



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Tongue

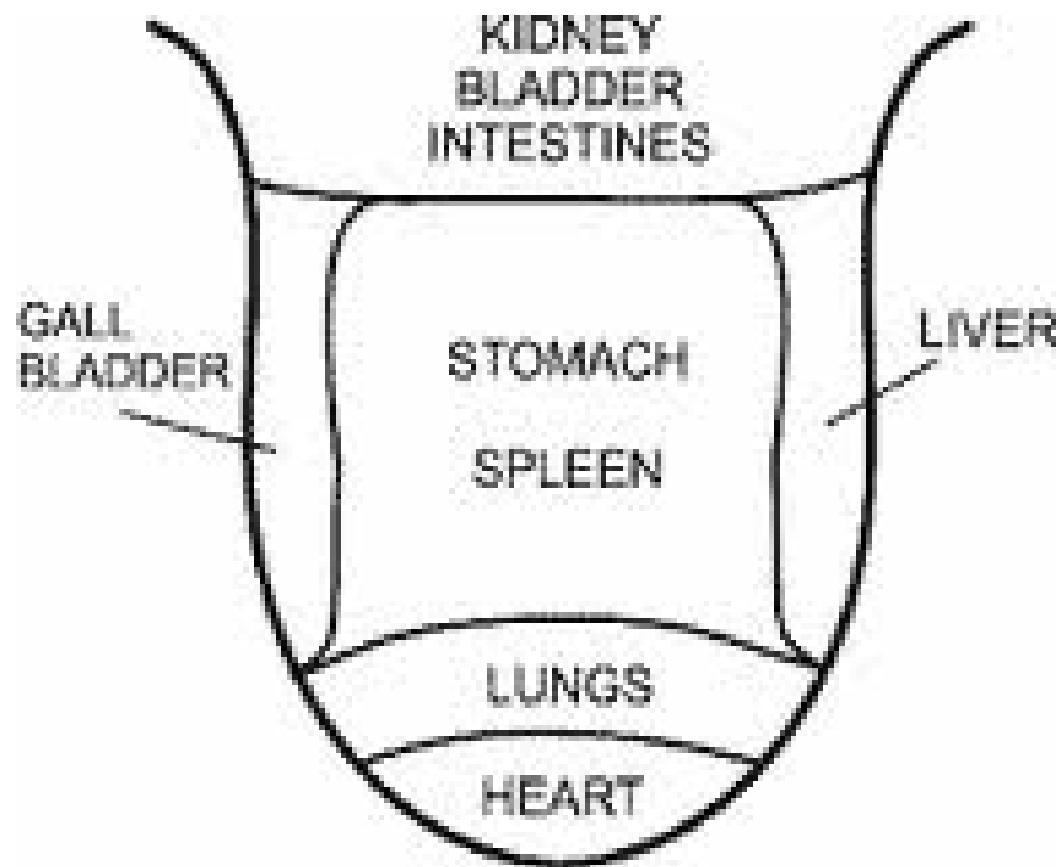
Dr. Ritamarie Loscalzo

