

# Face value

Your health secrets are staring you in the face.  
**Caroline Robertson** explains how to have fun with face  
diagnosis to analyse and enhance your health today.







ALL PICS THINKSTOCK

“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.

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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*Ayurvedic practitioner, Rama Prasad consults Australia-wide. Visit*

[www.ayurvedaelements.com](http://www.ayurvedaelements.com)  
*For face diagnosis courses see*

[www.mienshiang.com](http://www.mienshiang.com)

## 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 fatigue

**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

**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

**Bright, lotus petal eyes** – vitality and sensuality

**Neck** – three horizontal creases are auspicious

**Symmetrical face** – balance and success