



WHAT'S YOUR TONGUE SAY ABOUT YOUR HEALTH?

In Chinese Medicine we believe that the tongue is a reflection of the whole body. It's the closest we can get to seeing an internal organ.



A red tip may mean that you're not sleeping very well or are anxious lately



A thick yellow coat often tells us there's inflammation somewhere in your body.



The color of the tongue lets us know how well you're absorbing nutrients into the blood.



A dry & cracked tongue can tell us that you're dehydrated & need to rethink how much water you're drinking.



Toothmarks on the sides of the tongue usually indicate poor digestion.



A swollen tongue means a body fluid metabolism issue is present.

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