

Face, Tongue & Nail

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**The Information contained in this course
is for
Informational purposes only. It is not
meant to cure, treat or diagnose any
disease.**

**The information contained here does not
replace the care of your licensed
medical practitioner**

A little about me...

- Chief Health & Growth Officer at GetHealthy.store
- B.S. Degree in Exercise and Sports Science; Minor in Nutrition Science
- Naturopathic Doctor
- Certified Natural Health Professional
- Level 2 Digestive Specialist with Food Enzyme Institute
- 25 years experience in the health and wellness field
- Mom, wife and Jesus lover!

WHY FTN?

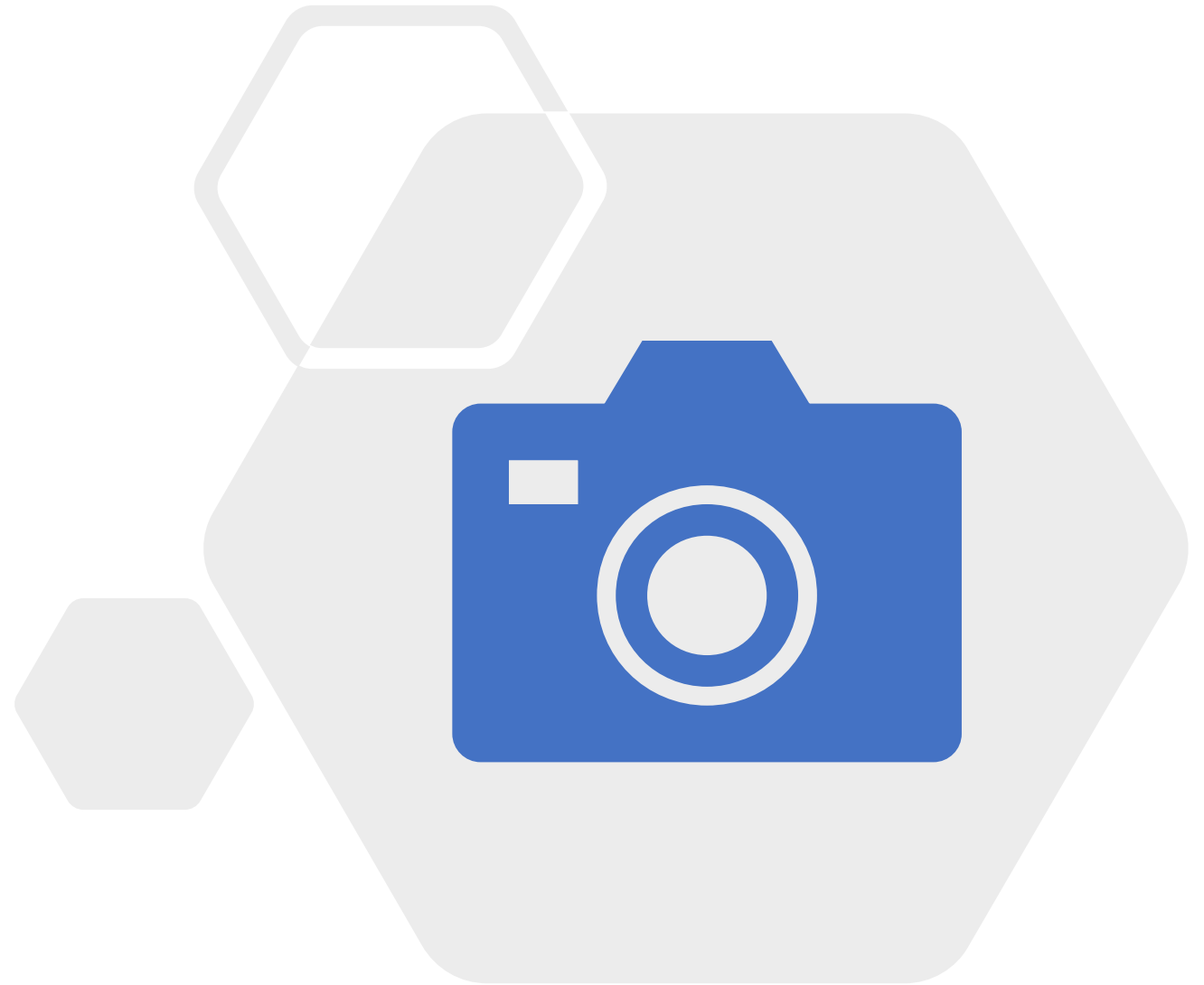
- Dates back 3000 years. Traditionally used in Chinese Medicine and other forms of natural health
- Historically used to detect toxicity, emotional imbalances, deficiencies and personality types/characteristics
- Faults in your physical appearance can be indicative of certain problems within the body
 - Physical discernment

How I use FTN

- I use Face, Tongue and Nail Analysis as part of a triangulation method when working with clients
- Compliments or confirms other testing
- FTN is an easy way to help someone by simply looking at them
- GREAT for remote sessions
- Great way to gain clients (marketing)
- FTN analysis cannot detect disease or sickness
- Can determine alignment with a client quickly

SELFIE TIME!

- Take a picture of your face OR
- Instructing your clients to take a selfie for a remote session
- NO BIG CHEESY SMILES
- Get in some light or turn on your FLASH!
- Use a mirror when assessing if you do not want to take a picture
- We are not sharing or posting here so get a good clear picture revealing all of the cracks and spots!



SAY AHHHH!

1

Now take a picture of your tongue or look at your tongue in the mirror

2

Open your mouth very wide and stick out the tongue as far as you are able...keeping it flat

3

Turn the flash on your camera so you can get a clear shot all the way to the back.

