



Chinese Medical Palmistry: Your Health in Your Hand

By Zong Xiao-Fan, Gary Liscum, Xiao-Fan Zong

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This book is an introduction to Chinese medical diagnosis through inspecting the hands in general and the fingernails in particular. In Chinese medicine, it is believed that every part of the body is a hologram. This means that there is a map of the entire body on each part of the body and that changes in one area of the body can indicate disease processes in another area of the body. This book begins with a brief history of Chinese medical palmistry. This is followed two books. Book one discusses the basic anatomy of the hand and then the indications of various shapes of the hands, fingers, fingernails, palm, and mounds and lines on the palm. Book one ends with a discussion of chronology and the palm, i.e., when things did or will happen. Book two discusses one particular theory about diagnosis based on examining just the fingernails. Various qi and blood signs are explained and then these are correlated with the ten fingernails and their indications. Book two ends with a discussion of specific diseases and their manifestations in the fingernails. In addition, there are two appendices. Appendix one discusses how to make palm prints, while appendix two discusses the eight trigrams and Chinese palmistry. There is general index which makes this book even easier to use, especially for busy clinicians.

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Editorial Review

Review

"In traditional Chinese medicine, examination of parts of the body, such as the tongue or fingernails, can provide valuable information about the health status of the whole individual. According to a venerated Chinese medical text, "if something happens in the interior of the body, it must be reflected in the exterior of the body."

While fingernail analysis is a complex and richly detailed diagnostic art, taking into account shape, size, color, appearance, and strength, Xiao-fan Zong and Gary Liscum, authors of *Chinese Medical Palmistry: Your Health in Your Hand* (Blue Poppy Press, 1995) offer the following self-help guidelines.

WHITE Fingernails: When the fingernail appears pale, white, and without luster, this can indicate anemia, or what acupuncturists call "blood vacuity". This denotes a lack of vitality and life force in the blood associated with specific organs, and sometimes literally a shortage of blood."

White, waxy fingernails can also indicate ulcerative bleeding or the presence of hookworm or other parasitic infestation, which produces a chronic loss of blood. Tiny white speckles appearing under the fingernails suggest a possible deficiency of calcium or zinc, the activity of intestinal parasites, chronic constipation, or a state of fatigue. A single horizontal white line crossing the nail is typically associated with lead or arsenic poisoning..... -- *Alternative Medicine, Oct/Nov. 1998*

From the Back Cover

In Chinese medicine, every part of the body is believed to contain a hologram of the entire organism, just as each cell contains the genetic code of the entire body. Thus Chinese doctors have for centuries believed that one can diagnose health and disease from the shape of the hand, the mounds and lines on the palm, and the fingernails. There are many other books on palmistry in English, but this is the first on Chinese medical palmistry. It has been compiled from a number of Chinese sources by a husband/wife team consisting of an American acupuncturist and a professional Chinese translator. This book is meant for use by professional health care practitioners, such as acupuncturists, chiropractors, naturopaths, and MDs to aid them in the diagnosis of their patients. It is also meant for lay readers interested in learning about their own constitution and the sorts of diseases they are liable to develop. Thus this book enable one to see their health and also to take one's own health into their own hands.

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"This book is an introductory guide to the practical application of Chinese medical palmistry. Visual examination by the unaided eye is one of the four basic methods of diagnosis in Traditional Chinese Medicine or tcm. The *Su Wen* (Simple Questions), one of the oldest and most authoritative classics of Chinese medicine, says that, "If something happens on the interior of the body, it must be reflected on the exterior of the body." Although visual examination within Chinese medicine usually focuses on examining the face, inspecting any areas of the body which are diseased, and especially examining the tongue, in China in recent years there has been renewed interest in examining the hands, palms, and fingernails.

One of the characteristics of Traditional Chinese Medicine is a belief that the part contains the whole. Although Chinese medicine is very old, in the West, this idea is considered very modern and is called holism, as in holistic health. This is also where we get the word hologram. In holography, one can shine a

laser through a part of a holographic image and reproduce the entire image.

Similarly, Chinese doctors for millennia have believed that there are maps of the entire body on various parts of the body. These maps can be used to diagnose the corresponding body parts and, in some cases, such as with hand and ear acupuncture, to even treat those corresponding parts. Technically, these maps are called homunculi or little men. For instance, Chinese doctors believe there are homunculi on the ear, face, eyes, nose, hands, and feet. Some modern Chinese doctors have even found homunculi which can be used to both diagnose and treat the entire body on the metacarpal bone attached to the index finger and on the femur of the upper leg. This belief that there are maps of the entire body on various parts of the body can be called a type of bio-holography. Thus the idea that one might be able to diagnose patients in part by palmistry is not such a far-fetched one in tcm. In fact, shou zhen or hand diagnosis is one of the age-old accepted subdivisions of visual diagnosis within tcm and is included in such modern tcm diagnostic manuals as Zhong Guo Yi Xue Zhen Fa Da Quan (A Great Collection of Chinese Medical Diagnostic Methods) published in 1991."

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