

East Meets West Outline

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This 4 hour class looks at both Western “pay attention” tongue and nail moments and TCM diagnoses. For the beginner student looking to gain some understanding of tongue diagnosis, it will also help you with nutritional deficiencies and other western systemic diagnosis.

Hour 1

Tongue and Nail Diagnosis

Luo Connecting Channel – review handout for the points and their function

Define the Root of the tongue

Define areas of the tongue impacted by specific energies

Tongue Diagnosis for Eastern or Western – criteria for evaluating

Tongue and Heart connection Eastern

Heart and Mouth connection Western

What these tongue properties mean in Eastern diagnosis and Western diagnosis

Color

Fissured tongues

Geographic tongue

Enlarged tongue/Swollen tongue

Scalloped tongue/Swollen edges

Coated tongue white/brown/grey/black/green

Cancer and the tongue

Flaccid tongue

Hammer shaped tongue

½ Swollen tongue

Swollen tip of tongue

Short/contracted tongue

Long tongue

Thin tongue

Hour 2

Rough tongue texture

Smooth tongue

Tender tongue

Red Spots on tongue

White Spots on tongue

Black Spots on tongue

Deviated Tongue

Moving, Lolling Tongue

Trembling Tongue

Tongue Coat has root

Tongue Coat has no root

Thin and Thick Tongue Coatings

White Coating

Yellow Coating

Grey Coating

Black Coating

Leukoplakia

Oral Lichen Planus

Syphilis

Squamous cell carcinoma

Pellagra

Apthous Ulcer

Micro/Macroglossia/Tongue Tied

ALS Fasciculation

Hour 3

Nails – reflect problems Western and Eastern for Heart, Lungs and Liver in addition to nutritional deficiencies

Pale Nails

White Nails with Dark Edges

Yellow Nails

Bluish Nails

Ripples or Pitted Nails

Cracking or Splitting Nails

Puffy Nail fold at cuticle

Dark Line beneath the Nail

Very short irregular looking nails

Clubbing

Hour 4

Onchyomycosis

Lunula Western and Eastern

Yellow Nail Syndrome

Nail Spooning

Lindsay half and half nails

Transverse white streaks

Longitudinal brown lines

Beau lines

Darier Disease (candy cane nails)

Black Dots in Nails

Mees Lines

Muehrcke Lines

Lentiginous Melanoma

Hands

Anemia and the palmar crease

Confirm with conjunctive color

Purple thenar coloration