

I'm super pumped that you're here today. The four main methods of diagnosis in TCM are inquiry, where we ask all our questions and get all the information to be able to figure out the diagnosis. Observation, which is the one we're going to talk about today, which is a big one because it includes the tongue, and palpation, which includes the pulse.

Now today, different podcasts and auscultation, which is hearing or listening, and olfaction, which is smelling. So those are a little bit smaller. The biggest one I would say that we use in clinical practice or inquiry, is observation and palpation. The other two should not be dismissed. They're just not as big in TCM diagnosis.

Welcome to Acupuncture, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks!

Let's start it up with observation. I'm going to start with the five TCM body. So the five elements have five body types and five personalities. Personalities and body type may not match. Okay. You may be a fire personality, but not a fire body type. Okay. So if you want more on body type and or personality, definitely check out my website on the resource page at acupoweracademy.com.

I have a whole article in depth about those body type and about the characteristic of the emotional state of all five element personality. Having said that, I'll start with the earth body type. The earth body type is the person that's more pear shaped. That is definitely bigger on the hips, bigger on the lower body, and smaller at the top.

So the pear shape usually has tendency to have issue with water retention, specifically in the lower leg, and circulatory issue. in the lower body. So it is really important for them to walk, to do exercise that is going to bring circulation. So cardiovascular exercise would be good, but probably not high impact, just because people are heavy on the legs, but something that's like hiking or biking or anything that's going to be a little bit more cardiovascular without having to have a lot of impact.

The earth body type would benefit from. The second one is fire. So fire. Fire body type is usually people that have smaller hands and smaller feet for their frame. For example, I'm 5'6 which is about 168 centimeters, and my shoe size in Canada is seven, seven and a half, and in Europe it would be about a 38, 39.

I had a girlfriend that was my size, my height was 5'6 or 168 centimeters, and she was size 5 in her feet, which would be about 35 in Europe. So that's really small. She was definitely fire body type. The fire body type is also someone that has a smaller chin and a wider forehead, kind of like a heart shaped face, right?

Like the heart, the fire, it's a heart shaped face. This kind of body type does very well in building muscles, having sports that are a little bit more short, high intensity. So not long distance necessarily, but more short, higher intensities. High jumping or long jumping or anything that has to do with Fast, speed, short, like a hundred meter race, right?

That would be definitely something. Short burst of energy is what works well for those body type. What doesn't work as well is endurance or exercise that are endurance like, right? So marathon, probably not for those people. The metal. So the metal body type is usually the person that is more wider at the shoulder.

And smaller at the waist and smaller at the legs. So it's the opposite of the earth, right? The earth is bigger at the lower body. The metal personality is definitely wider shoulder. Much more square. Much more muscular, but very square face. And square shoulders and smaller trimmer. Waste those people.

Usually I would say somebody else could look like this is Arnold Schwarzenegger. It would have a definitely a metal body type. Those people do very well in swimming in anything that involves a lot of upper body, more than lower body, but to balance it up, they obviously need to have a well rounded exercise.

Now they definitely don't do well in running because their upper body is too heavy for their legs and lower body. So it's not what I would recommend for that. The woodbody type is the person that's very small framed, small boned, and have tendency to naturally be on the thin side. So more bony, more skinny, on the thin side.

Those people benefit very much from yoga, from very gentle exercise, nothing really strong or high impact or long endurance. They need to do very soft, gentle exercise. Like I said, like yoga or tai chi. Okay. So that would be something I would recommend. And the last one, water body type are usually a bit rounder.

It's very difficult for them to build. Strong, defined muscles, because they have a tendency to be a little bit more round, a little bit more round around the belly, a little bit more round face. I call them baby face, right? It's the people that age very well, because even when they're 40, they still look like they're a kid, they're a child, because of course, they're the kidney.

The kidney is the aging system, it's the essence. So the water body type usually has a tendency to age quite well in the face and still look like a yang person. Those people, because they're more round, they have a tendency to have a bit more water retention, a little bit like the earth, but water retention in general.

