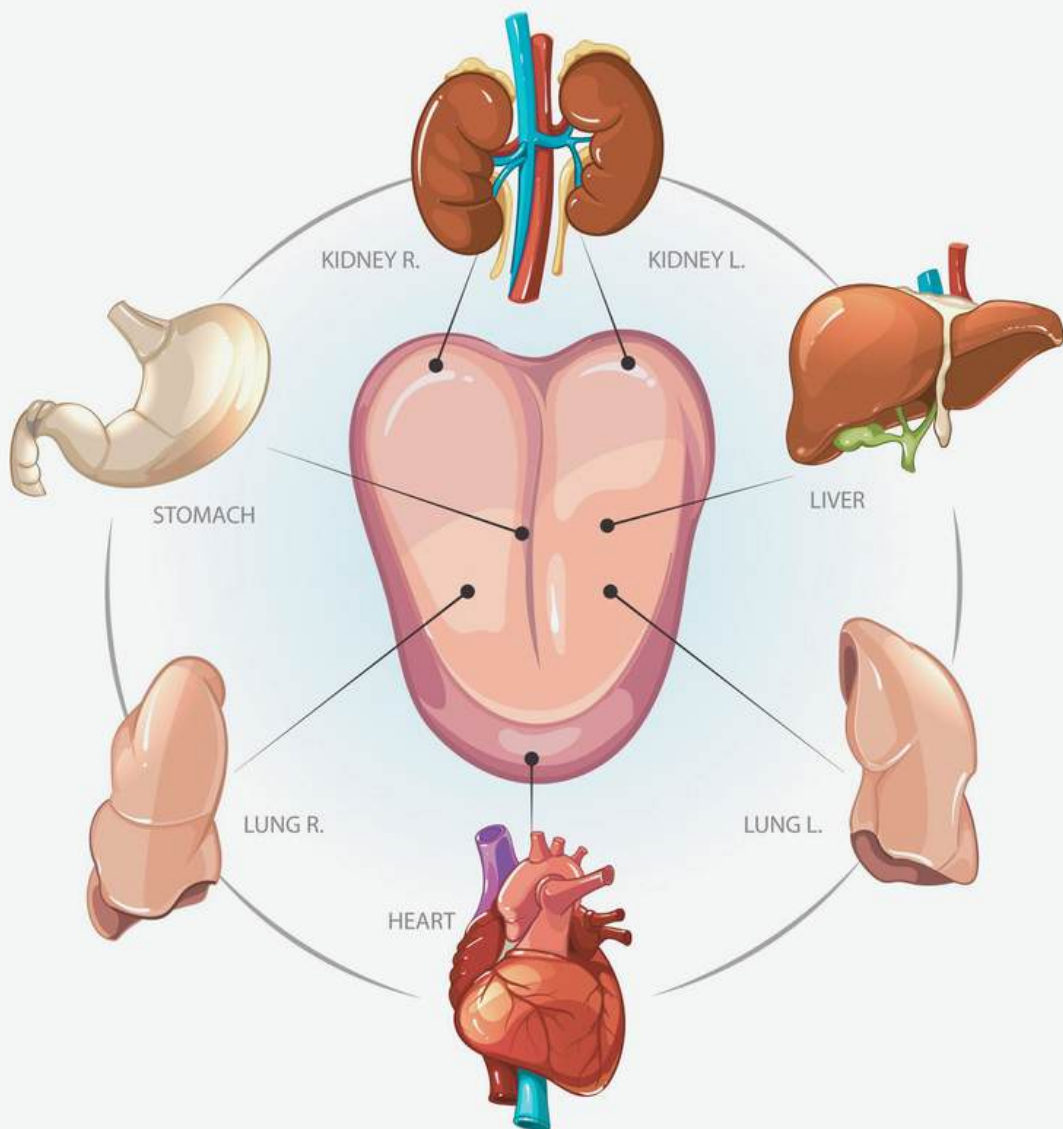
