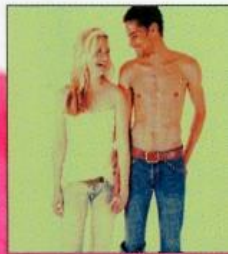


# 4 Temperaments 6 Lifestyle Factors

Dr Rashid Bhikha





## DEDICATION

To Hippocrates, Galen & Ibn Sina whose world view enabled them to combine philosophical principles with scientific methodology to develop medicine that understood the composition of the human body, mind and soul. We salute you for blessing humanity with a science of medicine and the art of care.

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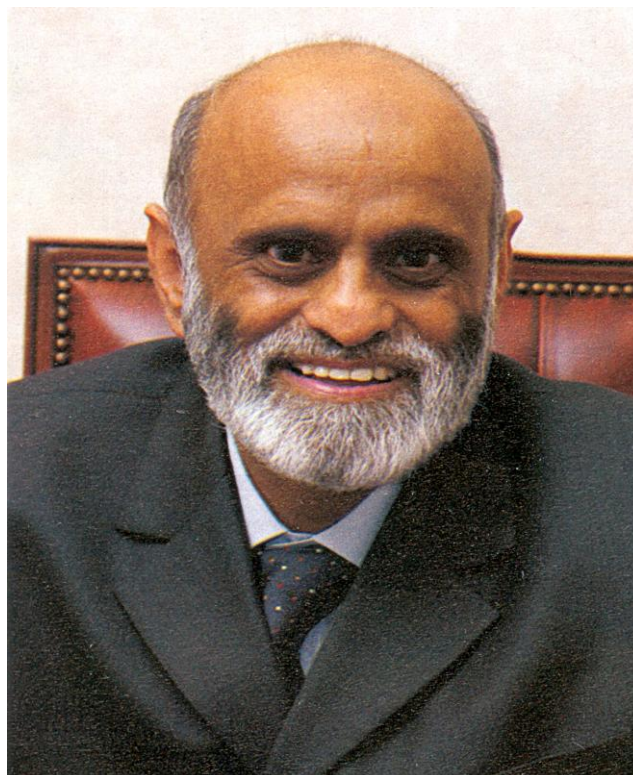
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## About the Author

Dr Rashid Bhikha is passionately involved in improving the level of healthcare in Southern Africa. To this end he has pioneered the development and spread of *Unani-Tibb* medicine - a low-cost solution with a philosophy of self-responsibility and sustainability. Starting off as a qualified pharmacist he built up Be-Tabs Pharmaceuticals into the largest privately owned generic manufacturer in South Africa. Inspired by his personal experiences of the philosophy of *Tibb* medicine he founded the *Ibn Sina Institute of Tibb*, a non-profit organization, for the promotion and training of *Tibb* in South Africa. Amongst the many training activities at the Institute, he also heads the training of *Unani- Tibb* at the School of Natural Medicine - University of the Western Cape. His recently completed PhD (Education) explores the integration of *Unani- Tibb* into the practice of medical doctors and primary healthcare nurses as a solution to meet the challenges facing healthcare in the country.

While his active clinics in rural and township areas prove the efficacy of *Tibb* medicine, he continues his vision to develop an awareness of living a lifestyle that is empowering and health embracing. As a member of the Allied Health Professions Council of South Africa he is active in promoting the understanding and legislation of complementary and alternate medicine. In addition to the many papers he has presented locally and internationally, he is also the author of *Tibb - Traditional Roots of Medicine in Modern Routes to Health* and *Cooking for Your Body Type* which he co authored with his daughter. Dr Bhikha has four children, ten grandchildren and lives in Pretoria with his wife.



## Foreword

Of the many challenges facing mankind in this millennium, one of the most important is the availability of effective and affordable healthcare. Whilst the computer age of the last fifty years has added great value to many spheres of life, unfortunately its contribution to healthcare has been far from ideal. Technological advancement in modern (that is, Western) medicine has contributed to efficient diagnostic techniques, amazing surgical procedures and impressive emergency care, but unfortunately the holistic, body mind and soul approach to general healthcare has been lost. This is obvious from the enormous and increasing interest in complementary and alternative medicine.

