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TREATING AND BEATING



# GEOGRAPHIC TONGUE

AND OTHER TONGUE PROBLEMS

by

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A Publication of:

International Geographic Tongue Support Group

2<sup>nd</sup> Edition

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## WHAT IS THIS BOOK?

I'd like to start with the standard disclaimers. I am not a doctor and I do not know your personal situation, so I can't give you personal medical advice. What I can do is give you the benefit of my 25+ years of research and my personal experiences. I hope that you will then be armed to find your solution. As always, be sure to check with your personal physician or health practitioner. And remember, you don't have to listen to just one doctor. If they aren't helping you, search for one that will!

Many people with Geographic Tongue just wake up one day, look in the mirror and notice something weird about their tongue. They may have noticed that they burned it recently but once they notice the bald patches they think there must be something seriously wrong. So perhaps they run off to the doctor or do a search on the internet and before long they hear the words "Geographic Tongue" and then some "expert" will say it is benign, meaning it won't kill you.

Then they pronounce that nothing can be done, so don't worry about it. But they aren't the ones who have to live with it! And I say, you don't have to live with it either.

## SO WHO AM I TO DISAGREE WITH THE DOCTORS?

Well first of all I am not a doctor or a nutritionist. I didn't study medicine or nutrition in college, Actually, I graduated from a small engineering college in upstate New York and while I was there, I couldn't care less about health or nutrition. I lived on junk food and I was healthy as an ox . . . or at least I thought so, but there were occasional signs of stomach issue. . . .

My doctor said I had irritable bowel syndrome (IBS).

Shortly after graduating, I started getting worse. Before long, I was diagnosed with Crohn's disease. Eventually it got so bad that I couldn't work and I would literally roll around on the floor after eating because the pain was so bad.

Naturally, because it hurt so bad to eat, I pretty much stopped eating. I'd eat a few bites and stop. I tried drinking protein shakes and that helped for a while but before long, I couldn't even get those down. I started losing weight. I went from 130 lbs. in college to 98 lbs. I looked like I had escaped from a concentration camp. At that point my interest in health turned around 180 degrees. I began studying everything I could get my hands on. I learned to speed read and spent hundreds of hours in the library. I knew I had to or I was going to die. When I wasn't in the library, I was in a doctor's office but the doctors were no help.

I went to GPs, MDs, gastroenterologists, chiropractors, osteopaths and finally the head of surgery at a local hospital. They tried everything and finally put me on high doses of steroids. I gained water weight and as the inflammation in my intestines subsided, I was able to eat again. The pain was gone. I was feeling better. In fact, I was feeling so good that I took a trip to St. Vincent, a small island in the Caribbean, where a friend of mine was serving two years in the Peace Corps. Together we hiked several miles up Mt. Soufriere (the local volcano) and ate at Caribbean restaurants. One night, I actually ate two dinners in a row. I literally ordered one dinner and when I was finished, I ordered another. My friends couldn't believe that I could eat that much and still weigh 98 lbs. Little did they know that I was just making up for all the meals I had missed over the previous months. Life was great, the sun, the beautiful white sand beach, snorkeling in the crystal clear Caribbean and best of all, I could eat again.

Hope returned... perhaps I would live after all.

#### THE RED AND WHITE ARMY

Shortly after returning from the beautiful Caribbean, I started paying more attention to my tongue. I noticed that my tongue had a thick white coating on most of it but part of it had red patches. To me... it looked like the red army against the white army. As the coating moved across my tongue, sometimes the white army was winning and sometimes the red army was winning.

I showed my tongue to the surgeon and he said, "Hmmm. Interesting."

He didn't have a clue—no mention of thrush or Geographic Tongue—and no internet to try to figure it out.

#### AND THEN IT HAPPENED

Even though I was feeling better, my messed up intestines decided to take matters into their own hands. They decided to bypass the bad section and started developing a fistula.

Basically the fistula was a little worm of an extension that was growing off the side of my intestines, trying to find a shortcut out, and it did. It found my bladder and perforated it.

My surgeon said that was not good since your bladder isn't designed to handle all that bacteria from your intestines. So I was scheduled for surgery.

In the meantime, I was put on antibiotics.