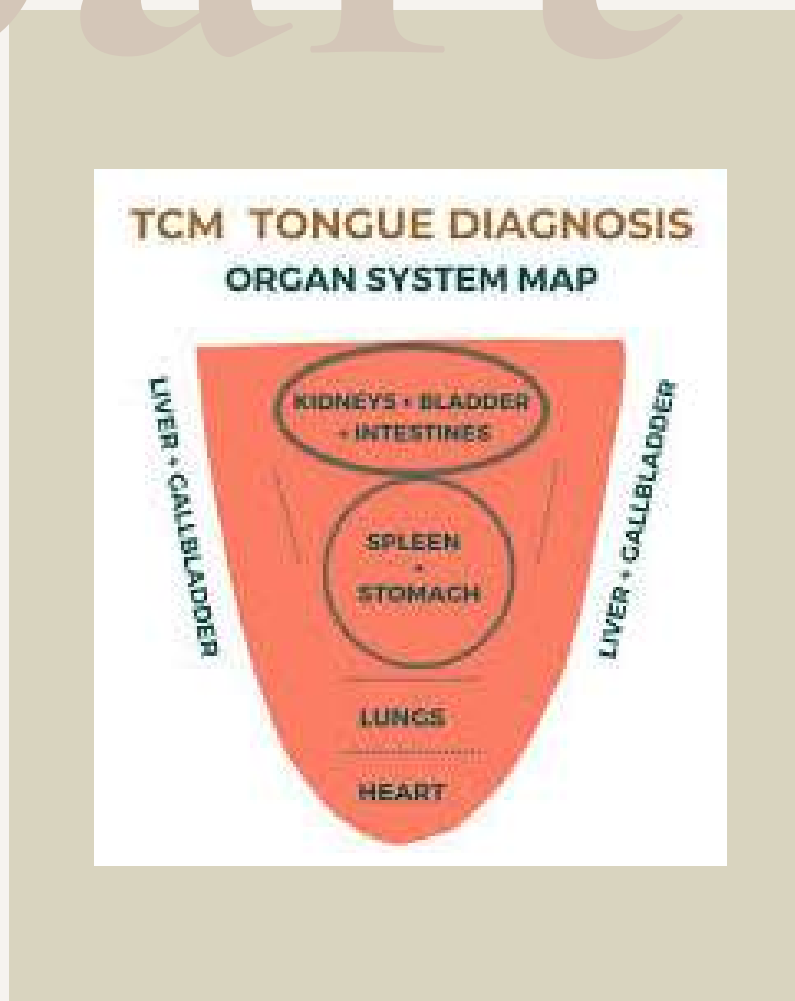


