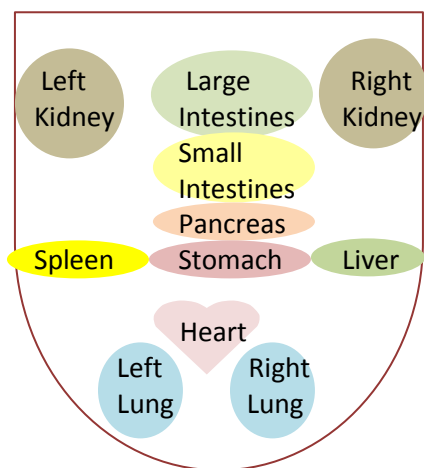




TONGUE ANALYSIS



The villi in the intestines are the most important ½” in your body. They coat the inside of your intestines and help with absorption of nutrients and moving toxins to the lymphatic system to be cleansed from the body. When the intestines become inflamed and overheated, they produce excess mucus, which bogs down the villi so they get stuck to the inside of the intestines and can no longer move food through. Or, if the intestines are too dry, then the villi also can’t function. When the fat-soluble toxins aren’t moved through to the lymph to be processed, they go to the liver and can stay there for decades.

Are you curious about what your tongue says about your health? Accurately reading the tongue is a sophisticated science that takes many years of study. We are providing this sheet for those of you who are interested in understanding a little more about the signs that your tongue may show you about your digestive system. As always, please see an experienced Ayurvedic Practitioner for accurate diagnosis.

Over each area on the tongue, look for differences in:

- Color
- Texture
- Coating
- Taste buds

Symptoms	Imbalances Related to those Symptoms
<ul style="list-style-type: none"> • Slight whitish film • Soft • Fairly uniform 	<ul style="list-style-type: none"> • Normal, healthy
<ul style="list-style-type: none"> • Unhealthy white coating • Bad breath 	<ul style="list-style-type: none"> • This is build up of Ama (toxins) • Large intestine digestive problems • Low immunity

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<ul style="list-style-type: none"> • Wet, slimy, mucousy OR • Thick coating 	<ul style="list-style-type: none"> • Entire digestive system may be congested due to excessive mucus production such as accumulated undigested food and toxic material. • Vilia in your intestines may be stuck to the inside of your intestines and fat-soluble toxins may be getting trapped in the liver. • You may need to strengthen and support upper digestion and remove accumulated mucus in small/large intestines. • Could possibly be Irritable Bowel Syndrome.
<ul style="list-style-type: none"> • Dry • Cracked 	<ul style="list-style-type: none"> • There may be dehydration or dryness of the mucus membranes of the intestinal lining • Constipation
<ul style="list-style-type: none"> • Bright red, scarlet OR • Purplish 	<ul style="list-style-type: none"> • There may be too much heat or acidity in digestive system. • Mucous membranes are probably inflamed and irritated • Do you have loose stools? (2-3 + BMs per day)
<ul style="list-style-type: none"> • Coated • Pink to grayish 	<ul style="list-style-type: none"> • Do you have gas, bloating, or heavy digestion? • Do you also have dark circles under your eyes, heavy jowels, or need to lose an extra 10-50 lbs?
<ul style="list-style-type: none"> • Scallops on side of tongue 	<ul style="list-style-type: none"> • May indicate malabsorption of nutrients • Do you have heartburn, constipation?
<ul style="list-style-type: none"> • Side of tongue red, ulcerative, shiny 	<ul style="list-style-type: none"> • May indicate malabsorption of nutrients • Liver may need extra support
<ul style="list-style-type: none"> • Red shiny spots on side or tip 	<ul style="list-style-type: none"> • Look at the chart above and notice where areas of inflammation (red shiny spots) are appearing.
<ul style="list-style-type: none"> • Crack down middle 	<ul style="list-style-type: none"> • Strong Vata imbalance
<ul style="list-style-type: none"> • Tip of tongue burning 	<ul style="list-style-type: none"> • Inflammation
<ul style="list-style-type: none"> • Thin • Shaky 	<ul style="list-style-type: none"> • Vata imbalance
<ul style="list-style-type: none"> • Freckles on tongue 	<ul style="list-style-type: none"> • Parasites
<ul style="list-style-type: none"> • Smooth – no visible taste buds 	<ul style="list-style-type: none"> • Chronic irritation of villi

Brief Summary:

- Scallops on side—not absorbing food well
- White coating—not digesting food well (ama)
- Dry cracks—dried out intestine
- Line down the middle—unprocessed emotions
- Red—extra heat in digestion
- Pale—lack of energy, possibly anemia, poor digestion
- Wet—boggy digestion
- Too Smooth—chronic irritation of villi