They do very well in anything that has to do with endurance. So doing long endurance exercise like hiking or biking or anything that has to do with long endurance definitely don't do well in short burst high intensity exercise. Alright, so the five body types, to give you an idea, when you observe your patients, figure out what you can help them with.

If you see a patient that's got a different body type and they're a runner, they love to run, but you can see that their body type is going to take so much, I would say that it's always good to discuss it with people, so we do preventative. The whole idea about TCM is to do preventative medicine. Now, let's look at a couple of body types and see what it comes to diagnosis.

what we look for. Keira Knightley, she's the wood body type, which is very skinny, very thin. Most people that are very thin, very skinny and TCM are either blood or yin deficient. They're blood deficient if they are very pale and pale tongue and pale face. They're yin deficient if they have tendency to feel more hot at night, have red cheeks or red tongue with no coat, right?

So that's how we differentiate between blood or yin deficiency, but very thin, dry body. On the opposite, someone that's overweight to the point of obesity, we look at them with a deficiency and an excess. So someone that is obese has excess phlegm. All this excess fatty tissue is phlegm and TCM, but it also means that the spleen is being depleted for years, specifically if the person has been.

overeating, if that's the cause, right? So it's usually a skin sheet deficiency because the digestive system now is very depleted, very weak, and of course cannot transform and transport, and then phlegm starts to set in. That gives you a little bit of clues when you first meet your patients. observation skills.

All right, here is my favorite observation in TCM. It's looking at kidney essence. Do your patients have great kidney essence? Do you have kidney essence that looks strong when you look at yourself or family members or friends? Use your observation skills. Anywhere you're going, I remember when I was in school, I used to use my observation skills in public transportation.

I would sit in the bus and look at people and think, Ooh, this person's blood deficient. Ooh, this person has dryness. It was so much fun. So definitely use your observation skills and practice them on a regular basis on everybody with kindness in your mind and with lots of love in your heart. So this is interesting.

I'm looking at a man and woman. She has great vitality, and it doesn't look like she has a lot of makeup, right? It's natural vitality, and he looks the opposite. So, he doesn't have great essence. First of all, he's losing his hair, it's thinning out, he looks really tired, his skin looks older. He's not that old, by the way.

really close in age to the two of them. Teeth, of course, are not straight. They look unhealthy. His whole face and observation to me is no great bone structure, no great teeth, no great hair. She, on the opposite, has all that. And she has big ears, which connotate in TCM great kidney essence when we have big ears.

Yay! So, if you have small ears, Not as good. This is obviously great kidney essence for the girl and then for the guy, definitely less great kidney essence. All right, let's talk about observation of the body colors. So I'm not talking about the tongue, I'm talking about the body colors. The body can be either red, yellow, purple, bluish, or pale, okay?

So let's start with red. If there's redness in the lips, or the nose, or the eyes, or there's red rashes anywhere in the skin, it's either an excess heat, or it comes from a yin deficiency. Okay? So if you have red lips, it could be that there's excess heat in the stomach because the lips are reflected in the five elements to the stomach and spleen.

So if the lips are red, it's an excess heat in the stomach. It could also be a yin deficiency in the stomach if the lips were red and cracked. So that's the difference. And of course, you would have to look at symptoms and as the tongue as well, right? So if there's red eyes, for example, like chronic red sclera of the eyes, it would be that there's probably some liver heat or liver fire or heat that's affecting the liver.

Does that make sense? So it's our observation skill that we use in that perspective to look at colors, right? Yellow. Yellow palms, I always look at my patient's palm, yellow palms connote dampness. So it gives you an idea if there's a lot of dampness in that person. Of course, if there's yellow sclera, or the eyes, yellow eyes, that's usually a sign of jaundice, which affects the liver.

