

EXTERNAL CLUES THAT MAY INDICATE HEART DISEASE

From *Heart Solution for Women* by Mark Menolascino, MD

EARLOBE CREASE

- A crease in both earlobes is now proven to be correlated with an increased risk of heart disease *and* particularly sudden death from heart disease. This may be due to higher oxidative stress/inflammation in the body and can cause an increased risk of heart attack.

ABNORMAL PUPILS

- Enlarged pupils in a brightly lit room suggest an overactive or imbalanced nervous system and confused adrenal glands. If after shining a bright light into your eyes, your pupils first reduce in size and expand again slightly, it may be an indication of adrenal dysregulation and cortisol abnormalities.

ARCUS SENILUS

- The arcus senilis is a small blue circle surrounding the colored part of the center of the eye and is a well-proven indicator of heart health. This blue circle can be an indicator of abnormal cholesterol processing and overall elevated cholesterol levels.

RUDDY CHEEKS

- Ruddiness in the cheeks can indicate internal inflammation and is common among people with diabetes, which increases the risk of being admitted to the hospital for severe heart problems.

DARK SKIN AREAS

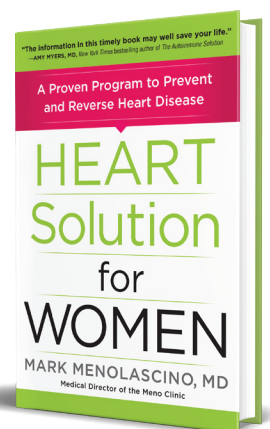
- Darkness under the eyes and on the back of the neck suggests blood sugar abnormalities, including diabetes and insulin resistance. Dark areas under the armpits may also be signs of blood sugar imbalances.

SKIN BUMPS AND TAGS

- Small bumps on the back of the arms are commonly related to food sensitivities such as dairy. When you heal your gut and remove inflammatory foods, these bumps tend to disappear!
- Small skin tags can be related to abnormal cholesterol metabolism, especially a concern when seen around the eyes.

FINGERNAILS

- Fingernails give us clues to your body's nutrient absorption and digestive function. White spots on the nails may indicate zinc deficiency or diabetes. Pitting of the nails is usually a sign of overall nutritional deficiency or psoriasis.
- The nails are so sensitive to nutrition that if you are hospitalized for a major illness, such as a heart attack, a white horizontal line on your fingernails and thumbnails will develop as a large ridge that marks that event, reflecting how poorly your body was functioning (called Beau's lines). As you recover, your nails stop forming the white lines as they grow out.
- Flat thumbnails with "feathered" appearing ridges are an indication that you are probably not optimally utilizing nutrition because of either poor intake or gut dysfunction.



FOR MORE INFORMATION ABOUT *HEART SOLUTION FOR WOMEN*:
MENOCLINIC.COM | 307-732-1039 | INFO@MENOCLINIC.COM