

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

SANGUINOUS

PHLEGMATIC

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:

rainy season
hot and moist to cold and moist food & drink
depression and fear

humid environment and weather
excessive sleep and rest
lack of exercise

The **illnesses** that you will be inclined to will be those of the Sanguinous Temperament:

Congestive headache
Diabetes
Rheumatoid arthritis

High blood pressure
Urinary tract infection
Pre-menstrual tension.

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

Asthma
Sinusitis
Anorexia

Tonsillitis
Anaemia

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 negatively affect you more than other conditions. You need to be aware of this at all times and control the level of moistness in your body.

Additional dietary advice:

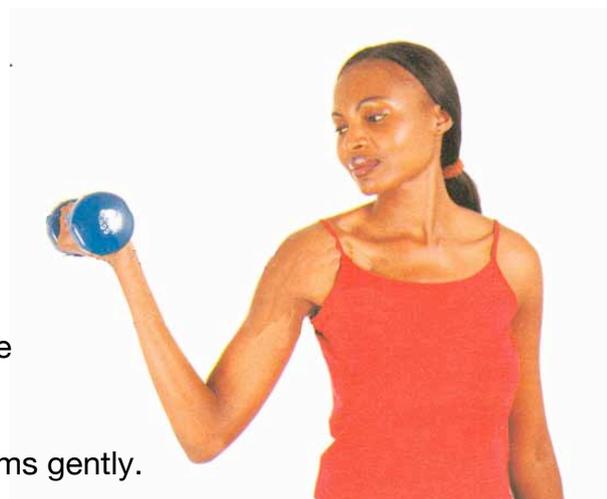
- Stick to this diet especially in autumn, rainy weather, during winter and in coastal areas.
- Avoid drinking water, cool drinks or juices during meals. If you have to, drink very little. Preferably drink liquids half an hour before meals OR 1 hour after meals.
- Drink at least 2 litres (8 glasses) 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

- Keep cool in hot weather and warm in wet weather.
- Weather, environment, work and leisure activities that increase heat and moistness - especially in humid weather will negatively affect you.
- 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

- A 10-15 minute walk after supper is beneficial
- Include in your choice of physical exercises the *Tibb Walking* Exercise
- 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) 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 per session.

And, 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

- Six to seven hours sound sleep is essential. Early to bed and early to rise is best for everyone but especially for the dominant Sanguinous temperament.
- Sleeping more than 8 hours or less than 5 hours a night will negatively affect you.

Emotions & Feelings

- Extreme emotions of worry, anger and excessive excitement 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 orange, yellow or violet.
- Aromatherapy: chamomile, lavender, lemon grass, eucalyptus 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 violet, orange or yellow colour, alternately choose the colour that is most appropriate for your temperament.
- 4) Repeat this exercise for 10 -15 minutes

Elimination

- A regular high-fibre diet should be adopted to keep the colon clear.
- Laxatives should be considered
- Cupping or blood donation 2-3 times a year reduces the excess blood dominance in a Sanguinous person. This is preferable in summer or spring.