And in TCM, jaundice affects liver and spleen, and there's excess damp heat usually. The nails, if the nails are yellow, same idea, it is containing usually jaundice as well. Oozing skin, so of course if we see yellow pus, yellows, anything that's oozing and that's yellowish, that's dampness, make sense? Purple, so purple is always blood stasis.

Purple nails would make liver blood stasis because liver reflects in the nails. Purple lips would be more blood stasis affecting the digestive system, especially the stomach. Purple bruises all over the body have tendency to bruise easily. That can come up with a spleen not holding the blood within the blood vessels, which can create bruises.

Or if someone has punched you, you have a bruise and that's blood stasis. It's painful and bruised. Blood clots during menstruation also show purple blood stasis. bluish color, that's usually an excess cold. So usually a lot of time if we have bluish color, we may have bluish purple because if there's excess cold, it creates a congeal, it stops circulation and can create blood stasis.

So it's very often we have a bluish purple. together when there's excess cold. So it can be acute or chronic, of course. If you have really blue lips, that's usually probably because you're really freezing. We see kids often, right? Kids can play in the water and the ocean or in the lakes and they're freezing.

Their lips are blue, but they still want to play because, you know, they're having fun and they don't even know they're cold. Of course, blue fingers means there is definitely excess heat and excess cold. No circulation that could be due to frostbite. That could be due to Raynaud's disease, right? So there's a lot of possibilities for that.

And of course. Pale always connotate a deficiency, and pale can either be chi deficiency, blood deficiency, or yang deficiency. Usually if it's something that is yang deficiency, you're going to have pale and puffy. Like some swelling with it, right? Or some shine to it. If it's a blood deficiency, it will be pale, maybe more on the drier side.

And she's deficiency could be completely pale. So, someone that has pale lips, it could be a spleen sheet deficiency. Someone that has very pale blood, when they have their menstruation. If it's just pale blood, it's blood deficiency. If it's pale pinkish blood that's very runny and watery, that's more yang deficiency, okay?

But no matter what, it's either chi blood or yang deficiency, you need to have all the symptoms and the inquiry, palpation, and all the other methods of diagnosis to figure out which one is more effective. Let's play with what we just saw, right? So if you look at two women, the first one left is very pale.

She's definitely blood deficient. That's very much a pale. Compared to the one that's on the right, she's pale, but it's a very different pale. It's more of a yellow. hue to it. So when there is paleness with a yellow hue, that means there is dampness, right? We said yellow is dampness in body skin observation and pale is deficiency.

So this is usually a kidney and spleen deficiency that obviously creates dampness because when spleen qi is deficient, there's always dampness that occurs. So that's the difference between the two of them. Now, red cheeks, that's a yin deficiency, and definitely more reddish lips.

Her lips are pink, but definitely dark pink, more on the red, right? So it's either excess heat or yin deficiency, but because of the red cheeks, I would say it's more. of a yin deficiency. Make sense? This Purple eyes, or purple shade around the eyes, purple lips, purple face.

Definitely, it's more on the purple side, which is more blood stagnation. The lips say, are a bit purple pale, so there could be some blood deficiency as well. We need to look at the tongue to see if it correlates, but there's definitely some blood stasis. Observation of the area of the eyes. I don't use this in clinical practice a lot, but each area of the eye represents or reflects different organ in the body, TCM organ in the body, right?

So the one I use the most is the sclera, or the white of the eye, which represents the lung. So if the sclera is really red, or if there's issues, then there's issues with the lung, right? Lung heat, it could be. But because it's affecting also the eyes, and the eyes is always the liver, then I would say there's also liver heat.

Red sclera, usually that's lung and liver heat. Give you some idea, right? What I use a lot more in observation is the upper lid. represents the spleen and the lower lid, the stomach. So if it's puffy on the lower lid, there is definitely some dampness affecting the stomach. If it's puffy or heavy on the upper lid, it's a spleen issue.

