

# Look at the tongue guess: 13 signs not to be missed

Tongue can tell you a lot about the health of the body. There is a medical diagnostic method based on the external signs of the tongue: shape, size, texture and color. Invite you to consult!

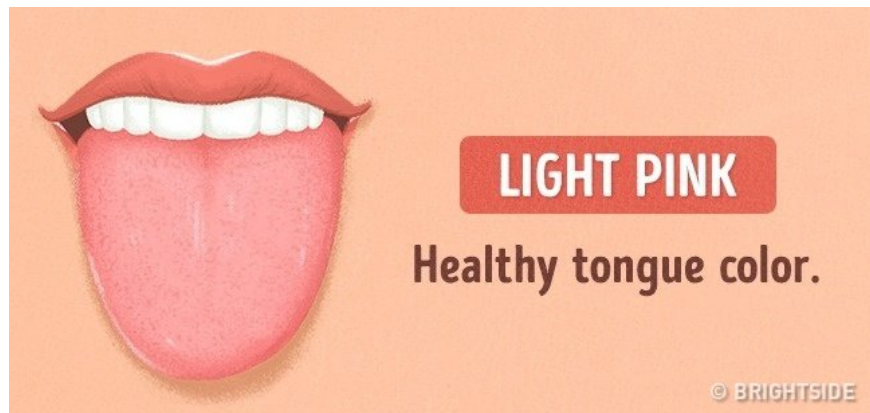
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3. 9 medicines and foods absolutely should not be used together

Tongue can tell you a lot about the health of the body. There is a medical diagnostic method based on the external signs of the tongue: shape, size, texture and color.

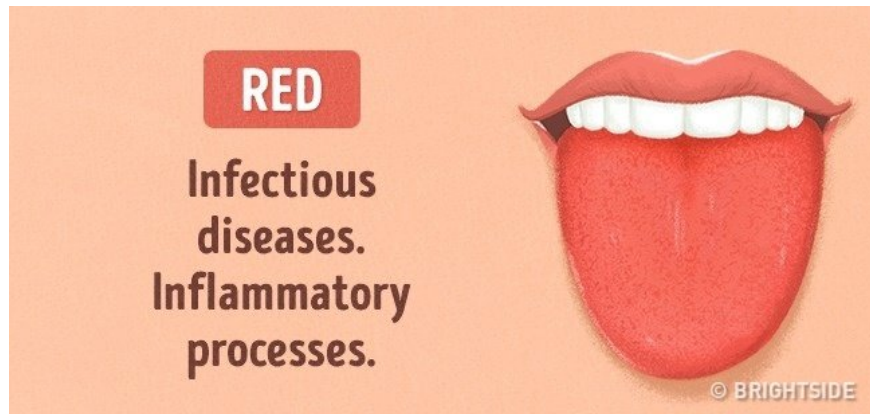
The Bright Side page provides simple images that help you **identify health problems according to the color of your tongue** . Ideally, check your tongue in the morning under natural light before brushing your teeth. Moreover, you should not be too stressed because it can affect the results of identification. The color of the coating on the tongue may vary under the influence of food, drinks, medicines or cigarettes. So, to get the right results, check your tongue for at least 1 hour or longer after contacting those foods!

## 1. The color of the tongue

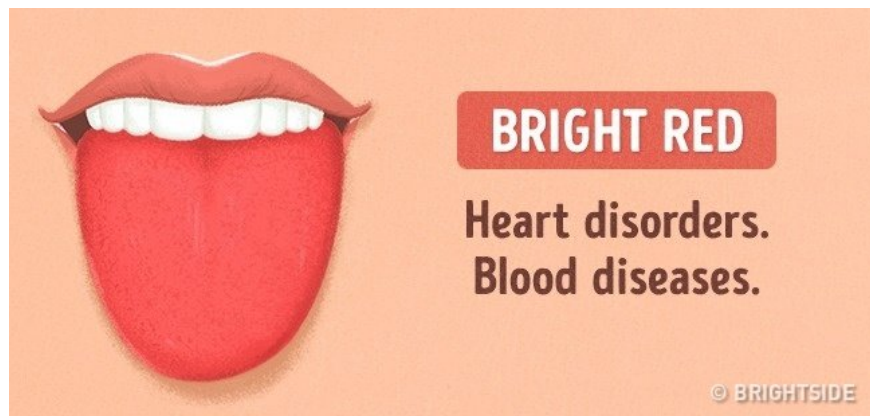
**Light pink: The color of healthy people**



**Red: Infection, the development of inflammation**



**Light red: Heart disorders, blood diseases**



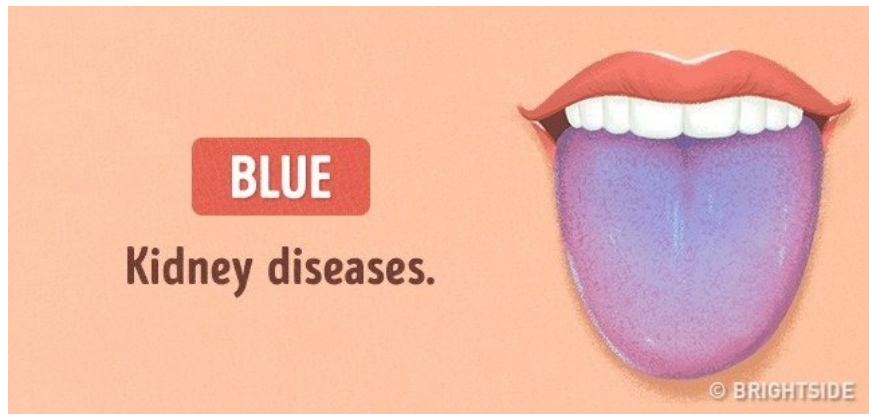
**Yellow: There is a stomach or liver problem**