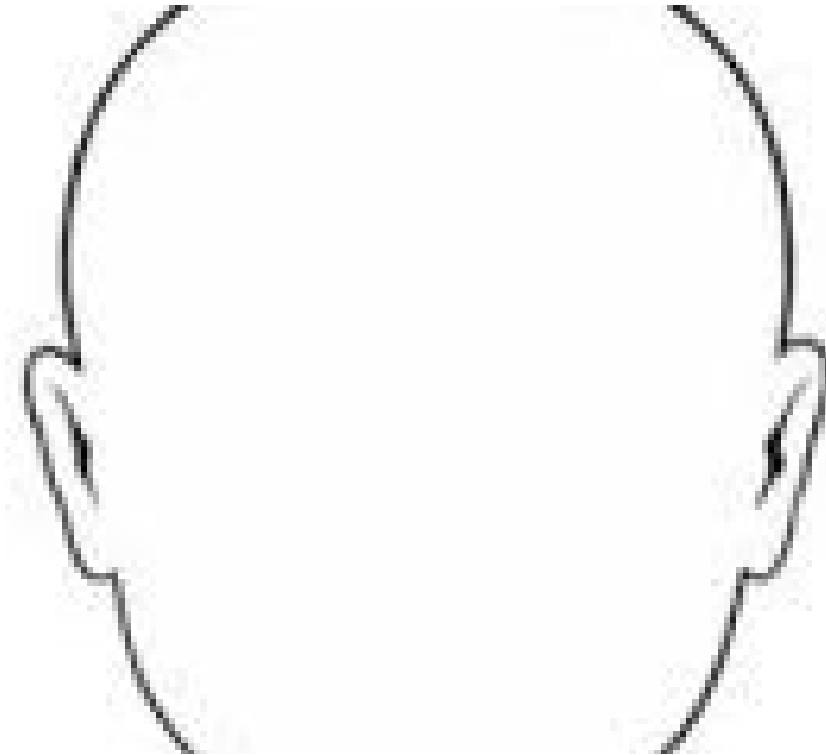


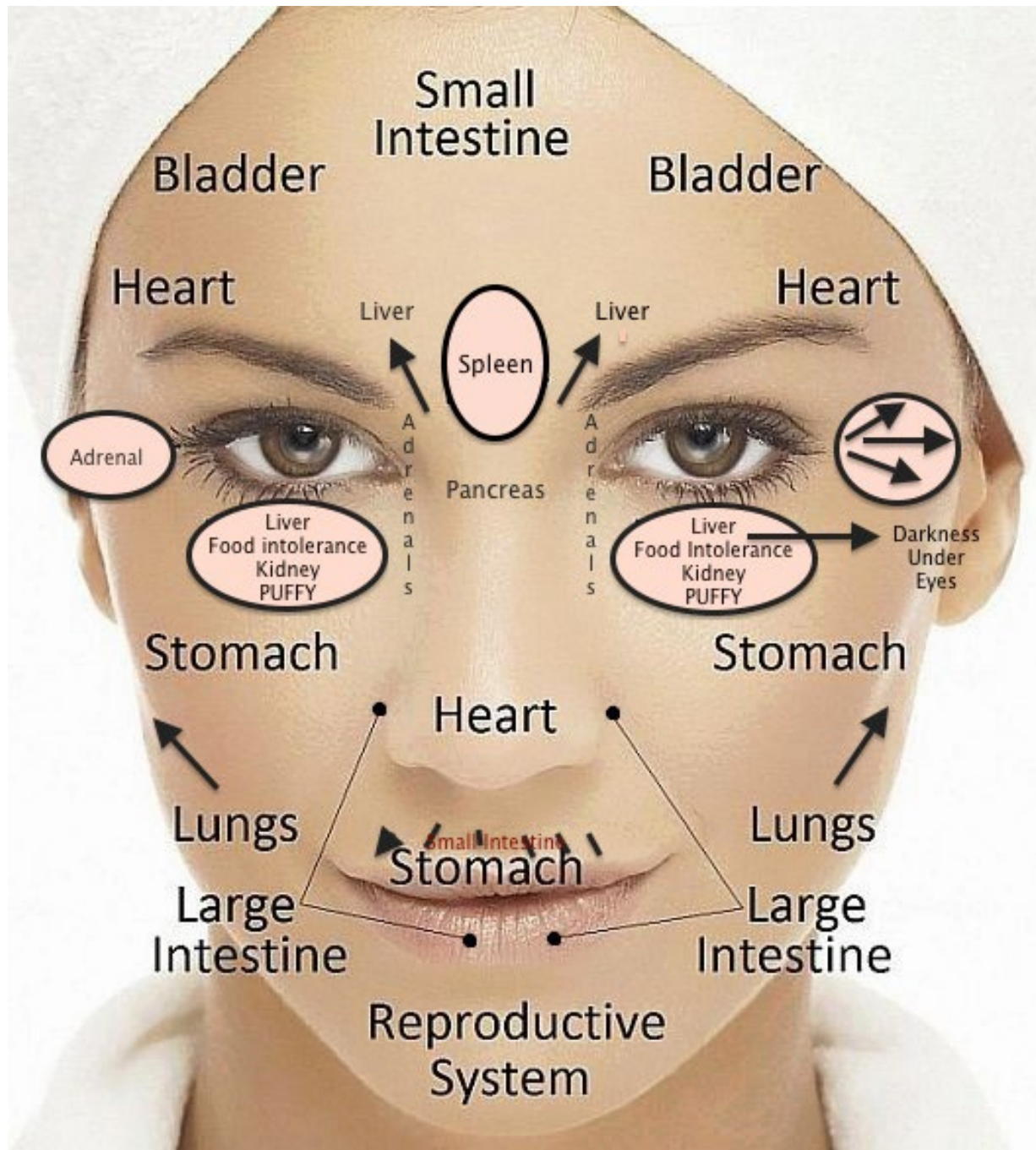
NAIL TIME

- Take a picture of your nails by turning your fingers towards you
- You can zoom in on each nail after you take the picture
- You can simply take a picture of your dominant hand so you can write, and use the picture as reference and comparison to the non-dominant hand