Interestingly, while I was on the antibiotics, the white army lost the battle and my tongue turned a normal red again. Once again, my surgeon said, "Hmmm. Interesting."

#### BEFORE I WAS TAKEN INTO SURGERY, I MADE MY SURGEON PROMISE ME SOMETHING...

Once he agreed, he wheeled me into surgery where they pumped me full of morphine and anesthesia and my surgeon and my gastroenterologist removed about one third of my intestines. The average small intestines are 20 to 24 feet long and the large intestines are another five or six feet. They removed eight feet of my small intestines and one and a half feet of my large intestines and called in a urologist to sew up my bladder.

I spent the next week in the hospital and my doctor kept his promise. Instead of just clear sugar water in my IV, they added a yellow pouch of vitamins. Surprise, surprise... the doctor said I healed faster than any patient he ever had. I'm convinced that it was having the vitamins in my IV that allowed me to heal faster than if I had been given plain sugar water.



For the next year I was on "Cloud Nine", going to the beach, building muscle, running, exercising, having a great time doing all the things I hadn't been able to do for the last couple of years... it was wonderful!

#### THE ONLY ISSUE WAS MY TONGUE

Instead of the red and white army, my tongue developed bald patches with white rings around them. A couple of months after my surgery, on one of my follow-up visits I showed my tongue to my

gastroenterologist. He nonchalantly said, “Oh we’ve removed the only part of your intestine that absorbs \*\*\*\*\* so you will need to take \*\*\*\*\* for the rest of your life.”

Once I got \*\*\*\*\* , my tongue was better. The bald patches began to clear up.

Later, I learned how to give \*\*\*\*\* to myself so I wouldn’t have to go to the doctor’s office so often. That was my first clue that some vitamins can affect your tongue. I also discovered that I needed weekly \*\*\*\*\* rather than the monthly ones I was getting from the doctor.



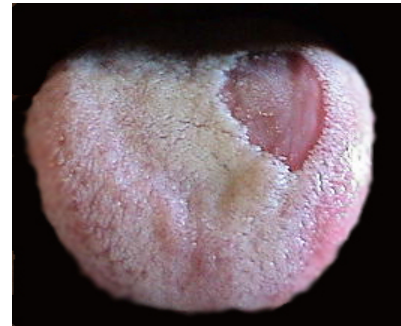
**MY TONGUE WITHOUT \*\*\*\*\***

As a matter of fact, my body was the perfect laboratory to study what happens when you become \*\*\*\*\* deficient, since I couldn’t absorb it at all. Therefore, I know that \*\*\*\*\* deficiency can cause tongue problems. However, that isn’t all.

#### THE WHITE ARMY RIDES AGAIN

As time went by, the white army returned. I was still reading book after book on health and nutrition. The average doctor only gets an hour or two of nutrition in medical school, but I read every book I could get my hands on (literally hundreds of books on health and nutrition). Before long, I knew more about nutrition than my doctors. During this time, I had moved from New York (where I thought the “best” doctors were) to the back of beyond... where it would probably be impossible to find good health care, or so I thought.

When I first moved to Bedford, a small town in central Virginia between Lynchburg and Roanoke, I was still in the process of recovering from my surgery. The fresh mountain air was wonderful, and life was good, but it wasn’t perfect. Something still wasn’t right. I had a white coating on my tongue.



**TONGUE COVERED WITH YEAST**

I knew it wasn’t those same old bald patches with the white rings around it... it was something else. Occasionally, whole patches of white coating would peel off.

It turned out that all the antibiotics and steroids I had been taking for years had killed off all the good bacteria in my system and by now the “Yeast” or “Candida” had taken over.

In children, this is often called “Thrush” and is caused by the same yeast as diaper rash and women’s yeast problems.

So even though I was able to treat the Geographic Tongue with \*\*\*\*\* ...

#### ALL WAS NOT WELL IN PARADISE

The thrush continued to get worse and eventually the Crohn's disease came back as well. As the thrush got worse, my overall system used all its reserves in fighting the yeast so my body wasn't able to deal with the slightest outside stress, so the littlest thing would "put me over the top"...

I developed food allergies, fatigue, mold allergies, my body just didn't have the reserves to handle anything extra... and I was going downhill fast.

