



Photo Credits - Top Left: Andrew Burton (2), Scott Olson (2), Michael Stewart, Tom Pennington— Getty Images.

# DONALD TRUMP

## VISUAL DIAGNOSIS OF HIS HEALTH & CHARACTER

### The Diagnosis Backstory

Face reading or The Art of *Physiognomy* (Greek for interpreting nature), is a global art. This is not a “bumps-on-the-head” (phrenology) reading, or one of random mystical assumption. The Art of *Physiognomy* is an intricate one that shares a rich history from ancient Chinese (Traditional Chinese Medicine - TCM); Japanese (“Bo-Shin” – the Art of Observation); and East Indian (Ayurvedic Medicine); as well as appearing throughout Greek, Latin and medieval literature.

**The art of facial, body, voice, odor, manner, tongue, emotion, radial pulse, abdominal palpitation and acupuncture point touch diagnosis, has been a foundational part of established cultural medicines for thousands of years.** First detailed through print in “The Yellow Emperor’s Classic of Internal Medicine” (written in China around 2600 BC), this lengthy and profound teaching text is still available today and considered a requisite reference for students of TCM. Aristotle, Hippocrates, and Avicenna (Persia) also wrote about this insightful art.

Personally, I’ve always had a keen attraction to observing human behavior. Growing up in the metropolis of New York City, I was very sensitive to character traits I witnessed in public, whether it was a particular walk, posture or vocal quality. Attempting to duplicate a character’s movement or mannerisms, whether in private or as a performer, gave me deeper insight into these traits. I also found the deductive logic of Sherlock Holmes insightful and fascinating; how he was able to estimate someone’s physical weight by the depth of their footprint in fresh snow; how was he able to detect subtle vocal nuances in order to identify deception. **Such information can provide greater control and protection over our lives while enhancing our judging ability and confirming our intuitive hunches.**

Our appearance, voice and manner reveal much about our health, longevity and psychology. Since food nourishes and sustains our life, the quality and balance of that food strongly influences our health. If we are ill and eat quality whole food that is more nutritionally balanced, we can strengthen immune function and positively influence our healing. **However, our health profile can be judged not only by what goes into our mouth, but by what comes out of our mouth. Our mental clarity, verbal expression, and articulated opinions reveal much about the state of our physical, psychological and spiritual health.** Therefore, every whole assessment should unify body, mind and spirit.

Unfortunately, science and its obsession for honoring predominantly what exists visually, does not endorse the energetic—unless it's relative to the study of physics. Frankly, this is baffling because much research has confirmed common cultural diagnostics for its relevance and accuracy. Acupuncture works on an *energetic*, and not “nerve” principle, yet many who refuse to acknowledge energetics are still searching for neuro-connections to explain the workings of acupuncture. Of course, there might be relative neuro-involvement, but first and foremost acupuncture is an energetic science. In some quarters, conscious scientists are beginning to think in a holistic manner about the body and its healing ability rather than rely on examining and analyzing parts, which is known as *reductionism*.

**Like it or not, we are influenced by the energetic world.** The easiest way to understand all of this is to think about a smart phone or laptop. It's a marvel of technology and capable of so many amazingly unique functions that hold unlimited promise. However, unplug that electrical line (or toss your battery) and suddenly, you have useless machinery with no function. Same for our physical bodies: with phenomenal cellular functioning, neuro-transmissions and very complicated chemistry, by removing the life-force we cease to exist. We're talking about a life force can be felt when you connect with someone's eyes—and it speaks volumes! It's a life force can be felt with your palm barely ½ inch above someone's skin; it's a life force can be felt when someone enters a room and suddenly you “feel their presence;” and it's a life force that can be felt when someone does something charitable for you, such as preparing you a meal, making you a gift—any task that requires giving you the attention of their personal energy.

## Diagnosis Basics

The first thing to understand about the art of evaluating an individual's health and character is the distinction of **where we are coming from and where we are going**: Essential to various diagnostic teachings, is the concept of *Constitution* and *Condition*.

- 1) **Constitution**—reflects our origin. This is known as our inherited strengths, meaning the quality of health that we have inherited from our parents and ancestral lineage. *Genetics*, is another word with similar meaning. There is also a number of ways to assess an individual's constitutional picture of health by studying parts that reflect the whole: ears, hands, feet, face features, hair quality, radial pulse, voice, physical movement and eye (both sclera and colored iris fibers).
- 2) **Condition**—reflects what we have done with our given health. More commonly, it is known as our “current state of health.” Our *condition* reflects our present health, or future tendencies, for our health path. While you may have a strong and seemingly invincible constitution (“tough as nails,” “an iron stomach,” “good genes,” etc.) you can conversely have a weakened current condition. The opposite is also true. The practical benefit of a strong constitution is that it usually provides a temporary physiological resiliency—an ability to quickly bounce back from debilitating health challenges. However, as everything contains a back and a front, a negative aspect of strong constitutions is that it often gives an individual a false sense of being invulnerable. The truth is, excesses affect us all. It's just a matter how long it takes before it catches up with you.

