

# Table of Contents

<b>WHAT IS THIS BOOK? .....</b>	<b>10</b>
SO WHO AM I TO DISAGREE WITH THE DOCTORS? .....	10
NO ONE CARES ABOUT YOUR HEALTH LIKE YOU DO! .....	14
ATTACKING THE SYMPTOM (YOUR TONGUE) WILL NOT SOLVE THE UNDERLYING PROBLEM! .....	15
LET’S GET STARTED.....	15
<i>Step 1: You must commit to learning.</i> .....	17
<i>Step 2: Embark on a journey to health.</i> .....	17
THE ROAD TO HEALTH AND HAPPINESS... FOR YOU .....	18
<b>CHAPTER 1 WHERE’S YOUR FOCUS? .....</b>	<b>19</b>
WHAT DOES A HEALTHY TONGUE LOOK LIKE? .....	20
<b>CHAPTER 2 BASIC TONGUE STRUCTURE .....</b>	<b>22</b>
TOP OF TONGUE .....	22
TASTE.....	24
BOTTOM OF TONGUE .....	24
MUSCLES OF THE TONGUE .....	25
NERVES OF THE TONGUE .....	25
<b>CHAPTER 3 WHAT CAN GO WRONG WITH A TONGUE? .....</b>	<b>26</b>
MEDICAL QUESTIONS:.....	28
<b>CHAPTER 4 GEOGRAPHIC TONGUE IS A SYSTEMIC PROBLEM .....</b>	<b>29</b>
5 POSSIBLE CAUSES OF GEOGRAPHIC TONGUE.....	30
SOLUTION FOUND.....	30
THEN LOST AGAIN .....	30
THE PROBLEM WITH VITAMINS .....	32
<b>CHAPTER 5 WHERE TO START: THE GEOGRAPHIC TONGUE VITAMIN PROGRAM .....</b>	<b>33</b>
ABSORPTION .....	33
THE DOCTOR’S NUTRITIONAL PROGRAM.....	34
DR. ACKERMAN’S VITAMIN REGIMEN:.....	36
GEOGRAPHIC TONGUE AND PREGNANCY .....	37
<b>CHAPTER 6 GEOGRAPHIC TONGUE: DETERMINING DEFICIENCIES .....</b>	<b>41</b>
THE NATURAL WAY TO DETERMINE DEFICIENCIES.....	41
MORE TONGUE AND MOUTH DEFICIENCY SYMPTOMS AND THEIR POSSIBLE CAUSES: .....	42
<i>Bad Breath</i> .....	42
<i>Beefy, enlarged tongue</i> .....	42
<i>Burning, sore tongue</i> .....	42
<i>Cracked lips and corners of the mouth</i> .....	42
<i>Distended, purplish-blue veins under the tongue</i> .....	42

<i>Edema or tooth-marks on tongue</i> .....	42
<i>Enlarged (beefy) tongue or tongue too small</i> .....	42
<i>Furrowed (cracked) tongue</i> .....	42
<i>Receding or bleeding gums (gingivitis)</i> .....	42
<i>Mouth ulcers, canker sores</i> .....	43
<i>Papillae prominent or erased</i> .....	43
<i>Purplish or magenta tongue or lips, or purplish-blue veins under the tongue</i> .....	43
<i>Scallops around edges of Tongue</i> .....	43
<i>Tongue red at tip or edges; whole tongue scarlet red, sore</i> .....	43
<i>Tongue shiny, smooth</i> .....	43
<i>Tongue strawberry-red tip/sides, beefy</i> .....	43
<i>White-coated tongue</i> .....	43
<i>White patches on tongue</i> .....	43
<i>Yellowish-brown-coated tongue</i> .....	43
<b>CHAPTER 7 GEOGRAPHIC TONGUE: THE BIGGER PICTURE</b> .....	<b>44</b>
THE TONGUE IS THE "GAS GAUGE" OF THE BODY .....	44
STRESS .....	45
<i>Stress Increases Your Need for Nutrients</i> .....	45
<i>Trying to eliminate stress can be stressful</i> .....	46
<i>Types of Stress</i> .....	46
<i>11 ways to reduce stress:</i> .....	47
<b>CHAPTER 8 MINERALS AND GEOGRAPHIC TONGUE</b> .....	<b>48</b>
MINERALS:.....	48
<i>Zinc</i> .....	48
<i>Magnesium</i> .....	48
<i>Lithium</i> .....	49
<i>Molybdenum</i> .....	50
<i>Calcium</i> .....	50
<i>Iodine</i> .....	50
<i>Iron</i> .....	50
AMINO ACIDS .....	50
<b>CHAPTER 9 GEOGRAPHIC TONGUE IN BABIES, TODDLERS AND CHILDREN</b> .....	<b>51</b>
IT'S HARD TO HEAR OF ONE SO YOUNG HAVING IT .....	52
<i>They Might Outgrow It</i> .....	52
<i>There's One in Every Class</i> .....	52
<i>1246 Cases of Childhood Geographic Tongue</i> .....	53
<i>Geographic Tongue in Coal Country</i> .....	53
PROPER NUTRITION .....	54
<i>Sylvia and Little Christine</i> .....	54
<i>Gummy Vitamins- Yes or No?</i> .....	54
<i>Vitamin Dosages</i> .....	55
<i>Grandma's "Miraculous" Vitamin</i> .....	56

