Mirror of Health: Tongue Diagnosis in Chinese Medicine

Contains clear-colored photographs to illustrate 34 tongue conditions, in conjunction with a detailed description, diagnosis and treatment, case studies and patient guidelines for lifestyle approaches to improve health.

One of the main diagnostic instruments in the hand of the practitioner of Chinese medicine is tongue diagnosis. The tongue is a like a mirror, reflecting the microcosm of our body, and the knowledgeable practitioner can choose successful treatment strategies by looking at their patient's tongue.