

The Facial Map

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This information is based on the Law of the Five Elements and is presented here to assist you in assessing the state of health and level of energy in your clients through facial diagnosis. As you practice studying faces, you will be able to confirm what you discover with your muscle testing skills.

Kidney:

- a. "Bags" under the eyes occur due to an intake or excessive liquids; also, fat accumulates especially when the muscles below the eyes weaken and break down.
- b. Crows-feet are also indicative of excess liquid and alcohol.

Bladder:

- a. Black circles around the eyes or grey skin colour.
- b. Wrinkles or a contracted condition around the mouth address the excessive intake of salt.

Heart:

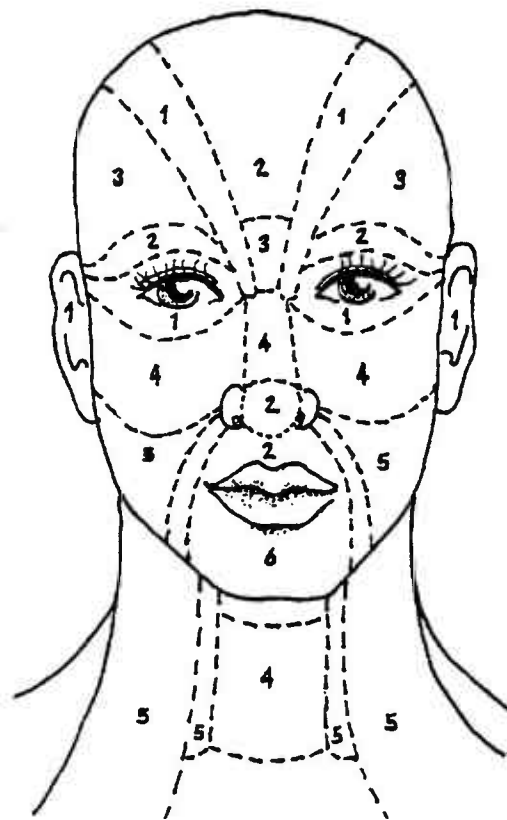
- a. Redness or sometimes a purplish colour of the nose and face may be an indication of a very expanded heart, resulting in high blood pressure. This condition may be caused by an excess of animal food, including fish, and also salt
- b. A slash mark in the ear lobes suggests circulatory disorders due to an excess of animal foods.

Small intestine:

- a. Horizontal lines in the area of the forehead and under the eyes are often caused by stagnation in the intestines. Mucus foods such as dairy products contribute to this condition, as well as saturated fats.
- b. Swelling around eyes ankles, hands, feet and sometimes the knees.

Liver:

- a. Vertical lines between the eyes correspond to an excessive intake of animal foods and salt.
- b. Acne and pimples as well as "saddle bags" on the top outside of the thighs.



1. Kidney/Bladder
2. Heart/Small Intestine
3. Liver/Gall Bladder
4. Stomach/Spleen
5. Lungs/Large Intestine
6. Hormonal Cycle

Gall Bladder:

- a. Greenish hue in skin colour.
- b. Presence of bags in the upper inside corner of the eye area. This condition may be due to gallstones brought on by dairy foods and cold liquids.

Stomach:

- a. Tendency to a yellowish skin colour or oily skin.
- b. Wrinkles on upper lip, nervousness and perspiration may all be indicative of chronic indigestion due to lack of chewing, as well as sugar and spices.

Spleen:

- a. "Twitching" in Orbicularis Oculi muscle, which encircles the eye area, due to nervousness, caused by stress overload.
- b. Greenish cast to the skin and/or "pocked" temples suspect that the lymphatic system may have a pre-cancerous condition.

Lungs:

- a. Sunken cheeks and grayish colour to the skin indicates poor oxygenation which can be related to smoking.
- b. Tendency to allergies.
- c. Capillary weakness in the cheeks and on the nostrils can be accompanied by sagging jowls and indicate poor resiliency of the lungs and diaphragm. Sugar, alcohol and coffee may be at cause in these conditions.

Large Intestine:

- a. Very pale almost blue/white skin color and/or deep folds in the nasolabial area indicates inactivity of organ function; primarily elimination of bulk being a constant problem.
- b. Sagging jowls due to lack of muscle tone suggesting that a lack of minerals may be at cause.
- c. Heaviness in the eyes relates to gas and unformed stools due to improper food combing and over-eating even healthy foods.

Along with these "facial signposts", remember to take into consideration the clients age as well as their occupational, physical and mental stress. I have personally found that adding these observations helps to impact a clients session by addressing another level of awareness to their overall health picture.

References

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