



Iridology: The Science and Practice in the Healing Arts, Vol. 2

By Bernard Jensen

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Editorial Review

About the Author

Dr. Bernard Jensen (March 25, 1908 - February 22, 2001) was a chiropractor, entrepreneur, and the author of numerous books and articles on health and healing. Although best known for his work in iridology, Jensen was a noted proponent of a variety of alternative care methods including nature cure, hydrotherapy (such as colon hydrotherapy), fasting, reflexology, color therapy, polarity, glandular balancing, homeopathy, herbology, acupuncture, craniopathy and personology. He traveled to over 50 countries to study the lifestyles of the different cultures in an effort to understand the principles of long and healthy living. He visited Russia where he studied the long-lived people. The last man he met in Russia was 152 years of age. Dr. Jensen journeyed to New Zealand several times, stayed at Sri Aurobindo's Ashram in India and visited Sai Baba, one of the masters of India. He met with the Dalai Lama and stayed with the King of Hunza Valley. Many of the spas and nature cure sanitariums in Europe were visited. Constructive ideas were brought back to develop the 100 acre Hidden Valley Health Ranch in Escondido, California in 1955. He saw more than 350,000 patients in his lifetime. For many years Jensen maintained both an office in Los Angeles and at Hidden Valley Health Ranch where he would see patients. For years he taught Iridology workshops at the ranch. Dr. Jensen authored more than 50 books and booklets, plus some of his work appeared in VHS and DVD format.

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