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A Compendium of Clinical Methods

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The Forgotten Art of Face Color Diagnosis

Preamble

"It is like this. Those who "look and know it" are those who look for the five colors [in a person's complexion] in order to know his illness."

"Anybody who looks and knows it is to be called the spirit [healer]."

Master Chi Po explaining the categories of healers to the Yellow Emperor. Sixty First Difficult Issue in Nan Ching Classic.¹

Chi Po is in the same Difficult Issue comes across as uncharitable when designating the other three categories of healers in to those of the sage who *listens*, the artisan who *asks*, and the skilled workman, who *palpates the pulse*.

And when Chi Po says the healer "looks and knows it", he means precisely that. The Spirit Healer simply examines the changes in the hues of the face and does nothing else towards arriving at a complete diagnosis.

On the face of it this looks somewhat difficult to pull off. But as one works, over the years, with the concept, and follows face color changes in patients in particular and people at large in general, one begins to find the bewildering depth and variety of information which is available to the dedicated diagnostician.

Why does the face register varying colors?

Primarily because different sectors of the face are 'made' of different type of qi, and secondarily because each such type is finely sensitive to it's own emotion.

Does 'color changes' mean those during an illness?

Largely so. The face when imbued with qi from organs in balance shows a uniform color base, which is dictated by race, on which the variables of age, sex, profession, and usage superimpose.

When illness sets in, and if it is acute and of short duration, there will be color changes, but these will tend to be temporary and transient, and will fade when illness is brought to harmony.

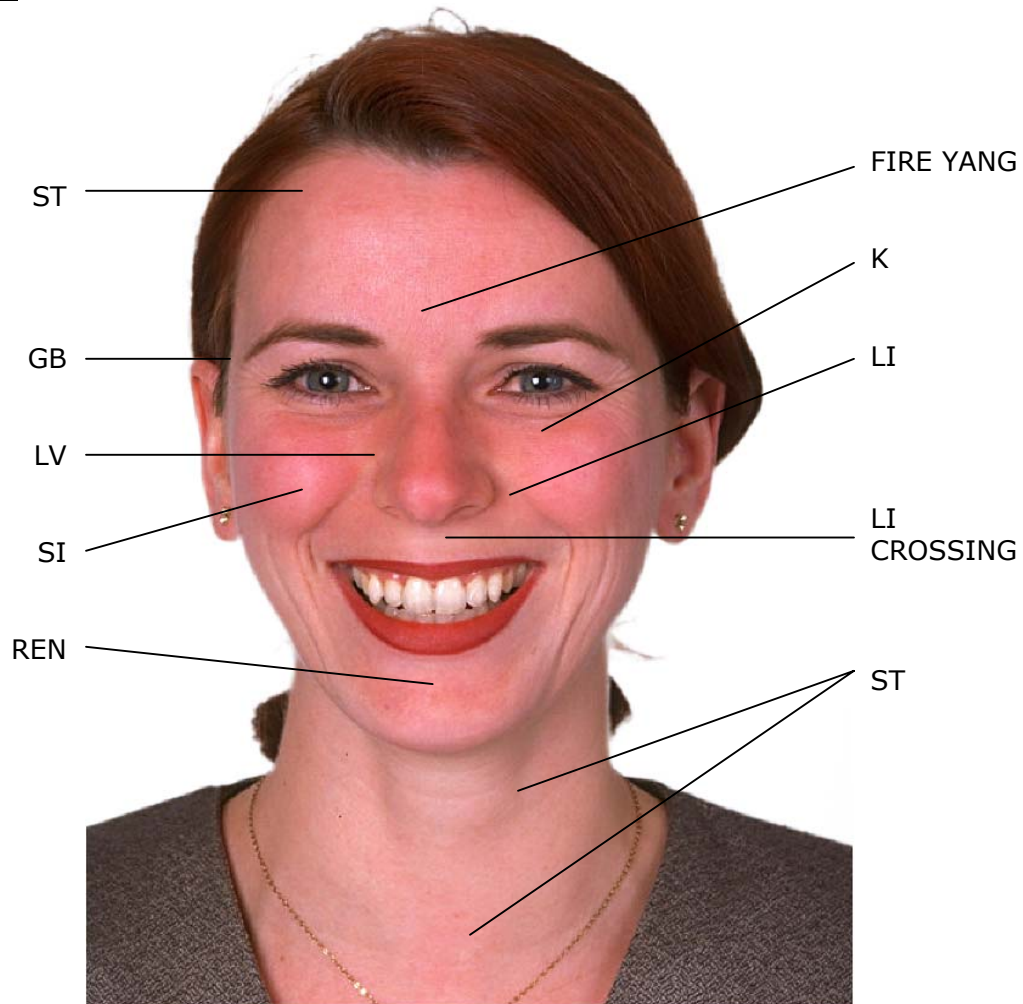
When illness has become chronic and has lasted over years, changes in color will appear, specific to particular face sectors, depending upon what organs are in disharmony.