Chinese Medicine Healing Bundle

TONGUE DIAGNOSE

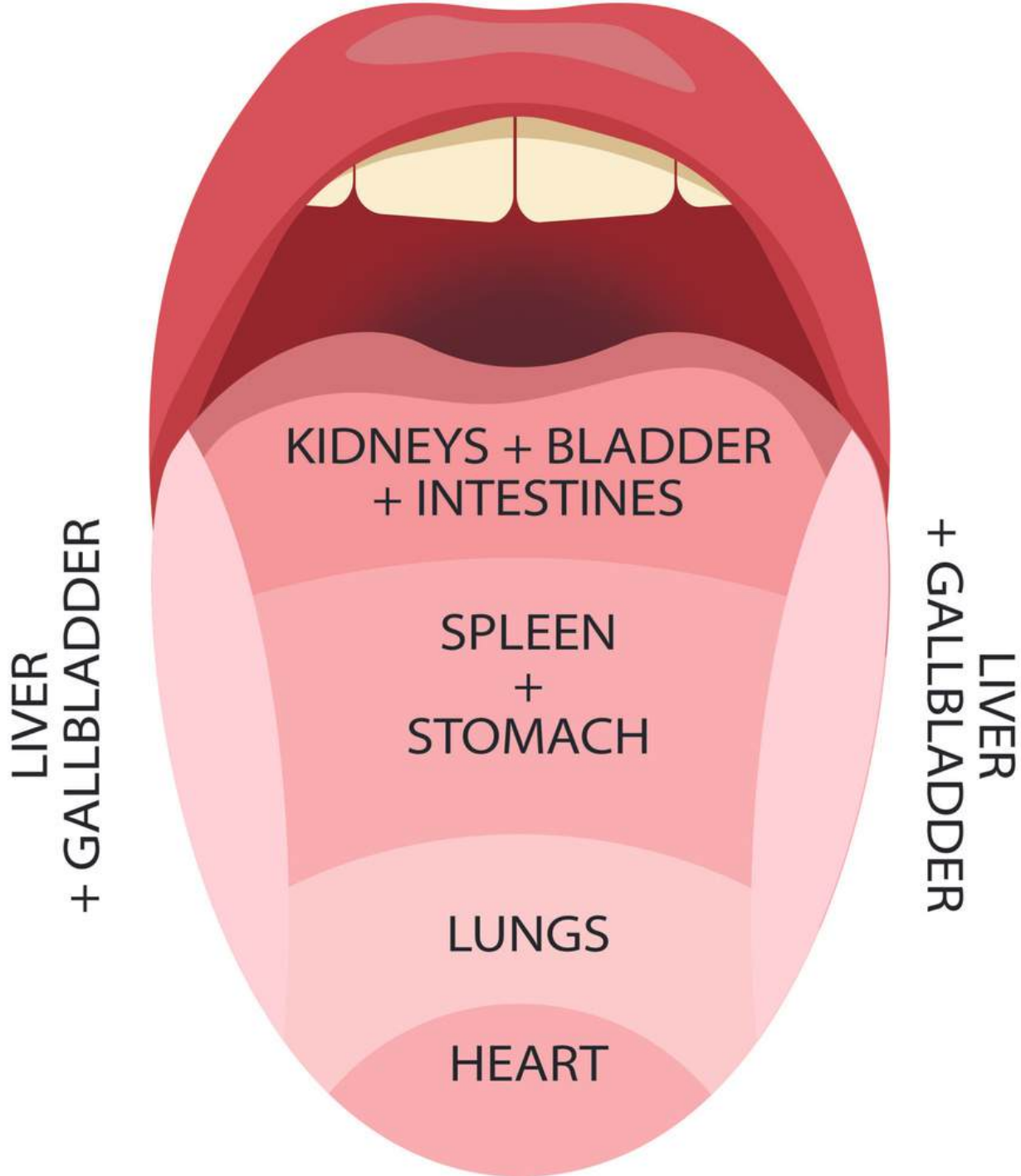


part 3



TONGUE DIAGNOSIS

In TCM, the tongue is considered a mirror of the body's internal landscape, reflecting the balance or imbalance of Qi (vital energy) and the state of various organs and meridians. By carefully observing the color, coating, shape, and other characteristics of the tongue, you can gather valuable insights into your overall health and identify underlying imbalances that may be contributing to your symptoms.



MAP OF THE TONGUE

Different areas of the tongue correspond to specific organs and meridians.

Heart and lungs are on the upper part of body, reflected on the tip of the tongue.

Liver and gallbladder are on the side of our body, reflected on sides of the tongue.

Stomach and spleen are reflected on the middle of the tongue.

Kidneys, intestines, bladder and uterus are reflected towards the back of the tongue.

Map of the tongue

IN TCM TONGUE DIAGNOSIS



TIP

- At the very tip of the tongue lies the reflection of the heart's condition and mental well-being
- Slightly inward of the tip indicates the state of the lungs and respiration health.
- In this picture, the tip of the tongue is super red. We'll talk more about what red means on next page.



SIDES

- Reflect the state of liver and gallbladder.
- In this picture, the sides are pale and swollen.
- Swollen edges means stagnation in the liver.
- We'll talk more about what pale means on next page.



