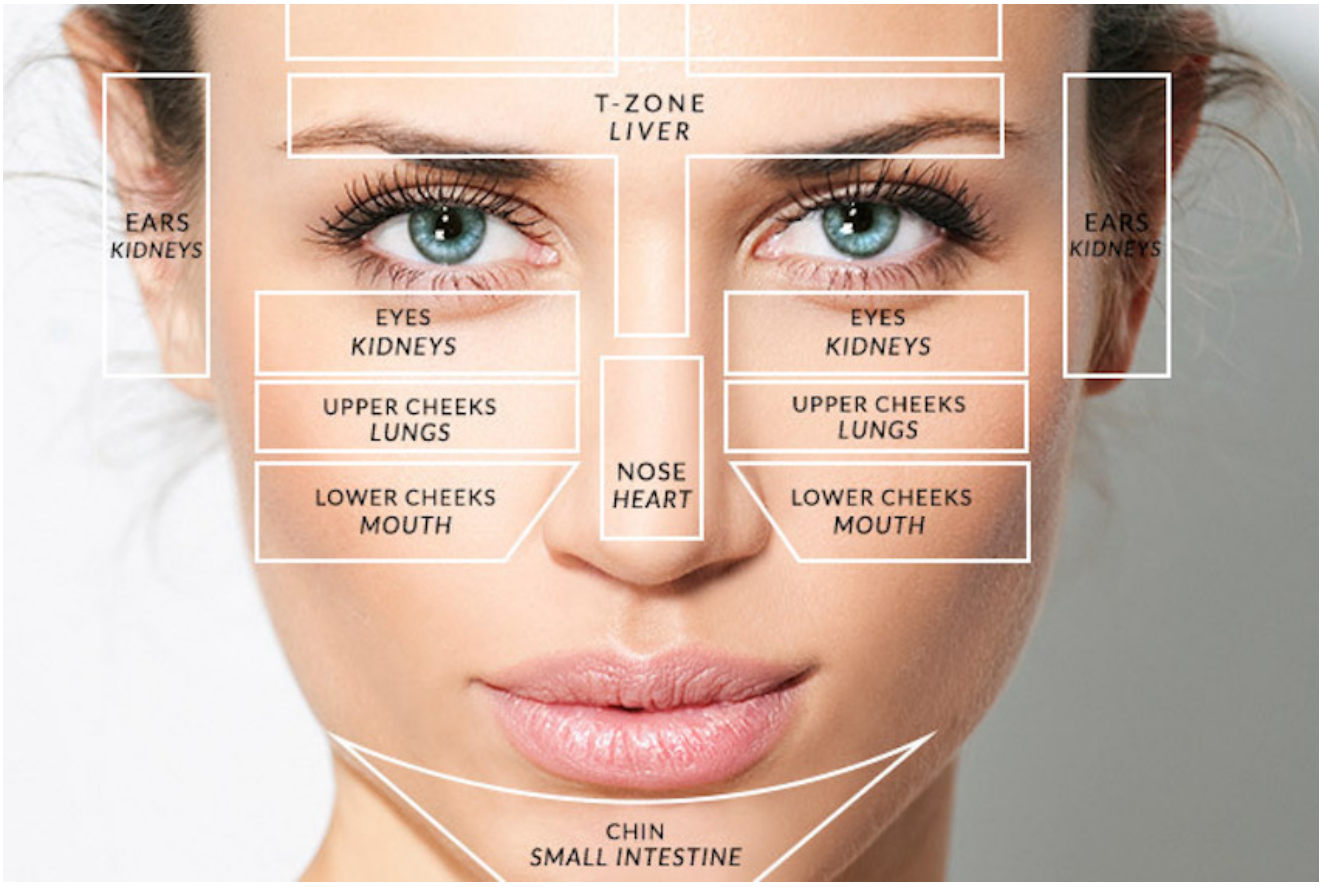
HEALTHY TIPS

Learn How Your Face Can Reveal What Part of Your Body Is Sick, And What To Do About It

By bestfolkmedicine · 28/05/2018 · 2 min read



According to traditional Chinese medicine, we can diagnose illnesses with the help of facial signs. Namely, ancient healers from China considered that skin problems are linked with the internal organs and face mapping became one of the most potent tools for detection of even minor health complications. Amazing, right?

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The different locations of acne on the face have their own meaning. Here is what they point to:

Acne on the chin, jaw or neckline

Candida infection, hormonal problems, excessive intake of starch, excessive intake of processed sugar

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***Acne on the cheeks**

Poor circulation, bacterial buildup, alcohol abuse, excessive intake of coffee, stress ,smoking, touching your face frequently

What is face mapping?

This method identifies illnesses on the basis of interconnectedness in the body and very often, acne outbreaks in specific areas of the face are linked with several health issues. Let's take a look:

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1. **Acne on the cheeks (Kidneys and lungs)**

This happens as a result of poor dental hygiene. It is recommended that you brush and floss the teeth regularly, and avoid drinks and foods rich in sugar.

2. **Acne on the neck and chin**

Acnes on the jaw and chin are directly linked to hormonal imbalance, so you should decrease the salt and caffeine intake, in order to regulate your hormones.

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3. **Acne on the forehead (Bladder and small intestine)**

In a lot of situations, this could be a result of too much processed and fatty foods, as well as low intake of fiber. Surplus stress and abuse of alcohol can lead to the buildup of toxins, poor digestion, and dehydration and consequently, acne outbreaks in the forehead area.

4. **Acne on the nose (Heart)**

Acnes on the nose are closely connected with the health of the heart and the surplus intake of salt. To treat this issue, eat healthier foods and begin exercising.

5. **Acne on the mouth, and chin (Stomach)**

This is an indicator of excessive consumption of sugar and fatty foods, as well as too much alcohol intake. Introduce more fermented foods to your diet and stay away from unhealthy foods.

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6. **Acne on the upper part of the cheeks (Lungs)**

This could be a result of excessive exposure to polluted air and spending time in areas where there is a lot of smoking.

7. Acne on the area between the eyebrows (Liver)

Excessive meat intake leads to poor digestion, the stomach becomes overworked, and it may result in skin outbreak between the eyebrows. Therefore you should start eating more vegetables and fruits and spend more time in the fresh air

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8. **Acne on eye area and eyebrows (Kidneys)**

This area is linked with the kidneys and is a result of dehydration and malnutrition, as well as poor circulation, smoking, alcohol abuse, or a weakened heart. You should be drinking plenty of water and avoid alcohol and caffeine.

Sources:

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