



# Mirror Of Health:Tongue Diagnosis In Chinese Medicine

By Fei Zhao-fu, Gu Yi-di

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One of the main diagnostic instruments in the hand of the practitioner of Chinese medicine is tongue diagnosis. The tongue is a like a mirror, reflecting the microcosm that is our body, and the knowledgeable practitioner can choose successful treatment strategies by looking at her patient's tongue. The primary section uses clear color photographs to illustrate 34 tongue conditions, in conjunction with a detailed description; diagnosis and treatment and patient guidelines for lifestyle approaches to improved health. The following section is a collection of patient history case studies, accompanied by dramatically different before-and-after photographs. The appendices are a wealth of material, and include comparative graphs of syndromes, tongue signs and the medicinal which are indicated as well as those not indicated for such conditions, as well as a reference sheet of formula ingredients.

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