

Face map

Can you see when you're sick? Do you have pale skin, dark bags, dry lips, dull eyes or a gaunt face?

Everything external is a reflection of our inner state. This is not a new concept. Since medieval times, healers such as Hippocrates and Paracelsus detected disease from the face using physiognomy; the ancient art of face analysis.

Health hints are written all over our faces, with the organs and systems clearly marked on a face map. Energy pathways, or meridians, from the organs correspond to our facial features. According to Ayurvedic doctor Rama Prasad, "...the face never lies, except when camouflaged with make-up!"

Founder of The Mien Shiang Institute for face reading, Patrician McCarthy, explains, "Yellow around the mouth and on the chin indicates digestive problems. Dark circles under the eyes are a sign of kidney imbalance, or an excess of fear. Greenish or brown spots between the eyes indicate physical liver imbalance such as stagnation, or unexpressed anger."

Face the facts

The truth is staring you in the face. The accurate art of face diagnosis arms you with the self-awareness to read your face and answer your body's needs. By understanding your face you can identify issues and address them before they become serious, which in turn makes it much easier to bring balance to the body before serious symptoms set in. As they say, "an ounce of prevention is worth a pound of cure".

In the mirror, note every sign and its significance, as any deviation from normal colour or texture denotes an imbalance in the related organ. Observe lines, moles, discolouration, dryness, oiliness, pimples, warts, fatty deposits, puffiness, indents, broken capillaries, skin tags, swelling, bags, cracks and cuts.

The simple guide below will show you what to look for in your own reflection.

Eve spv

If you look into someone's eyes and see lots of brown spots, this could be a result of prescribed or recreational drug residue.

Observe elderly eyes. Often they have a white ring around the coloured part, which is a sign of excess sodium. Lots of white wavy lines may look dreamy but they indicate a strained nervous system, and regular relaxation is required.

When the whites of the eyes turn yellow, the liver and gall bladder need to be cleansed of cholesterol and bile. Abstaining from alcohol and deep-fried foods is also essential until the toxic haze clears. A pupil should be about one-third the size of the iris. In normal light, a very small pupil suggests someone is overly stressed and uptight, or on drugs. A large pupil signifies the person is chronically tired, often with adrenal exhaustion from long-term tension.

Anaemia often causes a blue aura around the iris, with a dark rim indicating poor circulation.

Talking tongues

Stick your tongue out. What might it be trying to tell you? Prasad has analysed thousands of tongues, saying they "clearly reflect one's health and habits".

FACE

Complexion

Red face - concern about appearance, circulation disturbance or high blood pressure Yellowish skin - problem with lower liver or spleen function

Pale face - anaemia, hypoglycaemia or weak lungs

Oily face - fatty liver

Dry face - poor circulation and hydration

Action: Ensure adequate fluids, iron and healthy fats in the diet, and be wary of sugar and salt consumption.

Forehead

Receding hairline - Gall bladder imbalance Greasy skin - Gall bladder issues Dry, red forehead - Urinary bladder imbalance

Many horizontal lines - Spleen imbalance One deep horizontal line - Small intestine imbalance

Action: Try a gall bladder, liver and colon cleanse. Limit consumption of hot, acidic and sweet foods.

Under the eyes

Bags, dark circles or fatty deposits

- fatigue and kidney or liver congestion

Action: Sleep more and reduce fats, salt and caffeine. Consider a detoxifying juice diet.

Third eve

Two vertical lines - liver imbalance One vertical line - stomach imbalance One horizontal line at the bridge of the nose - heart imbalance

Action: Check with a practitioner for appropriate herbs and bodywork

Evelid

Dark upper lid - spleen imbalance Large fluid sacs - kidney problems

Action: Undertake a kidney cleanse, have Himalayan salt and reduce sugar intake

Red tip - blood stagnation in liver, spleen and heart

Red in the nostrils - allergies and acidity Red on the middle of the nose - stomach Red on the upper part of nose - pancreas

Action: Address digestive disturbances with probiotics, nutrition changes and cleansing

Cheeks

Overly red - lung and bronchial imbalance Shiny and red - gallbladder and/or heart

Red and blushed, such as rosacea

- allergies, digestive problems

Action: Take digestive enzymes, reduce hot, acidic and allergenic foods and engage in cardio exercise. Take an alkaliser such as Alkamag.