## Diagnostic Overview

Using a combined template from the Chinese/Japanese and Indian model, the head is considered a reduced replica of the body. This means we can observe our physical health by noting facial features, bone structure and general disposition. Some of the areas commonly observed:

- Facial Bones
- Body Structure
- Lip Proportions
- Expression
- Facial Features
- Body Proportions
- Tongue
- Voice
- Ear and Lobe Size
- Hands/Feet
- Height/Weight
- Facial Lines
- Eyes (iris/sclera)
- Coloring
- Manner
- Movement

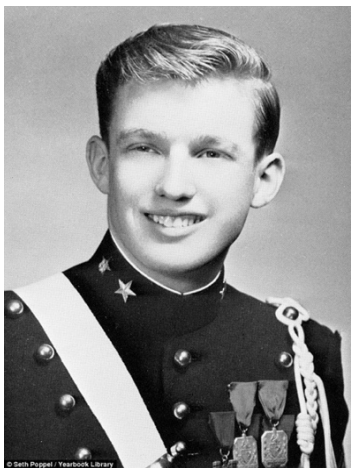
Actually, much of this information is far older than modern technological thinking as it is based on observation, trial and error and centuries of refinement. Some of it is oddly similar to what we know as conventional medical diagnosis. *Example:* A competent western physician, during an exam will look inside the mucous membranes of your lower eye lid to note the degree of ocular red or pale color—red indicating inflammation of some sort (as in *conjunctivitis*), while pale reveals potential mineral deficiency (*anemia*). Similarly, the color of your lip and fingernail bed can also indicate anemia; a yellowing of the eye whites often shows early signs of jaundice, which can be confirmed by a bilirubin count in blood work; heavy coating on the tongue can show oral thrush, low roughage diet, poor oral hygiene, systemic mucous and even some cancers; in western medicine, a blueish hue of the eye white (sclera) can indicate anemia; excessive facial hair reveals potential hormonal imbalances, and on and on. A competent physician may test your knee reflexes and also examine your legs for skin “pitting,” an indicator of edema and often, potential kidney problems. So, visual diagnostics is also a part of allopathic medicine.

As we age, we go through a natural process of becoming walking prunes—more or less. That is, we wrinkle evenly on our face and body. This is because our body is contracting as we age, as opposed to expanding from birth. Naturally, aging produces facial lines. Additionally, hormone levels can make this even more progressive: male levels of testosterone decline, estrogen levels often elevate.

If you look at the pioneering photography that Edward Curtis took of Native Americans in the late 1800s, you’ll see broad jaws with expanded faces, healthy looking clear eyes and among elders, even facial lines without breaks. Look at modern people and you’ll see bags beneath the eye (suitcases for some!); swollen noses; expanded facial pores; loose skin; swollen, red cheeks; deep crevices between the eyebrows; and lips that appear uneven, bloated and often with color markings. This, from a traditional cultural perspective, is not aging; it’s degeneration. That’s the difference.

## Evaluating Donald Trump

An early photograph of “Captain,” Donald Trump taken at New York Military Academy, age (approximately) 17. He is pictured wearing two medals on his school uniform—given for “neatness” and “order.”



Seth Poppel - Yearbook Library - 1964

## Constitutional Trump (Genetics)

Food may pass through us, but through the act of absorption and fluid distribution it still has an enduring and immediate effect on our body fluids and blood chemistry. As such, a mother’s diet greatly influences the developing embryo and fetus. On the plus side, animal protein consumption may stimulate a sharper sensory awareness, but on the negative side, excess animal protein can result in diminished

intuitive sensitivity with greater dependency going toward the physical senses, such as visual, olfactory, auditory, and tactile—akin to animal senses.

Bone structure reveals constitutional strength. Trump's jaw structure shows a good constitutional inheritance. Between the left and right side of his face, Trump, by most images printed, also has a fair degree of facial symmetry. Generally, this is a good sign that portrays a balanced character.



Jim Bourg - Reuters

While parental health in the Asian Traditional Medicine model is said to be seen from both sides of the face, (left for father, right for mother), the eye inner and outer eye corners are supposedly reveal the health profile of maternal and paternal grandparents, which has a degree of genetic influence on our own health. The inner area of the right eye represents the maternal grandmother, the outer, the maternal grandfather. The left side reveals the same, but for fraternal ancestry.

