

FOREHEAD

Bladder + Digestive System

- Insufficient Water Intake
- Possible Bladder Problems
- Poor Digestion
- IBS
- Liver Issues
- Increased Stress Levels
- Sweat

IN BETWEEN BROWS

Stomach + Liver

- Heavy Intake of Rich, Greasy Foods
- Late Night Eating
- Over Consumption of Alcohol
- Food Allergies – Possible Lactose Intolerance
- Insufficient Water Intake

RIGHT CHEEK

Respiratory Issues

- Asthma
- Allergies
- Smoking
- Pollution
- Stress
- Too Much Sugar
- Bacteria from Pillowcases & Phones

UNDER EYES

Kidney, Liver, Intestines

- Lack of Sleep
- Poor Elimination
- Deficiencies In Diet
- Kidney Stress
- Insufficient Water Intake

EARS + TEMPLES

Kidneys

- Kidney Stress
- Insufficient Water Intake
- Excessive Caffeine
- Excessive Salt Consumption
- Sluggish Lymphatics
- Diet too high in fats
- Diet too high in processed foods
- Stress
- Excess Oil Production

LEFT CHEEK

Liver and Digestive System

- Poor Diet High in Processed Foods
- Overeating
- Too Much Sugar
- Malabsorption of Nutrients
- Stress
- Digestive Issues
- Pollution
- Bacteria from Pillowcases and Phones

NOSE

Heart

- High Blood Pressure
- Poor Circulation
- Poor Diet
- Constipation and Bloating
- Indigestion
- High Salt Intake

JAWLINE

Hormones

- Hormonal Imbalance
- Stress
- Menstrual Cycle
- Lack of Sleep
- Poor Diet
- Dental Work

AROUND THE LIP AREA

Hormones and Intestines

- Hormonal Imbalance
- Ovulation
- Reproductive Organs
- Menstrual Cycle
- Constipation
- IBS
- Food Allergies

CHIN

Stomach, Kidney and Reproductive Organs

- Kidney Imbalance
- Poor Diet High in Processed /Greasy Foods
- Insufficient Water Intake
- Stress
- Food Allergies

NECK

- Thyroid
- Adrenal Stress
- Hormonal Imbalance

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