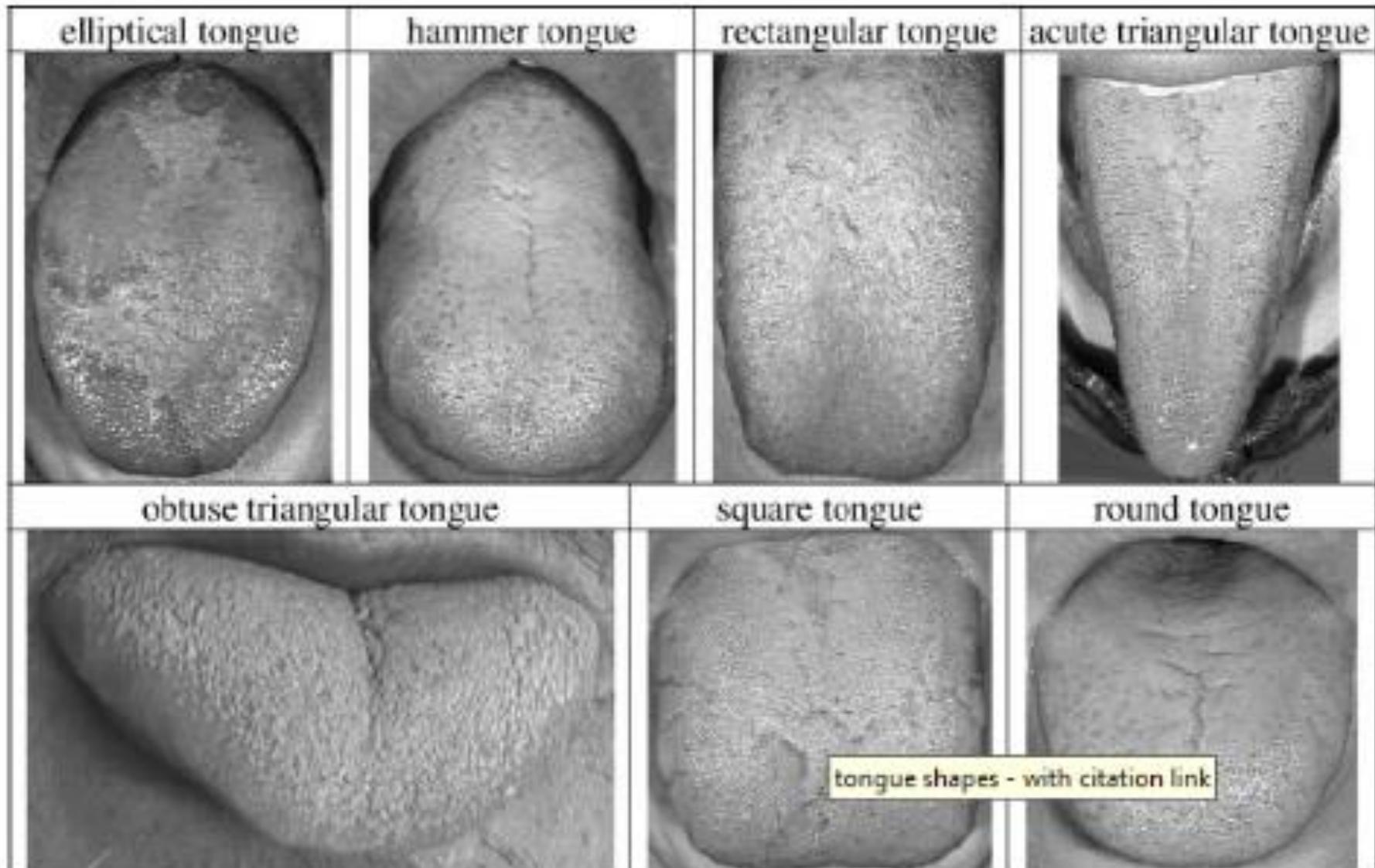


Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo,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