<i>Iron Phobia</i> .....	59
<i>The key Vitamins for Treating Toddler Geographic Tongue:</i> .....	59
<i>Oil-soluble vitamins</i> .....	60
<i>The Right Dosage</i> .....	60
ECZEMA AND PSORIASIS.....	60
CONCLUSION .....	60
<b>CHAPTER 10 GEOGRAPHIC TONGUE AND FILLINGS .....</b>	<b>61</b>
MERCURY POISONING .....	64
WORKING WITH CHEMICALS .....	64
<b>CHAPTER 11 GEOGRAPHIC TONGUE AND TOOTHPASTE .....</b>	<b>65</b>
THE PROBLEM WITH TOOTHPASTE .....	65
JASMINE’S STORY .....	65
SAM LOOKS FOR A SOLUTION.....	66
OTHER IRRITANTS .....	66
<b>CHAPTER 12 OTHER FACTORS IN GEOGRAPHIC TONGUE.....</b>	<b>68</b>
THINGS THAT BUILD UP YOUR BODY.....	68
THINGS THAT TEAR DOWN YOUR BODY .....	68
<i>Irritants</i> .....	68
<i>What about topical steroids?</i> .....	69
<i>Antihistamines and Allergies</i> .....	69
<i>Candida and Geographic Tongue</i> .....	70
<i>Physical treatment methods to help build you up</i> .....	71
<i>Anti-Bacterial Treatments</i> .....	71
<i>More Things That Tear You Down</i> .....	73
CONCLUSION .....	74
.....	<b>75</b>
<b>CHAPTER 13 TONGUE FISSURES .....</b>	<b>76</b>
A CASE OF “CRACKED TONGUE” .....	76
<i>The toxic trio: arsenic, mercury and potassium iodide</i> .....	77
<i>Side effects of Fissured Tongue</i> .....	78
<i>Traditional Chinese Medicine</i> .....	79
<i>Other indicators</i> .....	79
<i>Diabetes and Tongue Fissures</i> .....	81
<i>Medicine Side Effects</i> .....	81
<i>Vitamin and Mineral deficiencies</i> .....	81
<i>The underlying cause of all health problems</i> .....	82
SUMMARY.....	83
<b>CHAPTER 14 BLACK TONGUE AND BLACK HAIRY TONGUE.....</b>	<b>85</b>
IN A PATIENT’S OWN WORDS:.....	85

CHARACTERISTICS .....	85
OTHER FACTORS .....	86
<b>CHAPTER 15 HAIRY LEUKOPLAKIA .....</b>	<b>87</b>
THE VIRUS CONNECTION.....	87
TERRAIN AGAIN .....	87
NATURAL TREATMENTS.....	88
<b>CHAPTER 16 CANDIDA.....</b>	<b>89</b>
SUGAR, CORTISONE AND ANTIBIOTICS! .....	90
<i>Xylitol</i> .....	91
IS YEAST SERIOUS? .....	91
<i>Dying yeast can make you sick as a dog!</i> .....	91
<i>Molybdenum</i> .....	92
TREATING THRUSH (ORAL CANDIDA OR YEAST).....	92
<i>What do doctors say?</i> .....	92
SIDE EFFECTS OF CANDIDA INFECTION .....	96
<i>Yeast and Diaper Rash</i> .....	96
<i>Fibromyalgia and Yeast</i> .....	96
WHAT ARE TYPICAL “HOME REMEDIES” AND DO THEY WORK? .....	97
<i>What should I eat?</i> .....	99
<i>What should I avoid?</i> .....	99
OTHER RESOURCES FOR DEALING WITH CANDIDA .....	100
<i>Cookbooks:</i> .....	100
<i>For more information:</i> .....	100
HOW DOES YEAST RELATE TO OTHER TONGUE PROBLEMS?.....	101
<b>CHAPTER 17 BURNING TONGUE AND BURNING MOUTH SYNDROME .....</b>	<b>102</b>
ALL IN YOUR HEAD? .....	102
<i>Other Causes</i> .....	103
<i>Stress</i> .....	104
<i>Magic bullet obsession</i> .....	104
<i>The body’s communication system</i> .....	105
THE SECRET TO TROUBLESHOOTING- GOOD DETECTIVE SKILLS .....	105
<i>Common threads</i> .....	105
<i>15 common complaints</i> .....	106
<i>Galvanic response</i> .....	107
<i>PH Imbalance</i> .....	108
<i>Cavitations</i> .....	108
<i>Finding the right dentist</i> .....	109
OTHER RECOMMENDATIONS FOR BURNING MOUTH OR TONGUE .....	109
<i>A Strange Natural Pain Killer</i> .....	110
BURNING MOUTH SYNDROME RESEARCH .....	111
<i>BMS and Yeast</i> .....	112
<i>BMS and Dry Mouth</i> .....	112

