

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

**MELANCHOLIC**

**PHLEGMATIC**

## Overview

As **coldness** is the dominant quality associated with your temperament, an increase in **coldness** 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 **heat will have the least negative effect** on you.

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

early to late winter  
rainy season  
depression and fear  
grief  
lack of exercise

cold environment  
cold & moist food and drink  
excessive sleep and rest  
irregular elimination of wastes  
irregular eating and sleeping habits

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

Insomnia  
Hyperacidity  
Piles  
Colic pain

Osteo- arthritis  
Constipation  
Flatulence  
Gout

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

Asthma  
Sinusitis  
Low Blood Pressure

Tonsillitis  
Anaemia  
Anorexia

## Health Maintenance through the Lifestyle Factors of *Tibb*

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

# Food and Drink

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

DIET SHEET - MELANCHOLIC phlegmatic

## 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

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	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											
	prawns			oregano											
	sardines			paprika											
				parsley											
				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													wochesterhire 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																																									

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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 1-2 litres (4-8 glasses) of lukewarm water per day.
- Avoid refined foods.
- Eat simply, and do not eat lots 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 6:00am 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.
- 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) 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 or sit on a comfortable chair. Select a protected time and space, free from interruptions. This exercise is best done outdoors in the early morning if quiet and warm.

2) Close eyes, focus on breathing

3) Take slow and deep breaths, breathing in and out of the nose, distending and filling the stomach, for 1 minute.

4) Then breathe deeper and faster for 3 minutes. This time can be extended to 5 minutes as you become more experienced with the exercise.

5) Thereafter, take slow deep breaths, again for 1 minute.

## Physical Exercise

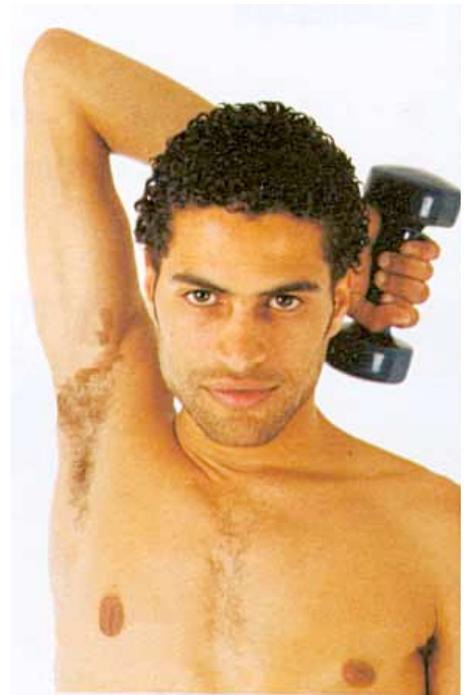
- A 10-15 minute walk after supper is beneficial.
- Yoga is advisable.
- Include in your choice of physical exercises, the **Tibb Jogging** Exercise.
  - 1) Jog on the spot, lifting the knees as high as possible, putting the weight only on the balls of the feet (prancing). At the same time swing arms 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 for 6-8 hours sleep.
- Excessive waking during the night will negatively affect you

## Emotions and Feelings

- Extreme emotions - excessive worries, sadness, loneliness and overly philosophical thoughts 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 red, orange or yellow.
- Aromatherapy: rosemary, cinnamon, chamomile, lavender 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 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 red, green or yellow colour, alternately choose the colour that is most appropriate for your temperament.
- 4) Repeat this exercise for 10 -15 minutes

- Aromatherapy: rosemary, cinnamon, chamomile, lavender oil.
- A 5 -10 minute relaxation break after lunch is beneficial.

## Elimination

- Laxatives should be considered to keep the bowels clear.
- Be aware of unnecessary suppression of stools and urine.