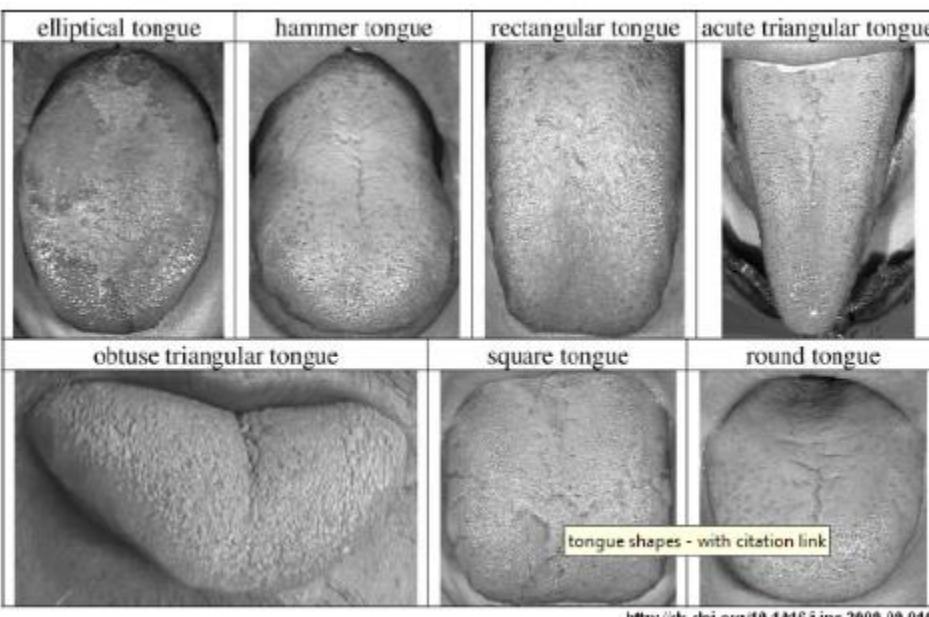
Tongue Diagnosis





<http://dx.doi.org/10.1111/j.1365-2791.2009.09.016>





<http://dx.doi.org/10.1111/j.1365-2796.2009.09.016>

Tongue Shape	Possible Interpretation
Elliptical	Normal
Hammer	Congestion in area of kidneys, bladder or intestines
Rectangular	Possible inflammation in lungs or heart
Acute Triangular	Thin tongue often indicates deficiency, elongated heart heat
Obtuse Triangular	Wide thick tongue often indicates edema or bloating
Square	Possible Stagnation and/or possible heart heat and / or deficiency
Round	Possible heart heat and / or deficiency