So often, sometimes people have droopy Eyelid, the upper eyelid that's droopy, that's usually a spleen qi sinking, but there's people that also have very heavy eyelid or puffy one, and that's a spleen in if it's the lower stomach. If there's a little bit of redness on the inner canthus or the inner part of the eye, that is usually heat or fire in the heart.

So that gives you an idea, right? All those little observations.

Diagnosis has to be the hardest part of Chinese medicine. We always say there is no wrong treatment in TCM, only the wrong diagnosis. This is why I created my second book, Chinese Medicine Made Easy, to make it easy to grasp using a lot of colorful visuals. I have included all Chinese medicine foundations, Yin Yang Theory, Five Elements, Zong Fu Organ, all of it.

All diagnosis, of course, including tongue and pulse. Practice case studies to help you improve your skills, as well as give you access to my online fillable intake form to use with your own patients. You can download the digital version on any device, and it comes with many video links to complement it.

Or, if like me, you like to read a real book, the hard copy ships on. all over the world. Before you invest in this book, you can download a sample of it to make sure that the format of the book is everything you were looking for because I want to make sure that you are absolutely benefiting from it.

Listen to what people have to say about my green book, Chinese Medicine Made Easy. The more I read, the more I like this book. It is simple to follow. All information is super organized with great pictures, makes memorizing a lot easier. This book will definitely make my learning a lot more productive. Yay!

So happy to hear that. You've done it again. You are amazing. I wish we had your resources 20 years ago back in TCM school. This also makes my day because this is why I do what I've been doing with Acupro Academy for quite a few years now to support everyone. Check out the links in the show notes below or go to my website acuproacademy.com

and click the shop tab on the menu bar and get your copy today.

So let's put this a little bit in practice. Let's look at circle under the eyes, right? So if we look at two people, she has definitely black circle under her eyes. He has more purplish circle under his eyes. So hers are more black, more black means kidney.

It's affecting the kidney, there's a kidney deficiency. His are more purple, so that's more of a blood stasis. That's definitely affecting his lower lid area, that's almost purple. So there's gotta be something with the stomach as well. Puffy eyelids, like I say, when it's super puffy on the lower part. And so that's dampness specifically affecting the stomach.

And if I look at observation, she definitely has a greasy T zone. So her nose or forehead is very greasy. So there's definitely some excess dampness or phlegm that's affecting her. And the red cheeks, right? So there's some yin deficiency from the red cheeks, but there's definitely also a T zone.

So she has yin deficiency and some dampness or phlegm. Again, while you do the rest of your diagnosis, you can correlate, all this, to your observation skills. Okay, so let's look at another eye. This is really red, right? So you can see the inner canthus is very red, so that's heart fire. And the whole sclera is red, meaning that lung has fire or heat, and liver has fire or heat.

It definitely looks like an infection, which makes sense, which affects liver, lung, and heart in that perspective. This one is jaundice. We can see it's a yellow sclera, very yellow. That's a jaundice that affects liver. Of course, we understand that. yellow nails. So again, that's jaundice like, right? It's really bad for the livers.

It really correlates to a damp and heat in the liver, which is usually jaundice. Compared to this, these nails have ridges and they are very pale. So that's more of a liver blood deficiency. Let's look at lips, beautiful lips. Purple, pale kind of lip. It's lips that are lavender. Purple is blood stasis, pale is blood deficiency usually. That's a blood deficiency and blood stasis, which is very common. When

Lips are red. A little cracked.

So, if they're cracked, it could be that it's a yin deficiency, because they're cracked, so there's not enough fluid. It could be excess heat that's leading to yin deficiency. we have definitely the dryness, when the lips are cracked, and the purplish, which makes it blood stasis and some body fluid deficiency or some excess dryness in the body.

Body fluid deficiency. Super cracked, super dry. So there's body fluid deficiency and the lips are very pale. So it's either a qi deficiency, a yang deficiency, or a blood deficiency. I would say they're a little bit more puffy. So I would say it could be yang deficiency, but of course, we need more of a diagnosis to be able to continue to do that.

