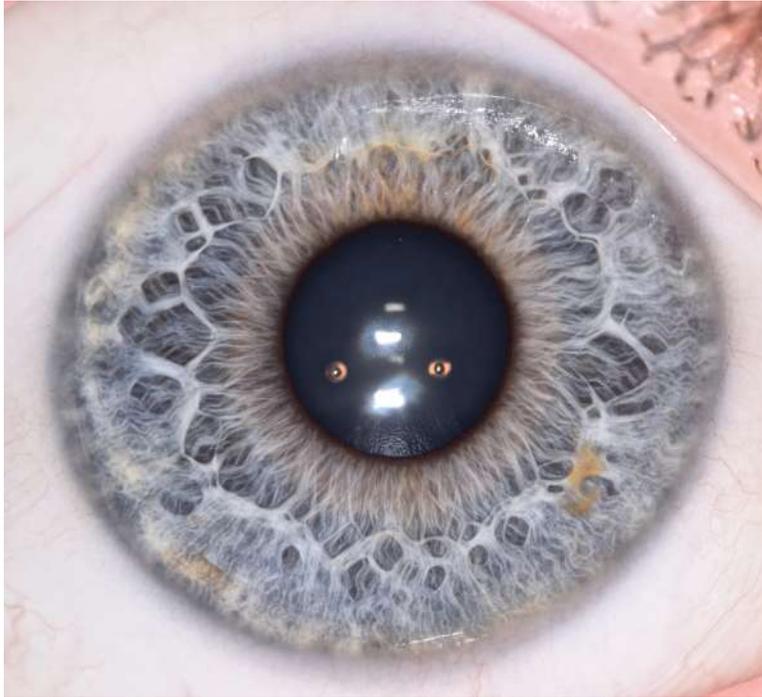
Taking pictures on a DSLR camera

- This is the best camera to take the highest quality pictures but you must have a macro lens for it to work.
- Blue Eyes: Use your macro lens and turn on your flash. Put the camera settings to: ISO 200, Aperture: F20-22, and Zoom: auto focus.
- Brown Eyes: Taking brown eyes with a DSLR can be more challenging than with a cell phone because you have to know the right settings to put the camera on so that you don't have to use the flash. I can't tell you these settings yet because I'm still trying to learn them myself. When I find out I'll update this PDF. The reason you don't use a front flash is because you won't be able to see as many of the weakness in a brown eye as with side lighting.
- Here is an example below of a blue left eye that has turned brown. The photo on the left was taken with a smartphone notice how it is not clear and they did not use side lighting. The shot on the right is taken on a DSLR with side lighting and no flash. If you even look really close you can see the camera's reflection in the pupil of the eye and notice they are not using the flash. This is a very good example of how much of a difference the right equipment makes. The photo on the left is unreadable mostly. The one on the right is completely readable. I can even see the iris fibers which is one of the hardest things to see if the photo is not high quality.

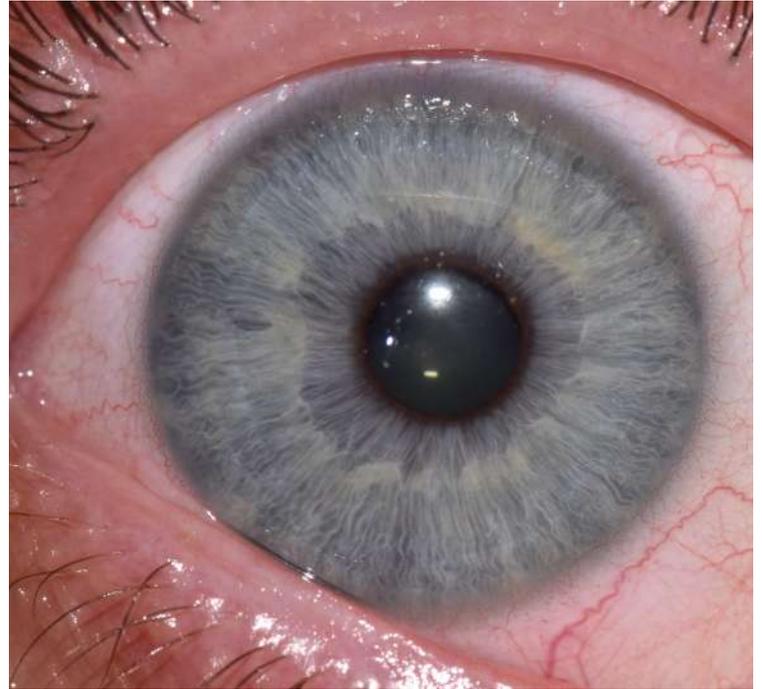


- Now as you will see below in the last photo some people with really expensive iridology camera setups can get a really good shot of a brown eye using side lighting PLUS front flash. I just wish I could see him take the same person both ways and see what the differences would be. Different kinds of lighting at different angles for a dark color eye can get different results. So I would recommend if you have some really good equipment play around with it till you get the best shots. I am in this process with my own professional DSLR iridology camera. The more I learn guys the more I will keep sharing!

