

What Is Your Tongue Telling You About Your Gut Health?

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<https://www.youtube.com/watch?v=eJdNa-xs81w>

SUMMARY

The discussion emphasizes the importance of daily self-assessment for health, particularly by checking the tongue and nails to gauge digestive health and nutrient absorption. Recognizing signs of poor gut health and nutrient deficiencies can lead to better overall well-being, especially in children.

- *Daily self-assessment involves checking the tongue for coating and the nails for signs of nutrient absorption issues.*
- *A coated tongue may indicate constipation, indigestion, or low gut bacteria.*
- *Cleanliness of the tongue after brushing suggests fewer underlying health issues.*
- *Observing children's nails can reveal nutrient absorption problems, such as white spots or ridges.*
- *Improving nutrient absorption is crucial before considering supplements.*
- *Awareness of one's health is essential, but it should not lead to hypochondria.*
- *Early health assessments in children can prevent long-term issues.*

every morning do a self-assessment open your mouth check your tongue see if the coating is there figure out what you ate yesterday day before how you've been feeling have you been feeling bloated first of all you to recognize how you're feeling [Music] [Applause] [Music] if you wake up in the morning and you

see your tongue is coated then there is a problem then there is a problem with constipation there is a problem with indigestion there is a problem with low gut bacteria and even if you clean it the coating will still come and that needs to be treated if you clean it and it becomes clean then that means the problem is far less so every morning do a self-assessment open your mouth check your tongue see if the coating is there figure out what you

ate yesterday day before how you've been feeling have you been feeling bloated first of all you to recognize how you're feeling and this is not about becoming a hypochondriac this is just about having an understanding of you and yourself right so it is very important so especially in children this is important because it starts in childhood it doesn't start in adulthood it starts in childhood every day or every other day get your children to come in front of

you ask them to open their mouths then check their tongue every day and check their nails because your signs of uh absorption will come in the nails white spots on the nails no moon on the nails you know ridges on the nails nails that break or crack easily they are not absorbing their nutrient they are not absorbing their iron their silica their calcium their magnesium and we need to understand that it is not that if we

dumped them with iron they are going to get better no we need to work on the whole absorption aspect and this is where i i step in that i say look we'll work on your absorption don't start with the supplement because if you take the supplement for a while things will be okay but you would have still not worked on the absorption and the assimilation [Music]