

# INE: Nutritionally Oriented Physical Exam - Tongue



**INE** INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

## Nutritionally Oriented Physical Exam: Tongue

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](http://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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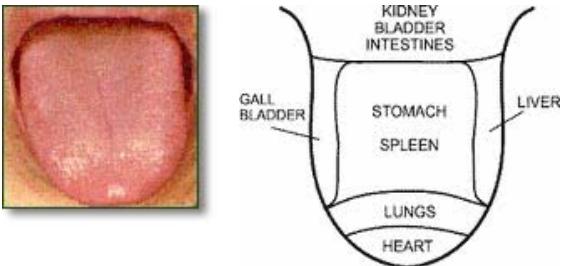
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### Tongue Diagnosis



The diagram illustrates the tongue as a map of the body's organs. The left side of the tongue corresponds to the gallbladder, kidney, bladder, and intestines. The right side corresponds to the liver. The center of the tongue corresponds to the stomach, spleen, and lungs. The tip of the tongue corresponds to the heart.

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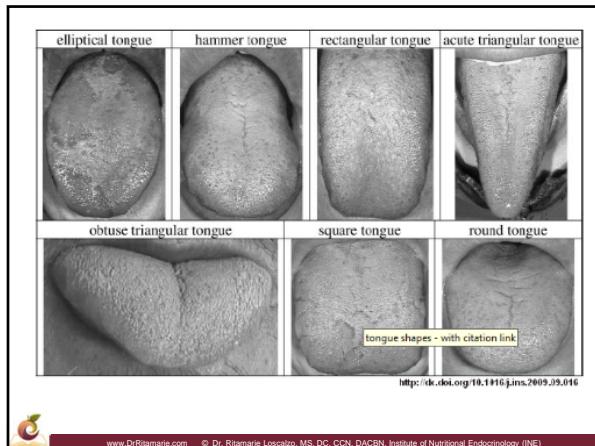
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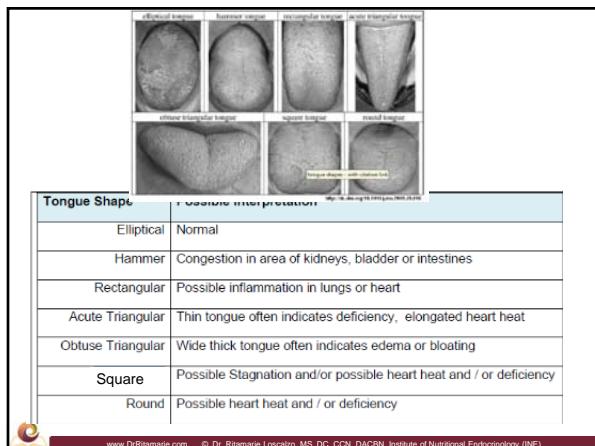
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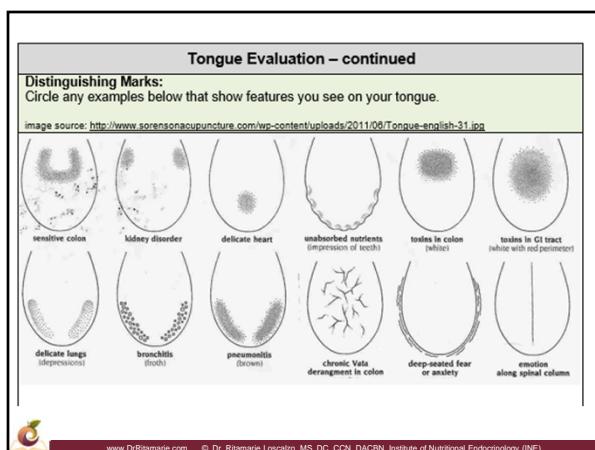
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# INE: Nutritionally Oriented Physical Exam - Tongue

Color	Pink/ Multi-Colored (normal)	Pale red (mild heat)	Beefy red (heat)	Purple (circulation)	Pale (low metabolism, anemia, blood deficient)
Coating	None (Weak digestive fire, dehydration)	Thin (normal)		Thick (cold-dampness, phlegm, poor digestion)	
Coating Color	White (normal)	Light Yellow/ Dirty White (slight heat, cold or flu)	Yellow (heat, anxiety, depression, infection, cigarette, coffee, big meal)	Brown/Black (strong heat or cold, long term smoking, bismuth)	



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Tongue Evaluation – continued	
Circle all that apply	Possible interpretation
Tender to touch or sore	Deficiency of Vitamin B12, folic acid or iron
Pale red color	Normal
Beefy red color	Excess heat
Red tip	Overeating, maldigestion, excessive fats and/or fried foods or inadequate fiber
Dark gray or reddish back of tongue	Adrenal and/or kidney weakness
Chronic coating and/or "furry" tongue	Inadequate levels of digestive enzymes, imbalance of friendly to unfriendly intestinal bacteria or toxic bowel, food allergies
Yellowish coating	Can be a sign of heat
A "cottage cheese" growth or coating	Possible yeast infection
Scalloped edges and teeth marks	Allergies, poor digestion, inadequate levels of pancreatic enzymes, inadequate levels of vitamin B6, thyroid problems
Geographic tongue (lines like a map)	Low B-vitamins (especially B12 and folic acid), low zinc, low D, gluten sensitivity, or wheat allergy
Excessively shiny or smooth tongue	Low vitamin B12, low folic acid or iron, allergic reaction, can be a sign of diabetes or early blood-sugar imbalances
Purplish tongue	Inadequate levels of vitamin B12
Beefy or enlarged tongue	Inadequate levels of pantothenic acid
Black or hairy-looking tongue	Possible effect from antibiotics, bismuth-containing products, such as Pepto-Bismol



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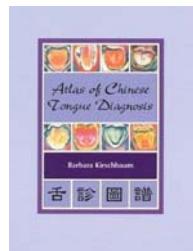
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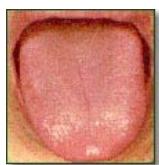
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## Tongue Diagnosis Reference

### Book



### Website



<http://www.DrRitamarie.com/go/TongueDiagnosis>



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