Thrush is just a visible sign that Candida is all over your body. It was taking over my digestive system, poisoning my blood and overall weakening my system.

Provisionally the woman who was our real estate agent said she had just been reading a book on yeast and it sounded like that was what I had. She recommended that I should get a book called "[The Yeast Connection](#)". So once again, I started researching. I'm sure God was watching out for me, because it turned out that one of the doctors mentioned in the book as specializing in Yeast ran "Mount Rogers Clinic," a small doctor's office way out in the boonies of Virginia. Mount Rogers was exactly two hours and forty minutes away from me. No back roads even... it was big highways most of the way, just hop on US-460 to Interstate 81 and I could be there. WOW!

I'm sure I wouldn't have gone all the way to Virginia to this clinic had I still lived in New York, but this was perfect. The doctor believed in looking at things the typical establishment ignored and he specialized in Yeast problems, what more could I ask for? I made an appointment and spent half the day on the road (there and back) and half the day at his clinic.

When I first started the treatment, I felt terrible as the yeast die off poisoned my system (Herxheimer's reaction) but after a week or so of treatment as the yeast population got less control of my system, I started feeling better. Before long, my tongue no longer had the thick white coating and I was doing much better.

#### TWO STEPS FORWARD ONE STEP BACK

After about a year of freedom and health the old pains started coming back and before long I knew the Crohn's was back again. I was crushed. I was back on the steroids and other drugs to try and keep my intestines from getting inflamed again.

I started seeing a new gastroenterologist and he reminded me that long-term use of steroids is extremely dangerous and I should try something to get off of the steroids. He recommended a ten-day treatment with a drug called Flagyl. He said that in some cases Flagyl has cured Crohn's disease. Flagyl is used around the world to kill germs and parasites in the intestinal system.

I had nothing to lose, so I tried it. In addition to killing off the yeast, and using the Flagyl to kill whatever else was infecting my intestines, I knew from my reading that unless I filled the void and reestablished the good bacteria in my system things would probably return to the old way before long. So even though the gastroenterologist didn't say anything about it, I embarked on a massive program of probiotics immediately after finishing the Flagyl. Once the good bacteria were reestablished, things went well.

Amazingly my Crohn's went away and this time it stayed away. It's been about 25 years since my last attack of Crohn's disease and my most recent colonoscopy showed absolutely no signs of return.

One thing I discovered was that our bodies have the miraculous ability to repair themselves given the right circumstances. This is all doctors can really do. They can create the right circumstances for your body to repair itself but they don't really do the repair. For instance, they might "set" a broken bone so it doesn't grow back together crooked but they can't make it grow. They can kill off bad bacteria or viruses but it is really your body that has to do the repair work.

Because of legacy thinking from the industrial age, most people get this wrong. They think of their body as a machine that starts out perfect when we are born and then slowly falls apart so that it requires a mechanic (Doctor) to put it back together.

However, the doctor plays a fairly small part. Cuts heal themselves and tongues replace their surface every seven to ten days, whether you see a doctor or not. Modern researchers are even finding that parts that they thought didn't regenerate like brain cells and heart cells do regenerate—just like all human tissue. You need to provide it with the right building blocks and those basic building blocks come from the food we eat.

If, however, the food is highly processed, grown on depleted land, genetically engineered, or irradiated, or just old or over-cooked, it might not have all the nutrients (vitamins and / or minerals) that it should have. Therefore, we need to supplement those so our bodies have the building blocks to rebuild themselves.

## **NO ONE CARES ABOUT YOUR HEALTH LIKE YOU DO!**

After spending those thousands of hours researching my health, I wanted to share what I have found with you. I wanted to try to share some of what I have learned by research and by trial and error and simply by experience. I really do want to help eliminate some of the pain you are feeling.

Remember, it is your health, not mine. Although I do care about your health, no one cares more about your health than you do! Not me and not your doctor. No matter how great your doctor may be, he simply doesn't have the time or ability to spend more than a few minutes on your situation.

He has many patients sicker than you are. (At least that is something to be thankful for, I guess.) Unfortunately, that also means your doctor doesn't have the time or inclination to become an expert in your illness. He is too busy helping the "really" sick people.

