When stressed, the human body is constantly talking to you through signs and drawing your attention to its needs. Recognizing these signs is a good starting point for diagnosis. Even your physician would require you to furnish him or her the signs of your illness. There are common signs that come through your tongue, skin, eyes, hair, nails, urine and stool. This tract examines in detail three of these signs: the tongue, eyes and nails.

SIGNS ON THE TONGUE

By definition, a tongue is a muscular, flexible organ in the floor of the mouth. It has various types of papillae that contain the taste buds. Until recently, patients' tongues were examined by doctors as a matter of routine because it provided a good indicator of one's state of health. It is still a useful diagnostic tool and a lifelong reference point for general health.

A large, puffy and pale tongue can become smaller and pinker in just a few weeks. There are three signs to look for when examining the tongue. Different areas of the tongue are linked to several key systems of the body and can therefore give valuable clues to the state of one's health, so writes Dr Wendy (2006:18).

A PALE TONGUE

A pale tongue points to a state of deficiency in vitamins, minerals and/or protein, and/or hormones and neurotransmitters. Symptoms would include fatigue, lethargy, cold hands, cold feet, anemia, dizziness, short breath, pale complexion, frequent urination and lack of libido.

A RED TONGUE

A red tongue may point to acute fever. Symptoms would include feeling hot, thirst, constipation, irritability, bad temper, skin problems, night sweats, headaches, alcohol or drug intake, or excess coffee intake.

A RED-TIP TONGUE

This may indicate stress, insomnia or depression. Symptoms would include menstrual cramps, fibroids, breast cysts, backache, cold arms, cold legs, varicose veins, muscle cramps and dull skin.

A PURPLE TONGUE

A purple tongue equates to poor blood circulation. Symptoms: a swollen and pale tongue indicates poor digestion, fatigue or bloating; a swollen and red tongue indicates thirst, headache and skin problems; swelling on the sides of the tongue indicates liver or gallbladder problems.

A SWOLLEN TONGUE

A swollen tongue indicates that there is a problem in the digestive system. If the swelling is on the sides, it signifies a problem in the liver.

TEETH MARKS TO SIDES OF THE TONGUE

Normally accompanied by a swollen tongue. Symptoms include poor digestion, nutrient deficiency, sleeplessness, bloating, fatigue or shortness of breath.

COATED TONGUE

If the tongue does not have a thin white coating, then you have a problem. Generally, too much coating indicates a sluggish system, while too little coating would indicate too much heat in the body.

Bright, sparkling eyes. These indicate good health and abundant energy.

Yellow eyes. They indicate a problem in the liver or gallbladder, or enzyme deficiency.

Dark circles under the eye. This is often caused by a lack of sleep, or is indicative of a digestive problem, particularly in the colon, or an overworked liver.

SIGNS IN THE EYES (CONT.)

Bags under the eye. This is more common among the aged, as the skin loses some of its elasticity and the local muscles their tone, and fluids and fat accumulate. It also indicates an excess intake of salt, lack of sleep or smoking.

Poor night vision. This is indicative of a deficiency in vitamin A or beta carotene, which can be reversed by eating more carrots or freshly made carrot juice.

Dry eyes. This happens when the tear ducts do not produce enough tears to keep them moist. It is also common in contact lens wearers or people who stare at a computer screen all day. It may also indicate a deficiency in Omega 3 and 6 essential fatty acids. It is also caused by a sluggish thyroid or a side effect of drugs. It can be reversed by taking enough vitamin A in the diet.

Itching eyes. This can be caused by hay fever, allergies to cosmetics, food and chemicals, or a deficiency in vitamin B. This can be reversed by taking enough B vitamins in your diet and vitamin supplements.

Yellow spots under the eyes. This is caused by a thyroid problem or an elevated level of cholesterol in the blood.

SIGNS ON THE NAILS

Discolored nails. This is common among those suffering from diabetes, prolonged illness, stress, food intolerance, lack of friendly bacteria, or a prolonged use of nail polish and removers.

Brittle nails. This is commonly caused by iron deficiency, a lack of vitamin A, calcium and essential fatty acids, problems with the thyroid, kidney problems, or simply aging, as nails lose their moisture with age.

White spots on the nails. These spots are associated with zinc and/or calcium deficiency.

Ridges on the nails. Horizontal ridges may be caused by injury, thyroid problems, severe stress or vitamin B deficiency.

Cracking or peeling nails. These are symptoms associated with the lack of vitamin A, calcium, silica and other minerals, including insufficient stomach acids and proteins.

Red skin around the cuticles. This could be due to a deficiency in essential fatty acids such as Omega 3 and 6.

Pitted nails. This may be caused by psoriasis, or a deficiency of vitamin C, folic acid and protein.

Thick nails. This is associated with poor circulation, thyroid disease or fungal infection.

THE TONGUE, NAILS AND EYES

Reading the Body's Signs of Health

"*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

— 3 John 1:2"

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