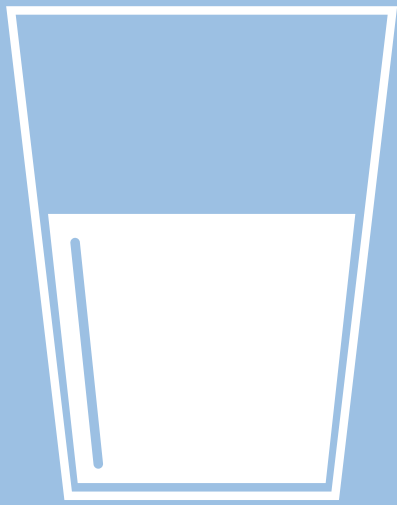


HOW TO TAKE A PICTURE OF YOUR TONGUE

A QUICK SWIRL



Gargle with some plain water .
Do not brush your tongue or use any coloured mouthwash. If you've eaten or drunk something colourful that has tinted your tongue just mention it in your message.

FIND A GOOD SPOT



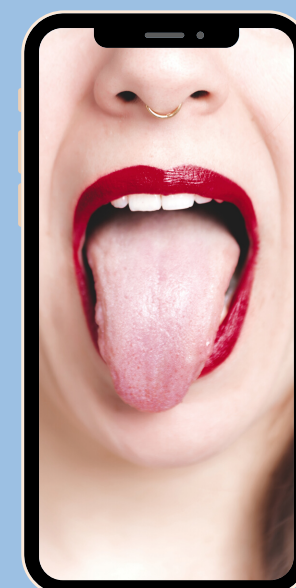
Take a mirror (any size) and find a place by a window or somewhere with plenty of daylight.

SAY AAAAAA....



Go to a camera on your phone, turn it as though you wanted to take a selfie (the phone display facing the mirror), Use the mirror as your guide to see that you are taking a picture of your whole tongue and take few shots. You don't have to strain your tongue, just stick it out with your mouth open so you can see it in its full glory.

SAVE OR SEND



Firstly. don't panic, tongues come in different shapes, sizes and there isn't anything such as 'bad tongue'. It is just another diagnostic aid we use in Chinese medicine. You can save the picture to show me at the appointment or you can send it to me via email.