In addition to concerns about the effectiveness of Western Medicine, of greater significance perhaps is the lack of affordability to much of the population. Western medicine is not, alas, really affordable in most of the developing countries of the world and most certainly not in recently emerging economies such as ours. When we take into account the numerous challenges presently facing healthcare, such as that posed by HIV and AIDS, as well as the many chronic illnesses associated with our Westernised lifestyle, a new approach to healthcare is clearly necessary.

*Tibb*, also called *Unani-Tibb*, is a centuries-old healing paradigm that has its roots both in Africa and Ancient Greece. It is based on the original, humanistic healing principles established by Hippocrates, Galen and Ibn Sina (Avicenna), and underpins the contemporary practice of modern science and research. Tried and tested, with a harmonious blend of science and personal caring, *Tibb's* holistic approach to healthcare focuses on education and stresses the importance of empowering individuals to take responsibility for their health and wellbeing.

This book is aimed at providing you with insight into the philosophical concepts of *Tibb*, emphasising the uniqueness of the individual and providing an understanding why each of us require different lifestyle programmes. I am confident that knowledge of *Tibb* will not only ensure optimum health, but will go a long way in minimising the effect, or delaying the onset of chronic illnesses that each of us are predisposed to, so ensuring an improved quality of life.

The successful completion of any task is largely due to the dedication and effort of a hardworking team. I would like to express my sincere appreciation to everyone who has worked so tirelessly on this book.

Robyn Wilkinson for, once again, bringing her expertise to the editing and design of this publication. My heartfelt thanks to my colleagues, Dr Flangeni Manxiwa, Dr John Glynn and Dr Abdul Haq for their invaluable contributions as well as to everyone at the office who give of themselves unwaveringly.

Furthermore, to my wife Mariam, without whom I would not have come thus far, thank you for always standing by me and steering me in the right direction and to my children for their continuous support and valuable input in all activities and especially in the compilation of this book.

In conclusion, I would like to wish you, dear reader, the best of health, calmness of soul, alertness of mind and continuous well-being. May the complete healing system of *Tibb* be the path which takes you there!

God Bless  
Dr Rashid Bhikha  
Johannesburg  
January 2006



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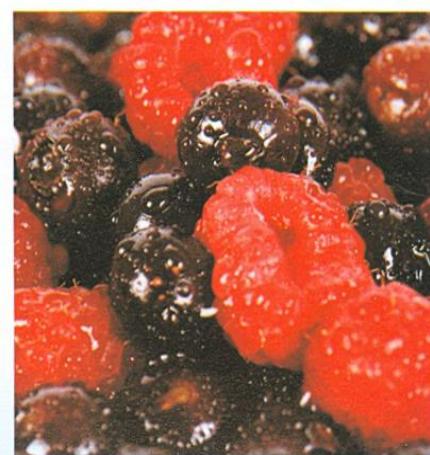
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## Introduction to *Tibb*

*Tibb* is a system of medicine with a rich history. It has journeyed through many teachers, philosophers and countries and has principles that can be traced back to Egyptian, Greek, Arabic, Indian and Western Medicine. Beginning with the renowned Egyptian Imhotep (whose knowledge of medicine inspired Hippocrates), it was later embraced by Greeks like Hippocrates and Galen and finally refined over many centuries by Arab physicians like Ibn Sina (also known as Avicenna).

Although shortened to *Tibb*, it is also known as *Unani-Tibb*. When we look at the word '*Unani*' which is a Persian word for Greek and '*Tibb*', an Arabic word meaning 'Medicine', we see that, directly translated, *Unani-Tibb* means Graeco-Arab Medicine.

Having come from so far back in history, *Tibb* enjoys all the benefits of being tested through the ages. It is a comprehensive healing system based on scientific data that takes every aspect of the individual into account. By knowing yourself, your personality, and the environmental and emotional factors that influence you - you can enhance your wellbeing and empower yourself by creating conditions that favour your specific disposition.