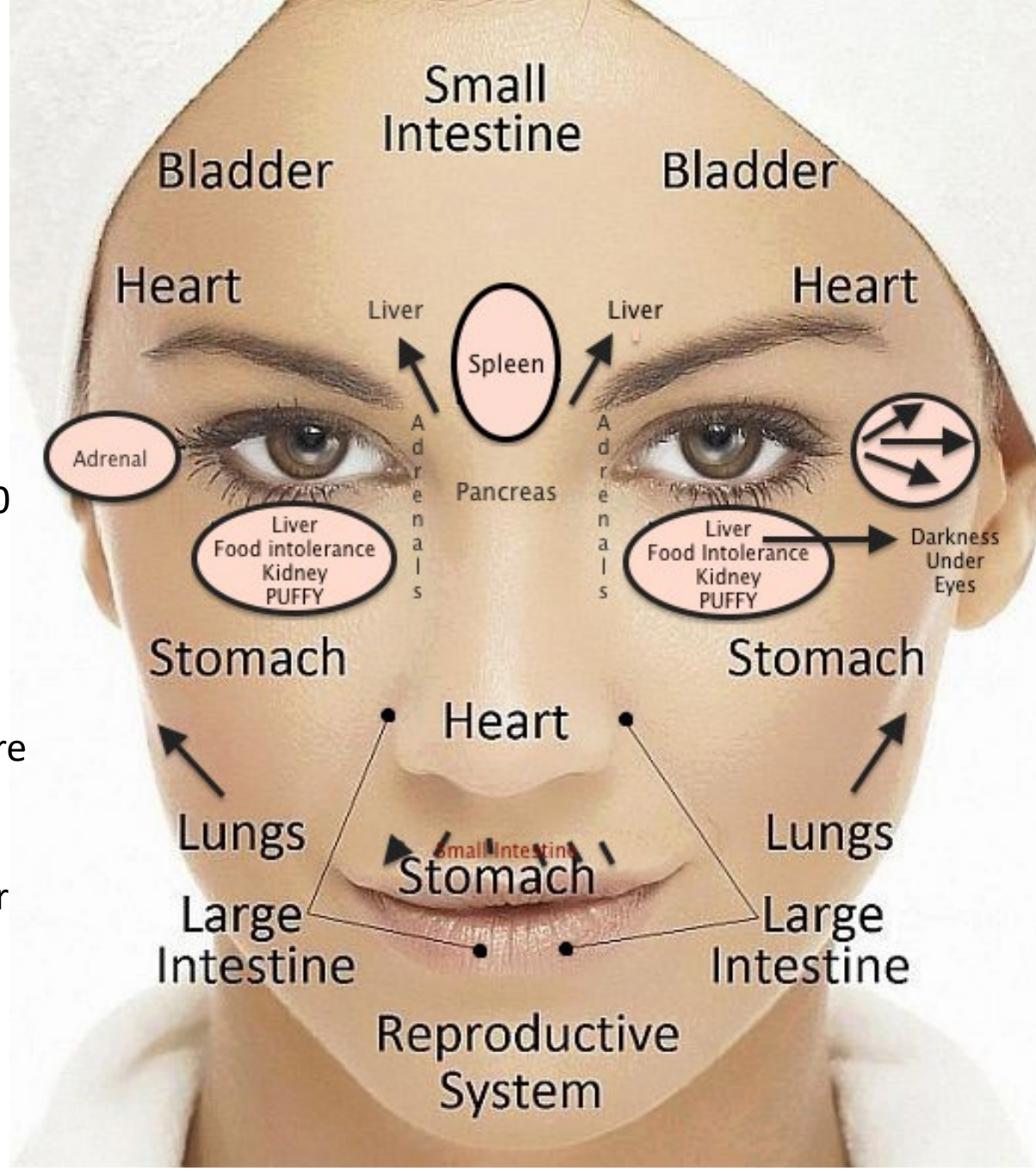
Let's talk about the face

- **What I look for:**
 - **Shape of face/proportion**
 - **Shape of eyebrows**
 - **Shape of forehead**
 - **Wrinkles**
 - **Spots or discoloration**
 - **Acne**
 - **Lips-cracks, cold sores**
 - **Blotching**
 - **Dryness**
 - **Capillary damage**
 - **Corners of the mouth**
 - **Thickness of the lips**





- Bladder:
 - UT Cleanse
 - K&B Tincture
 - HA Plus Powder
- Heart:
 - PowerCoQ10
 - PowerCoQ10 600
 - CircuCore
- Liver:
 - LivClear I, II
 - LivComplete
 - Liver/Gall Tincture
 - Mag Complete
- Kidney:
 - Kidney & Bladder Tincture
- Stomach:
 - GI Complete
 - Betazyme



- Large Intestine:
 - Frontier Cleanse,
 - Super Biotics
- Reproductive:
 - Estrocleanse
 - Endocrine Tincture
- Thyroid: Lines on neck:
 - ThyroComplete
 - Iodine Plus
- Spleen:
 - Vitamin D
 - ImmunoMax
 - ImmuneBoost
- Small Intestine:
 - Cybzyme/Frontier Biotics

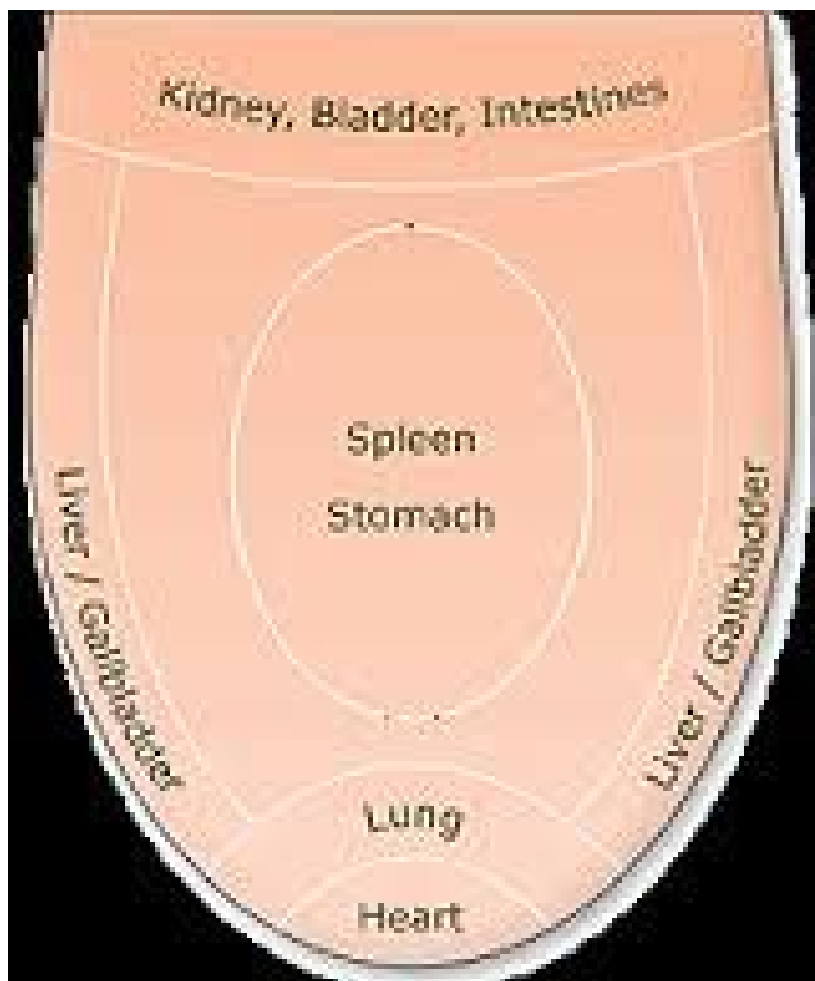


Tongue Reading

- Integral part of helping practitioner determine organs and systems that need to be cleansed
- Allows practitioners to see “stress” in the body
- Nutrient needs can be addressed with tongue reading
- Digestive issues can be indicated in the tongue reading
- Epithelial tissue so you can see positive changes in the body in three days.

Tongue Reading

- What I look for:
 - Heavy center line: how long is it (covering front to back)
 - Coating of any kind: white, yellow, greenish or black
 - Teeth marks on side of the tongue
 - Red dots
 - Geographical tongue
 - Basic underlying color of the tongue-pink, white, hot red
 - Sides of the tongue: color etc.
 - I ask about mouth ulcers or gum disease (gut health)
 - Does the tongue shake when sticking it out?



Tongue Map



Geographic Tongue: Dysbiosis/Candida: Candikill, SBC, GI Complete, IgG

Hot Red Tongue: Methyl B12/Active B12 Folate

Purple tongue: Stagnation of blood flow: CircuCore, DMG

Yellow tongue: LivClear I, II, LivComplete

Deficiency

Solution:

Iron – EZ IRON

Low HCL - Betazyme

Dehydration



Digestion and more!

Spleen or
stomach

Solutions:

Vit D/Cybzyme

Lung – NAC

Heart - CircuCore



White
but not a
coating

Anemia
Solution:
EZ Iron
Methyl B-12



Red dots (kids) & White B12 Deficiency

Solution:
Active B12 Folate

*Note: red dots in women
may indicate hormonal
imbalance: Estrocleanse &
Endocrine Tincture,
Fertility



Nail Reading

- What I look for:
 - Lunulas (moons)-on every finger. Should NOT be on pinky
 - Vertical white lines
 - Vertical raised lines
 - Scooping of the nails
 - Color of the nail beds
 - Horizontal ridges or dents and where they are from the back to the front of the nail
 - Overall base color (white, red, purple etc.)
 - White dots
 - Cracking or peeling
 - Red or white horizontal bands of color

Heavy
band of
color/
Vertical
Lines

Liver
Congestion:

Solution:
Mag Complete
LivClearII
Liver/Gall Tincture



Need for
Oxygen-
Base
color

Solution:
EnerDMG
CircuCore



Pitting

Candida
Overgrowth

Solution:
CandiKill
SBC or Superbiotics



Redness at cuticle

Parasites

Solution:

Paracleanse

Microgone Tincture

GI Complete



Nail Bends Down

Assimilation and mineral
need/Fat assimilation

Solution:

Frontier Minerals

Omega 3 Liquid 2800



This is a
moon



NO MOONS

Thyroid issue and
low circulation

Solution:
ThyroComplete or
Iodine Plus
Adrenamax



Yellow Nails

Liver Support

Solution:
LivClear, II, LivComplete





Clubbing

Lung
Dysfunction

Solution:
EnerDMG
NAC

White Dots

Mineral
Deficiency

Solution:
Frontier Minerals
Zinc Lozenge or
Super Zinc-50



Scooping

Low Enzymatic
Production

Poor Protein
Assimilation

Solution:
Cybzyme or
Betazyme
SuperShake or Best
Whey



STRESS!!!