The big drug companies are in the same situation, they haven't spent time and money researching tongue problems. So even if your doctor wanted to help you, his hands are tied! Without research, doctors simply don't have any magic bullets in their "black bag" to cure tongue problems.

## **IT IS UP TO YOU**

You can and must become an expert in your particular illness. If you don't do something about it now, who will? That is where I come in; this book can help you take control of your life. It provides the information you need to begin to regain your health. By taking some very easy steps, you can actually eliminate many of the issues that are robbing you of health and happiness.

***It's your life... you have to take it back! Take control! Get the answers! You can do it and this book will help!***

Your tongue is merely an indicator of your overall body health—kind of like a health meter. As you will see in this book, even if doctors did have a magic bullet that would instantly make your tongue **look** healthy, unless they address the overall systemic problems the problem will just return!

Imagine looking at the thermometer, the red line is level with the 20° mark, thinking that is too cold you get some red paint and make the line on the thermometer a little higher. Will that make it nice and warm again? Of course not!

Well, trying to fix the condition of your body's "health meter" (the tongue) is exactly the same thing. Fix the underlying problem in your body and your tongue will take care of itself.

## **ATTACKING THE SYMPTOM (YOUR TONGUE) WILL NOT SOLVE THE UNDERLYING PROBLEM!**

Painting a house might make it look better, but it doesn't do anything to make the foundation stronger!

In this book, we will address the foundational issues! I guarantee you that after reading this book **you will know the secrets of a healthy system and a healthy tongue.**

Of course, I can't guarantee that just by reading this book your tongue will instantly be clean, pink and healthy like the tongue of a healthy newborn baby. We all know that it takes more to create health than just reading a book. **Just knowing what to do is worthless unless you put that knowledge into action!**

I want this book to help you achieve the health you deserve, the health you were meant to have. Therefore, in this book I will also give you specific action steps that you can take to improve your overall health. But you need to make your health a priority in your life.

### **How would you like to:**

- Have more energy?
- Need less sleep?
- Feel more alert?
- Have a feeling of well-being?

## **LET'S GET STARTED**

Is what you are doing now helping? I dare say that if it were you wouldn't be reading this book! Traditional treatments for tongue problems rely on vague ideas and unknown causes.

### **IS THERE ANOTHER WAY TO LOOK AT THE PROBLEM?**

Holistic analysis is where you look at the entire system and realize that tongue problems are really just a symptom of a larger problem. Your tongue is trying to tell you something and most people aren't listening.

If you want your tongue to get better you need to look at the big picture and listen to what your tongue is trying to tell you! Are you ready to listen to your own tongue?

**I'M GLAD THAT YOU HAVE DECIDED TO LISTEN.**

You have shown promise in that you have picked up this book. It isn't a magic bullet but it does provide valuable information to start you on the road to health and I'm sure it will provide you with the tools you need to begin eliminating tongue problems like these:

- Bald patches
- White coating
- Fissures or cracks
- Tongue or mouth pain
- Black Furry Tongue
- Geographic Tongue
- Pigmented Tongue
- Plus many more!

#### DON'T GIVE UP

Have you ever been at the end of your rope—ready to give up? Don't do it! There are solutions! You just need to find them. In this book I have compiled solutions from around the world—solutions that would take you years to locate and evaluate.

Are you ready to delve into the world of possibilities and solutions? Good... begin by making a promise to yourself that you will find a solution. Commit to it and don't give up until you have it licked. Keep trying, search and don't give up! Your tongue can become healthy, fresh and pink. Just like a healthy child's tongue! The cells in your tongue are constantly replacing themselves. Next week you will have new cells in your tongue! The only question is will they be healthy cells or diseased ones?

All you need to do is put your body's natural healing action to work replacing your tongue's diseased cells with new healthy ones!

#### DO YOU REALLY WANT TO GET BETTER?

How badly do you want it? If you truly want it, you can have it!

***Decide what you want to be, pay the price, and be what you want to be!"***

One of my favorite sayings is, "***Decide what you want to be, pay the price, and be what you want to be!"*** That applies to many areas of life but it applies to tongue health too.

