

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

**PHLEGMATIC**

**SANGUINOUS**

## Overview

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

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

early winter	cold environment
rainy season	humid environment and weather
cold and moist food and drink	depression and fear
excessive sleep and rest	lack of exercise

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

Asthma	Tonsillitis
Sinusitis	Anaemia
Low Blood Pressure	Anorexia

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

Congestive headache	Urinary tract infection
Diabetes	Pre-menstrual tension
Rheumatoid arthritis	

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

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



## Additional dietary advice.

- Stick to this diet especially in autumn, rainy weather, winter and in coastal areas.
- 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 a day.
- Avoid refined foods.
- Eat simply, and avoid eating lots of different types of foods in the same meal.
- A 20-30 minute brisk walk every day is very beneficial.
- Avoid foods and drinks containing salt as well as fried and processed meats.
- If you are emotional or upset, sit down, take a few deep breaths or drink a glass of water.

## Environmental Air & Breathing

- Weather, environment, work and leisure activities that increase Cold and Moistness will negatively affect you.
- Because of the low heat, phlegmatic people are particularly vulnerable to a cold environment as well as cold and rainy weather.
- Heat management by wearing appropriate clothing and seeking a warm environment during cold and rainy times is of utmost importance.
- The bedroom may be heated electrically, with an electric blanket when needed

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.



- 2) This exercise is best done outdoors in the early morning if quiet and warm.
- 3) Close eyes, focus on breathing.
- 4) Take slow and deep breaths, breathing in and out of the nose, distending and filling the stomach.

- 5) Then breathe deeper and faster for 3 minutes. This time can be extended to 5 minutes as you become more experienced with the exercise.
- 6) 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 especially 1 hour before sunset as this aggravates the phlegm and leads to heaviness of the head and sinus congestion.

## Emotions and Feelings



Breathing exercise.

- Fear, shyness and depression are the emotional excesses of phlegmatic people and should be managed through breathing exercises and meditation.
- Actively try and be in an atmosphere free from stress, fear and worries.
- Colour therapy: use yellow, violet or orange.
- Aromatherapy: eucalyptus, rosemary, anise, cinnamon oil
- The following meditation exercises are advised together with the *Tibb Slow and Deep*

### 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 yellow, orange 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.