Solution:

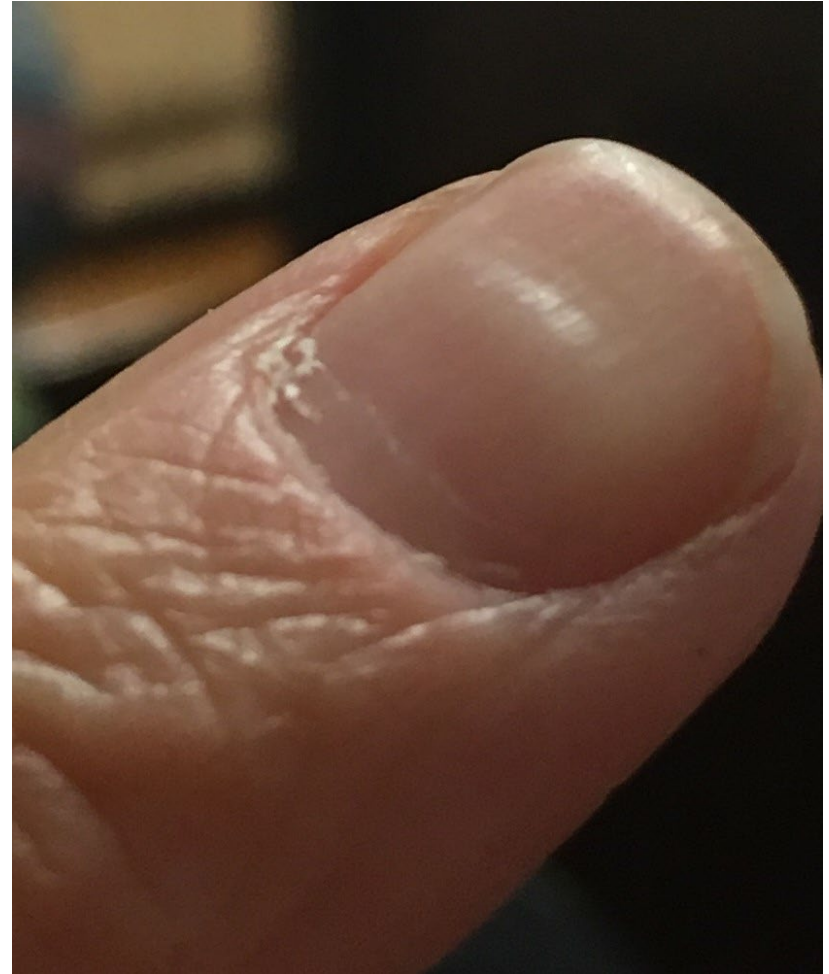
Calm Day

Sleep Time

Adrenamax

Super B Complete

Full Spectrum Hemp Extract



Pulling it all Together

- **Did you notice anything presenting itself on all three areas? For example, did you have a heavy liver band on your nails, liver lines between the eyebrows and a heavy coating on the tongue in the liver area?**
- **Did you have a heavy line down the center of the tongue, white vertical lines on the nails and redness on the cheeks, or acne indicating the digestive system needs some help?**
- **What about nail fungus or yellow color to your nails, a heavy coating on your tongue and perhaps acne on the forehead/cheeks or chin?**

Pulling it all
together

- **Do you have stress bumps on your nails? Can you remember something stressful or sickness at that time in your life? Do you have adrenal lines at corners of the eyes (crow's feet) or adrenal darkness at inner eye corners? Does your tongue shake when you stick it out?**
- **Cracked/chapped lips or cold sores? Crack on the tongue in the spleen area? White base color of nails or no moons? Do you have a vertical spleen line in between your eyebrows?**



Emotions of
the Face,
Tongue and
Nails

Emotions can run deep

- As we approach this section, please know this modality can 'expose' deep feelings and emotions
- Please be patient, kind and understanding
- Please keep the information confidential
- Crying is acceptable and you are in a judge-free zone



Mouth

- Personality and emotional nature
- Prominent mouths- great speaker and motivators
- Fuller lips- passion about what they say – say what they mean and mean what they say
- Rose red and moist – sexuality
- Colorless lips- lack of energy and low gift of communication



Face Reading (Physiognomy): Smiles & Teeth

Smiles

A. natural smile



B. gums showing



C. stretched tight smile



D. pursed or kissy lips



E. crooked smile



Amazing Face Reading by Mac Fulfer, J.D.

Teeth

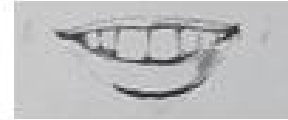
F. even teeth



G. gap between front teeth



H. big front teeth



I. crooked teeth



J. buck teeth

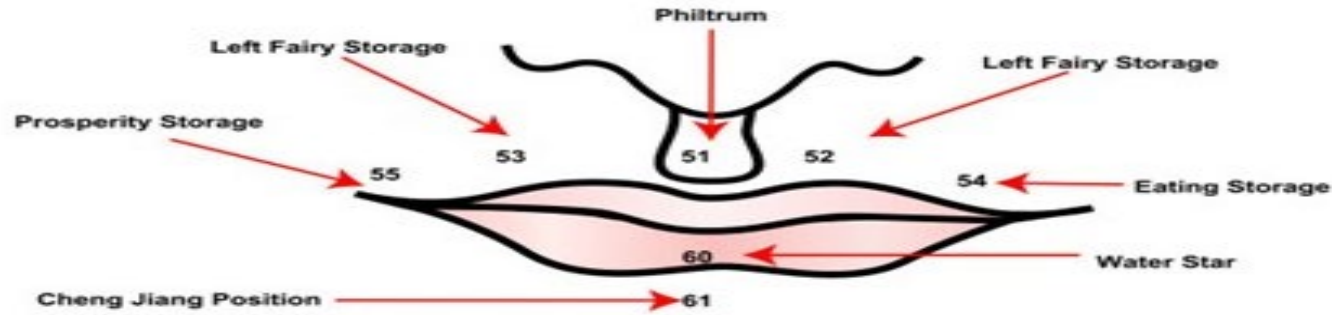


SpiritualSeeker.tumblr.com

Mouth

- Corners of the mouth –
- up optimistic
- down pessimistic or discontented
 - These people are demanding and hardly ever satisfied
- Parted lips- openness to anything and everything
- Fuller lips- passion about what they say – say what they mean and mean what they say

Joey Yap's
Face Reading
Reference Charts:
MOUTH



Wide Mouth

Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



Small Mouth

Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



Upper Lips Thick / Protruding

Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



Lower Lips Thick / Protruding

Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



Thick Lips

This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



Square Mouth

Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



Round Mouth

Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



Reverse Boat Mouth

Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



Pearl in the Sea

The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



Smiling Mouth

Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.



