

What does your tongue reveal about your health?



Grab a mirror and let's see if your tongue falls into one or more of the top 3 patterns that I typically see.

1~ Does your tongue look **purplish** or **dusky** instead of **pink**? Look underneath your tongue and see if you can see two **purple** colored veins—if you can, you may have some degree of blood stagnation which can result from any sort of chronic stress, chronic pain or circulation problems.

Treatment: Chinese herbs, acupuncture, cupping or gua sha

Effect: better blood circulation, detoxification, less pain, looser muscles and we all know that a relaxed body → a relaxed mind so less stress!

2~ Does your tongue have a **THICK WHITE** coat? The top of your tongue should have a thin white coat. If it's too thick or too wet, too dry or slightly yellow in color these all indicate dysfunction. A thick white coat usually points to a problem with your digestion. By strengthening your digestion, you can prevent a large variety of health problems.

Treatment: acupuncture, moxibustion, and Chinese herbs or foods with a mild diuretic effect such as celery, parsley, chamomile

Effect: better digestion, more energy, less sugar cravings, clearer thinking

3~ Does your tongue have tooth marks on the edges, i.e., is it **Scalloped**? An ideal tongue has no tooth marks and doesn't look slightly swollen. A scalloped tongue indicates you may have some sort of deficiency which can cause symptoms such as fatigue, malaise, poor memory and feeling cold easily.

Treatment: moxibustion and Chinese herbs or foods that are mildly sweet, and tonifying such as squash, sweet potato, and carrots

Effect: improved mood and motivation, less aversion to cold, more stamina

The wonderful thing about Chinese Medicine is how it uses simple diagnostic methods such as looking at your tongue to not only treat your current symptoms but prevent future health problems as well.

For more health resources, visit www.flowinghealth.org.