

# ***Iridology, Applied Kinesiology, Live Cell Analysis***

**An information sheet from the Kentucky Council Against Health Fraud  
www.kcahf.org**

## **Overview**

This sheet discussed three methods which are used by some practitioners to diagnose illness and/or to recommend dietary supplements. *None of them is scientifically valid.* In some cases practitioners may make correct statements about a client's medical condition, but this is as a result of *other information* available (such as visual observation, or statements made by the client) - just as a "psychic" can often make correct statements about a client using the technique of "cold reading."

## **IRIDOLOGY**

Iridology is based on the idea that conditions of all parts of the body are indicated by the appearance of the iris of the eye. The practitioner examines the iris for color, texture, and pigment flecks, and consults a reference chart to make a diagnosis. *There is no scientific basis for this procedure.* It is inconsistent with knowledge of the structure and function of the human body; there are no connections to the iris which would provide the kind of information claimed. The charts used by different practitioners do not agree. *Controlled studies of iridologists have shown that they cannot identify diseases from photographs of irises.*

For further information, see:

<http://www.quackwatch.org/01QuackeryRelatedTopics/iridology.html>

## **APPLIED KINESIOLOGY**

A method of diagnosis involving testing of muscle strength (it should not be confused with the legitimate biomedical science of *kinesiology*). Supposedly the tested muscles respond to conditions of internal organs or other parts of the body. Using before and after comparisons, it may be used to test for allergies or nutritional deficiencies when the client holds a test item or places under the tongue. *There is no scientific basis for such testing.* It is inconsistent with knowledge of muscle physiology, allergies, nutrition, etc. Controlled studies have shown that it does not work. Clients may indeed feel a difference before and after the administration of a test substance, but this can be achieved through trickery (such as changing the angle at which force is applied).

For further information, see:

<http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/ak.html>

## **LIVE CELL ANALYSIS**

Also known as "live blood cell analysis," "dark-field video analysis," etc. A sample of blood is examine with a dark-field microscope and the image displayed on a screen or video monitor. Based on cell shape, clumping, etc., the practitioner may diagnose medical conditions or nutritional deficiencies. *There is no scientific basis for these interpretations.* Many of the changes are simply due to the sample drying out on the slide. Practitioners may advocate bizarre theories concerning the causes of disease, as well as supplements which have no scientific basis.

For further information, see:

<http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/livecell.html>

## **Recommendations**

The above methods are not valid for diagnosis. You may be advised to buy unnecessary products or to undergo inappropriate treatment. As a result of relying on such methods, rather than scientific methods of diagnosis, an important disease or condition may be missed, resulting in delay of necessary treatment. We recommend that you avoid practitioners employing any of these methods.

**Recommendations of KCAHF are based on our assessments of the scientific literature concerning unconventional approaches to health care. For specific recommendations concerning your medical condition, consult your physician.**

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