Trump's eye corners have a very slight upward angle, particularly his outer left facial side, which corresponds to a strong cerebral inheritance from his paternal grandfather. That left eye corner, appears to be the highest of all four corners, and slightly roundish (compared the tight point corner of Trump's right inner eye). This round quality would indicate that his paternal grandfather was not long-lived. Research of Trump's ancestry turned up some confirming information about his paternal grandfather. His name was Friedrich Drumph (1969—1918) and he amassed a financial fortune setting up brothels and restaurants near mines in the northwest and Canada at the height of the Klondike gold rush. Mr. Drumph died of influenza a week after reaching the age of 49.<sup>4</sup>



Fox News

<sup>4</sup> [https://en.wikipedia.org/wiki/Frederick\\_Trump](https://en.wikipedia.org/wiki/Frederick_Trump)

In this picture above, you can see that the outer eye corner of his left facial side (his left) is slightly raised and not as narrow as his inner right eye corner. A roundish corner indicates weakness, whereas a tight pointed corner indicates strength. Trump's right inner eye corner reveals the inherited strength of his mother's mother, Mary Smith.<sup>5</sup> It's a tighter corner that is longer than any other eye corner he has and shows considerable influence and longevity from her strength. She died at the age of 96. It could be said that Trump has inherited some of her will.

— *The Eye Area (Vitality, Nutritional & Neurological Health)*

In the various cultural medicines, there are many diagnostic similarities with Western conventional, however, they're usually more elaborate and connected to some kind of dysfunction. Trump's purple coloration of his eye bag, where the tissue is very thin and blood flow more superficial, could be an indicator of excess acidity; sodium deficiency; or a sign of excess simple sugars. This is a common color that relates to acid-forming extremes.

In Trump's case, considering that he avoids alcohol his excess could be from desserts, animal-based proteins or carbonated drinks. Worth remembering is that most of traditional diagnostic information reveals a tendency *toward* a particular condition—a *potential* direction. It does not always reveal *de facto* current conditions, contrary to what some of the more sensational claims that are often made about facial diagnosis or facial "reading." It shows the destination an individual *might* headed toward.



Nigel Parry – CNN

From the facial front, Trump's eye edema and coloring are pronounced. While photos vary in their lighting, we can assume from the majority of pictures of him that appear in periodicals that this is his normal skin coloring. It's slightly purple with a tinge of pink and blue. If the photographer tweaked the magenta slider in his raw file conversions, that would be another story, however in many press photo's identical coloring appears. If not, then we might just have a "Purple Conspiracy." There is also a possibility that Trump uses a skin bronzing product, leaving his circular eye area untouched and by contrast and exaggerating his pale coloring. Possibility... In other photo's, Trump's cheeks are highly reddened with visible veins that reveal potential respiratory problems.

Granted, Trump seems to have adopted an intentional squint as his tough guy signature-look, most often seen as he listens, or glares into a camera. This was evident in his first debate with Hillary. However,

<sup>5</sup> [http://genealogy.about.com/od/famous\\_family\\_trees/p/trump.htm](http://genealogy.about.com/od/famous_family_trees/p/trump.htm)

according to the Asian Traditional Medicine diagnostic, his eye area color reveals a potential mineral deficiency. The “Pale Blood” syndrome which actually might reveal a *tendency* toward anemia, poor absorption of nutrients, trace mineral imbalance or salt cravings. One can also have this kind of depletion without showing apparent physical symptoms. However, eventually, the condition worsens and eventually the symptoms become more noticeable and remain present. This coloring can be exaggerated by regular ingestion of sugar or more acid-forming foods (chocolate, tomatoes, spices, fruit sugar, etc.) that negatively influence our body fluids in and around cells.

Trump’s eye bags are real and exist for a number of reasons including, but not limited to: fluid retention, fat storage, potential kidney dysfunction or tired adrenal glands. The two adrenal glands, which sit above each kidney can be seen at the inner eye corners toward the nose bridge. They release “stress hormones” and influence our immune function. A dark color of this area is usually a sign of adrenal exhaustion. It can be prompted by foods and lifestyle practices that make blood sugar irregular, such as: excessive caffeine, late nights, general exhaustion, stress, excess salt, sexual exhaustion, poor sleep or irregular eating. If the area is purple, this is more extreme according to the color spectrum: it shows mineral deficiency and kidney weakness in addition to irregular blood sugar levels.

If making such a diagnostic is contested by the claim “Well, my sugar levels and kidney function blood work are absolutely normal...” my response would be that this coloring and swelling is a signal of problems to come. If you currently have *abnormal* A1C (blood sugar levels), then you’ve already arrived at the problem zone.

Additionally, a tendency to feel fear emotions can also be a subtle confirmation of adrenal-kidney weakening. Sometimes, emotional and behavioral symptoms are the first symptoms that the body broadcasts. This can be expressed in defensive behavior, feeling victimized by others (suspicion), vying for approval (fear of acceptance), being reactively defensive or in the extreme, paranoid. Trump’s coloring of this area reveals poor blood sugar maintenance, thus leaving him prone to mental fatigue, mood swings and inflammatory states.



