

## MACRO PHOTOGRAPHY OF THE IRIS

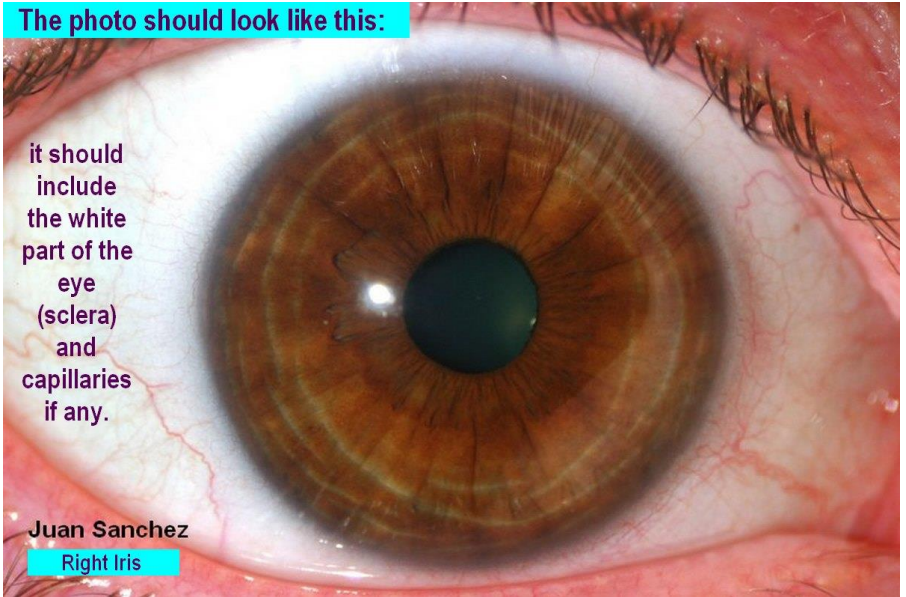
It is advisable to take a photo of your irises every 6 years.

The photo should look like this:

it should include the white part of the eye (sclera) and capillaries if any.

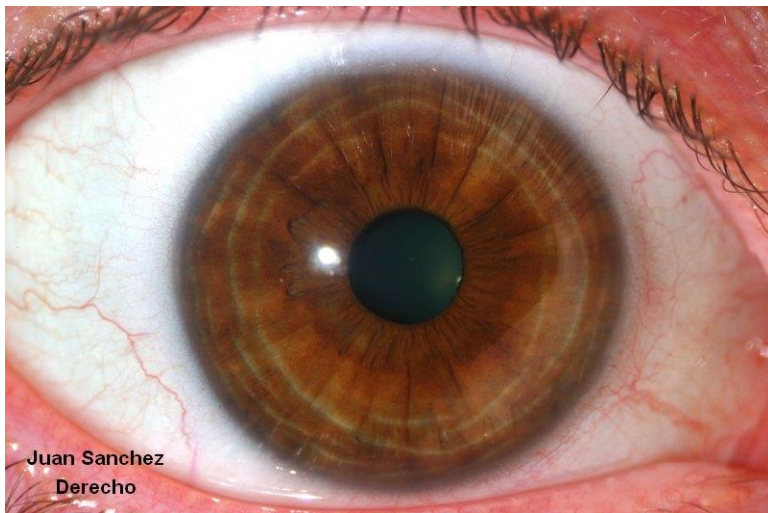
Juan Sanchez

Right Iris



Dr. Omar Moreno ND, AF, IMI de EVSD – Telenaturopathy  
and Iridology online at +507 6841-2312

# INSTRUCTION FOR MACRO PHOTOGRAPHY OF YOUR IRIS WITH YOUR SMARTPHONE



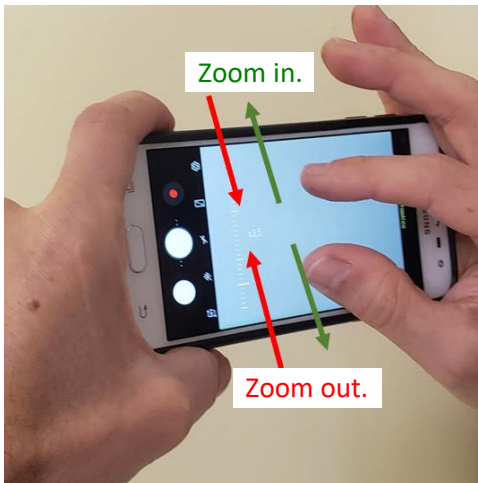
They should be like this (neither too light nor too dark) including the whites of the eyes — *sclera*— and the capillaries.

You will need to:

Dr. Omar Moreno ND, AF, IMI de EVSD – Telenaturopathy  
and Iridology online at +507 6841-2312

- Your **smartphone** (better if it has a 12-megapixel camera and optical image stabilization (OIS)).
- A mirror. If someone else can help you take a photo of your eyes, the mirror will not be needed, and the pictures will be even better.

1- In a dimly lit or dark bedroom, hallway or bathroom



2- In the camera application, turn on the flash of your mobile so that it is permanently on during the

capture of the photo. touch the screen with two fingers and spread them apart or slide them slowly across the screen to zoom to x3.



