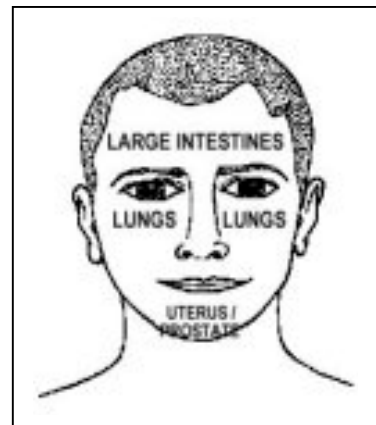


AN INTRODUCTION TO ORIENTAL DIAGNOSIS

Oriental Diagnosis is not a therapy in itself but it is a way of recognising a weakened organ. Hopefully before it causes problems. If you know an organ is getting weak, then you can do something about it BEFORE it causes you symptoms. This is a true form of Holistic medicine. Preventive and not reactive.

What is Oriental Diagnosis?



Oriental Diagnosis is a very old, non invasive form of diagnosis. It has been used for thousands of years in countries such as Japan and China.

The shape and marking on your nose for example will tell what is happening in your heart, pancreas and stomach.

Your lips will inform as to how much stagnation you have in your intestines.

The pimples/ markings on your chin or side of chin will indicate the health/disease of your reproductive system.

But Oriental Diagnosis can be exercised on other parts of the body as well. For example the health of the heart, liver, kidneys, lungs, spleen etc.. Is visible on the tongue.

The sclera in the eyes will also tell us what is happening in the liver, gallbladder, pancreas and spleen. Cysts or tumours in the reproductive system are sometimes noticeable on the sclera.

Meridians can also be used for diagnosis. Dis/colouration on certain parts of the body where the meridians run can give us a warning that something is going to happen in a specific organ. Testing specific meridian points can also inform us as to the congestion in certain organs.

The feet also have a story to tell. All organs are mirrored in the feet (and the hands). Pressing on a specific part of the foot will either confirm or question what we previously found whilst diagnosing a person.

When combined together, all these diagnosing methods give us a very good idea of what is happening in a person's body.

Why would you want to diagnose?

If you are told an organ is getting weak in advance, you can take remedial steps to strengthen this organ before it causes problems. Preventive medicine is always better than reactive medicine and much more gentle on the body.

Let me tell you a story:

Recently, in one of my Massage courses, I had a student who had no energy. I could see from her facial features that her kidneys were tired and that her intestines were congested. Demonstrating massage strokes on her abdomen, I could feel that her intestines were definitely congested as I was getting a pain in my hands massaging this area. I knew things were not as well as they should be.

Oriental Diagnosis indicated an excess of dairy and animal products. One day she looked particularly tired, I approached her and said: "I think you better give up dairy product and animal food for a while, you look very tired". She told me subsequently that she was shocked (but eventually grateful) that I had approached her with such a sentence.

She followed my recom-mendations (I also gave her precise advice on what to eat and what to do). Within a few weeks, she looked much better and amazed other students on the course with the amount of energy she had regained. By recognising the problem before it turned to disease, she was able to change what she was doing wrong and regain health. Great!

It is very rare for me to approach somebody and tell them that they had better change their diet. But if I see bad warning signs using Oriental Diagnosis, I know this person will head for troubles if she does not change her direction. If I know the person well enough, then I will approach her.

Oriental Diagnosis will allow you to detect a forthcoming health problem before it manifests. Doing so may save you a long illness. It may even save your life.

Can anybody learn Oriental Diagnosis?

Yes. When I teach Oriental Diagnosis, I assume students do not know anything about diagnosis. I start at the very beginning and anybody can learn it.

I explain the theory. What to look for. How to look. The different markings that can be seen and what to make out of them.

In a class, we practice on each other and this practical exercise is discussed by all. We also use magazine such as "Hello" as these often have large facial pictures. We find out what problems celebrities have brewing up. This way, we all learn a lot...

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Come and experience it yourself and learn more about it on March 25th 2005 at the Wokingham Group