Brian Snyder - Reuters / Landov

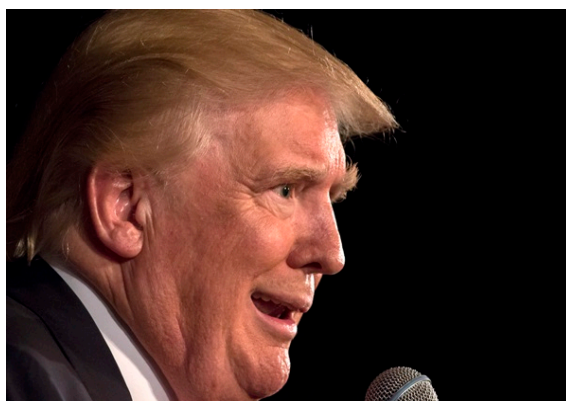
In fact, if you draw a horizontal line below the eyes that stretches across the face and one matching just above the eyebrows, that raccoon band of a section, containing the eyebrows, eyes, nose bridge and eye Sockets, represent ALL the mid-organ areas of the body. That mid-part of the body is a very densely packed area housing part of the liver, gall bladder, transverse colon, part of the stomach, spleen, pancreas, adrenal glands and both kidneys. It is the seat of our vitality and makes one prone to feeling leg heaviness when compromised. Problems in this area affect the entire organism, physically as well as emotionally.



According to many cultural medicines, swelling around the eye area can also indicate a loss of vitality, particularly throughout the legs, making one prone to fatigue and a distinct feeling of heaviness. Deep lines above and between the eyes forecast potential liver, spleen or pancreatic problems.

Psychologically, early dysfunction of this system hinders our courage, stimulates fear, breeds suspicion, fosters nervousness, timidity and a tendency to be easily surprised. One can talk tough, but this condition visually contradicts that.

A common vocal diagnostic quality confirming this kidney concern is indicated by a “groaning” voice; a voice framed by a groaning timbre, sounding like your voice after awakening from a long sleep. In voice diagnosis, different vocal qualities in one’s speaking voice (such as: groaning, monotone, sighing, humming and irritability) directly relate to the weakening, or overwork, of different organ systems. This is another way that the body broadcasts distress. In listening to a voice there will always be a mixture of voices, so a trained diagnostician listens for the predominating voice.



NewsMax Photo Files

#### — *The Ears (Kidney Health & Constitutional Health)*

According to Chinese diagnosis, the ear represents the entire body and just as you can treat the entire organism exclusively from needling the ear with small acupuncture needles (known as *Auricular Acupuncture*), the ear structure can provide a good read on an individual’s genetic inheritance. In acupuncture class, my professor likened the ear to the structure of an upside-down baby; the lobe represented the head, the outer ridge of the ear, the spine and the middle ear showed the mid-line of the body.

Traditionally, in ideal leadership examples the ideal ear is best positioned between the brow and the line of the mouth, fairly close to Trump's measurement. Generally, the lower the ear the gentler and patient the disposition. A positioning higher on the head would indicate tendencies toward aggressiveness,

impatience with an "act-first, think-later" tendency. Trump's ears are only slightly high and by such positioning reveal a combination of good genetics as well as the residual influence of his mother's animal protein intake, assumed to be excessive during her mid-trimester. The lower the ear, the greater the intake of vegetable food; the higher the ear (think: Wolf), the more animal protein—at least "excessive" to her needs. While there might be some genetic aspect to all of this, the influence of food for the nine-month period of fetal development is powerful, enduring and not to be devalued.

The ear is comprised of three main protruding vertical ridges that represent the three basic systems of the body: Digestive, Nervous and Circulatory, which are also attributed to the three common lines of the forehead. When the outer ear-ridge is consistently red (as opposed to just temporarily being red from cold or heat exposure), this also can be an indicator of animal protein indulgence—beyond practical protein needs. Of these three ear ridges, Trump's middle ridge seems less developed than the small ear-hole covering ridge (digestive) or the outer ridge (circulatory). This could be a factor in judging an individual's ability to govern with diplomacy and emotional stability.

Trump's ears have an average lobe. Lobes also reveal our mineral base and have been traditionally associated with leadership. Lines, or "creases" in the ear lobe are the beginning of mineral erosion in the body. Initially, some scientific studies in the 80s, suggested that lobe creases meant a heart disease tendency, but the erosion of mineral base can also influence heart disease as well as electrical dysfunction, so they are somewhat related. Trump's ear lobe is slightly attached at its base leaving just a small portion to hang freely. This could reveal a character that is prone to exhibiting self-centered behavior. Attached, or semi-attached lobes are traditionally seen as a sign of the individual having fond attachments—whether they be tangible (money or possessions) or the intangible (opinions, self-image, etc.). Naturally, the psychological influence of our upbringing, life-experience and evolving perspective, has an irrefutable influence on such characteristics.