Approaching health maintenance holistically, *Tibb* recognizes the mental, emotional, spiritual and physical causes of illness or health as well as the techniques of modern science and medicine. Rather than handing total responsibility for your health to a doctor, *Tibb* believes that each individual should take responsibility for his or her wellbeing. This they can do very effectively by choosing and regulating the type of food consumed, by correct breathing and sleeping habits, emotional management, exercise and activity, elimination and other important lifestyle components.



## Historical Overview of *Tibb*

*Tibb* is not a new, uncommon or esoteric form of medicine, but is the foundation of present-day conventional medicine. *Tibb* was, in fact, the mainstay of medicine until quite recently in history, and was practiced all over the Western World until germ theory was accepted and chemical medicine became dominant.

Although the history of *Tibb* is as old as the history of man, medicine as a science began with Hippocrates in the 4<sup>th</sup> century before the common era. Not only did Hippocrates remove magic and superstition from medical practice, but he conceptualized the theory of humours which is the foundation of *Tibb*.

From the year:

000 to 300 C.E. — The Graeco-Roman Era

Galen, the famous Roman physician added the concept of temperament to the Hippocratic theory of humours. His writings were re-discovered during Renaissance times and used in ancient Rome.

500 to 700 C.E. — The Persian Era

Boethius, a renowned philosopher during this time sought to validate Aristotle's role in natural philosophy. He wrote considerable works during his time in prison which became some of the most widely read material of all time.

530 to 1250 C.E. — The Arab Era

Many famous physicians contributed to the development of *Tibb* during this era, some of which included Rhazes, Averroes and Ibn Nafees. However, the most important contribution came from Ibn Sina (Avicenna) whose *Canon of Medicine* was the major reference material in Europe until the 17<sup>th</sup> century. Avicenna's textbook *Canon of Medicine* was used for centuries and was responsible for the reintroduction of the humours to Western Europe. Averroes, author of *Commentaries on Aristotle* also contributed greatly during this time.

1300 to 1800 C.E. — *Tibb* in Europe

Nicholas Culpeper, the 17<sup>th</sup> century herbalist, apothecary and astrologer significantly influenced medical practice in England.

1200 to 2001 C.E. — *Tibb* in the Indian Sub-continent

*Tibb* was 'exported' to the Indian subcontinent by the Arabs where it was greatly enriched by the practice of Ayurveda. Here, *Tibb* known as Unani medicine is one of the main traditional systems of medicine practiced to this day.





## Why the need for *Tibb Ye-Afrika* (Medicine for Africa)

For many different reasons, an interest in alternative medical treatment has increased worldwide. For a start, Western medicine is very expensive and not always effective. Many people find the cost of a doctor's consultation, coupled with the cost of medicine, difficult to manage.

In addition, patients find the short consultation time with a doctor does not allow them to relay all their symptoms and the root cause of their discomfort. Doctors don't always probe into the living conditions, situations and events surrounding the patient's life that may have an impact on their wellbeing. The cause of disease is most often reduced to either a virus or a bug with no consideration made to the role played by lifestyle, diet, emotions and the environment.

What's more, doctors seem to speak their own language, one that patients don't understand. This encourages patients to put all their faith and trust in their doctor's opinion without leaving any room for their own intuition or feeling.

Frequently the suggested cure is designed to mask symptoms (like painkillers), and requires the patient to take medicine continuously instead of healing whatever is causing the problem. Modern medicine focuses on treatment rather than prevention, illness rather than the path of health.

In South Africa, particularly in the rural areas adequate medical care is not always available or accessible. Also, Western medicine has a very different approach to traditional medicine. Africa is ready to be empowered and *Tibb* encourages an active role in responsible and participative healthcare. Providing an affordable and uplifting system of medicine its value also lies in combining a herbal and scientific approach to medicine with a programme of healthy lifestyle practices suitable for anyone in any situation. Having proven itself in many ways to be a perfect solution to the health crisis in Africa, *Tibb* medicine is becoming more available as the numbers of qualified *Tibb* doctors increase.

Encouraging a mindset that urges people to take responsibility for their health through lifestyle modifications not only promotes wellbeing but also supports a healthy immune system.

