



ENEWS - At A Glance January 2011

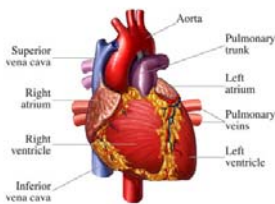
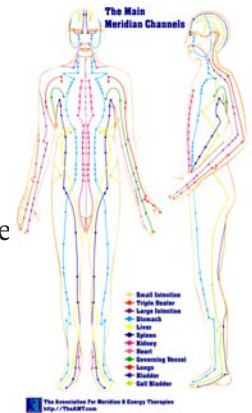
Happy New Year!

Oriental Diagnosis continued...

Oriental Medicine teaches that there are deep channels of energy, known as meridians, that run throughout the body. The meridians nourish specific systems in the body. The head region is a popular location for many meridians to travel through. Meridians that nourish the gall bladder, bladder, stomach, small intestines, & large intestines run through this region. Therefore, when one is experiencing “problems” in these areas, it will become apparent on a person’s face!

For example, the large intestines meridian begins at the tip of the index finger & ends up right below the nostril, at the tip of the nose. Mucus, congestion in the sinuses, & sinus discharge are all signs that the large intestines is having difficulty functioning at that time.

Furthermore, the sinuses are part of the respiratory system, & the respiratory system includes the lungs. Therefore, if the large intestine is having trouble eliminating, the lungs will also become congested. So, the next time you are experiencing sinus/respiratory congestion - treat the large intestines.



The nose also reflects the condition of the heart. Two distinct muscles come together during gestation to form the nose. If, at the bottom of the nose or in the middle of the nose, a “cleft” exists, this indicates that the left & right sides of the heart are not well coordinated.

Cleft Nose: A nose with a furrow where the bridge is normally present; due to failure of complete convergence of the paired primordia. ~ Medical Dictionary

A cleft nose indicates that a mild heart murmur may exist or existed in childhood. Of course, the more pronounced the cleft, the more serious the heart condition.

If the nose becomes red & swollen, this is a sign that the heart is strained & not receiving ample oxygen. If red vessels appear at the bulb of the nose, this is a serious indication that the person may be close to experiencing a heart attack & should consult a health care professional immediately.

Pale & swollen noses indicates that the heart is also swollen from the consumption of too much dairy food, & possibly too much caffeine.

The entire nose is a diagnostic tool for the pancreas & spleen. The person is ingesting too much sugar, fruit & fruit juice if the bridge of the nose appears red in color.

Hair growing out of the nostrils is not just a grooming issue. This physical attribute indicates that the person is eating a diet high in animal protein, & that his coronary arteries are full of fat & cholesterol.

Yang Energy is represented by “white” in the Ying-Yang symbol. Yang Energy is bright, active, upwards, hot, expanding & strong. Yang Energy created Heaven. Yang stands for peace, serenity, & conservation.



The vertical cleft below the nose is called the “philtrum.” This cleft is formed as the face is fused together during gestation, which in Oriental Medicine is believed to be caused by “Yang Force.” If the Yang Force is strong, the philtrum is pronounced - deep, clear, & sharp. If the Yang Force is weak, the philtrum is more shallow & lighter.

If the philtrum is clearly Yang, deep, sharp & clear, then he is probably ambitious, focused, & goal-orientated. He will have a strong appetite for life. The longer the distance between the nose & upper lip, the stronger the appetite. He has a deep, constitutional strength.

A light or shallow philtrum indicates a more Ying constitution. He would prefer to work with his mind than do physical labor. He is gentle & probably a little more well-rounded than a person with a strong Yang philtrum. His energy isn't entirely directed to one area.

If the lines seem to flare out like an upside down triangle, this indicates he was born weak but will gradually gain strength throughout his life. As he grows older, his health will improve. If the lines are more like a right-side-up triangle, than this indicates the opposite. He was born strong but as he grows older, his health will gradually decline.

If the philtrum forms an oval shape “()”, he was born weak, will improve health-wise, but will become weak again.

Traditional Japanese believe that the mouth should be no wider than the nose.

Which leads to the mouth & there is much to tell before it even opens. Healthy lips should be full & tight, have a nice curve & not appear distended. Wide mouths indicate that he suffers from digestive disorders, like constipation &/or diarrhea. If the lips are wet, assume diarrhea & if the mouth is chronically dry - assume constipation.



The upper lip coordinates with the stomach, small intestine, & shows the strength of the appetite. The bottom lip coordinates with the large intestine, colon, & shows the strength of food assimilation.

Tight, narrow lips indicate that too much red meat is being consumed. Tightness in just the upper lip indicates that nutrient assimilation is hampered. This characteristic is often seen in the elderly. If the upper lip is well defined (where the lip meets the skin) this indicates that the stomach is strong. If this area is obscured & not as defined, take this as a sign that the stomach is weak & needs extra protection.

Sometimes you will see white patches on the bottom of the upper lip. This tells you that there is a lack of circulation in the small intestine. If the patches are dark red or purplish in color, this indicates serious blood stagnation. Take this as a red flag that you should change the diet & exercise, especially the mid-section.

Of course, the bottom lip should be full & well-shaped, too. A person with a bottom lip that appears “swollen” indicates chronic bowel problems. Red or brown dots on the bottom lip indicate ulcers or hemorrhoids.