While the ears reflect our overall constitutional health, they are also connected to our kidney function. In Chinese medicine it was recognized that the reproductive system and the kidney have a symbiotic relationship, the kidneys and adrenal glands being considered "flowers of the reproductive system." Similar to the kidney's anatomical fluid function (filtering), the ears have their own fluid that help to govern our physical balance located within our semi-circular canals. Many studies in medical literature have noted a significant association between renal problems and ear formation.<sup>4</sup> In the pediatric population, structural renal anomalies occur in one to three per 100 live births.<sup>5</sup> In general, ear malformation in select births may predict congenital kidney weakness, so there is a valid association between these two structures as seen in science-based medicine.<sup>3</sup>

"Mind and body not two," so goes the Chinese saying. In cultural medicines, the kidneys, being in the central body and thus the balance point between both ends of the standing body. The kidneys represent our vitality and stability. When this area is compromised in any way, we will tend to feel various degrees of instability or fear. Timidity, being easily surprised, excessive envy, accusatory and blameful behavior (generally fear-based), and in the extreme, paranoia—are all indicative of weakening kidney function.

In later pictures of Trump, you can see definite physical markings of compromised kidney function in his color and swelling, as well as a psychological profile that is textbook characteristic of this weakening.

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<sup>4</sup> <http://www.sciencedirect.com/science/article/pii/S0085253815497194>

<sup>5</sup> C. Stoll, A. Wiesel, A. Queisser-Luft, *et al.* Evaluation of the prenatal diagnosis of limb reduction deficiencies. EUROSCAN Study Group - Prenat Diagn, 20 (2000), pp. 811–818

<sup>3</sup> "...the most common syndromal form of congenital deafness, is an autosomal-recessive disorder associated with developmental abnormalities of the cochlea, fluctuating and progressive sensorineural hearing loss..." - <http://www.sciencedirect.com/science/article/pii/S0085253815497194>





Frederic J. Brown – AFP/Getty

–*The Eyebrows (Longevity Potential/ Hormonal Health)*

In earlier photos of Trump, you can see eyebrows that are full and have a slight slope, a somewhat gentle characteristic commonly thought of as longevity quality. Bushy eyebrows have traditionally been associated with longevity. Losing eyebrow hair, typically from the outer ends first, in some diagnostic systems signal the beginning of glandular problems—usually, the thyroid. It is also said that the eyebrow is divided from the inside toward the outside into three parts that represent the three pregnancy trimesters.

A slight arch that Mr. Trump has in the picture below toward the end of his brows indicate that his mother consumed ample amounts of animal protein in her middle and beginning third stage of her pregnancy. Considering that Trump’s birthday is the middle of June, that middle trimester would represent January, February, March and some of April—generally cold winter months on the US eastern coast. Colder temperatures usually inspire the use of more cooked foods and animal protein. Extreme eyebrow arches often indicate a tendency toward impatience, restlessness, irritability and anger, however Trump’s arch is visible but moderate.



Jim Bourg/Reuters

—*The Mouth (Digestion)*

The mouth is the upper entrance to our digestive vessel with the anus representing the opposite end of this vessel. Problems with digestion are usually reflected at both ends. You can see very subtle lip discoloration and swelling that indicate digestive inflammation, just as hemorrhoids indicate the same. The lips can appear to have a hardened condition (constipation tendency) or loosened condition (revealing weak bowel and loose movement tendency). Both ends of the digestive tube reflect the general health of that entire vessel. The areas for evaluating digestive health follow the path of their actual structure: the upper lip represents “upper digestion,” specifically the stomach; the corners of the mouth reveal the duodenum—the small connecting tube between the stomach and the small intestine. Inside the lower lip, we see the small intestine and outside the lower lip, sometimes extending down the sides of the mouth, the colon.

In general, someone who has an inflamed digestive system will often have a slack mouth and lips of odd proportions. Why is inflammation significant? It shows a potential for poor nutrient absorption, poor vitality and endurance, joint and heart disease, and insufficient mental clarity.

Discolorations, dark spot markings and cracks in the lip reveal digestive dysfunction and nutrient imbalance. Some foods are known to stimulate inflammation. Overeating, alcohol, excessive sugar, refined food and oils create intestinal distension, compromising our absorption and nutrient base. Our body’s reaction to the ingestion of refined or excess simple sugar dramatically alters our chemistry of body fluids (we carry over 10 gallons) by increasing acid levels. Digestively, this how we set ourselves up for “common conditions” of acid reflux, a condition easily reversed by dietary and lifestyle attention. Additionally, certain foods not only foster inflammation by their chemical influence, they can create what is known as an *insulin swing* in the blood, thereby compromising our hormonal chemistry and influencing us physically, as well as mentally.



A young Trump NYC photo (above) reveals increased swelling of the area around his mouth, specifically the small and large intestine. The beginning of cheek swelling is noticeable here that by its weight creates impressions or lines that run from the nostril corners to the near corners of the mouth. This sagging area shows a tendency toward respiratory problems. Presumably, this could be a result of Trump’s proclivity for overeating, excessive dietary fat, sugar and influenced by his distaste for exercise. In later pictures, Trump’s lips tend to have splotchy pale tones that might reveal compromised digestion, or inflammation.

