

# Top Body Signs that Your System is out of Balance

These are the most common body signs to look for when assessing your state of health. While it may seem 'normal' to experience these because "that's just what happens as you age" or "everyone has this", these are signs that your body is crying out for help. Please do not ignore them!

## Tongue

- Area Organ Correlations:
  - Tip correlates to the heart
  - Slightly behind the tip is the lungs
  - Right side tells you what the gallbladder is doing
  - Left side is the liver
  - Middle area is the stomach and spleen, back, kidneys, bladder and womb
- Crack down the middle
  - Weak stomach/digestion
- Teeth marks along the sides
  - Nutritional deficiencies
- Sore Tongue
  - Nutritional deficiency; typically iron, B6 or Niacin
- Burning Tongue
  - Lack of digestive juices in stomach
- Thick White Coating
  - Too much mucus in the body
- Thick Yellow Coating
  - Excess heat in the gut; bowels not working properly
  - Lacking in healthy bacteria in the body
- Horizontal Lines/Grooves
  - Sign of malabsorption of nutrients
- Red Tip
  - Emotional upset/stress

## Head

- Dry, itchy scalp
  - Yeast overgrowth
  - Deficiencies in EFA, B6 and selenium

## Face

- Veins close to the surface
  - Digestive enzyme insufficiency
  - Low stomach acid

## Ears

- Cracks behind ears
  - Zinc deficiency
- Wax oozing from ears or large amount of wax inside ears
  - EFA deficiency

## Hands/Nails

- Breaking/splitting/chipping nails

- Liver function is too low
- White spots on nails
  - Zinc deficiency
- Cracks on skin
  - Zinc deficiency
- Swollen/puffy hands
  - B6 deficiency
- Red, scaly skin
  - Zinc, EFA, Vitamin C, and Vitamin E deficiencies

## **Eyes**

- Pale inside lower lid
  - Anemia
- Dark circles under eyes
  - Food allergies
  - Weak kidney function

## **Mouth**

- Cracks at corner of mouth
  - B2 deficiency
- Puffy lower lip
  - Digestive stagnation/constipation

## **Limbs**

- Tender spots where shoulders meet arm
  - B12 deficiency
- Small pimply bumps on the arms
  - B complex, EFA, and/or beta-carotene deficiencies
- Red spots on front of thigh
  - Vitamin A deficiency
- Leg cramps
  - Mineral imbalance
- Varicose veins
  - Nutritional deficiencies
  - Liver stagnation
- Cracked feet
  - Yeast overgrowth

## **Stomach**

- Gassy stomach that is sometimes tender and/or painful
  - Low stomach acid production
  - Insufficient digestive enzymes

## **Stools**

- Greasy stools that don't flush easily
  - Liver imbalance
- Foul smelling stools
  - Poor general digestion
  - Food stagnation in large bowel
- Skid-mark stools
  - Too much mucus; diet is low in fiber

- Pellets
  - Liver congestion
- Light colored stools (yellow-ish tint)
  - Difficulty with fat digestion
- Food in stool (aside from some whole corn)
  - Weak digestion
- Worms in stool
  - Enough said...
- Loose runny stools regularly (not diarrhea)
  - Spleen is exhausted
- Thin, shreddy stools
  - Colon is in trouble

### **Itchy Bottom**

- Food sensitivities
  - Worms or parasites
  - Food sensitivities
  - Hemorrhoids

### **Urine**

- Difficulty urinating
  - Imbalance in bladder and kidney function
- Frequent urination (every 30 minutes)
  - Low kidney and bladder energy
- Cloudy urine
  - Body is too acidic

### **Pimples → Body Area Affected**

- Forehead → Large intestinal area
- Cheeks → Lungs and Breast area
- Nose → Heart area
- Jaw → Kidney area
- Shoulders → Digestive area (stomach and small intestine)
- Chest → Lung and Heart areas
- Upper Back → Lung area
- Around the mouth → Reproductive area

### **Excessive Yawning and Sighing**

- Typically a sign that you're running on empty – not just tired or bored
- Hypoglycemia