#### WHAT IS THE PRICE OF HEALTH?

You must be willing to learn, have an open mind to new ideas and be willing to put what you learn into practice.

Do you know the story of Naaman in the Old Testament? Naaman was a proud high-ranking **Syrian** soldier. He worked directly for the King of Syria. Naaman had a problem, he had leprosy. A captured slave-girl worked for Naaman's wife. The slave girl told him that the prophets in her home country could cure Naaman.

Naaman went off to find the prophet. When he got there, the prophet didn't even come out to meet him. He sent word by a servant that Naaman needed to go to the river and dip himself seven times and he would be healed.

Naaman was furious, he thought to himself, "I have come all this way, I brought expensive gifts and the prophet didn't even come out to see me! He made me talk to his servant! Who does he think he is? To make matters worse, he wants me to dip in a filthy old river! There are much cleaner rivers in my



hometown! There is no way he is going to insult me and make a fool of me! I am an important man! I command people for a living! I don't need to put up with this!"

About this time Naaman's servant comes up and says, "If the prophet had commanded you to do some difficult task, would you have done it?"

"Of course," Naaman replied.

His servant then gave him wise advice, "**Well then, why won't you do this simple task?**"

Are you wondering why I told this story? The message is simple!

Just as Naaman had to learn to follow simple directions, we do, too.

**Are you willing to do whatever it takes to get well?**

JUST DO IT!

People often say one thing and do another! They say they want to be healthy, but then go out and smoke or drink and drive. You have to commit to doing what is necessary in order to accomplish the task of getting better. Simply deciding to do whatever it takes is half the battle! Once you have made the decision to "just do it," the rest is a downhill ride.

THERE IS HOPE!

Knowledge is power! Health is a function of how much you know about your body and what ails it. Never before in history has so much knowledge been so readily available. By reading and studying absolutely everything you can get about your particular problem you can find a cure.

**STEP 1: YOU MUST COMMIT TO LEARNING.**

Develop a voracious appetite for information about your problem and read absolutely everything you can find about it. In this "age of information," there is so much information available you are certain to find someone with the solution to your particular problem.

**Obviously, you are on the right track...** you are reading this book, and in it you will find a great deal of information about your problem and many suggestions for finding the secret to a healthy tongue.

**STEP 2: EMBARK ON A JOURNEY TO HEALTH.**

Begin now and I will show you the results of my thousands of hours of research into health in general and into the secrets of a healthy tongue in particular.

In the following chapters, we will look at the map for your future health and how it pertains to tongue health. Together, we will discover where you are going and how to get there. Before you embark on the fantastic journey to health, we need to look at where you want to go. It has been said that, "***if you don't know where you are going... any road will get you there***"

Well "just any road" won't do! I want to help you, **find the right road for you!**

## THE ROAD TO HEALTH AND HAPPINESS... FOR YOU

Throughout this book, we will examine exactly what it means to have a healthy tongue and what you need to do to get started on the right road.

In the first chapter, we will look at some of the psychological problems and solutions related to a variety of different tongue problems. Millions of people suffer from these problems without knowing what causes them. Doctors claim the problem is benign. We will start by learning more about how your mind and body are related before we move on to the specific causes of tongue health.

Next, we will look at the basic structure of the tongue and what can go wrong. From there we will look at Geographic Tongue and a Doctor recommended nutritional approach to dealing with Geographic Tongue. At the other end of the spectrum, we will examine an English Grandmother's "miraculous" liquid vitamin. It not only tastes good but it eliminated her Granddaughter's Geographic Tongue in only two days! So we will carefully examine the ingredients and see if we can discover its secret.

We will also look at Tongue Fissures (cracks), Black Tongue, Hairy Tongue, Hairy Leukoplakia, Thrush (Yeast), Burning Tongue and/or Burning Mouth, Pigmented Tongue, Scalloped Tongue, various Tongue Coatings and much more. In each of these cases we will look at what works (and what doesn't) and how to use your tongue as an indicator to help improve your overall health and give you more energy and a feeling of well-being.

Ready? Let's Get Started!

You are welcome to share this PDF with your friends.

If you want a complete copy of this 176-page book,

go to <http://geographictongue.org/>

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