<i>BMS and enzymes</i> .....	112
<i>BMS and minerals</i> .....	113
<i>BMS and Herbs</i> .....	113
<i>Other Resources</i> .....	114
<b>CHAPTER 18 PIGMENTED TONGUE AND REDUCED ADRENAL FUNCTION .....</b>	<b>115</b>
SYMPTOMS .....	115
<i>Inflammatory Response</i> .....	116
<i>Primary adrenal insufficiency</i> .....	116
<i>Symptoms of an Addisonian crisis</i> .....	117
<i>Crisis treatment</i> .....	117
<i>Normal Treatment</i> .....	117
<i>Emergency preparation</i> .....	117
ALL OR NONE .....	118
<i>Side effects</i> .....	118
<i>Natural supplements</i> .....	118
FATIGUE AND ADRENAL FUNCTION .....	118
<b>CHAPTER 19 TONGUE COATING .....</b>	<b>121</b>
AS FAR AS THE WHITE COATING.....	121
<i>Is there a relationship between a White Tongue and Tonsil Stones?</i> .....	121
<i>What to do about your tongue</i> .....	122
THE TONGUE IS AN INDICATOR OF OVERALL HEALTH .....	122
<i>Do-it-yourself digestive tea</i> .....	123
<i>Other Herbs to improve digestion</i> .....	124
<i>Mineral deficiencies</i> .....	128
TONGUE COATING ACCORDING TO TRADITIONAL CHINESE MEDICINE .....	129
<b>CHAPTER 20 TONGUE SPLITTING &amp; PIERCING.....</b>	<b>130</b>
VOLUNTARY TORTURE .....	130
<i>Yellow Coating</i> .....	131
<i>Galvanic Response</i> .....	131
<i>Chipped Teeth</i> .....	131
<b>CHAPTER 21 SCALLOPED TONGUE (TOOTH MARKS AROUND EDGES) BEEFY TONGUE AND PALE TONGUE .....</b>	<b>132</b>
SCALLOPED BEEFY TONGUE .....	132
<i>Malabsorption</i> .....	132
<i>Iodine</i> .....	132
<i>Edema</i> .....	134
PALE TONGUE.....	135
<b>CHAPTER 22 VITAMIN DEFICIENCIES THAT CAN CAUSE TONGUE AND MOUTH PROBLEMS .....</b>	<b>136</b>
VITAMIN DEFICIENCIES CAN CAUSE TONGUE PROBLEMS .....	136
HOW VITAMINS WORK.....	137

SPECIFIC VITAMIN DEFICIENCY SYMPTOMS .....	137
Vitamin A .....	138
B-Complex containing the "B-Vitamins" .....	138
Vitamin B <sub>1</sub> (thiamine).....	138
Vitamin B <sub>2</sub> (riboflavin).....	138
Vitamin B <sub>3</sub> (niacin) .....	139
Vitamin B <sub>5</sub> (Pantothenic acid).....	139
Vitamin B <sub>6</sub> (Pyridoxine) .....	139
Vitamin B <sub>7</sub> (biotin).....	139
Vitamin B <sub>8</sub> (Inositol).....	140
Vitamin B <sub>9</sub> (Folic acid).....	140
Vitamin B <sub>10</sub> Paraaminobenzoic Acid (PABA).....	140
Vitamin B <sub>12</sub> .....	140
Vitamin C.....	141
Vitamin D .....	141
Vitamin E.....	141
Vitamin K.....	141
Multivitamin .....	141
Essential fatty acids .....	141
TABLE OF VITAMIN SOURCES AND DEFICIENCY SYMPTOMS.....	142
<b>CHAPTER 23 THE OFTEN OVERLOOKED MINERAL DEFICIENCY.....</b>	<b>149</b>
MINERAL FUNCTIONS AND DEFICIENCY SYMPTOMS .....	149
Antimony.....	149
Bismuth .....	149
Boron.....	149
Calcium .....	149
Cesium.....	150
Chromium .....	150
Cobalt.....	150
Copper.....	150
Europium.....	151
Fluoride .....	151
Germanium .....	151
Gold.....	152
Iodine .....	152
Lanthium.....	152
Lithium .....	152
Magnesium .....	153
Manganese .....	153
Molybdenum.....	154
Nickel .....	154
Phosphorus .....	154
Potassium.....	154
Praseodymium .....	155
Samarium.....	155

<i>Selenium</i> .....	155
<i>Silica</i> .....	155
<i>Strontium</i> .....	156
<i>Sulfur</i> .....	156
<i>Thulium</i> .....	156
<i>Vanadium</i> .....	156
<i>Yttrium</i> .....	157
<i>Zinc</i> .....	157
<b>CHAPTER 24 THE VIGOR SYSTEM FOR A HEALTHY TONGUE.....</b>	<b>158</b>
THE BASIC 3-STEP GEOGRAPHIC TONGUE FIGHTING SYSTEM .....	158
<i>Step one</i> .....	158
<i>Step Two</i> .....	159
<i>Step Three</i> .....	160
THE V-I-G-O-R SYSTEM TO TONGUE HEALTH.....	160
<b>INDEX.....</b>	<b>164</b>