

Iridology

Iridology or iris diagnosis is the art/science of analyzing the eyes of a person to determine the state of their health at present and possibly determine the future health risks to be avoided.

Each eye contains a map of the human body, including predisposition and inherited conditions so that problems can be averted before actual manifestation occurs at the physical level.

It can also show the way the person relates to the world emotionally and mentally, which affects their state of health.

How It Works

To do a reading, the Iridologist either uses a lighted Eye Scope and looks into the Iris and/or takes a picture of the Iris and from this performs an analysis.

Readings

Mini Readings - \$30.00 & \$60.00

A lighted eye scope is used.
Readings are either 15 or 30 minutes long.

One Hour Reading - \$100.00

In-depth Reading - A Picture is taken \$250.00

Includes constitutional type, predispositions, color significance, emotional- spiritual constitution, pupil and sclera analysis, and in-depth point-by-point sign analysis (predisposition and weaknesses).

About Clea Richards

I attended the Santa Fe College of Natural Medicine/ Institute of Traditional Medicine and Kototama. I became a Certified Iridologist, Certified Herbalist, Nutritional Consultant and Licensed Acupuncturist. I took over Michael Moore's Herb's Etc, with a partner, had a private practice and was teaching herbal and nutritional classes through the store in New Mexico. Moving to California I attended and graduated from Emperor's College of Chinese Medicine in Santa Monica, CA.

Relocating to Mt. Shasta, then Weed, opening **New Horizon Natural Foods/ Mt. Shasta Botanicals**, I ran this business incorporating a private practice in Iridology, Herbal, Nutritional and Lifestyle consulting, natural cafe, store and Mt. Shasta Botanicals, the botanical business manufacturing the herb tonics I formulated. Currently I also teach Tai Chi and Chi Gong.



I have now integrated all of my healing products/ services under the name **Mt. Shasta Botanicals**, which includes:

- New Horizons Wellness Now
- Iridology Consultations/Readings
- Nutritional, Herbal, Lifestyle and Wellness programs and coaching.

Consulting Information

Clea provides nutritional, herbal and lifestyle guidance. Information is obtained through Iridology analysis and with individual sessions with clients. Based on each individual reading and/or session, a program is developed specifically tailored to meet each client's needs.

Consulting

Initial 10 minute consultation is free
After initial consultation, each 1/2 hour is \$50.00

Consultations can be done in person, by telephone and e-mail.

Consulting Programs

Phase 1 - Maximum of 2 hours \$150.00

Initial in-depth healing program.

Each client is provided with a nutritional, herbal, and lifestyle plan. These guidelines target the client's individual imbalances, predispositions, manifestations and prevention of illness.

Phase 2 - Maximum of 1 hour \$75.00

This phase allows time to see how the initial program is working and based on the results, modification and updates are made. The initial time between Phase 1 and Phase 2 programs is dependent on the client and their specific needs.

Mt. Shasta Botanicals



Empowering People to Live in Wellness

Encompasses you and nature working together.

A total healing concept that includes:

- *Iridology*
- *Herbal Tonics*
- *Nutritional, Herbal and Lifestyle Consulting*
- *New Horizons Wellness Now*

Clea Richards
Certified Herbalist since 1982
(530) 938-1000 Toll Free (866) 810-8350
clea@mtshastabotanicals.com
www.mtshastabotanicals.com