In speaking on the campaign trail, Trump seems to have an affectation of sustaining mouth movements, appearing to freeze his word formation. As a speaker, I know that we all evolve particular styles of expression, however this tendency seems more than just a speaking embellishment since he does it with consistent frequency. In any case, movements like this might be considered a counter-balance to sluggish digestion.



Frederic J. Brown – AFP/Getty

— *The Forehead (Liver)*

Above Mr. Trump’s eye, he has a slight swelling in an area traditionally related to the filtering organs of liver and spleen. This area is where both brows meet in the middle above the nose bridge. In this case, it shows a compromised liver. Those two lines arising from the inner corners of the eyebrow and the slight swelling of that area tell of liver inflammation. The liver is one of the biggest and busiest organs in our body and best considered a sort of Homeland Security guard that filters ALL substances entering the body. The liver will bear the brunt of any dietary indiscretion because of it screens everything that enters the blood through your mouth. The emotions of anger, impatience, restlessness and impatience, in many cultural medicines, are attributed to an overworking liver. That means, if your liver is exhausted you might have a tendency to feeling those emotions more frequently—or look for reasons to justify feeling that way. People who “fly off the handle” or “have a temper” personify this condition. Accordingly, impatience is first sign of a troubled liver. Trump’s reputed inability to focus, to listen, or to even read a book can be attributed, among multiple reasons, to the weakening of an expanded liver.

— *Facial Swelling (Inflammatory Conditions)*

Sugar, oils, refined flours and excess consumption of these foods can also create facial swelling (edema) around the eyes, cheeks or neck. Rarely, is this genetic, but more often attributed to dietary indiscretion—over consumption of foods that produce inflammation. While we might have a genetic propensity toward conditions our parents had, by establishing a different lifestyle and healthier food choices, there is a good probability we can avoid certain tendencies and avoid “inevitable” disease genetics.



NBCnews.com

However, Trump's swelling seems systemic. His eyes, cheeks, glandular area of the throat and abdomen all seem to have varying states of swelling. This could be a harbinger of future lymph problems, or at least congestion. Trump does not seem to be operating in the body of someone athletically inclined, in touch with physical self-challenge, muscular tone or flexibility. Traditional wisdom says that when the body is not flexible, the mind is also inflexible. This might sound simplistic, but we cannot separate the influence of body and mind.



—*The Nose (Cardiac Health)*

In the diagnostics of Asian cultural medicines, the main near-middle organ of the body is represented in the central part of the face. That organ would be the heart and its health indicator is the nose, which is positioned in the central part of the face. You can see dramatic changes to the nose in many early pictures of individuals that have become alcoholics, or that suffer from heart disease; its tissue swells in a soft or hardened manner over the years and usually seems out of proportion to the rest of the face. Think: W.C. Fields or even Santa Claus, for that matter.

However, it's just not swelling that reveals potential cardiac problems, it's the color of the tissue. In the color spectrum, the scale extremes are red and purple. The extreme color of purple is never a healthy sign, especially if veins are noticeable on the nose or nostril area. There is also a possibility that Trump might also have a mild case of Rosacea—a long term skin condition characterized by facial redness, nose swelling and dilated blood vessels. His varied skin tones could be from using a facial bronzing cream.

Trump's nose has a slight division running down the middle. In classical diagnosis, both sides of the nose represent the left and right side of the heart. A line, or separation down the middle shows often shows chamber irregularity that can reveal itself as a heart murmur. His nose looks both soft and hard swollen, indicating hard fat intake that creates arterial blockage, as well as slight inflammation from dietary sweets, acidic food overload or a tendency to overeat.

Trump's physician, Harold Bornstein, of NY's Lenox Hospital wrote a glowing note that praised Trump's health as "extraordinary." While Trump's blood pressure appears "normal," it was noted that Trump "takes 81 milligrams of aspirin daily and a low dose of a statin."<sup>4</sup> There was no mention of a cholesterol test or other standard tests that help to evaluate general blood chemistry and health.

Commenting on Dr. Bornstein's glowing evaluation of Trump's health, Morton Tavel, MD, a clinical professor of medicine at the Indiana University School of Medicine, said the following: "It's over the top,

<sup>4</sup> <https://www.yahoo.com/beauty/donald-trump-doctors-note-130349710.html>

and language that I, or none of my colleagues, would ever use... The fact that he is taking these suggests that there is a reason to suspect he is at some increased risk—for instance, having an elevated blood cholesterol level... We are really not given a total picture, which would include a comprehensive blood analysis (seeking things like anemia, kidney function, cholesterol level, etc.), electrocardiogram, and possibly a chest X-ray.”<sup>5</sup>

Taking drugs to normalize cholesterol levels is merely symptomatic and points to a definite concern that seems to have been glossed over. Trump boasts of having “healthy cholesterol levels,” however, using drugs to regulate cholesterol are only a band aid to a progressive condition.