The state of health of the duodenum (*first section of the small intestine*) can be seen in the corners of the mouth. Sores that occur in the corner of the mouth suggest too much fat in the diet. If fat builds up in the duodenum, the liver & gall bladder secretes greater quantities of bile acids. Bile acid breaks down fat. However, too much bile acid creates a harsh & toxic intestinal environment.

Remember to chew your food! The more you chew, the more saliva is secreted which is essential to good digestion. Also, try not to drink too much while you eat or right after. Drinking washes away saliva.



The teeth also have much to tell. By observing the teeth, you can tell several things like what your mother ate during the nine months she carried you, your upbringing, the diet of our ancestors, & what our diet should be. The teeth also have a connection to the spine.

There are 32 teeth & there are 32 vertebrae. The ability to chew depends on the straightness of the spine. If the spine is crooked, an overbite or an underbite may develop. If the spine is misaligned, chewing can be painful. Tension in the spine is reflected in a clenched jaw or the gritting of the teeth.

All teeth (even adult teeth) are formed during gestation. The adult teeth are present in the upper gums. Made out of minerals such as, Calcium, Magnesium, Phosphorus, & other nutrients, our teeth's strength depends on how the mother took care of herself & what her environment was like, while pregnant.

If the mother's diet is weak, we know that the child's teeth will also be weak. The child will be prone to lots of cavities. If the mother experienced some kind of difficulty during pregnancy, the child's teeth may be crooked. Buck teeth are a sign that the mother ingested a lot of salads & raw vegetables. Teeth that slant back are a sign that much red meat, eggs, chicken & salt were consumed during pregnancy. Cavities that show up late in life are a sign that dental hygiene was not a priority in early childhood years.

With that being said, a child has influence over his own set of teeth. This influence will come from mostly what the child eats. Yin foods, such as sugary sweets, & acidic foods are generally craved if he has a traumatic &/or chaotic childhood. These types of food bring comfort & tend to compensate for the pain the child feels on the outside. However, these foods generally do not support good, strong, healthy teeth. This scenario is also true for the pregnant woman. If her pregnancy is filled with angst & turmoil, the mom-to-be will also be drawn to comfort foods, which in-turn influences her child's teeth.

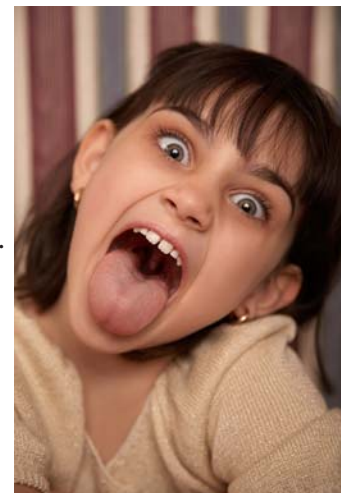
Persons who consume large amounts of meat have higher levels of ammonia throughout their body, in their blood & tissues. Ammonia is a destructive toxin to the body. On a basic level, ammonia causes body odor & on a more intense level, ammonia can cause deformed cells, including DNA.

A healthy tongue should be clean & clear, with no coating. It should not shake or tremble when extended from the mouth. The dexterity of the tongue is related to the health of the heart. The tip of the tongue coordinates with the state of our current thinking. Furthermore, the middle of the tongue corresponds with the body's digestive & respiratory systems.

If the tongue seems to be covered in a "white film," then this tells you two things. He is either eating too much fat, cholesterol, dairy products & baked goods, &/or he is overeating. A thick layer of white film says immediately that there is stagnation in the digestive track & that the intestines are unable to eliminate completely.

Red dots along the front edge of the tongue are little red flags that suggest that the person has been under a higher degree of stress, tension, &/or fear. These dots indicate that the brain & nervous system have been or are being overworked.

If the tongue is dark in color, this means that the kidneys are malfunctioning. A yellow tongue is a sign that there is too much bile in the bloodstream. A tongue that develops canker sores indicates that either the spleen or stomach is experiencing difficulties, probably brought on by the consumption of too many acidic foods.



In India, local pharmacies sell "tongue scrapers." Tongue scrapers are used to scrape accumulated waste off the top of the tongue, which also enables a person to get a better taste & appreciation of the cuisine.



Bill's Back Page

"My Page ~ My Domain"

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THE WHOLE MONTH OF JANUARY!**

NC665 **NutriPlenish Alert ~ 180 Tablets**

*Supports Mental Alertness**

The brain is no different than the rest of your body. Properly supporting your brain through diet & nutritional supplements is one way to promote healthy brain function throughout your life. It needs the right balance of nutrients in order to keep you sharp, alert, & to have clear thought processes.

Proprietary Blend:

Greet Tea Extract	Promotes Healthy Aging*
Kelp Extract 4:1	Supports Healthy Cellular Function*
Potassium	Promotes Mental Concentration & Focus*
Schisandra Berry	Supports Healthy Sense Of Well-Being*
Eleuthero	Supports The Body During Times Of Stress*
Velvet Bean	Supports Healthy Brain Activity*
Japanese Honeysuckle	Supports Clear Thought Processes*

NC587 **Vibrzyme 5mg ~ 100 Tablets**

*Supports Healthy Joints**

Serratiopeptidase is a protein enzyme & has been used as a dietary supplement in Japan & Europe for almost 40 years. This enzyme breaks down proteins into simpler compounds. Protein deposits, known as fibrin, can often cause the body pain & discomfort.

Serratiopeptidase supports healthy circulation , healthy joints, muscles, tendons, & cartilage.

Vibrzyme 5mg compliments Vibrzyme Complex. Take both together to support a healthy you!

**These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. References available upon request.*