

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

PHLEGMATIC

MELANCHOLIC

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/late winter
rainy season
depression and fear
grief
lack of exercise

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

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

Asthma
Sinusitis
Low Blood Pressure

Tonsillitis
Anaemia
Anorexia

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

Insomnia
Hyperacidity
Piles
Colic pain

Osteo- arthritis
Constipation
Flatulence
Gout

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 any of the other factors. 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 dry foods, less of hot & moist, and cold and dry foods, and the least amount of cold and moist foods.

DIET SHEET - **PHLEGMATIC** melancholic

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			green/red chilli	herbal teas		peri-peri sauce						
	lobsters	leek	walnuts	gram flour			fenugreek									
	mackerel	onion		mustard seeds			lavender									
	oily fish	red pepper		papad			nutmeg									
	pilchards	yellow pepper		oregano												
	prawns			paprika												
	sardines			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																					worcestershire sauce			
mussels	mushrooms	grape fruit		maize																					popcorn			vinegar
ostrich	peas	lemon, lime		mielies																					poppy seeds			
oysters	potatoes	naartjies, oranges		sesame seeds																					samp			
pork	sauerkraut	pineapple, plums																										
snails	tomatoes	prunes, pomegranate																										
snoek		raspberries																										
tripe		strawberries																										
tuna		sultanas																										

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
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														

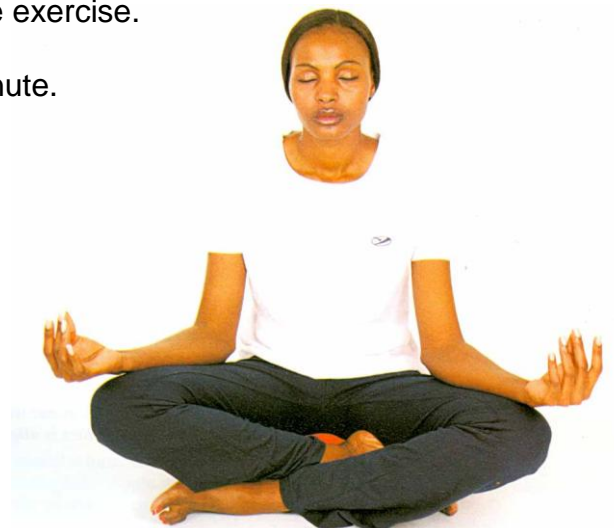
Additional dietary advice:

- Stick to this diet especially in cold weather and during winter and autumn.
- Avoid drinking water, cool drinks and 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 avoid eating 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

- 7) Managing heat levels by wearing appropriate clothing and seeking a warm environment is of utmost importance.
- 8) If necessary heat the bedroom with an electric blanket when needed.
- 9) 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

- Exercise on a daily basis will positively affect you.
- At night a brisk walk after supper is very beneficial
- 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

- Retiring early for 8 hours of sleep and rising before sunrise is advisable to avoid an excess of phlegm.
- Sleeping during the daytime should be avoided.

Emotions and Feelings

- Fear, shyness and depression are the emotional excesses of phlegmatic people and should be managed through breathing exercises and meditation.
- Try actively for an atmosphere which is free from stress, fear and worry.
- Colour therapy: use orange, yellow or red.
- Aromatherapy: eucalyptus, rosemary, anise, cajuput 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 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 taken to keep the bowels clear.
- Massage is also advised.

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