It also seems that Trump has a definite weight problem: he can’t stop criticizing the girth of others, yet, at 6’2”, Trump weighs in at 236 lbs.—*after* a recent weight loss of an additional 15 lbs. According to a simple formula commonly used by many clinicians called the Hamwi formula, an individual of his height should ideally weigh 179 pounds. At approximately 57 pounds over this amount, Trump could be considered clinically obese. This makes his apparent disdain of fat and complains about “fat women” a case of the pot calling the kettle black.

### *Trump Age Comparison: Age 42—69*



If we compare Trump’s health from a 1988 photo to a 2015 photo—a span of 27 years—his degenerating health becomes more noticeable. We must distinguish between aging and degeneration. Swelling, skin discoloration, hair thinning, sagging jowls and emotional affectation are simply not healthy signs or signs of healthy aging. While Trump obviously has good constitutional genetics in his favor, his most apparent imbalance is revealed in his disposition, expression and personal perspective. More on that, later...

### **Health Prescription for Donald Trump**

Trump’s weight and disdain for regular exercise is a concern for the existing possibilities of systemic inflammation, joint pressure, digestive weakness, body fluid acidity, mood swings and depressive tendencies. By visual diagnostic measures, his current condition seems to be headed for cardiac and respiratory problems—as well as sinus and lymph problems.

<sup>5</sup> <https://www.yahoo.com/beauty/donald-trump-doctors-note-130349710.html>

A natural whole foods diet of whole grain, bean, vegetable with moderate amounts of fruit would serve him best and most expediently. Considering his professed love of fast food (McDonalds, Kentucky Fried Chicken, etc.), home cooked fare would be in order. My transitional recommendation for Trump would be for 2/3's of his vegetable percentage to be conventionally cooked and 1/3 of it served as raw. Cooking "styles" such soups, raw salads, steamed and or baked vegetables would make up recommended cooking techniques that would offer a varied sense of satisfying texture.

Whole grain, such as rolled oats, brown rice, millet and quinoa could promptly help to regulate bowel function with their fiber, as well as absorb cholesterol, thus potentially lowering his need for cholesterol medications. While sea salt is necessary, it would be suggested only in small quantities. Eating strictly this way, would allow Trump to lose desirable weight within 4 to 6 weeks. It could also make him look ten years younger and feel at least 25 years younger. After 3 to 5 weeks, with medical monitoring, Trump could begin withdrawing cholesterol medications. After 8 to 10 weeks, blood pressure medications—if he's attentive and gets good medical support.

Medication reduction is not rocket science-or all that controversial. There are many holistic physicians that have decades of experience gradually reducing and eventually eliminating pharmaceutical medicines such as Trump is taking. Ten years ago with the medical support of a well-known physician from Hawaii and his monitoring team, I created and directed a filmed program that helped 25 people who were diabetic and had high blood pressure eliminate their medications and radically transform their health. Among the committed, we saw dramatic disease reversals and medication elimination within a quick period of 7 to 10 days. By the end of 4-weeks, cholesterol levels plummeted 80 to 120 points, A1C (sugar) levels regulated, and some participants were able to reduce and eventually eliminate blood pressure medications.

Considering a lifetime of daily animal protein, Trump would do well to at least temporarily experiment with an exclusive vegan approach. After three months, the resulting change might even influence him to cease animal protein entirely. Oils, deep-fried foods, nuts and seeds would need to be severely restricted and ideally, eliminated. Oils and sugar are known to lower testosterone and elevate estrogen levels.

Trump's desire for desserts could be minimized by learning to regulate his blood sugar with an extra meal during the day, while the inclusion of whole complex carbohydrates foods would help regulate sugar levels and naturally diminish cravings. Additionally, a very moderate amount of fruit would help to satisfy his sweet cravings.

Trump would also do well to walk daily at a consistent pace, approximately 5,000 steps (averaging 2.5 miles), and eventually working up to doubling that at least five times weekly. This could strengthen his circulation, enhance his respiratory system and extend his life. Yes, rejuvenation doesn't come easy, but the results are rapid and you don't need elaborate testing to know this is a healthier and more valuable path; your bowel regulates, your mood evens, your energy increases, your sleep deepens and your moods becomes more positive. Not bad for four weeks of work...

#### — *Trump's Mental Profile*

Trump's inability over the past year of campaigning to apologize, show remorse, be accountable or convey heartfelt compassion for his many outrageous statements and bravado, speaks far more about deeper imbalances generated by his psychology than potential physical problems that I've mentioned in earlier paragraphs. During his first television debate as a candidate with Hillary Clinton, he could not refrain interrupting her turn at talking, despite agreeing as part of the ground rules prior to beginning the debate. A CNN pole clocked his interruptions at 53 times in the course of 90 minutes. While it may be natural to feel a need to interrupt, Trump was overwhelmed with impulse.

