



Nutritionally Oriented Physical Exam: Face

Transcript

In Chinese medicine different parts of the face are mapped out to different parts of the body. If you've got areas of flaky skin, redness, rashes, breakouts that happen in certain areas on a regular basis that could be related to the organ that it's associated with.

Before we begin let's make sure that you are aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional.

It's also not medical advice and when you are presenting to your clients you need to be really careful and make sure that they are aware that what you are presenting, and what I'm presenting here today, is intended as a sharing of my knowledge, information, clinical research and clinical experience over many years.

I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for people who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

The forehead is related to the intestines. The bridge between the eyes is related to the liver. Underneath the eyes is related to the kidney. The cheeks are related to the lungs. The earlobe is related to the heart, the jing, or the chi; that's the energy, the essential energy or the moving energy.

And now we've got these little 'Spock' ears, so these ears are a little bit off, but this is my crazy artwork. The tip of the nose is more related to the heart, and the GI tract is related to the lips. If you have somebody who just tends to have a red nose all the time, like a 'Rudolf, the red nose reindeer' type of a nose, they may be having heart issues.



When we get to tongue diagnosis we'll show you ways to correlate that, and you can also correlate it to the Western History & Exam as well: hypertension, high cholesterol, poor circulation so you'll be able to coordinate these things. Let's look at what some of the signs might mean. Circle or highlight everything that applies.

When the facial color tends to be more yellow, it's a liver/gallbladder issue, and you can have jaundice throughout the body not just necessarily in the face, but it may show up first in the face and in the eyes, and it's a condition called jaundice. If they have an ashen gray type of a color to them, they may have some lung issues, poor circulation or they may be going into shock.

If their facial color tends to be red, and they haven't been out in the sun, then that's usually a problem with hypertension (high blood pressure) or alcoholism; so you want to ask them about their alcohol habits. If their face has a bluish tinge to it that's poor circulation and can be related to heart stress, it might be related to lungs as well.

If they have a copper color to their face, and they haven't applied copper tones all year round, skin tanning solutions, or they haven't been out in the sun, then it can be an iron overload and you really want to look at that; look at that in the blood test. If they are brown and they are not that way naturally it could be a kidney stress, and it could also be brown patches on the face. When they have red cheeks it's often indicative of heat in the lungs. If they have creases in the earlobes it's a heart stress but if they have long earlobes it's a strong constitution.

If the earlobe comes and attaches right into the head that's not an indication of a strong constitution. But when it comes and it loops and it dips, and it attaches a little bit higher than the lobe, so you basically have a droopy earlobe, a long earlobe; that's indicative of a strong constitution.

People that have creases between the eyes have liver stress. It also happens as people age, when they purse their brow a lot, so it can be a permanently indented. But you want to look at the liver if you see creases between the eyes. If you see a crack between the chin and the lips it can be related to the ileo-cecal valve, we'll talk more about that when we go further down in addressing the body situation.

A bulbous nose, when it's expanded and the pores are really big is usually alcohol, it could be cystic acne. When people have acne and they are broken out, whether it's just on their face or they also have it on their chest and their shoulders, it could be related to decreased stomach acid, because decreased stomach acid can lead to deficiencies of minerals. Zinc is especially important for the control of the sebaceous glands.



Acne can be related to *low* essential fatty acids, omega-3s; that creates an inflammation that's difficult to get under control. And the consumption of bad oils like trans-fats, hydrogenated fats, heated and processed fats.