

Tina Dunne



Moon Faced with a tongue of Grace

Last Friday gave us a new moon. A beautiful moon indicative of autumn. This is the time our bodies will be going through changes as it prepares for the Winter months, but like everything in life, it is pleasant to ease ones self into the transition.

THE CHANGES in temperature and light time hours will influence your lifestyle over the coming months. Starting off with a balance and good state of well being will help you to maintain great health all winter. You can look to your tongue and your nails and see how well you are.

WHAT IS YOUR TONGUE SAYING ABOUT YOU?

Most of our 10,000 taste buds are on the tongue.

Problems with taste result from such things like smoking, colds, zinc deficiency, ageing, high blood pressure, diabetes and certain medications. An unpleasant taste could be due to dry tongue, dental problems or certain drugs such as Captopril for high blood pressure. Zinc supplements or throat lozenges can trigger a metallic taste.

The tongue is an important indicator of health. The extreme tip relates to the heart, the part slightly behind this is the lungs. The right shows what the gall bladder is like and the left side indicates liver function. The middle indicates the stomach and spleen and the back the kidneys, intestine, bladder and womb.

A good healthy tongue will be smooth, supple and slightly moist. Pale red in colour, with a very thin white film. Certain foods and drinks discolour the tongue. A white patch could indicate friction- from dentures for example or infection such as Candida. A midline crack not reaching the tip indicates that the stomach is weak and therefore digestion may be poor. You may feel bloated or have energy slumps after lunch. Your body may be nutrient deficient and therefore it would be a fantastic idea for you to focus eating warm soups and stews as they are easily digested. Millet porridge would also help. Avoid fizzy drinks and ensure to drink lots of warm or tepid water.

If you have a sore tongue it indicates that you are nutrient deficient, often iron and Vitamin B6 or Niacin levels need to be nurtured. You can take a liquid mineral supplement and drink nettle tea to help this.

If you look at your tongue and the tip is red it indicates emotional upset or emotional stress. Emotional stress upsets the normal



energy balance and will cause the inner energy to stagnate. Leaving you feeling tired, irritated, it shall interfere with the hormone balance and will cause illness if the body has to sustain this imbalance for a period of time. The herbs Siberian Ginseng and Rhodiola are recommended for helping the body to deal with stress.

Have you got a horizontal crack often referred to as a geographic tongue? Cracking on the tongue is a sign of mal-absorption, especially Vitamin B, and is often accompanied by energy slumps. If you have small cracks, grooves or a horizontal crack it will have taken some time for this to develop and it is recommended that you take a Vitamin B supplement daily. Aloe Vera juice or an Echinacea tincture may help the body to move lymph and eliminate toxins that are impeding nutrient absorption.

WHAT DOES YOUR FACE SAY ABOUT YOU?

What's with the faces? Do they look fresh, well rested, happy, washed out, worried or anxious - get the picture? It is often easy to tell from the face when someone is depressed or simply angry. They may have a permanent scowl, their smile may be forced or they may express surprise falsely.

You can start today by taking a good look in the mirror. Starting with the forehead, look

closely at the area around the hair line, this reflects the activity and health of the bladder. The forehead represents large and small intestines. So perhaps there are some black heads, white heads or mega lines. How is the chin area - this represents the stomach. If there are signs of congestion, i.e. spots, pimples, dead skin; or lack lustre, drink more water and ditch the sugar and dairy from your life - stock up on fresh fruit, raw vegetables and fish. Many facial treatments now include a face map outline and your therapist will be able to recommend cleansing and lifestyle practices and techniques so that you can help your face remain vibrant, fresh and have that natural lived in look.

WHAT ARE YOUR NAILS LOOKING LIKE?

Beautifully manicured, strong, healthy nails can work wonders for your confidence and can also be good for your health.

The nail is composed mainly of a fibrous protein called keratin. Nails are one of the body's strongest tissues. They grow at a rate of around 1mm a week. It takes around three to four months for a nail to renew itself from base to tip and six or seven months for the entire nail to grow. As a result, nails can provide important clues to underlying deficiencies or health disorders, food intolerances and nutritional imbalances.

Healthy nail beds are pink in colour due to the rich blood supply underneath them. Patrick Holford, a top nutritionist spoke last year in Dublin. He explained that any change of colour in the nail could be an important indicator of deficiencies, lack of nutrients or more obviously an accident.

Certain nail irregularities may signal a more serious medical disorder, a blue-ish tint under the nail could be indicative of asthma.

Nails, it seems, could be one of the best windows on the body's internal workings.

According to Dr Graham Archard, a Dorset GP and vice chair of the Royal College of General Practitioners, it is not uncommon for the nails to stop growing at a time of medical trauma- and when they start to grow again, there is often a little ridge to mark the point, which eventually grows out. This can be helpful in pinpointing exactly what has happened. Also look out for pitting, which makes them look as though they've been shot with an airgun. This can indicate a skin condition like psoriasis. And though you might think psoriasis would be diagnosed by skin problems, sometimes it only causes joint inflammation, so the nails can give an important clue.

Splinter haemorrhages in the nails, which look like tiny red splinters, can be a sign of infection in the heart or blood.

Clubbing- where the nail loses its angle at the base and bends in at the top, can be a sign of a lack of oxygen in the blood caused by lung or heart disease.

There is an on going debate regarding the little white flecks - like marks on the fingernails. Some say it is due to diet and deficiencies in calcium and zinc. What's more likely is that they're minute air pockets, and they do disappear over time. Red/purple nails may indicate an upset digestive system caused by over consumption of sugars, fruit juices or pharmaceutical drugs.

Dark red nails could mean a high content of fatty acids and cholesterol due to too much dairy, sugar and salt in the diet.

Good nutrition is the key to nail vitality. Good growth depends on a healthy diet to nourish new cells developing from the base. Essential nutrients for nails include Vitamin A, B2 and Vitamin C. Biotin, calcium, zinc, garlic, omega 3 oils and acidophilus, which fights fungal infections that can affect the nail.

Until next week- live a lot and have a laugh!

DATE FOR THE DIARY

19TH OCTOBER 2006

Please join me at the
TALBOT HOTEL for an
informative evening about
food, faces and fun.

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