Red in the corners of the mouth - stomach or duodenum

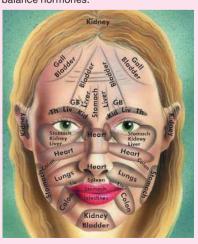
Overly red on the edge of lips - spleen Red upper lip - liver Slight red on the lower lip - large Intestine Red and swollen lips - overactive stomach due to acidity or allergies

Action: Eliminate allergens, cleanse the colon and ensure adequate Vitamin B, C and calcium intake

Lower chin - kidneys

Jawline - hormones or lymphatics

Action: Reduce dairy, try lymphatic drainage and take evening primrose oil to balance hormones.





A healthy tongue is pink, oval in shape, neither too thick nor too thin and has an even width. When sticking out, it's naturally straight rather than veering to one side. It's still and strong, not quivering, flaccid or stiff.

Decipher what your tongue is saying by analysing its alignment, colour, surface and shape. Remember that the colour can be affected by coffee, tea, drugs, cigarettes or coloured food. It's best to look at the tongue in natural light, in the morning and before eating or drinking. NH

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www.carolinerobertson.com.au Ayurvedic practitioner, Rama Prasad consults Australia-wide. Visit www.ayurvedaelements.com

For face diagnosis courses see www.mienshiang.com

While thou livest keep a good tongue in thy head

William Shakespeare

As health conditions clear, the tongue also improves. As Rama's client Jane shared, "I had a really white-coated tongue, which Rama attributed to candida causing uncomfortable bloating. After following the prescribed diet and taking herbs for a fortnight, my symptoms and my white tongue disappeared."

The tongue colour, contours and coating all reflect our general health and specific problem areas. In conjunction with conventional diagnostic tests, tongue analysis can give us a clear picture of the condition of organs and systems, often revealing the cause of a condition presenting as a confusing collection of symptoms.

Because of its proximity, digestive disorders are particularly obvious from tongue analysis.

Do you recall the last time you fasted or had the flu and your tongue got a cheesy coating? This is the body eliminating toxins through the tongue, evident to a small degree by the furry morning tongue. "Periodic purification, a pure diet and daily use of a tongue scraper help to clear digestive toxins accumulated on the tongue," says Prasad.

TONGUE

Alignment

Veers to one side when sticking out - muscular or vascular tension on that side of the body.

Colour

Pale – Anaemia, low blood pressure, coldness or poor circulation
Yellow – Excess bile in the liver or gall bladder
Blue – Heart problems or blood stagnation
(also present in healthy pregnant women)
Very red – Inflammation, acidity, heat or high blood pressure

Surface

Thick white coating – Toxins in the respective organs/systems, which may include Candida albicans and mucus Thick yellow coating – Chronic heat, congested liver or gall bladder. This may also be drug-related

Cracks – Connective tissue in this area is weak and undernourished, and therefore tight Red patches – Inflammation or acidity in this area

Denuded patches – Depleted energy in this area

Raised areas – Tension and blockages causing pain

Shape

Indents around edges – Malabsorption of nutrients, often seen in malnourished people with digestive disorders

Thick tongue – Fluid retention or lymphatic congestion

Thin tongue – Dehydration, depletion and fatique

Pointed tip – Muscle tension and inflexibility

Forked tip – Indecisive and highly changeable moods

Movement

Quivering or flaccid – Low energy and a weak nervous system Stiff – Mental and physical tension

Emotional issues

Evident through changes in the related organ's zone.

Anger – Liver region Grief – Lung region

Worry - Spleen region

Fear - Kidney region

Depression – White coating over colon region or black discoloration on the tip

Is your face lucky?

According to Ayurvedic and Chinese tradition, the following features are believed to bring good fortune:

Square or round face (man) – longevity

Oval face (woman) – longevity
High, rounded forehead – wealth
and wisdom

Slightly protruding bones – strength Glowing, luminous skin – health and spirituality

Pink cheeks - energy

are auspicious

Prominent nose – power and prosperity
Thick earlobes – intelligence and insight
Slight fold under eyes – luck with children
Smooth forehead – help from siblings
Moist, balanced lips – fortune and a
good partner

Symmetrical face - balance and success

Bright, lotus petal eyes – vitality and sensuality

Neck – three horizontal creases

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