3- Place the camera horizontally and bring it closer to your eye (almost touching your nose) looking in the mirror to ensure that the

eye completely fills the frame of the photo (your mobile will be approximately 5 centimeters —2 inches— away from your eye, whatever distance to get a good photo).



4- touch the center of the screen with your finger so that the camera adjusts the light and focus and opening your eye to the maximum you

proceed to take the photo keeping the camera still (you can do it with the screen button or the volume button, whichever is most comfortable for you).

Remember that you can ask someone else to take the photos of your irises to make it easier for you to open your eyes widely (you may use your fingers to open it up as much as possible) and the photos come out even better.



5- After taking the photo, check that it has been in focus (not blurred), that it occupies the entire screen as you see here, that the lower and upper part of your iris can be seen well and that the details are clearly visible, such as the photo that you see in step no. 6 or at the beginning of this instruction.

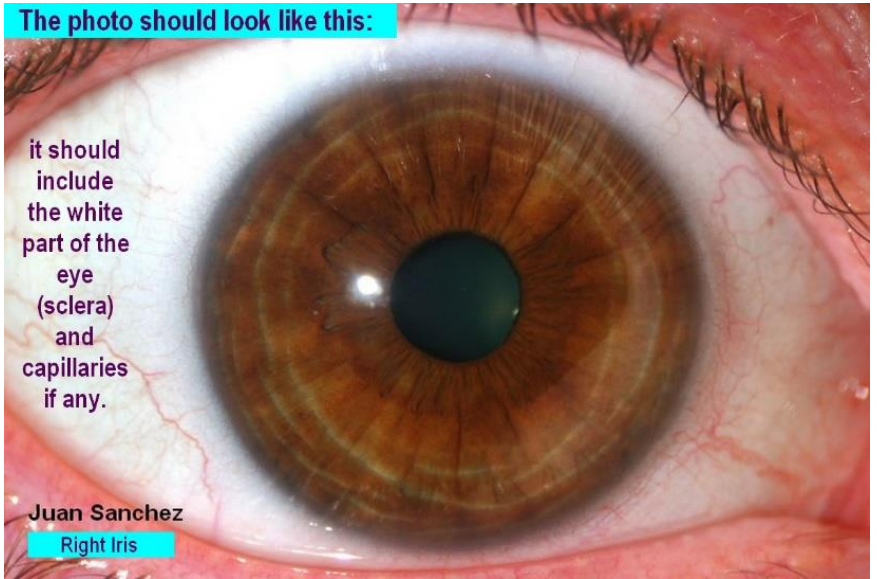
6- When sending the final photo, please indicate which one is the left iris and which is the right one.

The photo should look like this:

it should include the white part of the eye (sclera) and capillaries if any.

Juan Sanchez

Right Iris



Your final photos should be like this one (not too light, not too dark) including the whites of the eyes —sclera— and the capillaries.

Our natural medicine system is called Detoxifying Healthy Lifestyle (DHLS). The service is entirely online using PDF files and Chat Support (chatting with text messages) through WhatsApp or Telegram so that you can have a copy of the information that you

Dr. Omar Moreno ND, AF, IMI de EVSD – Telenaturopathy and Iridology online at +507 6841-2312

can review for retrospective follow-up to your health issues as many times as you consider necessary.

Please see information about my scientific work and the conditions that DHLS natural medicine can support at

<https://bodysignals.online/drom-eng.pdf>

The main function of DHLS is to detoxify your body and remove the **"Annulus Rheumaticus"** which are excessive accumulations of uric acid within your cells (not in your blood) that damages and destroys your organs if they are not properly controlled in a timely manner.

DHLS will help your body to restore its natural self-healing and self-protecting powers supporting you in fighting against premature diseases, pandemics, and the possible harmful effects of vaccines.

Dr. Omar Moreno ND, AF, IMI de EVSD – Telenaturopathy  
and Iridology online at +507 6841-2312



DHLS will help you to regain control of your life and become the real owner of your health destiny.

DHLS is applied by progressive levels practicing each level for 15 to 30 days. It starts at the free Basic level (download at <https://bodysignals.online/e/dhls> ) followed by the Intermediate-level 1, then Superior-level 2, finally Advanced-level 3 and further according to the health conditions of the person who practices it.

Our website offers a Symptom Form (RDSF) that everyone can use by visiting <https://bodysignals.online/e/rdsf> and in the last question of the form select "**Consultation for Etiology of Symptoms of Annulus Rheumaticus (CESAR)**" service to receive information that will help to know the organs,

metabolisms, systems, and Annulus  
Rheumaticus that need your immediate  
attention.

***Dr. Omar Moreno – ND/ BSO MI/ Iridologist***

Republic of Panama

- Presentation pdf: <https://bodysignals.online/drom-eng.pdf>

- Whatsapp / Telegram: +507 6841-2312

- FB: <https://www.facebook.com/cidrom/>

- URL: <https://bodysignals.online>

- Email: [bodysignalsonline@gmail.com](mailto:bodysignalsonline@gmail.com)

- Instagram: @curingram /  
<https://www.instagram.com/curingram/>

Dr. Omar Moreno ND, AF, IMI de EVSD – Telenaturopathy  
and Iridology online at +507 6841-2312