

The Tongue Never Lies



**Secrets Your Tongue Can Reveal
About the State of Your Health
(Includes Detoxification Diet and Liver Flush)**

By

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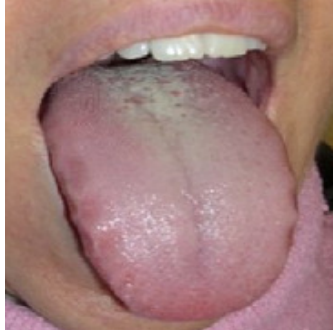
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The following photographs of tongues are from different people that Dr. Zeines believes are “out of balance”. Dr. Zeines suggests that the thicker the coating, the greater the imbalance. What does your tongue look like?



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4



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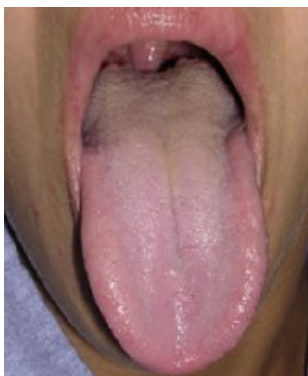
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Here's a simple chart that highlights various tongue appearances and can give you an idea of what you might be seeing.¹

Tongue Appearance	Indicative of
Yellowish or yellow-green	Liver or gallbladder imbalances.
Also possibly indicative of stomach and spleen imbalances due to poor digestive function. If the yellow begins changing to green, this may indicate liver imbalances could be indicated.	
Gray or brownish-gray	Stomach or intestinal imbalances.
According to Chinese Medicine, people with this color tongue usually have longer-lasting colds and/or liver or spleen imbalances.	
White	Body releasing toxins.
Whitish tongues should not be confused with having a white coating. This color may be caused by parasites, anemia, and malnourishment. It could indicate kidney imbalances, unbalanced hormones, or low adrenal function. This lack of color may also be due to a low or weak blood supply, or poor circulation.	

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Vitamin Deficiencies

The color, coating, and cracks on your tongue can tell you whether or not you are getting sufficient vitamins. One example:



Mineral Deficiencies

One possible sign of mineral deficiencies is the outline of the teeth at the side of the tongue.



So Why Does My Tongue Look This Way?

Believe it or not, nearly everyone is nutritionally deficient. It's a sad but true fact that nowadays we're seeing an increase in diseases such as cancer, heart disease, arthritis, chronic fatigue, and periodontal disease. In fact, today these diseases are reaching nearly epidemic proportions.

Why is that? To me, the answer seems obvious. It's because we have gone from being healthy homo sapiens foraging in the forests for natural foods to the pizza and potato chip generation content to park ourselves all night in front of our television sets watching videos or glued to our computers.

In addition, all kinds of pollutants are getting into our food. The additives, alone, that food manufacturers use are enough to kill us. We have also begun to introduce newly invented artificial compounds into our foods that have almost completely unknown consequences for the biochemistry of the liver.

With this combination of poor nutrition, dangerous additives, and environmental poisoning, it's no wonder that doctors' and dentists' offices are jammed with patients. We are a culture that is out of balance, and, I'm afraid to say, things are not getting any better.

My patients often tell me, "But I eat the right foods." I explain to them that even if you have the best diet with no stress in your life and a pollution-free environment, the question still remains: How old is the food you are eating?

The nutrient value of most food can diminish over time. This is only the beginning of what is causing our declining digestive health.

Another problem contributing to our decline in health is poor timing of eating.²

This is due to our not eating in tune to our body's cycles. The body has three different metabolic periods which cycle every 24 hours. Eating in compliance with these cycles will afford better digestion, assimilation, cleansing and maintenance of the cells. The bottom line is that by doing so you will just feel good. One important rule is that breakfast should not be the biggest meal but the smallest!

What are These Three Eight-Hour Cycles?

They are:

Elimination and Maintenance Cycle: From 4 a.m. until noon. The cells of the body are dumping waste products, and manufacturing or repairing cells. That's why avoiding a huge breakfast is important.

Digestive Cycle: From noon until 8 p.m. The body's metabolism is geared to eating for energy.

Assimilation Cycle: From 8 p.m. until 4 a.m. The body is sending nutrients to cells.

Since digestion of foods demands a tremendous amount of energy, it would make sense to eat the biggest meal of the day between noon and 8 p.m. The earlier you do so within this time frame the better. So what time was your dinner last night? And what about tonight? Pay close attention to these cycles and you will be a healthier you!

² Cousens, Gabriel (1992). *Conscious Eating*. Santa Rosa, CA., Vision Books International pp. 101-102."
Finer print again.

Detoxification Cocktail

To help with the detoxification process, we suggest this cocktail every morning for a full two weeks. Follow this cocktail with a glass of water or tea before having breakfast. Start your day with the following, blended together until well-mixed.

- Cold pressed extra virgin olive oil, 2 tablespoons.
- Juice with one large or two small lemons
- Add one or two grapefruits
- One to four garlic cloves
- Dash of cayenne pepper

BODY CLEANSING DIET

Note: Before making any changes to your diet or if you have any medical conditions, you should consult with your primary care provider.

To help your body rid itself of toxins, follow this diet for two weeks. For optimum health, you should do such a cleanse 2-3 times a year. This cleansing process may be intensified by drinking at least 10 glasses of liquid each day.

While on a cleansing or detox diet, you may feel tired or like you have the flu or a bad cold. This is part of the healing process, and not cause for alarm. After a cleanse, it's important to introduce foods slowly.

Follow this diet as closely as you can. If you need to add other foods its OK.

Breakfast - Eat a grapefruit or have a glass of fruit or vegetable juice.

Midmorning- Sprout snack (sprouts with tomatoes, onion, avocado, tamari sauce, olive oil or lemons).

Lunch - Fresh fruit or vegetable salad. Do not mix. Cold-pressed oil, lemons or other citrus fruits or herbs as dressings.

Midafternoon- Sprout snack

Dinner- -- Fruit or vegetable salad and/or baked or steamed vegetables. Try to keep this meal smaller than lunch.

After Dinner-- Fruit or vegetable juice

Getting Healthy With Cleansing Diets and Vitamins

Here are some results from my patients doing our detox program and using supplements after 30 days. Results will vary.

Before

After



**We thank you for participating in our program and wish you much success in developing a healthier you!
ABOUT THE AUTHOR**



Dr. Victor Zeines has been practicing Holistic Dentistry for the past 30 years. He also received his Masters in Nutrition in 1980 and combines dentistry and nutrition in his Woodstock and New York City practices.

Dr. Zeines uses a combination of homeopathy, kinesiology, nutrition and aromatic therapy along with bio-compatible materials in a gentle relaxed atmosphere. Dr. Zeines uses non-surgical techniques for treatment of periodontal problems. His practice has been mercury free for twenty years.

Dr. Zeines is the author of *Healthy Mouth, Healthy Body*. He is also a contributing writer for Rodale's *The Herbal Drugstore* and he makes regular appearances on radio and television.

Dr. Zeines is a national lecturer on the topic of *Healthy Mouth, Health Body*.