Crooked Lips

May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.




Lined Mouth

The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.


Ears and Lobes

- Ability and life possibilities
- Represent the kidneys or fetus in a womb
- Large size, even shape and long earlobes positioned close to the head all indicate how a child was nourished as a child
- Size
- Color
- Level with eyes
- Lobes
 - Attached vs. Unattached

EARS




Flat Ears




- Good Natured
- -Family oriented complacency

Thick Earlobes




- Good Fortune
- Good Relationship

Wider In-circle Ears



- Good Administrator
- Comprehensive

Small In-circle ears



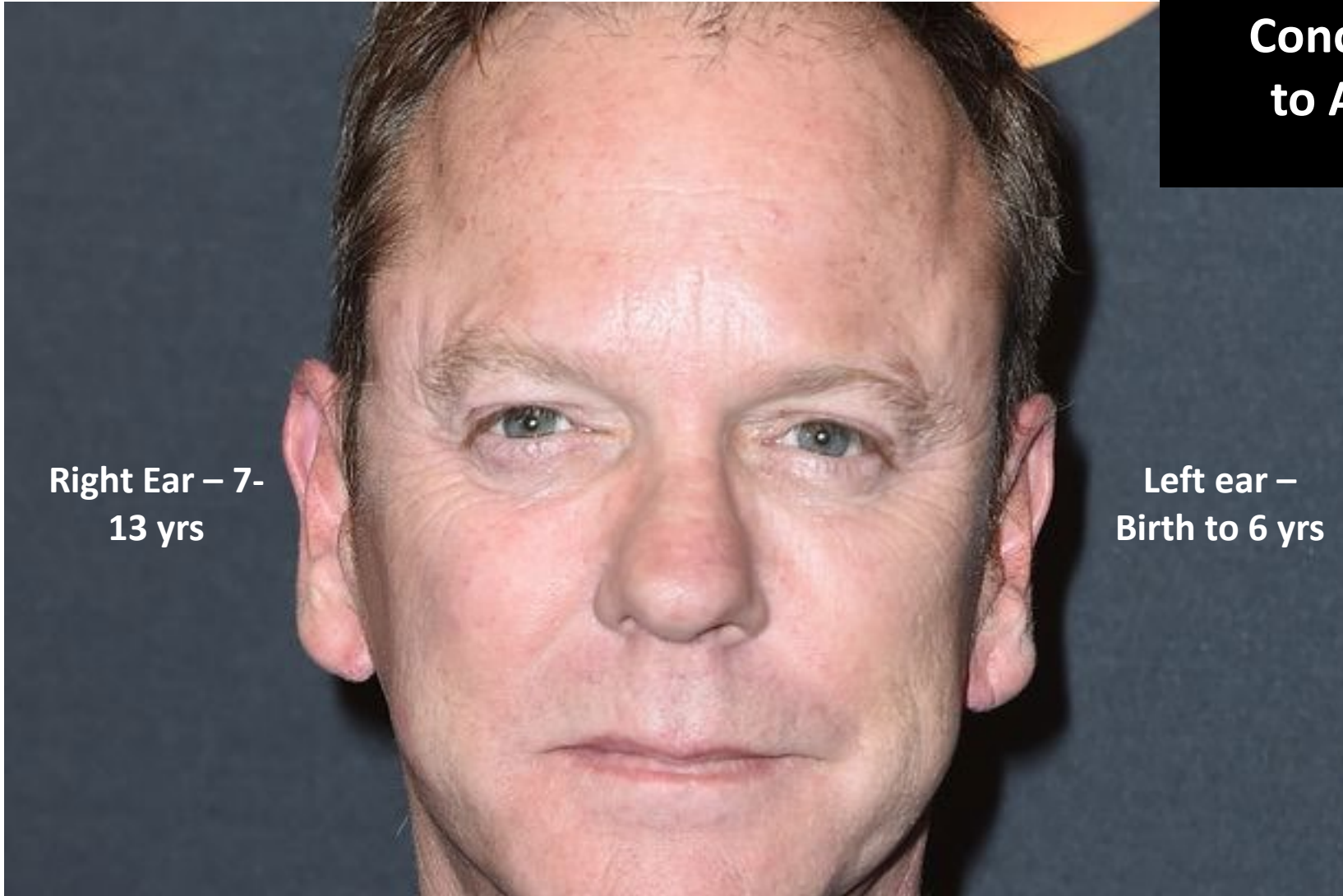
- Co-operative

Ears and Lobes

**Ears Represent
Years from
Conception
to Age 13**

**Right Ear – 7-
13 yrs**

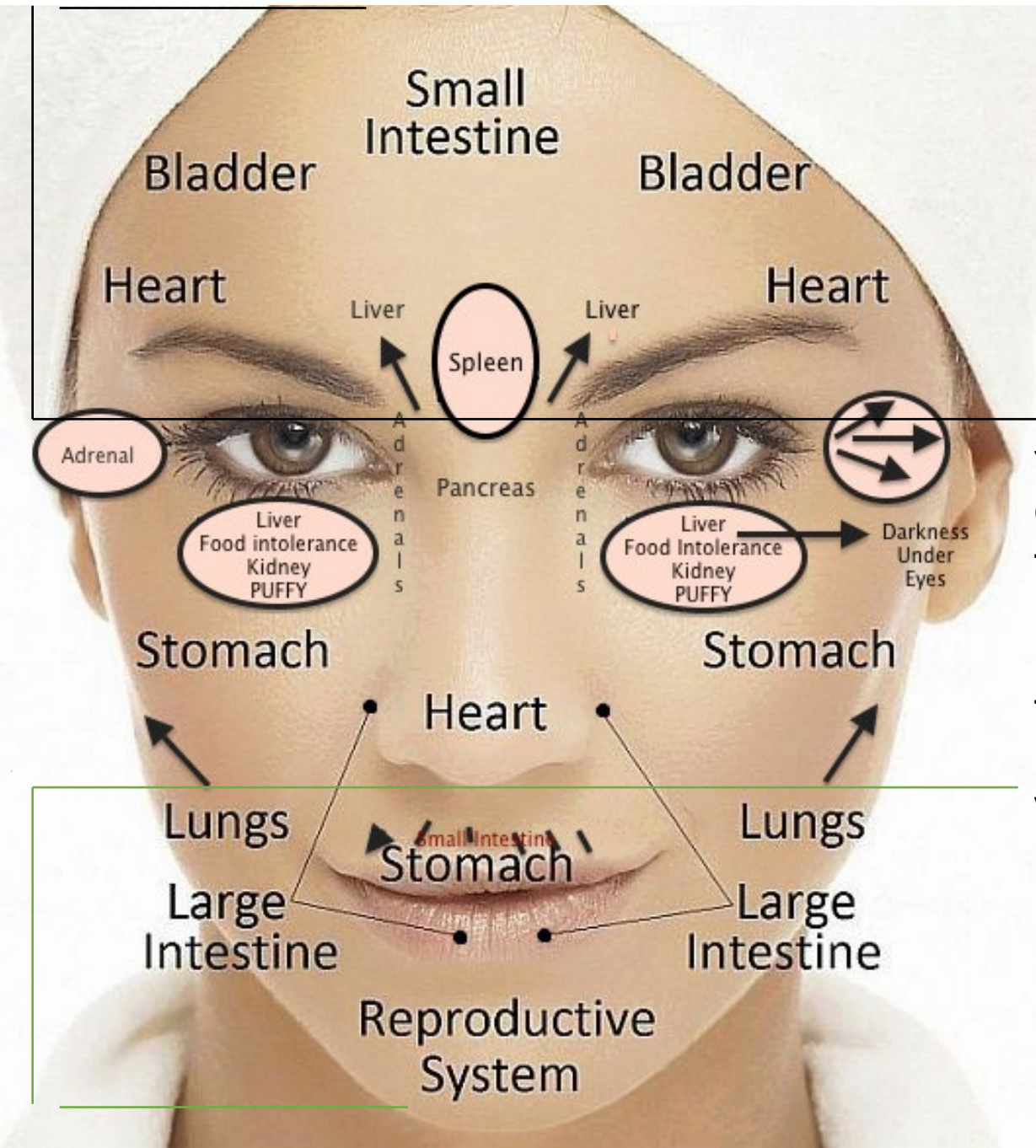
**Left ear –
Birth to 6 yrs**