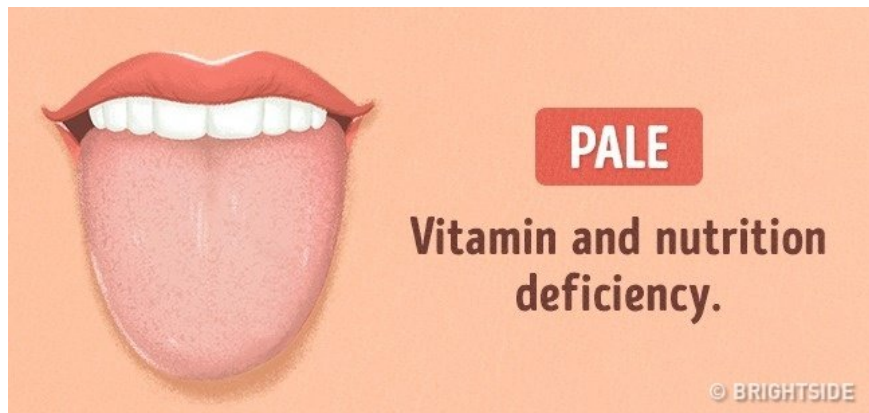
**Purple: Heart and lung disease**



**Blue: Kidney disease**



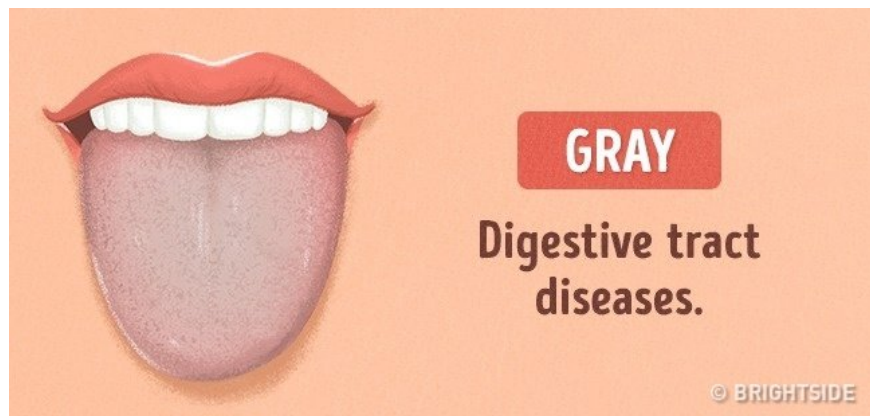
**Pale color: Lack of vitamins and nutrients**



**White: Dehydration, fungal infections and flu**



**Gray: Digestive disease**



## **2. The color of the coating on the tongue**

The color of the covering on the tongue may differ from the color of the tongue. A thin white coating that can be easily brushed is considered normal. The thickness of the coating is directly proportional to the health severity it indicates.

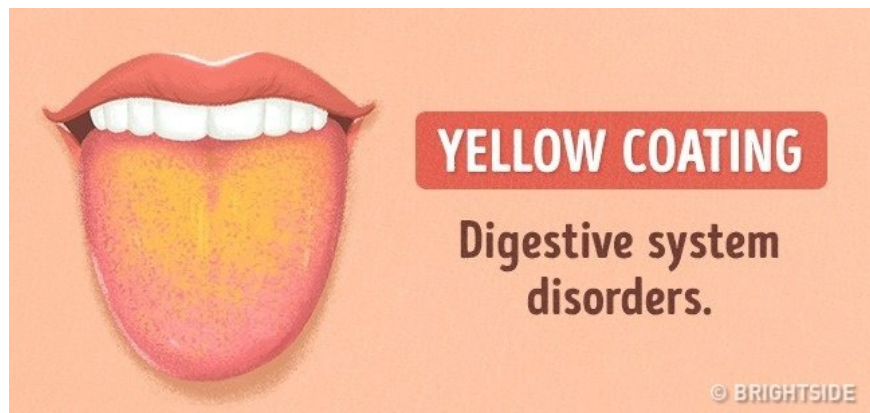
**Thick white coating: Toxic, infection**



## Brown coating: Lung disease



## Yellow coating: Disorders of the digestive system



## Gray coating: Gastritis, gastric ulcer



Remember, **intuitive diagnostic methods do not always produce 100% accurate results** . The tongue can be damaged by food, bacteria can enter the wound and cause temporary irritation - all this does not indicate health problems.

If you are interested in the color of your tongue, do not rush to arbitrarily use the medicine. Seek advice from a health professional, only they can make a final diagnosis.

Having fun!

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