

Scrape Your Tongue!

for Keep Your Senses

- Buy a metal, not a plastic, [tongue scraper](#). Everyone should have their own, like toothbrushes.
- First thing in the morning, look at your tongue.
- Fill in your tongue chart.
- Scrape your tongue, from back to front, gently, 7 times.
- Rinse any gunk off your tongue scraper. Note it in your tongue chart.

Notice what
you are
removing:

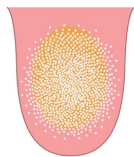
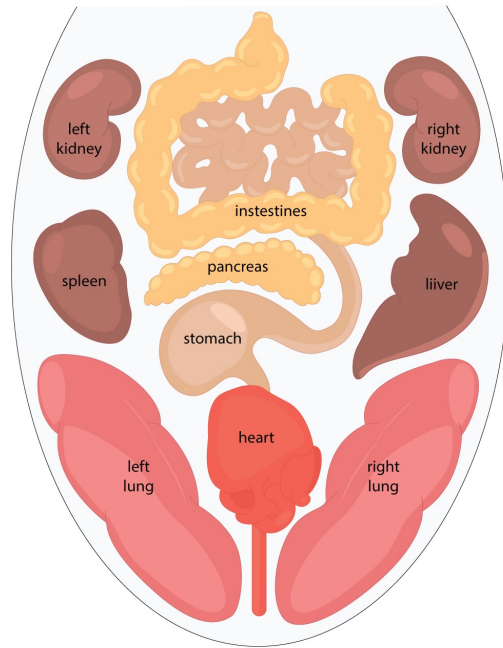
- * color
- * odor
- * thickness

Reasons to Scrape your Tongue:

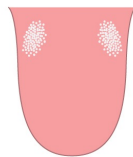
- Take stock of your health
- Remove bacteria from your mouth
- Prevent bad breath
- Prevent oral decay
- Detox your mouth
- Stimulate digestion + elimination
- Crave healthy foods
- Taste accurately



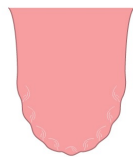
Tongue Chart



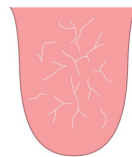
Ama in GI tract
Be aware!



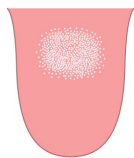
Stressed out kidneys



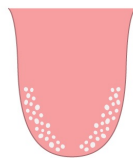
Malabsorption



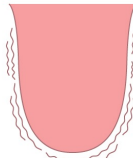
Vata imbalance,
systemic (cracks)



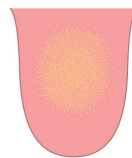
Ama in colon



Kapha in lungs



Anxiety



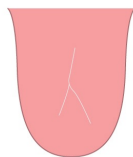
Yellow coating =
Pitta imbalance + ama



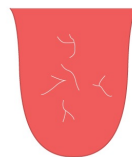
Sensitive colon
(Red bloches)



Heart sensitivity

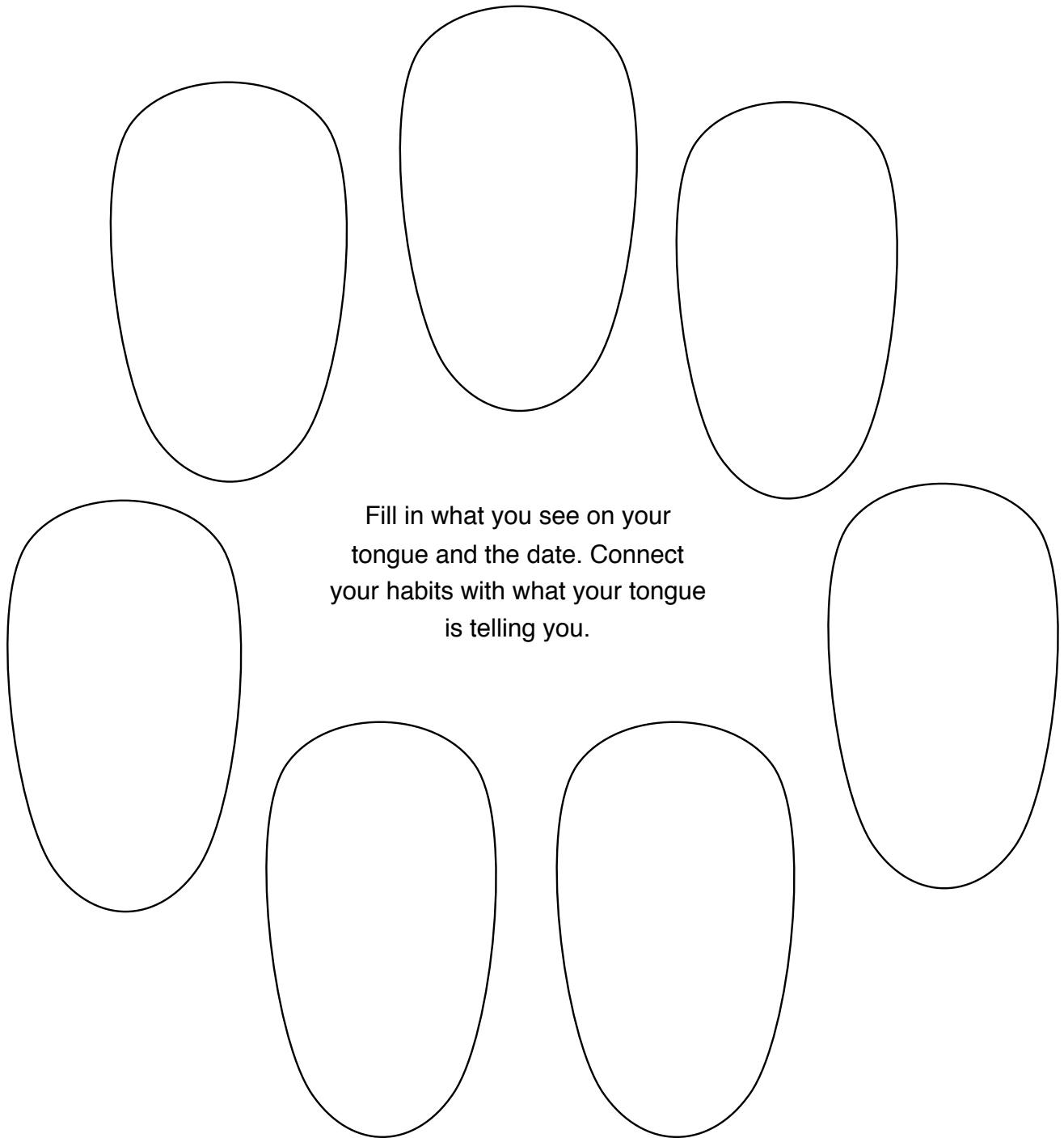


Emotional ama in
corresponding part of spine



No coating,
pitta imbalance

Blank Tongue Charts



Fill in what you see on your tongue and the date. Connect your habits with what your tongue is telling you.

My Tongue Analysis Chart

for Keep Your Senses

My tongue analysis chart	Day 1	Day 2	Day 3	Day 4
Size				
Shape				
Coating (thickness)				
Coating (color? wet? dry?)				
Texture (smooth or cracks)				
Moving or still				
Scallops or smooth edge				
Notes: is anything changing? Why?				