**Early age
14-30 years**

**Middle Age
31 -50 years**

**Later Years
Over 50 years**



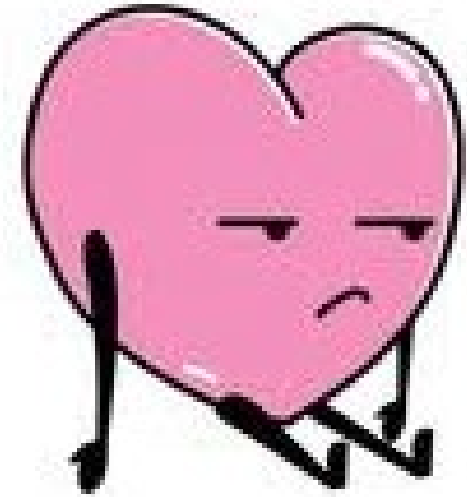
**Ears Represent
Years from
Conception
to Age 13**

**Left Ear – Birth
to 6 yrs
Right Ear – 7-13
yrs**

The Body Speaks

Organs and associated emotions:

- Brain – Stubborn, refusing to change old patterns
- Throat/thyroid – Expression (too little or too much)
- Heart – Feelings of unloved or heartbreak
- Lungs - Grief
- Kidneys -Fear
- Stomach - Intolerance
- Colon – Stuck
- Bladder – Irritated



Every Organ has an Emotion!

Every organ in our body is associated to a specific emotion. As we cleanse our physical body it is important to know that the emotional body will cleanse too.



What do you see?

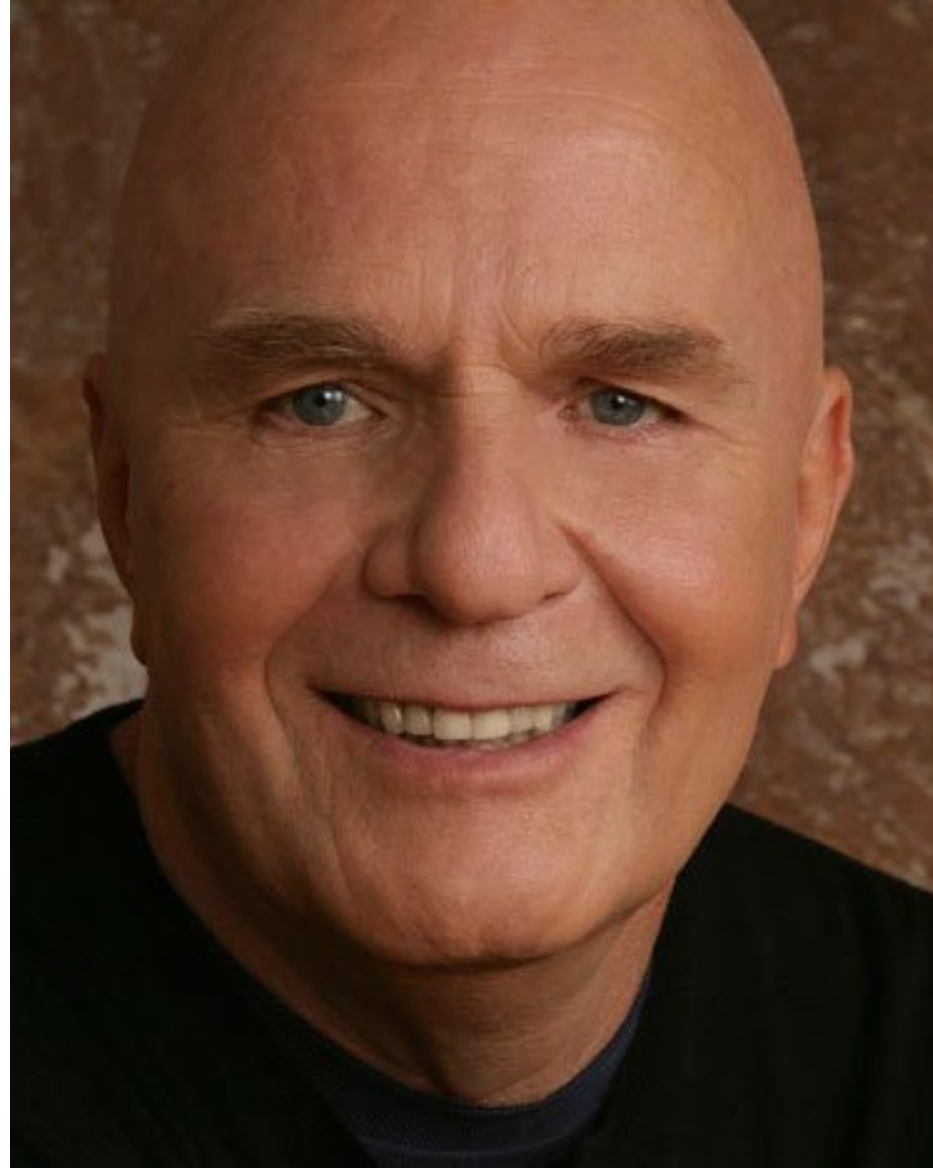
What do you
see?





What do you
see?

What do you
see?



What do you
see?





