

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

MELANCHOLIC

BILIOUS

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:

late winter	very hot weather and environment
anger	dry food & drink
strenuous exercise	grief
irregular eating and sleeping habits	excessive wakening
irregular elimination of wastes	

The **illnesses** you are inclined to are those of the Melancholic Temperament:

Insomnia	Osteo- arthritis
Hyperacidity	Constipation
Piles	Flatulence
Colic pain	Gout

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

Migraine	Stress
Bronchitis	Over active Thyroid
Hay fever	Endometriosis
Nausea	

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 most negatively affect you, and affect you faster than the other factors. Be aware of this at all times and control the level of dryness in your body.

Food and Drink

Ideally this combination should eat mostly hot and moist foods, less of cold and moist, and hot and dry foods, and the least amount of cold and dry foods.

DIET SHEET - MELANCHOLIC bilious

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes												
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes												
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran													
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks													
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli													
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k											
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)								nutrific									
turkey	turnips			wheat	fresh cream		marjoram												oats						
					macaroni														mint, sage					puffed wheat	
					dill seeds														soya sauce					taystee wheat	
																			thyme, turmeric					watercress	weetbix
																			white pepper						

Hot & Dry Foods

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all small bird meat	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter	chilli sauce			spicy dishes																																
	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice		mustard sauce																																			
	chicken	green pepper	pecan nuts	fenugreek seeds			cloves, garlic	herbal teas										peri-peri sauce																											
	lobsters	leek	walnuts	gram flour			green/red chilli	(see herbs)																																					
	mackerel	onion		mustard seeds			fenugreek																																						
	oily fish	red pepper		papad			lavender																																						
	pilchards	yellow pepper		nutmeg			oregano																																						
	prawns			paprika			parsley																																						
	sardines			rocket, rosemary			saffron																																						
				tarragon																																									

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes																																																																	
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic vinegar		cornflakes	sour dishes																																																																	
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice				peanut butter		maltabella																																																																
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil						sour fruit juices				pickles		mielie meal																																																												
fish	eggplant	china/dry fruit		couscous	yoghurt													tea (black)		tomato sauce		miliet																																																								
knuckles	green beans	granadilla		lentils																					worcestershire sauce																																																					
mussels	mushrooms	grape fruit		maize																													vinegar																																													
ostrich	peas	lemon, lime		mielies																																																																										
oysters	potatoes	naartjies, oranges		popcorn																																																																										
pork	sauerkraut	pineapple, plums		poppy seeds																																																																										
snails	tomatoes	prunes, pomegranate		samp																																																																										
snoek		raspberries		sesame seeds																																																																										
tripe		strawberries																																																																												
tuna		sultanas																																																																												

Cold & Moist Foods

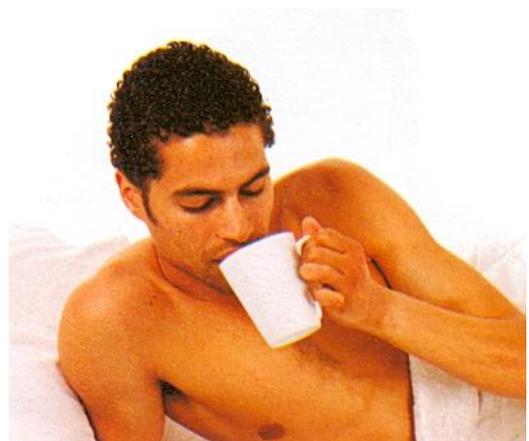
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duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro																																														
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose			ice cream		rice crispies																																												
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup																																																	
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice																																																		
	cucumber	litchis, melons		rice cakes	butter																																																					
	squash	mulberries		rice	margarine																																																					
	lady fingers (okra)	pawpaw, pears		semolina	rice milk																																																					
	lettuce	prickly pears			soya milk																																																					
	pumpkin	quince																																																								
	radish, sprouts	spanspek																																																								
	soya beans	sweet apples																																																								
	tofu																																																									
zucchini																																																										

Additional dietary advice:

- Stick to this diet especially in cold weather and during winter and autumn.
- Avoid drinking water, cool drinks or juices during meals. If you have to, drink very little. Preferably drink liquids half an hour before meals OR 1 hour after meals.
- Drink at least 2 litres (8 glasses) of water per day.
- Avoid refined foods.
- Eat simply, and avoid eating a lot of different types of foods in the same meal.
- A 15-20 minute brisk walk every day is very beneficial.
- Avoid cold things, sour things, products containing dairy products, tin foods, processed meats and salads.
- Fruits must be washed with warm water before eaten.

Environmental Air & Breathing

- Weather, environment, work and leisure activities that increase coldness and dryness will negatively affect you.
 - In autumn keep away from the cold of night and the midday heat.
 - Dewy conditions during autumn, late winter and between midnight and 06:00am also aggravates this temperamental combination.
 - Outings or change of environment (picnics, etc) during times other than those mentioned every 2-3 months is beneficial.
 - Protect yourself in dry weather by applying a moisturizer, cream or oil (olive oil) to the skin.
 - Breathing exercises in the early morning and late afternoon.
 - In addition to the '**Deep Rhythmic**' Breathing exercise and the *Tibb* '**Mental/Emotional**' Breathing exercise, the *Tibb* **Fast and Deep** Breathing Exercise is advised.
- 1) Assume the same squatting position of breathing exercises described previously.
 - 2) Take slow and deep breaths, breathing in and out of the nose, distending and filling the stomach for 1 minute.
 - 3) Then breathe deeper and faster for 3 minutes. This time can be extended to 5 minutes as you become more experienced with the exercise.
 - 4) Thereafter, take slow deep breaths, again for 1 minute.



Physical Exercise

- A 10-15 minute walk after supper is beneficial.
- Yoga is advisable.
- Include in your choice of physical exercises, the **Tibb Jogging Exercise**:
 - 1) Jog on the spot, lifting the knees as high as possible, putting the weight only on the balls of the feet (prancing). At the same time swing arms in a full circular motion.
 - 2) Start by doing this for 30 seconds building up to 5 minutes.
 - 3) Increase gradually by 30 seconds, to a maximum of 10 minutes per session.

Sleep

- Get to bed early, around 22:00 to get 6-8 hours sleep.
- Excessive waking during the night will negatively affect you

Emotions & Feelings

- Extreme emotions of excessive worries, sadness, loneliness, and overly philosophical thinking 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 green, blue or red.
- Aromatherapy: clarysage, peppermint, chamomile, lavender oil.
- The following meditation exercise is advisable 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 your 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 green or red 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 to keep the bowels clear.
- Be aware of unnecessary suppression of stools and urine.