All right, observation of the nose in Chinese medicine. We go through every little area. A dry nose is usually heat invading the large intestine or stomach. Why not the lung? If it's a dry nose, it's the skin that's dry and usually it's affecting the meridian and the stomach and large intestine meridian go by the area of the nose.

That's why. If we have clear discharge, like runny nose, post nasal drip, and it's just water coming out of your faucet of your nose, that is definitely excess cold. If we have yellow discharge, that's excess heat, okay? Remember that yellow is dampness on the body, on the skin, but not in mucus. Okay? Yellow in mucus or on the tongue coating will be more heat.

That's the thing that all my students make mistake. Yellow palm would be dampness, right? Yellow color on the skin, like oozing discharge, is definitely a bit of dampness. But if it's discharge of the nose or mucus, it's always heat when it's yellow and it's cold when it's clear. Okay let's not mix them up.

A blue nose usually affects the stomach or the large intestine and is creating or created by abdominal pain. So it's acute usually abdominal pain. And a red nose like Rudolph the reindeer is usually long heat or excess heat in the lung. All right I know you've been waiting for this. The big part of TCM is tongue diagnosis right?

Chinese medicine is all about looking at the tongue. So I do all my inquiry First, while I do my observation and my inquiry at the same time, and then I will look at the tongue, which always should reflect what you did with your inquiry, hopefully, right? This is a big part of TCM. When patients ask me, why do you look at my tongue?

I always say the following. Well, Chinese medicine is very ancient, it's been used for a long time, and way back then, there was no MRI, no imagery, nothing able to look inside your body, right? We couldn't do a blood test, we couldn't do all the stuff that we have today, which We have all those tools today, but sometimes looking at a tongue can tell us to go look further into those tools because something is wrong.

So it tells us clues of what's happening inside the body because the body and the internal part of the body reflects on the tongue. And that's why we look at it. Tongue observation is one of the major pillars of TCM diagnosis, right? And it is quite reliable compared to the pulse, which is not always the case.

Tongue observation is based on the following four items. First, we look at the body color. The body color indicates the condition of blood, chi, and urine. And the yin organs, which are heart, liver, kidney, spleen, lung, pericardium, hopefully we know that. The body shape, so we look at the shape of the tongue, which indicates the state of blood, and nutritive qi, or yin qi.

Y I N G E N G. The coating, we look at the coating of the tongue because it indicates the state of the yang organs and the pathogens, right? Pathogens are heat and cold and dampness, et cetera, et cetera, okay? And the yang organ, you know what they are. The moisture of the tongue, we want to see if the tongue is dry or overly wet and that indicates of course the state of the body fluids.

Each organ is mapped out on the tongue. If you look at your trunk and your own trunk, the heart is at the top with the lung, right? And then the spleen and stomach in TCM represents digestion, so they're in the middle. On the side, we have the liver and gallbladder.

And then at the bottom, below the belly button, you have all your other organs. So you have the intestines, the bladder, and the kidney. So it's like representing your trunk of all your organs, right? The heart part is called the tip of the tongue. The lung part is called the front of the tongue. The spleen and stomach is called the middle.

The liver, gallbladder is called the sides. And the kidney, bladder, and both intestines are called the root. or the back of the tongue. As you can see on the picture on the right, it literally separates the lower jiao from the middle jiao for the upper jiao. The upper jiao is the long end heart. The middle jiao is spleen and stomach and liver gallbladder.

Sometimes in some texts, they will put liver and gallbladder in the lower jiao. So, some students don't agree of where lower jiao and liver, gallbladder, if they are located in the middle jiao or lower jiao. And of course, the lower jiao the kidney, and the bladder. So the area will tell us what's going on, right?

