

INE: Nutritionally Oriented Physical Exam - Face



INE INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Face

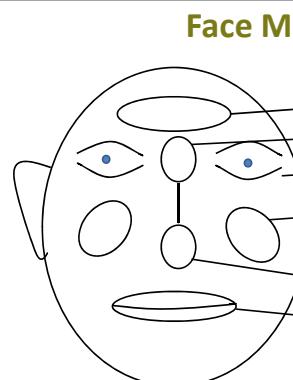
Dr. Ritamarie Loscalzo

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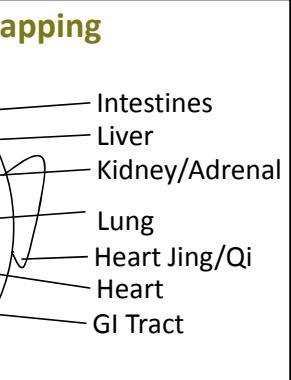


Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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Face Mapping



Intestines
Liver
Kidney/Adrenal
Lung
Heart Jing/Qi
Heart
GI Tract

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Face Evaluation	
	Circle all that apply
Intestines	Possible interpretation
Liver	Liver, gallbladder issues
Kidney/Adrenal	
Lung	Lung problems, shock
Heart Jing/Qi	
Heart	High blood pressure, alcoholism
GI Tract	
Facial color: Yellow	Liver, gallbladder issues
Facial color: Ashen gray	Lung problems, shock
Facial color: Red	High blood pressure, alcoholism
Facial color: Bluish	Heart stress
Facial color: Copper	Iron overload
Facial color: Brown	Kidney stress
Red cheeks	Lung heat
Ear lobe creases	Heart stress
Long earlobes	Strong constitution
Creases between eyes	Liver stress
Crack between chin and lips	Ileocecal valve problems
Bulbous nose	Alcohol excess, acne
Acne	Decreased stomach acid, deficiencies of zinc, essential fatty acids, consumption of "bad" oils