As a mature man vying for the highest office in the US, his behavior was alarming; he pouted, made disapproving faces, glared at his opponent, continually sniffled and attempted to relentlessly dominate the conversation by interrupting and raising his voice. This level of immaturity, petty competitiveness, obvious concern of being misunderstood, and his fear of the potential for “losing” the debate, seemed to completely unravel him. And, such fears seem to be at the crux of Trump’s behavior.

Beyond the calling of being labeled *narcissistic*, the core of Trump’s patterned behavior seems to revolve around deep insecurities that he refuses to face: he is loath to be perceived as a loser (“I *won* the debate”); or someone with small sex organs (“Look at these hands. Are they small hands? Marco referred to my hands, saying: ‘if they are small, something else must be small.’ I guarantee there is no problem. I guarantee you.”); as someone who is intuitively astute in judgement (“I was the one who got Obama to show his birth certificate”); as someone who is overly informed (“I know more about Isis than the generals do...”); as someone who is *not* a business failure (“I am very rich...” “I know the tax code very well...”); and as someone who can run this country because he claims that his astute business acumen has taught him negotiation “know-how.” That he seems myopic about the intricacies of running for office; about policy protocol, and a plethora of aspects regarding governing and diplomacy, makes little difference to him. Bluster is his brand and he rarely loses an opportunity to remind the public of his many skills, which he does in a self-congratulatory manner. It is the core of narcissistic behavior to think you can do it all—and better than anyone else.

What is particularly frightening about Trump’s mental state, beyond the bravado, is his tendency to lie and exaggerate, which makes calling his opponent “Lying Hillary” blaringly hypocritical. Trump believes that the people will take his word, in all things, because he is who *he* says he is. Absent from any degree of humility that would admit he was wrong or made a bad choice, was summed up by his reaction to Hillary’s accusation that he did not pay Federal Income taxes for years, to which he replied, “...that’s because I’m smart.”

Having no filter or self-reflective ability did not allow Trump to realize the idiocy of such a statement and how that such a reactive quip would instantly insult millions of tax payers who abide by the law and pay their federal taxes, annually—without the privilege of deep tax incentives, a flank of attorneys or the loophole mentality that wants something for nothing. Trump didn’t seem to care. He did not show the capacity to care. It was his *absence of social judgment* moment.

Beyond all of his accusations, the claims and soundbite generalities of changing promises that punctuate every talk, Trump offers us a clear picture of a man with tremendously deep insecurity. The complication of an enormous ego drives his fear of being exposed as anything less than his projections. By comments he has made and behavior he has exhibited, the ghost of his successful father looms in his endlessly competitive drive for recognition and approval. With Trump it’s all about acceptance and admiration—a sort of surrogate love that he values most.

While my assessment of Donald Trump is that he might be gifted with good genetics, his health direction appears to be in a gradual decline, but this is far exceeded by his mental imbalance and emotional disposition. The paradigm of health is truly dependent on the unity of body, mind and spirit. To me, Trump does not seem like a role model to emulate, much less lead a nation through conflicting times. In Trump’s mind, it’s only a matter of being a good deal negotiator and not really a president, because he’ll “get the best people,” to help him with the job. While it is obviously a given to secure a staff of top notch advisors as a President, it is also necessary to understand the job, learn more about the job and humbly earn the respect of his voters, instead of insulting a nation of voters; lying blatantly; encouraging violence among his supporters; mocking war hero’s or the disabled; discriminating against hard-working immigrant citizens; and objectifying women with derogative judgments about their weight, menstrual cycles and competence.

To me, this is not a real presidential candidate. In fact, there's very little "presidential" about Trump. Wearing a "power" tie, reading teleprompters and pretending to listen to others does not make someone truly presidential. Donald Trump seems like a man who has deep psychological disturbance. This is a man who has lived an insulated life and who seems to sustain himself by self-righteously insulting others for personal gain, as well as for entertainment value. Based on his behavior throughout his year-long campaign and a flippant derogative manner, this seems to be a man in need of extended therapy.



#### **VERNE VARONA**

*For over forty years, Verne Varona has become known as one of the most captivating and dynamic health educators in the country who uses humor, insight and practical science to improve and enrich the lives of many. He is the author of, Nature's Cancer-Fighting Foods (Revised from an original 2001 edition to a new and updated 2014 edition from Perigee Books (Division, Penguin/Random House). Verne's second book, Macrobiotics for Dummies (May, 2009—Wiley Publications), belongs to the internationally popular Dummies series and is a comprehensive work that embraces a flexible, multi-cultural health perspective on body, mind and spirit. Verne is a native New Yorker who is currently working on several multi-media projects.*