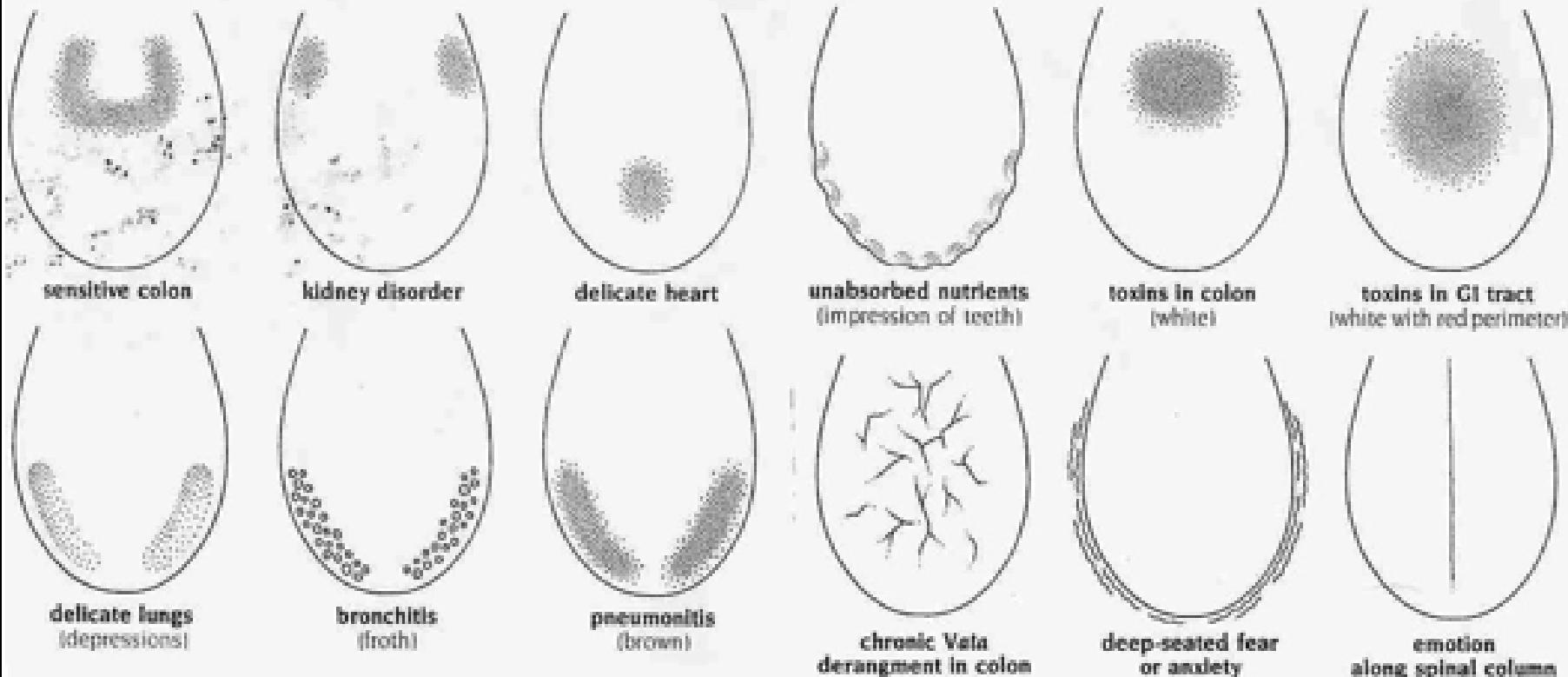


Tongue Evaluation – continued

Distinguishing Marks:

Circle any examples below that show features you see on your tongue.

image source: <http://www.sorensonacupuncture.com/wp-content/uploads/2011/06/Tongue-english-31.jpg>



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)	



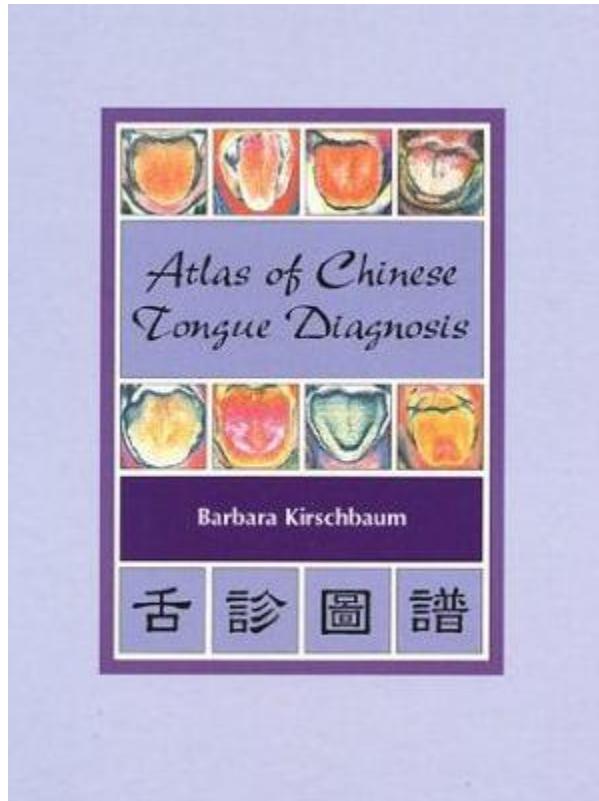
Tongue Evaluation – continued

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

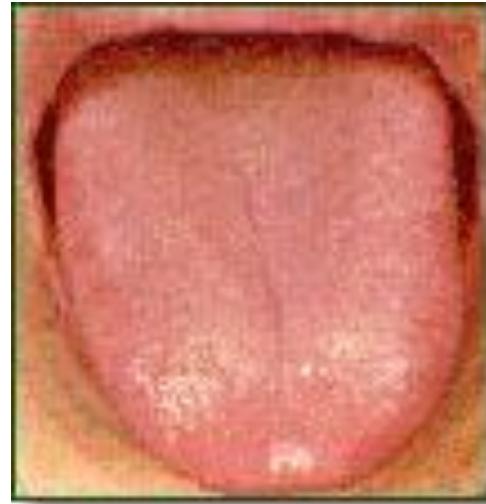


Tongue Diagnosis Reference

Book



Website



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