If we have a certain color in an area of the tongue, then it will tell us what's going on with that organ. So, let's start with the body color. We said we look at four things, so let's look at the first one. The five body colors on the tongue are red, crimson, which is deep red, purple, blue, and pale. So, a lot of similarity with the body colors, but , we distinguish it from the body color. If we have a red tongue, it is excess heat or yin deficiency. How do we know the difference? If it is excess heat, we would have a coat on the tongue, a yellow coat on the tongue. If it was yin deficiency, we would have no coat on the tongue, and it probably would have some kind of crack or dryness.

Crimson is that deep red, like a dark wine, red wine, of course. That can indicate fire or body fluid exhaustion. So it could also be that the fire has created body fluid exhaustion, right? Too much heat dries the body fluid if we see this, how do we know the difference? Obviously, body fluid exhaustion, there'd be very cracked, very deep cracked in the tongue, which would show like very depleted body fluid.

With fire, we would see more strawberry prickles and probably a deep red, maybe a couple of cracks at the beginning, but not that much, right? Purple, of course, is blood stasis. I always say to my students, P and P, purple and pain, represent blood stasis. Blood stasis always creates pain and purple color.

Blue or bluish tongue is excess cold or excess yin. And pale tongue is either a qi deficiency, blood deficiency, or yang deficiency. How do we know the difference? If it is a qi deficiency, the tongue is pale. If it's a blood deficiency, the tongue is pale and thin. The shape of the tongue is very thin, skinny, right?

If it's a yang deficiency, it's pale and, or swollen. The opposite. Okay, so chi deficiency is pale, blood deficiency, pale and thin, and yang deficiency, pale and swollen. Got it? So obviously if we see red tip of the tongue, that's excess heat in the heart or yin deficiency in the heart. Right? If we see purple sides of the tongue, that's a liver blood stasis.

Okay? So we always have to look at which area. And we're going to practice this in a minute. Let's look at the color of the coat. We have to look at the coat in TCM. So the first one is we're going to look at the body fluid, right? I was saying we look at the moisture of the coat. So the moisture of the tongue, either it is very dry, which could be like we said earlier, fire or body fluid deficiency.

If it was really red, it's probably Okay. Fire, if it's really cracked and dry, really cracked, that's a body fluid deficiency. If we have a greasy tongue coating or oily tongue coating, shiny tongue coating, that's either excess damp or excess flat. Okay, so it's the opposite, either dry or damp. Colors of the coat.

So the coat should not have a color, it should be transparent and be a little moist on the tongue, but not overly. So if we have a yellow, Tongue coating, that's excess heat. So remember, yellow palms was excess dampness, but yellow tongue coating is excess heat. The tongue coating yellow makes a difference.

It is not dampness. Yellow coat means heat. Now, if it was yellow and greasy, it would be damp heat, okay? If the tongue coating is white, thicker the coat, the worse the problem is, of course. If it's a thin white coat, it's not as bad. That's usually excess co Now, if it's grayish or black, it's usually a very serious deep seated heat.

illness. It could be cancer. It could be something that's very deep seated. So that's something that you have to really send the patient for more tests and look into it very much more deeply. that gives you an idea. So again, you can mix them up, right? So if I have a yellowish tongue coating that is really dry, then that's probably an excess fire.

Because it's excess heat, the yellow coat, and it's probably a red tongue with it. So that would be excess for a healthy tongue. It's pink, it's got a bit of a moisture coat, but not overly.

And it's not cracked, and it's got a good size and good shape. So let's look at some tongues to give us an idea, right? That's the best thing to do. The first one has many cracks. This is definitely a body fluid deficiency, it's really cracked, it's probably coming from over too much heat because it is red, right? This one is, a little bit more of a yin deficiency.

It has cracks already the small cracks, that's a yin deficiency, but having said that, the tongue itself is purple. So there's some blood stasis, but the crack indicates the yin deficiency, because they're small cracks, compared to the body fluid deficiency, which were big, many cracks.