By and large, if untreated or not properly treated, such hues will tend to remain in place, fading in time, or becoming more pronounced, or even becoming replaced by another hue from a qi from an invading organ.

What are the color-specific sectors of the face? ²

This diagram presents a primary distribution of general areas predisposed to a particular element:

Figure 1



Some examples of color changes in illness:

Sector	Hue	Implication
Lateral aspect of forehead	Yellowish tinge	ST invaded by Wood
Temple & GB 1 area	Greenish tinge	Wood Stagnated
Cheek	Reddish tinge	HT Fire
Cheek	Reddish brown tinge	HT Fire Subdued

Sector	Hue	Implication
Cheek	Reddish tinge in which white spots appear	HT has invaded Metal
Cheek at LV area	Reddish hue aggregated	Malar flush of LV Heat
Cheek at LV area	Red hue aggregated	Malar flush of LV Fire
Cheek inferior-lateral aspect	Red hue faded	Malar flush of HT Fire now chronic and Subdued
Cheek	Whitish spots on reddish hue	HT has invaded Metal
Cheek	Reddish brown hue	Malar flush chronic
K area at lower eyelid	Greenish tinge	Water overpowered by Wood, or Water depleted
Fire yang	Pronounced reddish tinge	Fire yang Rising
LI crossing	Pronounced whitish blanching	Metal yang depleted

The Ubiquitous Malar Flush ²

Possibly the commonest presentation of face color disturbance you will come across will be the malar flush. While the flush invariably denotes a HT Fire, several distinct pathologies quite removed from the Fire element may have contributed to its genesis. Some variations:

Malar flush	Hue	Implication
If central	Reddish tinge	HT Heat
If central	Frank red tinge	HT Fire
If tending to LV area	Reddish brown tinge	LV Heat causing HT Fire

Face color diagnosis extended

The gist of the Sixty First Difficult Issue can be extended to include:

- a. Eye diagnosis: color changes in scleral capillaries and what these denote.
- b. Yintang diagnosis: color changes in this visible area and what these denote.
- c. Para nasal diagnosis: color changes in this congested and beleaguered area at and around LI 20 and what these denote.

Try out your skills in Face Color Diagnosis

This is the in a Series of Discussions on Face Color Diagnosis and will continue in coming editions of the Bulletin, subject to constraints of space.

Here is a woman's face with some obvious and other not so obvious color changes.

Try out your skills to finding these and labeling these in the boxes alongside. In the next Issue we will provide the answers in discussion fashion and a grading scale by which you can assess if you are a Spirit Healer by rights or one in the making.

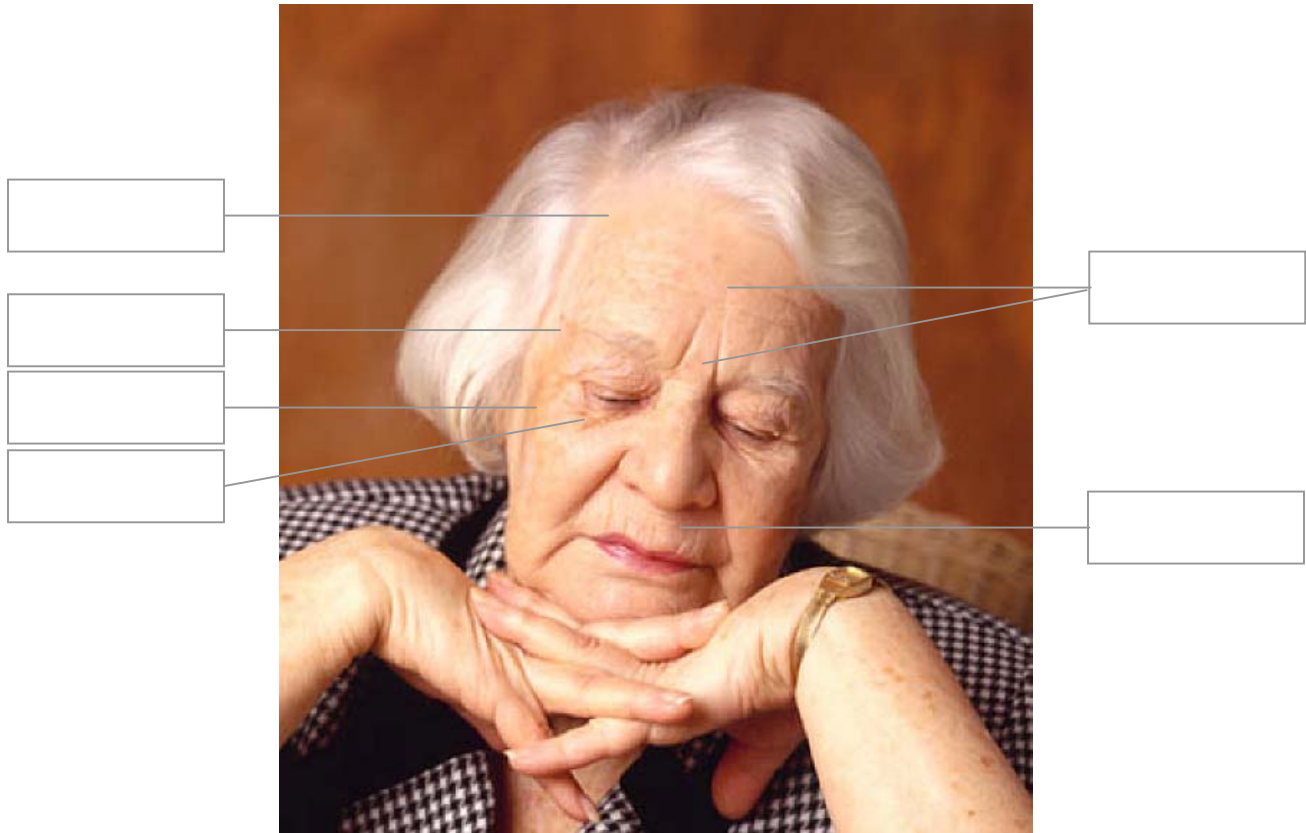
Some aspects you might consider finding:

Q. Which elements seem to be most in disharmony?

Q. Of these, which one seems the Destroyer element?

Q. What provisional diagnosis would seem to be suggested?

Figure 2



Hallux Valgus – a pathognomonic sign



The body volunteers much information and it needs eyes that see to discern the little signs it posts all over the place when it is unwell.

Most signs are conducive and additive in nature whereas some are largely pathognomonic and seem to appear in one particular kind of elemental disharmony, a polite name for a chronic illness.

The sign is qualitative, in the sense it denotes which elemental mix is involved, and quantitative, meaning what is in deficiency, to which extent.

Some of these signs are even prognostic in nature, telling you the extent to which your intervention has succeeded.

Finally, the sign can also serve as a preventive measure when the patient is taught to look for its resurgence.

One such sign is the Hallux valgus, also known as hallux abductovalgus, HVA, bunion deformity, metatarsus primus varus, metatarsus primus adductus, and hallux rigidus.

The essential spatial pathology is: ³

- A medial deviation of the first metatarsal and lateral deviation, and/or

Statistical incidence:

- Affects 1% of adult population in United States.
- Incidence increases with age to register 16% in the elderly.
- Affects more women than men.

Etiology from Western Medicine point of view:

- Gout
- Rheumatoid arthritis

Etiology from Traditional Medicine point of view in Q & A format:

Q. What is the most obvious sign?

A. That the 1st metatarso phalangeal joint is misaligned.

Q. What channel seems affected the most?

A. SP at medial aspect of great toe and foot.

Q. Which other channel could be involved?

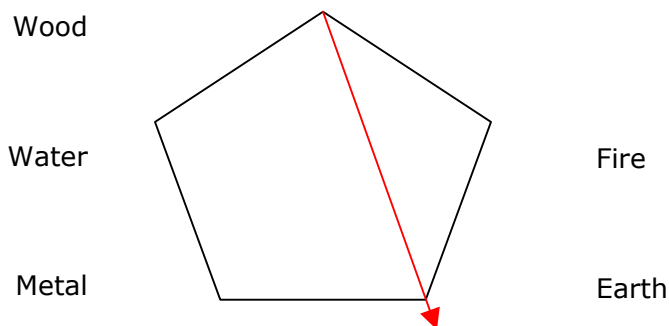
A. LV at lateral aspect of great toe.

Q. Of the two, which could be the marauder vessel?

A. It must be LV by its KO repressive bond.

Q. Therefore what kind of pattern does this seem to be?

A. That of a SP Afflicted by Wood (see diagram below).



Q. Is there support for this in ancient texts?

A. There is, in the Fiftieth Difficult Issue in the Nan Ching Classic.

The marauding, overwhelming, and overly controlling action of Wood on SP Earth is classified by it having a 'destroyer' quality to it. The Sage of the Classic calls it the force 'which cannot be overcome'.

Conclusion

Whenever you see this sign, you could consider a provisional diagnosis of LV Wood marauding on SP Earth and then confirm this by supportive findings.

