



7 TALENTS OF THE TONGUE

By Ria Singh

Tips and tools to have a healthy body



Teeth Marks



Teeth Marks

Solutions:

- 🍽️ Eat Foods that nourish the spleen;
- 🍽️ Pumpkin, Fish, Turnip, Kidney Beans and many more.

Teeth Marks: On side of tongue represent nutritional deficiency.

Sore Tongue

- ❑ Sore Tongue: Nutrient Deficiency. Often, Iron, Vitamin B6, or Niacin.
- ❑ Solutions:
- ❑ Take Liquid mineral supplements
- ❑ Nettle Teas



Burning Tongue

- ❑ Burning Tongue: Stomach is lacking digestive juices.
- ❑ Solutions:
- ❑ Dandelion Tea 2 times a Day
- ❑ Teaspoon of apple cider vinegar before each meal



Soreness and Thick White Coating

- Soreness and Thick White Coating: Too much mucus in body. Lack of beneficial bacteria. May be, an elevation of yeast.

Solutions:

- Cut down on dairy products
- Drink pau d'arco tea. (Helps with yeast)

Cracks and Grooves



- ❑ Cracks and Grooves: Lack of energy. Malabsorption
- ❑ Solutions: Add Vitamin B Complex (50 mg a day)
- ❑ Drink slippery elm or peppermint tea to calm stomach

Thick Yellow Coating

- Thick Yellow Coating:
Excess heat in the gut,
and not enough good
bacteria (Front)
- Pay Attention to colon
(Back)



Red Tongue

- ❑ Red Tongue: Emotional stress, as well as emotional strain in body
- ❑ Solutions:
- ❑ Start to take things easier
- ❑ Herbs: Siberian Ginger and Rhodiola good for stress.



**THE TONGUE IS
THE ONLY TOOL
THAT GETS
SHARPER WITH
USE.**

Take Care of Your Tongue!

Thank You for Watching!