

## What's Your Face Telling You? *A Picture Paints 1,000 Words*

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In life I have found keeping it simple and finding what works best for

you are most beneficial when working to move forward through challenging situations, whether mental, emotional, or physical, since they are all tied together with one affecting the other.

Over the years, I have met some people with a very strong sense of smell and taste, disliking pure essential oils. For that very reason, they can also have a dislike for stronger tasting foods, like raw garlic, onions, lemon, ginger, cayenne or turmeric, herbs and herbal remedies (tinctures), teas and have never gotten used to the benefits due to the taste. Adding to that, some cannot swallow tablets or capsules, making me wonder, what can I recommend to these people that they will actually take?

That challenge led me to the wonderful, simple world of homeopathic remedies and cell salts, based on the pioneering work of German researcher, Dr. W. H. Schuessler (1880), and American physician Dr. George W. Carey (1920). Dr. Carey's work has to do with his passion for cell salts and their relationship to the astrological constellations, birth times, and body parts. All this led me to my current favorite reference book, *Facial Diagnosis of Cell Salt Deficiencies, A User's Guide: The Many Uses and Benefits of Using Cell Salts, with Color Illustrations for Facial Diagnosis*, by David R. Card. Card includes the above-mentioned research of Dr. Carey, making this a unique book for cross-referencing. He also has detailed lists of the physical and emotional symptoms of each of the cell-salt deficiencies, as well as

common food sources for each.

Card is very knowledgeable in the field of homeopathic medicine. His approach is practical and articulate. His books are used as guides to wellness in alternative medicine. The pictures in this book (four shown here) allow clients to relate to their own health concerns as more Americans are taking more responsibility for their own health.



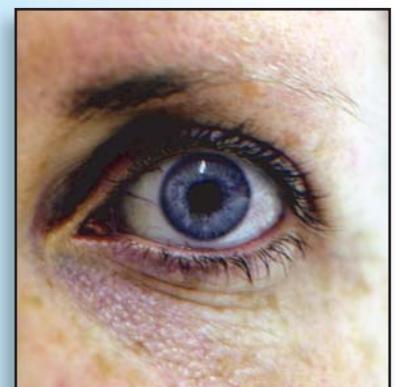
Shows severe Calc Fluor deficiency with the fan-shaped crow's feet. The bag under the lower eye indicates a Nat Sulph deficiency and can be a sign of a kidney or liver problem.



This man's teeth are very translucent, characteristic of a Calc Fluor deficiency. The tongue pimples are a sign of a Nat Phos deficiency and possible overgrowth of candida in the body.



The Ferrum Phos deficiency is seen on the red ear edges. The waxy appearance of the cartilage shows a Calc Phos deficiency. The vertical lines in front of the ear shows a Silicea deficiency.



This eye has a dark, deep-set Silicea-deficiency look. The waxy coloring around the eyes shows a Calc Phos deficiency. The waxiness covers an underlying red layer of skin, which shows a Mag Phos deficiency. The half eyebrow is a possible indication of a hypothyroid condition.

The condition of facial skin is a primary indicator of overall bodily health. Deficiencies in diet and metabolism, together with dis-ease are easily observed in the face if you know what to look for. This colorful book is about how to “read” the face to determine which essential cell salts, also known as tissue and mineral salts, are lacking in the body.

Since a picture paints a thousand words, I hand my client a mirror, and have them participate by looking at their own face and telling me what are the top three things that they notice the most? Say, for example: crow’s feet, puffy and/or dark circles under and around the eyes, vertical lines above the top lip, or red, yellow or grayish coloring to the skin. These are just a few of the stories that the face can be revealing to you. Through the photographs provided in this book, it will help you visualize and recognize the deficiencies.

Not sure what cell salts you’re deficient in? Get the book, consult with a natural-health practitioner, or visit your local health-food store, where charts are available, as well as a blended combination of all twelve cell salts for consumption. Card states that, “Cell salts can be taken by anyone, under any condition, because they are non-toxic. Dissolve directly in the mouth, or put in your water bottle to sip on throughout your day. They are easy and safe for children as well as seniors.”

So no matter where you find yourself in life, know you can do something—one simple step forward to better your situation. No time like the present! ■



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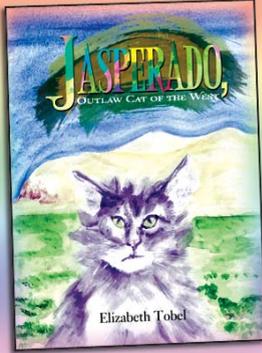
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