Looking underneath the tongue, so on the left here we have engorged veins, those are the two veins underneath the tongue, and we actually have two acupuncture points there, we can believe those veins. If they are very engorged, that's a blood stasis. If you can't see them at all, that's a blood deficiency.

If you could see just normally a little bit, then that's fine. Strawberry prickles. On this tongue, it almost looks like it's a strawberry, right? Strawberry prickles indicate toxic heat. So raised on the tongue, right? Swollen tongue. And teeth marks on the side.

This is a really pale, swollen tongue, so that's a yang deficiency, right? yang deficiency usually creates dampness. So swollen means yang deficiency with dampness. And of course the teeth marks on the side as well. Teeth marks are usually a spleen sheet deficiency. So this could be a spleen yang deficiency.

But it's affecting the whole tongue and it's a bit of a crack, too. So remember fat tongue, yang deficiency. Thin tongue, on the other hand, is a blood or yin deficiency. So if it's pale and thin, it's a blood deficiency. If it's red with no coat and thin, that's a yin deficiency. Really pronounced teeth marks are definitely a spleen qi due to stress.

The person is worried, overthinking, and they're constantly clenching their jaw, which creates the teeth marks. And the last one is deviated tongue. So deviated tongue naturally comes out to the side. That is internal wind. It could be a precursor to stroke, but it definitely is internal wind.

So that's something to look for, to be aware of because that could create some more issues. All right, so that was all the tongue shape, color of the body, color of the coat, and the moisture. So let's start practicing.

A typical Pale with teeth marks. That's a typical spleen sheet deficiency tongue because it is pale and it has teeth marks. Okay, so this one has sores on the tongue. Strawberry prickles which is toxicity. Nice crack in the stomach area which is body fluid.

being affected, so some yin deficiency maybe in the stomach. Lots of coating, right? You can see the coating is very yellow and it's going to the root and to the center, so lots of heat in the center and then the root of the tongue as well. I think the side of the tongue has a bit of reddish on one side but pale on the other side, if you can look at this, right?

So lots of problem for this poor person so we got the purple, and we got the teeth marks. So purple is blood stasis, the teeth marks are a spleen chi deficiency, specifically liver overact on spleen, and then there's a bit of a crack in the center, which means some yin deficiency is coming to be into play in the stomach, and the tip, it's starting to be red a little bit, right, so the heart may have some heat in it as well.

A typical Yin Deficiency Tongue. It's cracked, it's red, it's definitely a Yin Deficiency Tongue, and it's going towards Body Fluid Deficiency as well because it's quite cracked, right? This one looks like a brain. My students, every time I put this up, they just go, what? It is so cracked.

It is very cracked. So body fluid, very deficient, but at the same time it's swollen. So there's a kidney yang, or there's a yang deficiency in general because there's lots of swelling and it's so pale. So it's pale and swollen, which means there's yang deficiency. At the same time, there's body fluid super deficient.

So this is very difficult to treat because there's so many issues and issues that are opposite, right? Having yang deficiency usually creates swelling and dampness, but there's also body fluid deficiency that are not being properly metabolized. This tongue has a great coat that's yellowish coat.

In the center and at the roots specifically. It is purplish in general and red at the tip. So heart definitely has some heat in there and deficiency. Probably excess heat because there's excess heat due to the coating that's yellowish. so this is A smoker's tongue.

So the coat is brownish dark, but it is a smoker's tongue. I can see that on the teeth. So this person has smoked a lot and that's why there's that color on the crack. Smoke. Always make someone becomes yin deficient and body fluid deficient. So you can see it's very cracked and it's going pretty far into the lung area.

The lungs are located at the front of the tongue and that you could see is affecting the lung because it's very deep crack at that area. So it was going to get worse and worse. That's definitely a smoker's tongue. It's got a bit of red tip as well, right? And a little bit of yellow coat on the side for the heat.

And of course, in the center of the crack. All right, there you have it. Quick, easy way to do TCM diagnosis observation.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more Go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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