Non-Verbal Communication

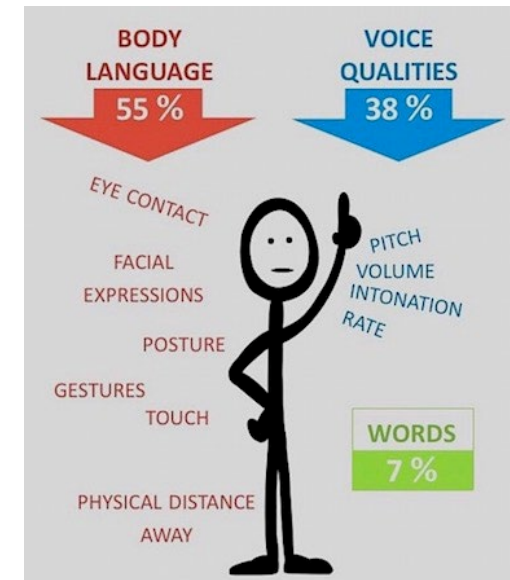
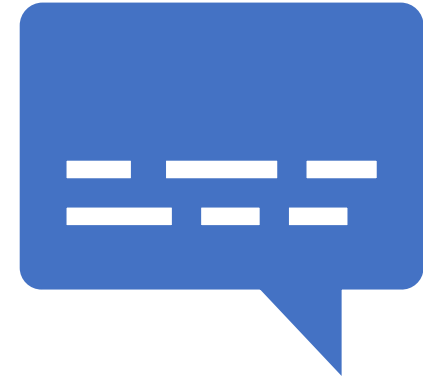
- **Repetition:** It repeats and often strengthens the message you're making verbally.
- **Contradiction:** It can contradict the message you're trying to convey, thus indicating to your listener that you may not be telling the truth.
- **Substitution:** It can substitute for a verbal message. For example, your facial expression often conveys a far more vivid message than words ever can.
- **Complementing:** It may add to or complement your verbal message. As a boss, if you pat an employee on the back in addition to giving praise, it can increase the impact of your message.
- **Accenting:** It may accent or underline a verbal message. Pounding the table, for example, can underline the importance of your message.
- *Source: The Importance of Effective Communication, Edward G. Wertheim, Ph.D.*

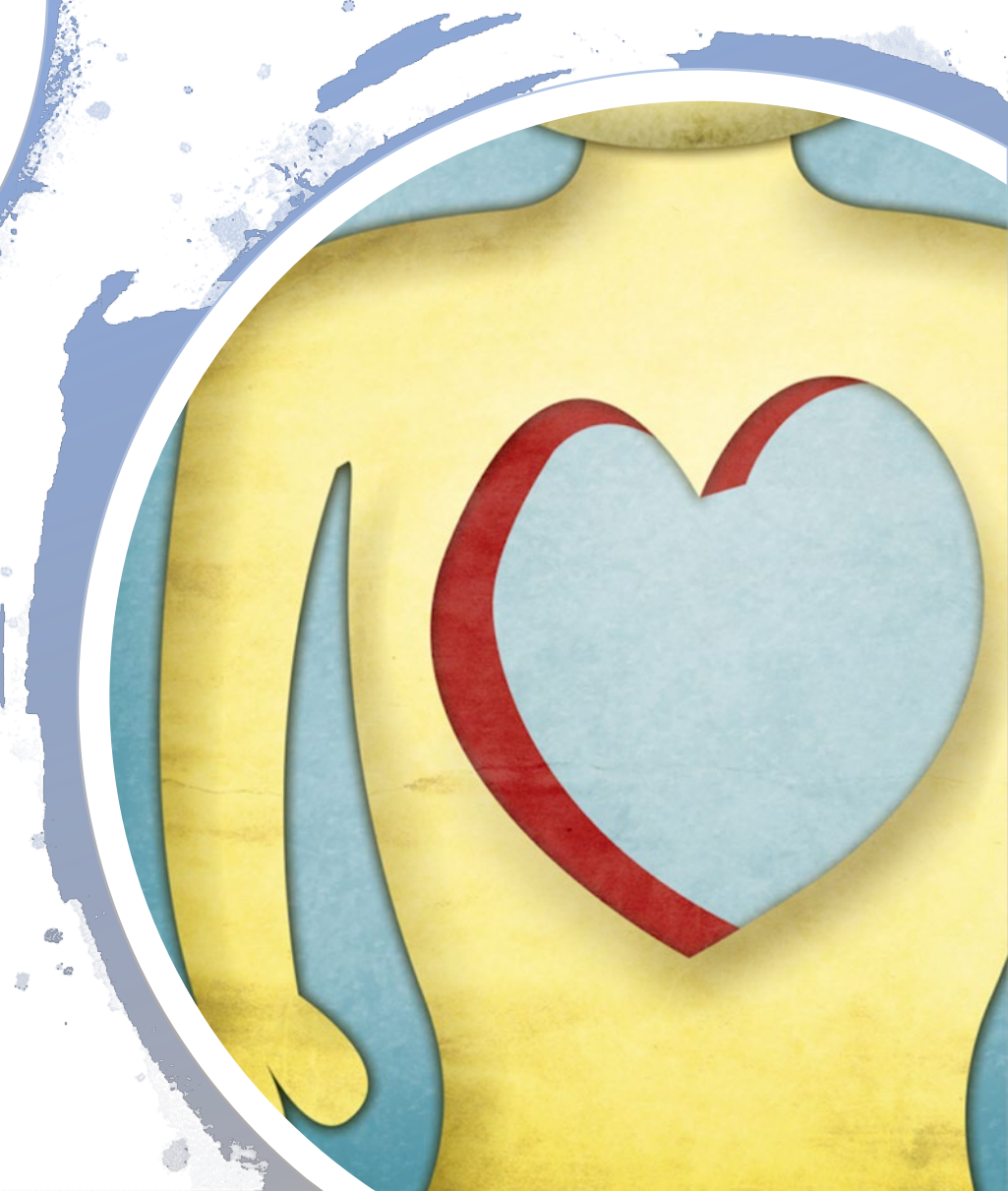
Alignment with clients:

- **Decoding** is your ability to read people's cues. It is how you interpret hidden emotions, information and personality from someone's nonverbal.
- **Encoding** is your ability to send cues to other people. This is how you control your personal branding, what **first impression** you give and how you make people feel when they are with you.

Watch and listen!

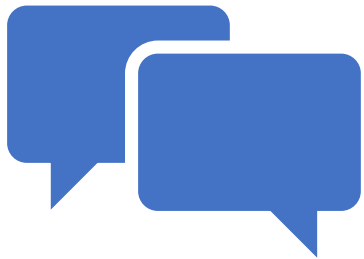
Be confident but not threatening. Know thyself!





“I Think...” vs. “I Feel...”
Auditory Cues!

