

BILIOUS

MELANCHOLIC

Overview

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

An **increase in dryness** can be as a result of:

summer
late winter
anger
grief
not enough sleep

very hot weather and environment
dry food and drink
strenuous exercise
irregular elimination of wastes

The **illnesses** you are 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 Melancholic Temperament:

Insomnia
Hyperacidity
Piles
Colic
Gout

Osteo-arthritis
Constipation
Flatulence

Health Maintenance through the Lifestyle Factors of *Tibb*

Good health is achieved by maintaining your ideal temperament. An excess of **dryness** in each of the lifestyle factors will affect you in a negative way, more than other factors. You need to be aware of this at all times and control the level of dryness in your body.

Additional dietary advice:

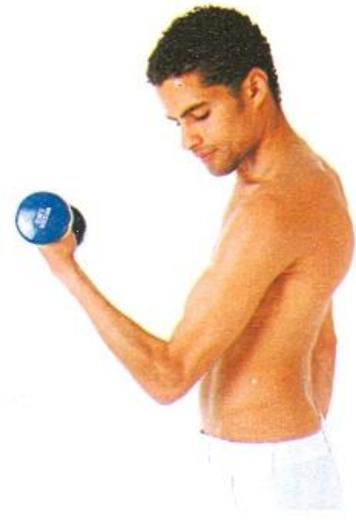
- Stick to this diet especially in summer and spring.
- Drink at least 2-3 litres (8-12 glasses) of water per day.
- Avoid refined foods.
- Eat simply and avoid eating lots of different types of foods at the same meal.
- If you are emotional or upset, sit down, take a few deep breaths or drink a glass of water.

Environmental Air & Breathing

- Fresh air and a cool, properly ventilated environment are most ideal.

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 either on the floor squatting with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If either position is not possible due to a disability, then lie on the floor on your back. Select a protected time and space, free from interruptions. This exercise is best 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, 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) Then cool down by walking normally, as in the warm up. Do this for about 2 minutes.
- 4) Do these exercises daily, but each week increase the amount of time you spend doing them until you reach a maximum of 25 minutes

Sleep

- A good nights sleep of 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 the colours green, blue or red
- Aromatherapy: ylang-ylang, jasmine, fennel seeds or coriander oil
- The following meditation exercises are advised together with the **Tibb Slow and Deep** Breathing exercise.

The **Tibb Heart** Meditation Exercise

- 1) Sit on the floor or chair, with a straight spine.
- 2) Put the head down, close your 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 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 adopted to keep the colon clear.