

Lifestyle programme for an individual with the following DOMINANT and SUB - DOMINANT temperament

BILIOUS

SANGUINOUS

Overview

As **heat** is the dominant quality associated with your temperament, an increase in **heat** from the **Six Lifestyle Factors** will **negatively affect you the most** and to the greatest extent. An increase in moistness and dryness will also affect you, but to a lesser extent, whereas an increase in the quality of **coldness will have the least negative effect** on you.

An **increase in heat** could be due to:

summer
hot food and drink
strenuous exercise

very hot weather and environment
anger
not enough sleep

Illnesses you will be inclined to are those of the Bilious Temperament:

Migraine
Bronchitis
Hay fever
Nausea

Stress
Over active thyroid
Endometriosis

To a **lesser extent** you may also be inclined to illnesses of the Sanguinous Temperament:

Congestive headache
Diabetes
Rheumatoid arthritis

High blood pressure
Urinary tract infection
Pre-menstrual tension.

Health Maintenance through the Lifestyle Factors of *Tibb*

Good health is achieved by maintaining your ideal temperament. An excess of **heat** in each of the lifestyle factors will most negatively affect you, faster than changes in the other qualities. You need to be aware of this at all times and control the level of heat in your body.

Additional dietary advice:

- Stick to this diet especially in summer and spring.
- Drink at least 2-3 litres (8-12 glasses) of water per day.
- Avoid refined foods.
- Eat simply, and do not eat a lot of different types of foods at the same meal.
- If you are upset, sit down, take a few deep breaths or drink a glass of water.

Environmental Air & Breathing

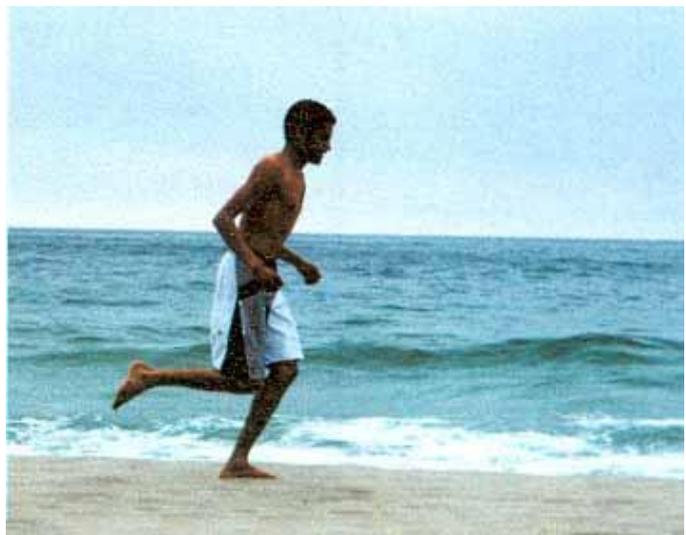
- Fresh air and a cool, properly ventilated environment are most ideal.
- Avoid exposure to the sun, or hot climates.
- During summer especially it is important to keep cool at all times.
- Air-conditioners are acceptable.

In addition to the **Deep Rhythmic** Breathing exercise and the *Tibb Mental/Emotional* Breathing exercise, The *Tibb Slow and Deep* Breathing Exercise is advised:

- 1) Sit or squat on the floor or in a lotus position with hands placed on the thighs, keeping a straight back. If either position is not possible due to a disability, then lie on your back on the floor. Select a protected time and space free from interruptions. This exercise is best done outdoors if quiet and warm, in the early morning.
- 2) Close eyes, focus on breathing.
- 3) Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach.
- 4) Continue breathing this way for 5 minutes.

Physical Exercise

- Excessive movement and strenuous exercise is not advisable
- Exercise in the early morning and late afternoon
- Yoga is advisable
- Include in your choice of physical exercises, The *Tibb Walking* Exercise



- 1) Warm up by walking normally and swinging the arms gently. Do this for about 2 minutes initially.
- 2) Then walk briskly, raising the legs and swinging the arms firmly. Do this for about 5 minutes.
- 3) Cool down by walking normally for about 2 minutes, as in the warm up.
- 4) Do these exercises daily, increasing the time after each week until you reach a maximum of 25 minutes per session.

Sleep

- A good night's sleep for 6-8 hours is advisable
- Lack of sleep (less than five hours on a continuous basis) and late nights will negatively affect you.

Emotions & Feelings

- Extreme emotions of anger, excitability, irritability, excessive speech and suppression of anger are the emotional excesses of this temperamental type and should be managed with breathing exercises and meditation.
- A 5 -10 minute relaxation break after lunch is beneficial
- Colour therapy: use blue, violet or green.
- Aromatherapy: ylang-ylang, jasmine, fennel seeds or rose oil.
- The following meditation exercises are advised together with the *Tibb Slow and Deep* Breathing exercise.

The *Tibb Heart* Meditation Exercise

- 1) Sit straight up on the floor or chair, with a straight spine.
- 2) Put the head down, close the eyes, concentrate on the heart and breathe in deeply.
- 3) Hold the breath for a while then breathe out slowly in the same manner.
- 4) Continue this exercise every day and at night before going to bed, for 10 -15 minutes.

The *Tibb Pineal* Body Meditation Exercise

- 1) Sit in a relaxed state, in a calm environment, with eyes closed.
- 2) Concentrate on the area between the eyebrows, and breathe in deeply.
- 3) Hold the breath for a while and breathe out slowly in the same manner.
- 4) Repeat this exercise for 10 -15 minutes.

The *Tibb Visualising* Meditation Exercise

- 1) Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- 2) Visualise an appropriate colour gently surrounding you.
- 3) If you are emotionally stressed visualise a blue or violet colour, alternately choose the colour that is most appropriate for your temperament.
- 4) Repeat this exercise for 10 -15 minutes



Elimination

- Laxatives should be considered
- A regular high-fibre diet should be followed to keep the colon clear.