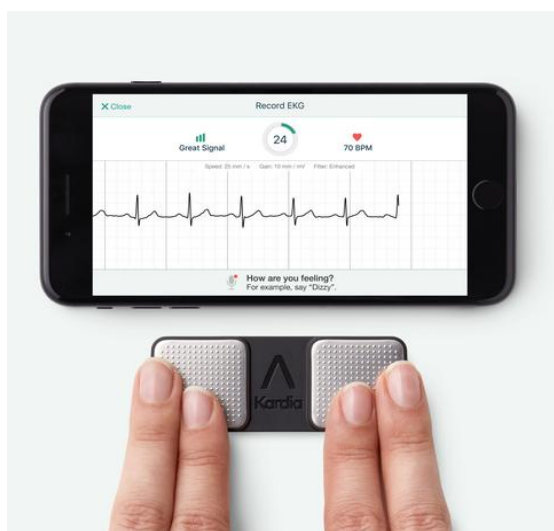


PULSE

The tongue and pulse are still among the most important diagnostic clues for modern practitioners of Traditional Chinese Medicine (TCM). Tongue observation and pulse palpation were first discussed during the Han Dynasty (206 BCE - 220 CE) in the *Inner Canon of the Yellow Emperor (Huangdi Neijing)*.

Influential 16th-century physician Li Shi Zhen (*Li Shi Chen, 1518-93*) published a book on pulse studies, which is still used in TCM practice. His description of pulse types and their interpretation is now supplemented in TCM by modern technologies such as electrocardiogram (ECG or EKG) readings.



Kardia™ Mobile electrodes may be purchased at <https://www.alivecor.com>

Download Kardia™ App on your smart phone or tablet. Follow instructions on your device.

ECG taking:

- ECG taking should take place in a calm, restful environment.
- Allow 1 hour to rest after strenuous physical activity, or after eating large meal.
- Allow 15 minutes after urination, defecation or ingestion of liquids.
- Do not take an ECG immediately after stressful emotional event, allow yourself to calm down completely.
- Relax and hold your finger on the electrodes steady. Do not talk and take an ECG.
- Save ECG as PDF file in Kardia™ App on your smartphone, email to yourself.
- Download PDF of your ECG to the computer screen.
- Upload ECG PDF into documents folder in your Electronic Health Records (EHR) patient's portal and share with the provider a day before the start of each virtual visit.

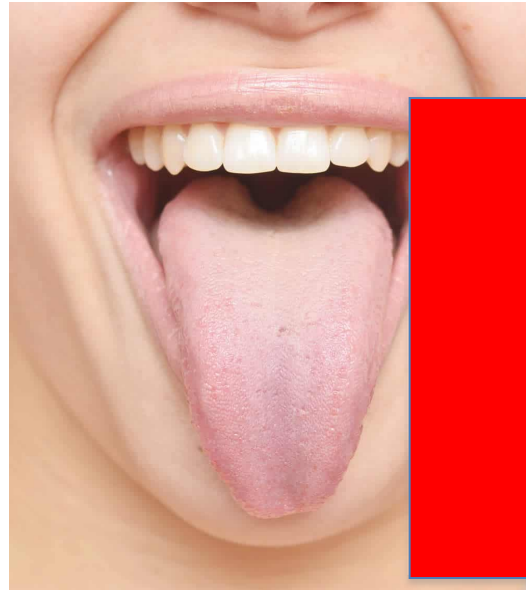
In the event of heart problems or even the possibility of heart problems and as appropriate for your situation, go to the ER, call for help (such as 911), or contact your physician. Do not attempt to self-diagnose or spend time with self-help resources, including personal ECG devices, when urgent or emergencies may be occurring.

TONGUE

Observation of the tongue one of the principal diagnostic methods in TCM. Details of the tongue, including shape, size, color, texture, cracks, teeth marks, as well as tongue coating are all important diagnostic signs.

To take picture of your tongue:

- Stand or sit in front of the window with natural daylight illuminating your tongue. If sunlight is not available, use a second light source such as a vanity light in your bathroom
- Extend your tongue out in a relaxed manner; make sure that the root and tip of the tongue are visible. Place color strip by the side of your tongue and take a picture with your phone or tablet. Do not hold your tongue out for more than 20 seconds.
- Make sure that the picture good quality and small details such as cracks are visible.



Preparation for tongue diagnosis picture:

- DO NOT brush your tongue for at least a day before taking your tongue picture.
- Please avoid eating or drinking colored food and drink, such as coffee, tea, blueberry, and candy that may alter the color of the tongue coating.
- For repeated herbal visit follow-up appointments take picture of your tongue at the same time of the day.

Save photo as JPEG file and upload it into your Electronic Health Records (EHR) patient's portal before the start of your virtual appointment exactly the same like you did with your ECG.

TONGUE COLOR REFERENCE STRIP (cut off white part from the bottom of the red strip)