CENTER

- Reflects the state of stomach and spleen.
- In this pictures, there are lots of cracks in the middle of the tongue.
- We'll talk about what cracks mean on next page.



BACK

- Reflects the state of the organs located on the lower part of the body: kidneys, bladder, intestines, and the uterus.
- Abnormalities may suggest kidney deficiency or bladder problems, such as urinary issues, prostate or uterus-related concerns.
- In this picture, there is a thick layer of fur on the back.

Color of the tongue

IN TCM TONGUE DIAGNOSIS



LIGHT RED

- In TCM, a healthy tongue typically appears light red in color with a thin white coating.
- It should be moist and have a smooth texture, without any cracks or ulcers.



PALE

- Indicates blood deficiency.
- Symptoms: dizziness, fatigue, palpitations, dry skin and hair, brittle nails, light menstruation, poor memory, difficulty concentrating, anxiety, depression, insomnia, blurred vision.
- Pale tongue often shows up with scallops (see next page)



RED

- Signifies internal heat.
- Characterized by feelings of heat, irritability, constipation, inflammation, and restlessness.
- The deeper the red color is, the more heat there is.



DUSKY

- A tongue that appears dark in color, often indicating stagnation or obstruction of blood flow in the body.
- Symptoms like pain, varicose veins, numbness, nodules, fibroids, cysts, or swelling in the affected area.

Shape and markings

IN TCM TONGUE DIAGNOSIS



SCALLOPED

- These are teeth marks due to swollen tongue.
- Indicates Qi deficiency.
- Cold and weakness, low energy, poor or slow digestion, muscle and body fatigue.
- The more scalloped it is, the more serious Qi deficiency is.



STAWBERRY PRICKLES

- These are red dots.
- Point to toxic heat in the body, often associated with inflammation and infection.
- The most common place to have strawberry prickles are the tip area, indicating heat in the heart: anxiety.



CRACKS

- Suggest dryness, potentially indicating dehydration or insufficient fluid intake.
- Also commonly seen with Yin deficiency in perimenopause and menopause.



SWOLLEN

- Associated with stagnation.
- A blockage or slowdown in the flow of Qi and blood.
- The most common place of swelling is the sides of the tongue: liver stagnation.

Coating of the tongue

IN TCM TONGUE DIAGNOSIS



THICK WHITE

- Indicates dampness and weak digestion.
- Commonly associated with yeast infections, sinus infections, foggy head, weight gain, and bloating.
- Often get mental symptoms like foggy thinking or emotional sluggishness.



THICK YELLOW

- Suggests damp-heat in the digestive system.
- It means an accumulation of dampness (excess fluids) and heat (body temperature regulation imbalance) in the body.
- Symptoms such as constipation, acid reflux, excess hunger, bad breath, and acne.



NO COATING

- Suggests not enough body fluids, or Yin deficiency.
- Indicates a lack of cooling and calming energy.
- Symptoms may include night sweats, dryness (such as dry mouth or skin), and restlessness.
- Tongue with no coating often has cracks too.



PEELED

- A peeled tongue is often called a geographic tongue.
- Signifies a depletion of essential fluids and weak digestion.
- It reflects a deeper level of deficiency compared to a simple lack of tongue coating.
- Often seen with chronic illness like psoriasis, neuropathy, allergic rhinitis, eczema, and hives.

Vein

The veins under the tongue shows the state of the body's blood circulation



Not visible

Suggests blood deficiency:
A lack of nourishment and vitality in the blood.

Symptoms: dizziness, fatigue, palpitations, dry skin and hair, brittle nails, light menstruation, poor memory, difficulty concentrating, anxiety, depression, insomnia, blurred vision, and tingling or numbness in the limbs.



Swollen

Suggests blood stagnation,
suggesting issues with circulation and blockages.

Symptoms: Sharp or fixed pain, palpable masses or lumps, varicose veins, menstrual irregularities, digestive discomfort, headaches, mood swings, cold extremities, numbness or tingling sensations.

