Have you ever heard of face mapping? It is just now being developed by a few skin care companies but actually it has been around for thousands of years by the Chinese!



The Chinese use face mapping for diagnosis.

They believe our internal health will reflect on our skin. For example, Zones 1 and 3 represent the bladder and digestion. Conditions such as congestion, possible breakouts, dehydration and horizontal lines may reflect poor digestion, insufficient water intake or a history of bladder problems according to Chinese diagnosis.

Have you ever wondered why you get blemishes on both sides of your face at the same time? Or strange breakouts when you are not

feeling good?

## This chart might explain why!

Mapping the Face - The links between facial regions and the body.			
Region	"Sister" area	Possible Conditions	
Forehead	Linked to digestion. The upper regions reflect the state of the bladder, while the lower does the intestines.	Breakouts in this area indicate a lack of elimination - check for client constipation and dehydration.	
Eyebrows	The adrenal glands (most commonly affected by stress)	Coarse hair indicates adrenal stress, as do lines stemming from the eyebrow.	
The Eyes	Liver	Problems with the eyes may point to liver stress,	

		history of jaundice or hepatitis.
Eyelids	Sinuses	Irritated eyelids indicates sinus problems.
Under Eye	Kidneys	Puffiness or grittiness (Yin, not enough energy flow in channels) indicates a need for more water intake, and for lymph drainage.
Nose	Lungs	Oily, comedone-filled nose area is prone to cold (Yin, not enough energy in channels). Redness, puffiness or broken capillaries is more sensitive to respiratory stress (Yang, too much energy or heat in the channels)
Cheeks	Link to Lungs	Broken capillaries on the upper cheeks indicate tendency toward sinus congestion. Sub-surface congestion indicates a more Yin type, while eruptive breakouts are more Yang.
Mouth	Stomach and large intestine	Dry lips link to stomach stress (Yang). An upturned upper lip indicates a nervous stomach (Yang), while a full lower lip can mean poor elimination (Yin).
Chin	Reproductive organs	Typically, breaks out during hormonal imbalance and the onset of menstruation.

## **Nutritional Answers:**

## Detox daily with Calli Beverage and Fortune Delight!

Use **Beauty Pearl** for nourishing the endocrine system and reproductive organs! **Conco** feeds the lungs, **Assimilaid** balances the digestive system and **Slim Caps** detoxify the liver and intestines!