



By Patti Barton

When I do Hand Psychology readings I study the entire hand not just the palms.

Firstly, I examine the back of both hands. I gather data on their shape, skin texture, joint, flexibility, the spread of the fingers, and the shapes of each of the finger nails. But, above all, I study the colours of the skin and the finger nails.

For me, colour is a pointer to health issues, both physiological and psychological. I am not medically trained but I am a Natural Therapist with a broad general knowledge of physiology and common illnesses and I have an educated lay person's understanding of mental health issues.

I do, however, insist that my interpretations not to be taken as health diagnostics but only as pointers to possible concerns that could be investigated further by a qualified health professional.

I have prepared a chart for easy categorising of the typical colours. We appreciate, of course, that apart from the common pinkish colouring of a typical westerner's skin, other racial groups will have a variety of skin colours on the backs of their hands. The palms, however, of all races, are generally fairly pink, so the variations I list below will apply when examining most human palms.

The colourings I have listed here are tendencies towards these pigmentations. It takes practice to distinguish them, but they are unmistakable as your eye becomes accustomed to watching for the subtle hue variations evident in most hands.

COLOUR	PHYSICAL INDICATIONS	PSYCHOLOGICAL IMPLICATIONS
PINK	The preferred colour for palms and finger nails. Glowing health, vitality, good blood supply, resistance to illness	Cheerful, vital, with good energy levels, a warm hearted, happy disposition
	Possible hyperthyroid,	Abundant to excessive energy, a volatile

RED	hypertension, adrenal stress, alcohol issues, immune or allergy factors, e.g, psoriasis or other skin disorders	personality, suppressed anger, trigger temper, unresolved emotional stress or blockages
BLUE	May just be feeling cold! Impaired circulation, heart and lung inefficiencies, excessive smoking	Cool and reticent type, shy, may be unfriendly from insecurity, depressive, easily hurt
WHITE	Albino or very pale blonde genotype, low vital energy, may also have poor circulation Spots on finger nails: Stress at time indicated and in relation to the finger's issues	Chilly and distant type, introverted, may be hard hearted
YELLOW	Digestion issues, especially with the liver and fat metabolism, jaundice, possible cholesterol problems or obesity, needs more physical exercise	Irritable, bitter, jaundiced view of things, overeats (junk food) for emotional compensation, takes on more than they can chew (over worked)
GREEN	Sometimes found near the beginning and along the life line, a sign of toxic overload or presence of viral or bacterial infection	Envious? Attracts problems to themselves, poor immunity to the slings and arrows of their fate
GREY	Gravely ill, final stages of terminal illness, pretty lifeless really	Vitality flagging, no energy for social interaction, turned within