

Your Body's Secret Health Clues: Listening to Your "Inner Language"

What is a Functional Assessment?

A functional assessment is a way of looking at your body to find "clues" about your health. While standard blood tests give us a snapshot of your health, your skin, tongue, and nails act like windows. Because these tissues grow quickly, they show us in real-time if you are missing certain vitamins or if your body is under too much stress.

Why This Matters For You

- **Catching the Small Stuff:** We can spot "hidden" nutritional needs before they turn into bigger health problems.
- **Understanding Your Symptoms:** You might learn that your "brain fog" or "low energy" is actually linked to a specific mineral your body is craving.
- **Personalized Care:** Instead of a one-size-fits-all plan, we use these clues to give your body exactly what it needs to feel its best.

What You Can Do Today

Take five minutes to look in the mirror and check for these common "body clues":

1. **The Tongue Check:** Stick out your tongue. Is it smooth and very red? Do you see teeth marks along the sides? Are there patches that look like a map? These can be signs that your body needs more B vitamins, zinc, or thyroid support.
2. **The Nail Scan:** Look at your fingernails. Small white spots often mean you need more zinc. If your nails are shaped like a "spoon" (dipping inward), you might be low on iron.
3. **The Skin Test:** Feel the back of your arms or thighs. If you notice small, rough bumps (sometimes called "chicken skin"), your body might be asking for more healthy fats (Omega-3s) or Vitamin A.
4. **The "Stand Up" Test:** When you stand up quickly from a chair or bed, do you feel dizzy? This is a clue that your "stress glands" (adrenals) might need some extra support and hydration.

Questions to Discuss with Your Practitioner

- "I noticed [white spots on my nails/bumps on my arms]—what does this tell us about my nutrition?"
 - "Based on my tongue and skin clues, which foods should I add to my plate this week?"
 - "How do these physical clues match up with the symptoms I've been feeling lately?"
 - "Are there specific supplements that could help clear up these signs?"
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