



The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies

By Donna Burka Wild

Download now

Read Online 

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild

People complain all the time about faults in their physical appearance. Those blemishes on the skin can be indicative of pathology deep within. Subtle changes in the color, shape or coating of the tongue can reveal dystrophy of specific tissues, organs and systems. Ridges, spots and other abnormalities of the nails are reflective of certain diseases and nutritional deficiencies. *The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies* identifies nutritional insufficiencies using physical signs which appear on the surface of the body. The text includes other signs and symptoms for each deficiency, as well as rich food sources of the nutrients, diets to aid in the healing process and suggested augmentations with food-based nutritional and herbal supplements. The information in this book is taken from a variety of medical and nutrition text books plus peer review articles which are referenced in the footnotes. This 164 page manual includes 45 color medical illustrations and four easy-to-use reference charts. It is an essential reference book for all doctors, health professionals, diagnosticians and holistic minded individuals.

 [Download The Skin, Tongue and Nails Speak: Observational Si ...pdf](#)

 [Read Online The Skin, Tongue and Nails Speak: Observational ...pdf](#)

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies

By Donna Burka Wild

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild

People complain all the time about faults in their physical appearance. Those blemishes on the skin can be indicative of pathology deep within. Subtle changes in the color, shape or coating of the tongue can reveal dystrophy of specific tissues, organs and systems. Ridges, spots and other abnormalities of the nails are reflective of certain diseases and nutritional deficiencies. *The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies* identifies nutritional insufficiencies using physical signs which appear on the surface of the body. The text includes other signs and symptoms for each deficiency, as well as rich food sources of the nutrients, diets to aid in the healing process and suggested augmentations with food-based nutritional and herbal supplements. The information in this book is taken from a variety of medical and nutrition text books plus peer review articles which are referenced in the footnotes. This 164 page manual includes 45 color medical illustrations and four easy-to-use reference charts. It is an essential reference book for all doctors, health professionals, diagnosticians and holistic minded individuals.

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild **Bibliography**

- Sales Rank: #199585 in Books
- Published on: 2013-01-17
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .39" w x 6.00" l,
- Binding: Paperback
- 164 pages



[Download](#) *The Skin, Tongue and Nails Speak: Observational Si ...pdf*



[Read Online](#) *The Skin, Tongue and Nails Speak: Observational ...pdf*

Download and Read Free Online The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild

Editorial Review

About the Author

Donna Wild has studied, practiced and taught holistic health to doctors and laymen for the past 30 years. She has studied nutrition extensively at Drexel University, Colorado State University and the Lee Foundation for Nutritional Research. Ms. Wild has owned and operated her own commercial herbal greenhouse in northern Colorado. She has written, published, broadcasted and lectured extensively on natural restorative methods for human and animal health. Presently, Ms. Wild owns and runs Unique Perspective in Loveland, Colorado. She has a private practice, works as a consultant, lecturer and author, and lovingly tends to her organic vegetable and herb gardens.

Users Review

From reader reviews:

Gina Melton:

Often the book The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you can get the point easily after perusing this book.

Roseann Flowers:

Don't be worry when you are afraid that this book will probably filled the space in your house, you will get it in e-book means, more simple and reachable. This The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies can give you a lot of friends because by you looking at this one book you have factor that they don't and make you actually more like an interesting person. That book can be one of one step for you to get success. This e-book offer you information that probably your friend doesn't learn, by knowing more than various other make you to be great persons. So , why hesitate? We should have The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies.

Benjamin Munk:

As we know that book is essential thing to add our knowledge for everything. By a guide we can know everything we wish. A book is a set of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This publication The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies was filled with regards to science. Spend your free time to add your knowledge about your science competence. Some people has distinct feel when they reading a book. If you know how big advantage of a book, you can sense enjoy to read a book. In the modern era like right now, many ways to get book that you simply wanted.

Rebecca Goza:

A lot of publication has printed but it differs from the others. You can get it by world wide web on social media. You can choose the top book for you, science, witty, novel, or whatever by means of searching from it. It is named of book The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies. Contain your knowledge by it. Without leaving the printed book, it may add your knowledge and make you actually happier to read. It is most significant that, you must aware about e-book. It can bring you from one location to other place.

Download and Read Online The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild #5H3QYEZNA71

Read The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild for online ebook

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild books to read online.

Online The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild ebook PDF download

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild Doc

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild MobiPocket

The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies By Donna Burka Wild EPub