'Ethics Entirely on CD' - A Review:

The '[Ethics Entirely on CD](#)' course brings you a live discussion on 4 CDS with no reading material. Simply hear this at leisure, earn 4 CE units and that's about it.

Carol de Andrade, PhD, MS Johns Hopkins University, the narrator, suggests that ethical issues should be more a dynamic personal process, over and above following set rules by rote.

For instance, one may consider one's self an Ethical practitioner, but how can one be certain that one is? One may follow the rules to an exact degree and still digress somewhere in terms of a humanistic code.

Most Ethics teaching modules seem to be a rendition of the codes of conduct, which you obey or else. [Ethics Entirely on CD](#) presents a refreshingly different angle, putting emphasis what Ethics should mean to you, in terms of your practical, moral, and spiritual understanding and experience of the matter.

Carol, who has worked extensively with ethical issues in the medical and legal professions, uses real life stories and case studies to illuminate ethical dilemmas that you could face as a professional in the health care field.

In addition she brings into the content relevant aspects from her work with the Advanced Mind Body Training Program©, The Training for the Truth©, and the Body Loves the Truth©, all programs that she developed to explore the nature of Healing, and the nature of Truth, in relation to emotions, the mind, the body, and one's unique spiritual identity.

This course satisfies the NCCAOM requirement for Ethics and earns 4 CE units. For further details and an audio Preview please click here: <http://www.acu-free.com/>

Astro-Numeric aspects of healing

Ever wondered which kind of the 9 possible healer types are you? Which is to say, at which of the Nine Gates of Healing do you stand?

For instance one practitioner can heal by the Doorway of Intellect, and another by that of Art. Which of these Nine Doorways is yours by right, is decided when you

draw first breath. This Wisdom of Numbers originates in the Anka Shastara©™, an esoteric and hidden Art of working with the *energetic* aspects of the Nine True Numbers. An odd rule to the teaching and practice of this Art is that at any one time, in the manifested Universe, there can be more than 3 Adepts.

Now here's the rub. If one stands at the rightful Doorway, all the gifts inherent come to hand and one ends up a great healer of renown without half trying. But if one, having the birthright to one particular Doorway, stands at another and alien one, one may still heal well, but there will always be struggles and doubts and travails.

Birth numbers, by this Art, are computed into a complex grid of Five Numerals, each of which tells you about your inherent Door, how to access it's treasures and how to apply these to practice, wherever you happen to be on the planet.

One such natural healer was Claudius Galenus of Pergamum (129-200 AD), better known as Galen, an ancient Greek physician, whose views would dominate European medicine for over a thousand years.

He regarded wounds as "windows into the body", and performed audacious operations that were not again used for almost two millennia, including brain and eye surgery. He transmitted Hippocratic medicine all the way to the Renaissance. His *On the Elements According to Hippocrates* describes the philosopher's system of four bodily humors - blood, yellow bile, black bile, and phlegm, which were identified with the four classical elements, and in turn with the seasons.

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Continuing Education Courses

Recertification, as certain as taxes, comes around after a set period, and one has to go about looking for a seminar, on site, or a distance learning module, which suits the kind of practice you have chosen for yourself. [AcuFree CEUS on CD & DVD](#) presents a fine choice of highly clinical seminars by distance learning.

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Florida Acupuncturists, check out courses approved by Board of Acupuncture and listed on CE Broker web page at this link: <http://acu-free.com/FLCEPage.htm>

Ye editorial staff

The Bulletin is the work of acupuncture professionals like you with an aptitude and experience in journalism, reportage, screenwriting, and movie making. The same team also creates state of the art workshops on DVD and audio CD as well as highly clinical workbooks. Your patronage of these will be welcome.

References:

1. Paul U. Unschuld, ed. Nan-Ching. Regents of the University of California; University of California Press: 1986. The Classic of Difficult Issues, Part IV, Chapter Four, On Illness, The Sixty First Difficult issue, p. 539.
2. Dr. Holmes Keikobad, Malar Flush: Diagnosing Heart Fire or Liver Fire; Published by Tru Self Inc. www.acu-free.com
3. Crista J Frank, DPM, Surgeon, Department of Surgery, Landmark Medical Center <http://www.emedicine.com/orthoped/topic126.htm>

Further reading:

- A. Check out a fine article at Acupuncture.com. Five Colors and One Diagnosis, by Hun Young Cho, Translated by Kihyon Kim; From "Oriental Medicine, A Modern Interpretation". Link: <http://www.acupuncture.com/education/diagnosis/5colors.htm>
- B. See a striking image of a child's face at Fifth Disease Picture (Hardin MD Super Site Sample). <http://www.lib.uiowa.edu/hardin/md/dermatlas/fifthdisease.html>
Using the Traditional Medicine structure, what provisional diagnosis would you have reached based simply on the color changes apparent in the face?

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