Let's read this tongue

- Color: Pale. This person has blood deficiency.
- This person is probably gets these symptoms: dizziness, fatigue, palpitations, dry skin and hair, brittle nails, light menstruation, poor memory, difficulty concentrating, anxiety, depression, insomnia, blurred vision.
- Shape: Scalloped marks on the edges, and swollen sides.
- Scalloped marks means Qi deficiency, and swollen sides means stagnation in liver and gallbladder.
- This person probably gets low energy, poor or slow digestion, muscle and body fatigue.
- This probably probably also gets hormonal imbalances, and easily frustrated due to stagnation in liver.



- There is a deep crack in the middle, where the stomach and spleen is. Deep crack means dryness, so this person doesn't have enough fluids in the GI track, again points to weak digestion.
- There is a thick layer of yellowish coating in the middle where stomach and spleen is. This means indigestion and heat in the stomach, leading to symptoms like acid reflex and irregular bowel movements.

Let's read this tongue

- Color: This tongue is bright red. It means internal heat.
- Symptoms: feelings of heat, irritability, constipation, inflammation, and restlessness.
- There are tons of red dots everywhere on the tongue. They point to toxic heat in the body, often associated with inflammation and infection.
- Shape: There is a significant amount of strawberry prickles on the tip of the tongue.
- This means there is a lot of heat in this person's heart system.
- Symptoms: restlessness, insomnia, irritability, anxiety, vivid dreams, red face and eyes, thirst, mouth sores, agitation of speech, prone to UTI.
- Coating: There is no coating in the front part of the tongue. Indicates a lack of cooling and calming energy.
- Symptoms may include night sweats, dryness (such as dry mouth, lips or skin), and restlessness.
- Coating: There is a thick layer of white coating in the back of the tongue.
- This means dampness in the lower part of the body - kidneys, bladder, intestines, prostate or the uterus.
- Symptoms: Infections likely in the bladder, kidneys, intestines, prostate or uterus.
- For example, this person may be battling with chronic UTI, IBS, leaky gut, yeast infection, fibroids, or prostatitis.





MINI PRACTICE

Now let's read your tongue

- 1** Now take a picture of your tongue. I recommend doing so in front of your bathroom mirror.

Make sure that you haven't eaten for the past 2 hours. Eating makes your tongue appear redder and also gets rid of the coating.

Also make sure you haven't brushed or used a tongue scraper this morning and last night. Otherwise this gets rid of parts of your tongue coating.
- 2** What's the color? Is it pale, red, or dusky?
- 3** What 's the shape? Any scalloped, any prickles, any clefts?
- 4** What's the coating? Is it white or yellow? Is it thin or thick?
If you've brushed or scraped your tongue, this will be inaccurate.
- 5** Stick your tongue out and try to have the tip touch your nose.
Can you see your vein underneath the tongue?
Is it pale? Is it swollen?

Diet suggestions based on your tongue

Pale/scalloped

- Eat mostly cooked foods and very little raw foods.
- Drink room temperature or warm beverages, avoid cold.
- Keep your body warm, socks on your feet and neck covered if outside in the wind.
- Add cinnamon, cloves, curry and garlic to the diet.
- Get up and move, exercise.

Red/no coating

- Avoid or minimize caffeine, alcohol and sugars as these are all warming and adding fuel to the fire.
- Drink mint tea or use peppermint essential oil on the wrists or temples.
- Do not overeat and avoid fatty foods.
- Exercise and add some meditation or breathe work.

Dusky/swollen vein

- Eat mostly cooked foods and very little raw foods.
- Add spices like cayenne pepper, black pepper, and garlic to cooking.
- Drink room temperature or warm beverages, avoid cold water and beverages.
- Meditation, keep body active.
- Foot soaking before bed.

Thick coating

- Avoid dairy, sugars and sometimes wheat as these are all hard to digest and make the digestive system work extra hard.
- Avoid fried and greasy food.
- Avoid alcohol.
- Try not to overthink or worry as this is also taxing on your digestion organs.