The Art Of Visual Diagnosis

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Holistic Health
When I first got started on my path to natural healing over 20 years ago, I was introduced to the Art of Visual Diagnosis. This was one of the most fascinating tools I learned, and I find it invaluable to my health coaching practice.

Visual diagnosis is an ancient tool used by traditional healers to help discover the strengths and weaknesses, health (or lack of health), within the body. Once awareness of what’s happening inside the body becomes evident, it can be used to diagnose and/or prevent an illness or imbalance from fully manifesting.

According to visual diagnosis it’s possible for the observer (practitioner, diagnostician) to assess the internal condition of the client by viewing the face; every blemish, mole, line or discoloration can have a deeper meaning.

The face is the sensory center of the body and can tell you almost everything you need to know about a person’s physical and/or emotional condition.

• The mouth is the entrance to the digestive tract.
• The nose is the entrance to the respiratory system.
• The eyes are directly connected to the optic nerve, brain and nervous system.
• The ears are the auditory system, and reveal our overall kidney health.

We always begin diagnosis and assessment with the face because it’s the first thing you notice when looking at someone. Some questions to begin asking:

• Is the person swollen around the eyes or on other parts of the face?
• Are the lips dry, cracked, red, pale or peeling?
• Is the face even in tone and texture?
• Are the whites of the eyes clear and bright, or are they red or yellow?
Visual diagnosis is the first peek into understanding someone's condition. While the face can tell you much about a person’s state of physical health, it is essential to assess many other factors before committing to a final analysis. The observer must consider the whole person, not just one blemish, discoloration, or swelling.

The secondary and tertiary levels of diagnosing the state of someone’s health are exposed through meridian diagnosis and chakra diagnosis. These ancient diagnostic tools are covered in depth in my New Healers Master Coaching Program. All of these skills can help you better understand the body on a physical, emotional, energetic and spiritual level.

This type of diagnoses is best used for prevention and healing of disease. It is not to be confused with diagnosing disease and then treating that disease the way a doctor would.

The ancient diagnostic tools I share with my students and fellow practitioners is used for understanding where the body is out of balance, and how you can help shift someone into a more balanced state of being by using specific dietary, herbal and lifestyle adjustments.

I encourage you to become an astute observer so you can discover much more about the human condition. Enhancing your observation skills can help you become the best health coach or wellness practitioner that you can be.

Want more information about how to use these tools in your wellness practice or in your own life and health? Click on the link to learn more about The New Healers Master Coaching Program.