HEALTHY TIPS

Your Tongue Is Trying to Reveal these 3 Things about Your Health: Pay Attention

By bestfolkmedicine · 24/12/2018 · 2 min read



Did you know that you can learn a lot of vital information about your health by looking at your tongue? Believe it or not, according to Bright Side, there is a whole system of health diagnosis on the basis of the tongue's size, form, color, and texture.

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This being said, it is time to get in front of a mirror and check out how your tongue looks. The best time to do this is in the morning and in natural light, prior to cleaning the teeth.

3 Things Your Tongue Is Trying to Tell You

According to the Healthy Food House, here are the three major tongue signs you should look out for:

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1. **Unusual mucus**

If you notice greasy and thick white or yellow mucus on your tongue, it may indicate a build-up of mucus and excessive presence of toxins in the bowel. Moreover, if the mucus is concentrated on the tongue's middle part, it could be a sign of small intestine problems whereas if it is collected on the back of the tongue, you may be struggling with a colon issue.

- **Chronic red lesions**

Although this may not necessarily the case, in a lot of situations, persistent reddish lesions on the tongue may be a sign of tongue cancer. Hence, make sure you do not confuse these lesions with canker sores and patches that go away in a matter of weeks. If they do not, make sure you consult your physician as soon as possible to determine the underlying cause.

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- **Tongue cracks**

Did you know that cracks on the tongue could actually be signalizing leaky gut, poor intestinal absorption, food sensitivity, and allergies? If your tongue has been like this for a longer period of time, it is best to consult your doctor to address the problem.

Important to note:

- ***Visual diagnosis is not 100 percent accurate***
- ***Not all tongue injuries and wounds from bad bacteria or aggressive food indicate an internal illness***
- ***If you are worried about the health of your tongue, do not take meds on your own hand-consult an expert first!***

Sources:

HEALTHY FOOD HOUSE

BRIGHT SIDE

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