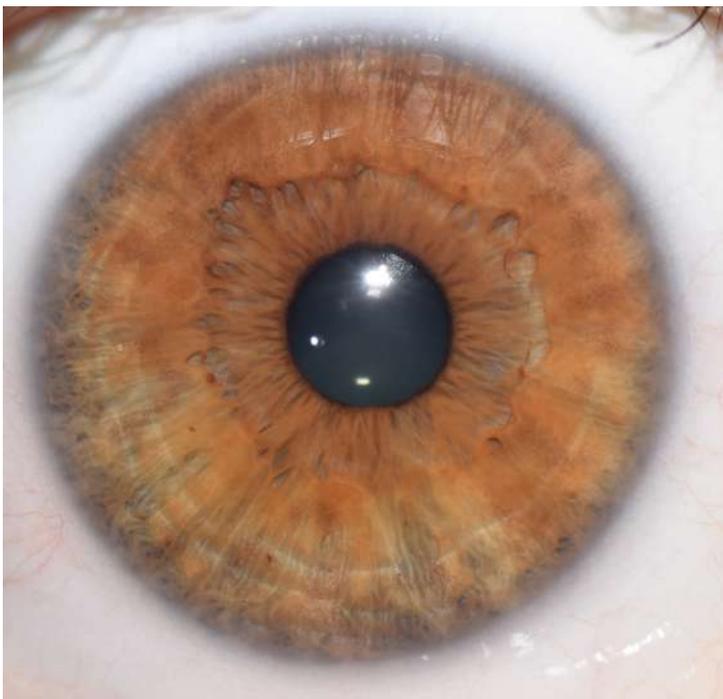
This is a good example sometimes of why it's important to find someone that has a good camera with a macro lens so that you can see all your fine details in the eye.



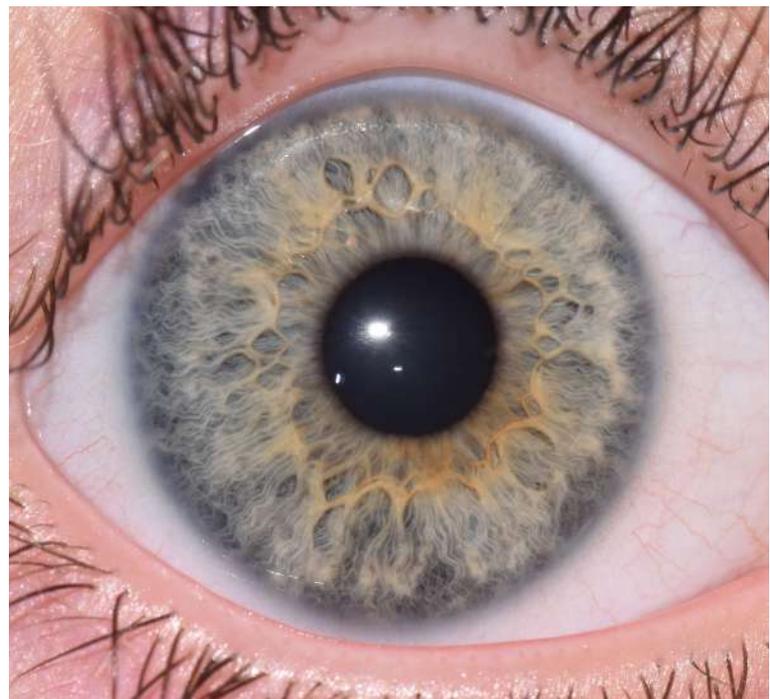
This blue eye picture is a great example of a person that has very small weaknesses and can be very challenging getting a good picture with a smartphone because it is not high enough resolution.



This is a good example of a blue eye that has turned orange/brown and it can be really challenging to capture the correct color of the eye on a smartphone or some DSLR cameras that are not on the right settings.



This's an example of a blue eye from a 6 year old. This shows that due to our younger generations having weaker genetics they need a higher quality camera (when available) than just a smartphone to capture all their weaknesses.



This's an example of a blue eye that's turned heavy brown. My client was having a very hard time getting her pictures to turn out clear on her smartphone. So she had to find someone that had a better camera so that she could get this photo to the right. This is a photo that was taken by an iridologist that has a very expensive set up and he used side lighting plus the flash. I am very curious how the shot would have turned out if he had of used just the side lighting. Like the first photo above in the beginning of this section of the PDF. The use of the different kinds of lighting makes such a big difference in the dark eyes.



****UPDATE 12/12/19****

EMAILING THE PHOTOS TO ME

*****PLEASE NOTE THIS IS VERY IMPORTANT*****

PLEASE EMAIL THE PHOTOS IN THERE ORIGINAL SIZE DO NOT REDUCE THEM JUST TO BE ABLE TO FIT THEM IN THE EMAIL. IF THEY ARE TOO BIG FOR AN EMAIL THEN YOU WILL HAVE TO USE A FILE SHARING PROGRAM LIKE DROPBOX. THE REASON FOR THIS IS REDUCING THERE SIZE WILL MAKE THE PHOTOS DIGITALLY PIXILATED.

FOR THE HIGHEST QUALITY YOU WANT TO SEND THEM IN AN EMAIL OR A FILE SHARING PROGAM VERSES TEXTING OR SENT IN THE MESSENGER.

IF THE PHOTOS ARE NOT TO BIG FOR AN EMAIL THEN YOU CAN SEND THEM TO ME AT journeytowellvilletc@gmail.com

We'll guys I really hope this PDF is very useful. This is something I have wanted to make for quite a while due to how challenging taking iris photos can be for most people. I am really happy how this has turned out so far. My girlfriend and I have worked really hard on it. Of course I will continue to update it as I see ways it can be improved. If you have any tips or inputs you would like to contribute please let me know.

This PDF is dedicated to all those people that have worked so hard to get a good eye photo and never gave up.

Please feel free to share this PDF with anyone you know. Of course if you are interested in my services as an iridologist and level 2 certified detox specialist through Dr. Morse then you can check out my website at www.thadcheatham.com and then email me at journeytowellvilletc@gmail.com

**I really wish you all the best in life and I hope your journey's to wellville are balanced Spiritually, Mentally and Physically.
Much love and light Thaddeus Cheatham**