## Differences between *Tibb* and Conventional Medicine

Simply stated, conventional medicine will look for a simple cause to a disease. Despite the fact that conventional medicine has begun to accept that many chronic diseases result from a number of factors, the origin of most diseases however is usually reduced to one simple cause:

- A micro-organism, such as a virus, bacterium or fungus
- A physiological or bio-chemical malfunctioning
- A genetic fault

This leads doctors to search for a 'magic bullet' - a single, simple cure for the disease in question.



*Tibb* has a much more realistic view of the cause of disease because it sees the body as infinitely complex, not just a simple machine. It understands that there are several factors that contribute to the origin of most diseases. *Tibb* considers diet, lifestyle, emotions, interaction with the environment, and even spiritual factors.

Furthermore, *Tibb* understands that the entire body is implicated in most diseases, not just one part of it. Conventional medicine tends to link an illness to a particular bodily organ or system, meaning that we have diseases of the heart, kidney, liver, etc. This means that the illness is seen as separate from the person suffering from it. *Tibb* clearly defines the integration between the systems and organs of the body and understands how organs and systems influence each other. In contrast to conventional medicine, *Tibb* treats the illness holistically.

The philosophical principles of *Tibb* include the terms Physis, Temperament, Humours and Lifestyle Factors. Learning about these terms will give you an incisive understanding of *Tibb* and how to use it in your daily life.

## **Physis – The Doctor Inside Us**

Present in each of us is an organising principle that draws us towards an ideal state of health. *Tibb* medicine calls this Physis. Physis can be likened to having our own personal doctor living inside us.

Physis maintains harmony between the individual and the environment - both inside and outside. It ensures that an ideal balance exists within the body's cells, in the tissues, between the many internal organs and the entire body.

Physis is also involved in our interaction with the outside environment. This applies to the air we breathe, our food and drink, exercise, our emotional state, sleep, and the many toxins threatening us from the environment.

Physis is not confined to humans - it pervades all living tissue. It is part of the biochemical unity of life. It follows the laws of nature as we understand them, and works in a predetermined, instinctual manner.

*“If we examine any corner of the universe, from the galaxies in space to the living beings in nature, and from our own body to the invisible cells, we see a flawless plan incorporating order, design and purpose. This order, design and purpose illustrates the perfection of creation.”* – [Harun Yahya, 1999]

Once we are aware that physis (our internal doctor) exists, we can begin to listen to it. Behind every natural action of the body is an inherent wisdom. No medicine we take can heal the body without the body's help. *Tibb* recognises the body's own ability to heal and works in accordance with this ability.

An important part of Physis is ensuring the proper functioning of the immune system. This ensures that infection from microbes entering the body from outside do not disturb the body's internal harmony. It also maintains an extensive surveillance on the body's many tissues, scanning for signs of cancers that may be developing and removing those it may find.

The word “physician” derives from Physis and we see the true role of the physician as aiding Physis in the healing process, understanding the factors that govern Physis, and planning and executing treatment accordingly.



To give an example of how Physis works we look at what happens after someone has eaten something that disagrees with them. They might react by vomiting or by getting diarrhea. Neither of these reactions should be suppressed but should rather be managed as they serve the purpose of purging the body of certain toxins. This is the wisdom effected by Physis to cure the body. In the Western world, symptoms of discomfort are dealt with by reaching for a quick-fix solution – perhaps a pill to stop the symptoms. By doing this we may interrupt and obstruct the work our bodies are doing. Illness therefore should be looked at in the context of Physis. Remember that treatment comes from outside, healing from within

*“...In fact, no herb, no food or any other substance or procedure can do anything on its own to heal. It can only assist the body in its own self healing. If your finger is cut, it is not the stitches, the bandage or the iodine that causes it to heal; it is the skin itself that performs this miracle.”*

[Chisti, 1985]