Body Language Cues



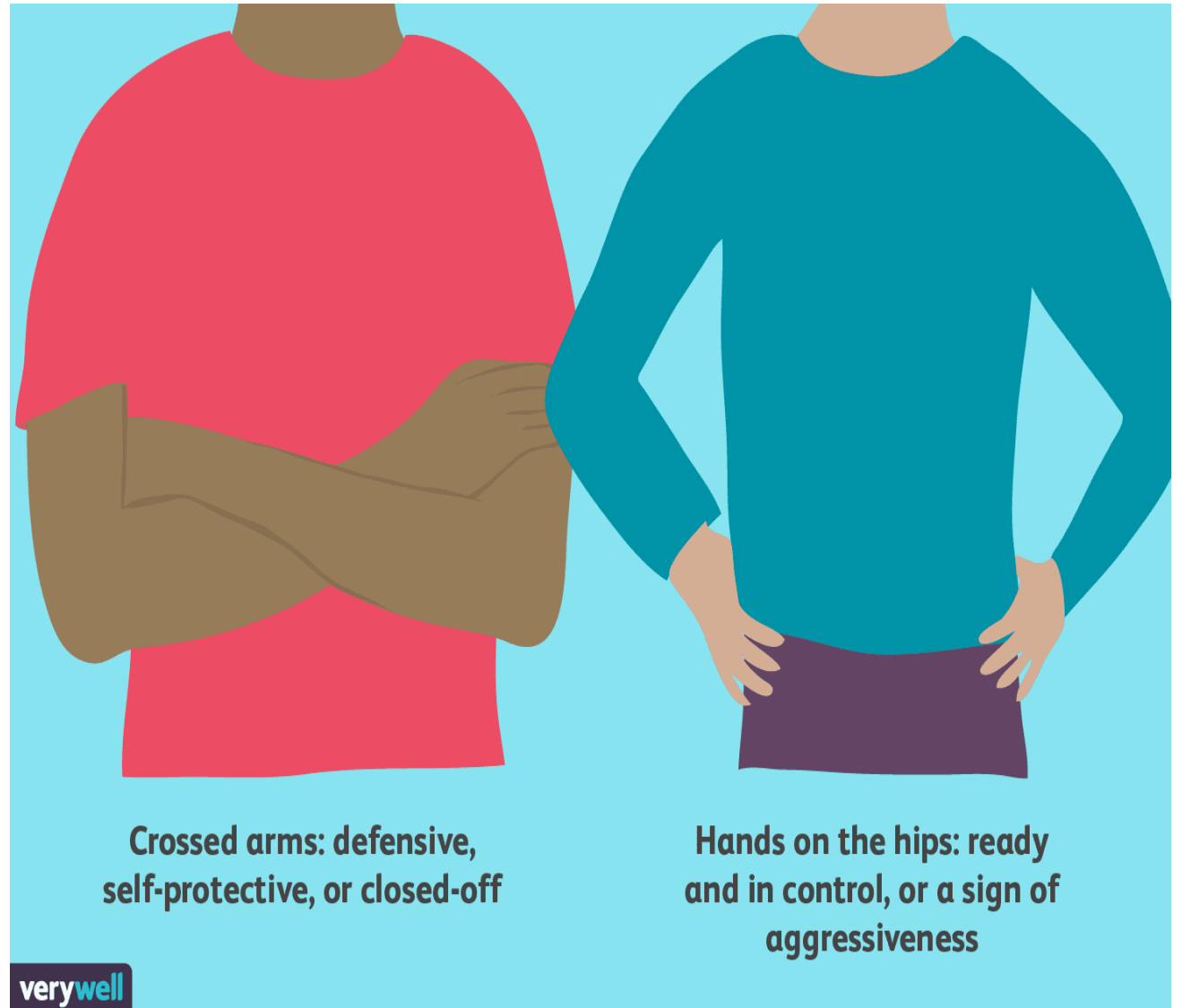
- Understanding body language can go a long way toward helping you better communicate with others and interpreting what others might be trying to convey.

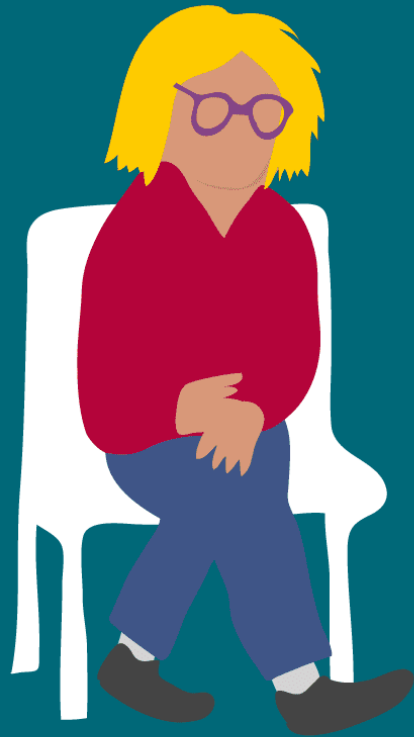
- **Posture** refers to how we hold our bodies as well as the overall physical form of an individual.

- Sitting up straight: Paying attention
- Slouching: bored

- **Open posture** involves keeping the trunk of the body open; indicates friendliness, openness, and willingness.¹¹

- **Closed posture** involves hiding the trunk; keeping the arms and legs crossed. Can be an indicator of hostility, unfriendliness, and anxiety.





Closed Posture
Can indicate hostility,
unfriendliness, and anxiety



Open Posture
May indicate friendliness,
openness, and willingness

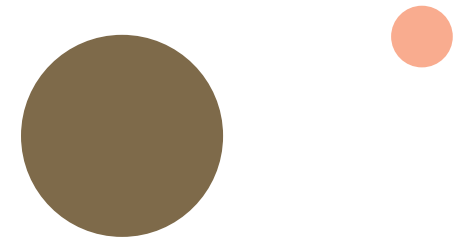
verywell

Body
Language
Cues

- When a person looks directly into your eyes while having a conversation, it indicates that they are interested and paying attention. However, prolonged eye contact can feel threatening.
- On the other hand, breaking eye contact and frequently looking away might indicate that the person is distracted, uncomfortable, or trying to conceal his or her real feelings.
- Looking Down: Doubt, embarrassed or overwhelmed; searching for answer or words
- Deer in the headlights look!



Eye Contact





The Smile

- Watch for genuine smiles. Anyone can force a fake smile to hide negative feelings, but luckily there's a way to spot if a person is truly happy when smiling:
- A real smile will crinkle the skin in the corner of their eyes, creating a crow's feet pattern. If you're able to spot this, you'll know the other person is enjoying talking with you.
- Nervous Smile
- Malicious Smile
- Mischievous smile
- Smile of Relief or Hope

When evaluating body language, pay attention to the following mouth and lip signals:

- Mouth expressions and movements can also be essential in reading body language. For example, chewing on the bottom lip may indicate that the individual is experiencing feelings of worry, fear, or insecurity.
- Covering the mouth may be an effort to be polite if the person is yawning or coughing, but it may also be an attempt to cover up a frown of disapproval.
- Smiling is perhaps one of the greatest body language signals, but smiles can also be interpreted in many ways.



When evaluating body language, pay attention to the following mouth and lip signals:

- **Pursed lips.** Tightening the lips might be an indicator of distaste, disapproval, or distrust.
- **Lip biting.** People sometimes bite their lips when they are worried, anxious, or stressed.
- **Covering the mouth.** When people want to hide an emotional reaction, they might cover their mouths in order to avoid displaying smiles or smirks.
- **Turned up or down.** Slight changes in the mouth can also be subtle indicators of what a person is feeling. When the mouth is slightly turned up, it might mean that the person is feeling happy or optimistic. On the other hand, a slightly down-turned mouth can be an indicator of sadness, disapproval, or even an outright grimace.



Touch

Touch. We communicate a great deal through touch. Think about the very different messages given by a weak handshake, a warm bear hug, a patronizing pat on the head, or a controlling grip on the arm, for example.





Gestures

Gestures. Gestures are woven into the fabric of our daily lives. You may wave, point, beckon, or use your hands when arguing or speaking animatedly, often expressing yourself with gestures without thinking.

Tone and inflection...

- **Voice.** It's not just what you say, it's *how* you say it. When you speak, other people “read” your voice in addition to listening to your words. Things they pay attention to include your timing and pace, how loud you speak, your tone and inflection, and sounds that convey understanding, such as “ahh” and “uh-huh.” Think about how your tone of voice can indicate sarcasm, anger, affection, or confidence.
- **Texting** loses inflection!



Thank you for
attending

