



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

By Donna Burka Wild

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### 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.

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*By Donna Burka Wild*

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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.

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#### **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.

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