

Claire Truss Acupuncture

How to take tongue photos

TAKING A TONGUE PHOTO

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STEP 1: CAMERA READY

- Use a smart phone
- Select camera
- Turn on flash

STEP 5: UNDERSIDE OF TONGUE

- Follow the same steps, but place your tongue to the roof of your mouth, behind your front teeth



STEP 2: POSITIONING

- Stand in front of a mirror with good light
- Hold the phone so the screen faces the mirror and the camera towards you
- Adjust so your nose and mouth are in the viewer



WHAT CAN GO WRONG?

- Tongue NOT FOCUSED
- The flash hasn't gone off
- There is a shadow
- You held your tongue out too long and the colour changed - close mouth and restart after a short rest



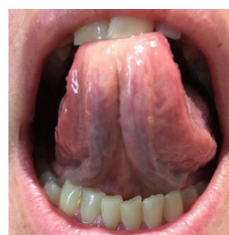
STEP 3: TAKE PHOTO

- Stick out your tongue naturally - relaxed
- Do not force, extend or curl your tongue
- To focus the camera, touch the screen over your tongue
- Take the picture



STEP 4: CHECK PHOTO

- Ensure the camera flashed
- Check the photo - zoom in
- The image should be IN FOCUS, clear, crisp with no blurriness or shadows
- Double check you have focused on your tongue and not teeth or lips



NOW SEND