



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Face

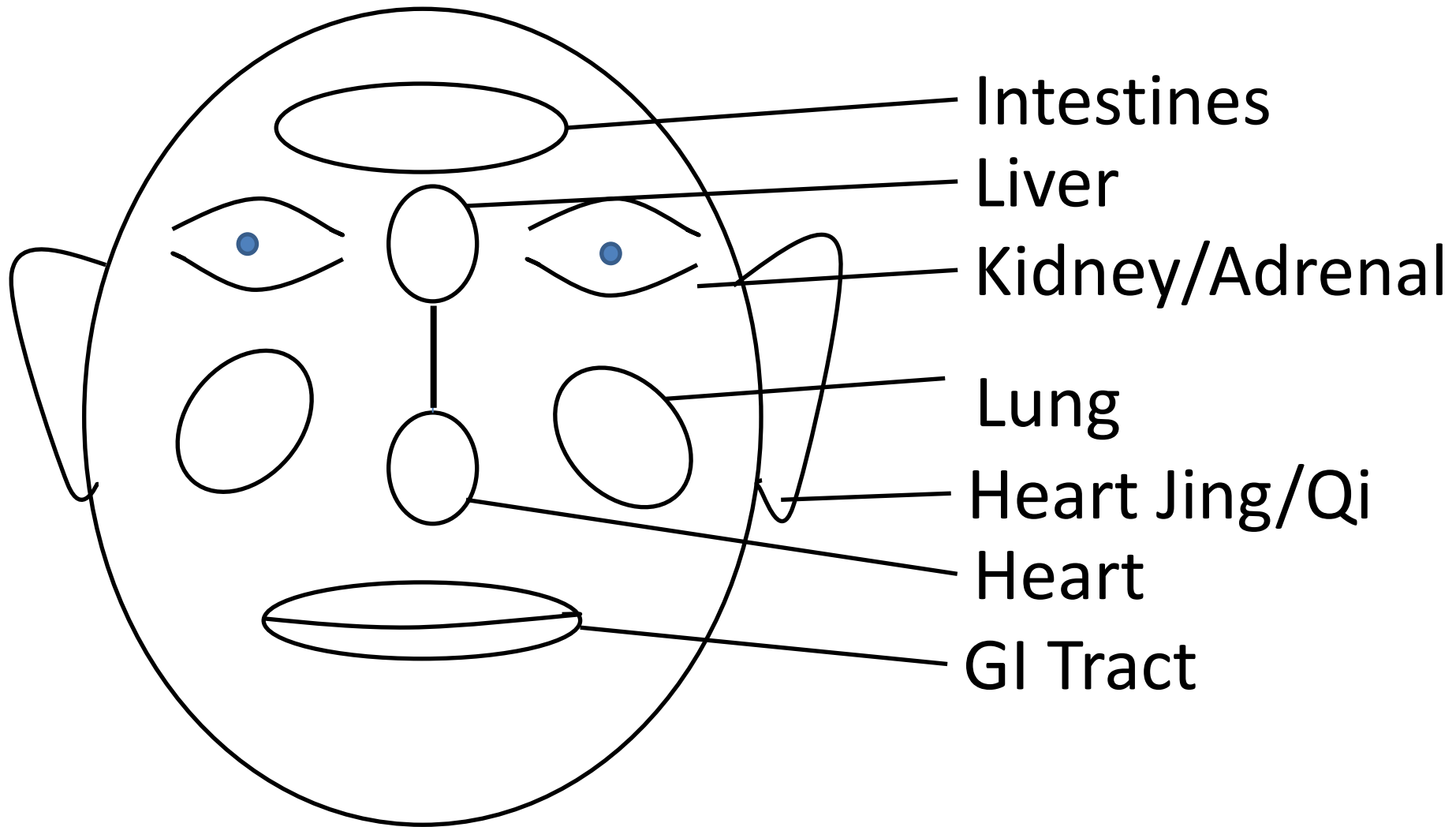
Dr. Ritamarie Loscalzo



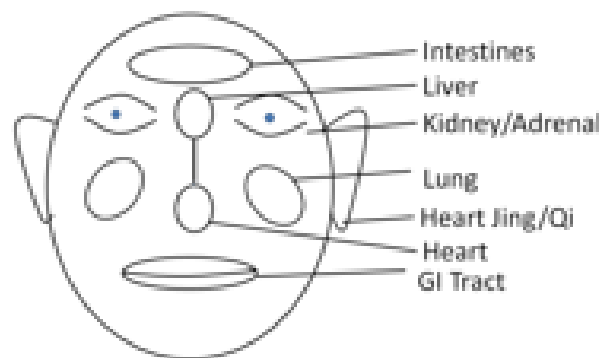
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, 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.



Face Mapping



Face Evaluation



Circle all that apply

Possible interpretation

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