## 4 Temperaments

### Know Thyself

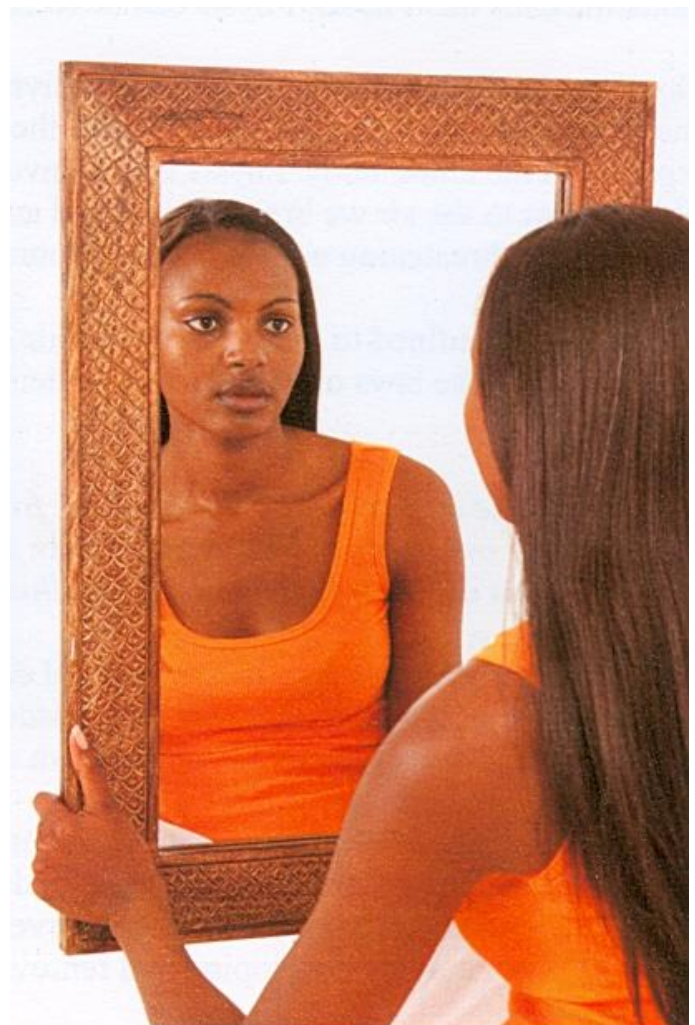
Surprisingly the secret to fulfillment comes as two simple words of wisdom written up on the wall of Apollo’s temple in Delphi: *“Know thyself”* is an instruction that, when followed, has a profound result.

Hippocrates said:

*“It is more important to know what sort of person has a disease, than to know what sort of disease a person has.”*

A person’s temperament is the combination of physical characteristics and mental, emotional and spiritual attributes. According to the ancient wisdom of the Graeco-Arab thinkers, the individual qualities of a person are fixed and cannot be changed. Just as a fingerprint cannot be changed, so our fundamental temperament cannot be changed. You are the way you are.

And, we are all different. Where you may seldom get cold, someone else may always need a jersey. You hate mornings and can stay up all night; another may love getting up at dawn. Each of us has our own likes, dislikes, interests and skills. All our characteristics and quirks make up our unique disposition or temperament. When we know more about who we are, we are better able to determine how to live in accordance with our individual needs.



A person's temperament has a direct influence on the state of health and inclination toward illnesses. Understanding your temperament can help you plan a diet that is optimum for you, and activities that promote a happy, healthy and productive lifestyle enabling you to live in harmony with yourself and the world around you.

There are numerous factors that determine temperament, for example:

- Time and place of birth
- Conditions in the uterus and diet of the mother during pregnancy, and most importantly
- Hereditary factors - parent's temperaments and characteristics.

Although each person is unique and individual; we can categorise people into four main temperamental types:

**SANGUINOUS**  
**MELANCHOLIC**  
**BILIOUS**  
**PHLEGMATIC**

The following poem by Florence Littauer identifies key personality traits of the four temperamental types:

*God could have made us all Sanguinous  
We would have lots of fun but accomplish little  
He could have made us all Melancholics  
We would have been organized and chartered but not very cheerful  
He could have made us all Bilious  
We would have been set to lead, but impatient that no one would follow!  
He could have made us all Phlegmatics  
We would have had a perfect world but not much enthusiasm for life  
We need each temperament for the total functioning of the body  
Each part should do its work to unify  
The action and produce harmonious results*

From this we see that although each of us has a combination of all four personality or temperamental types, we have a dominance of one temperamental type.

## **Qualities of Temperamental Types**

*The whole theory of the universe is directed unerringly to one single individual -  
namely to you.*  
Walt Whitman

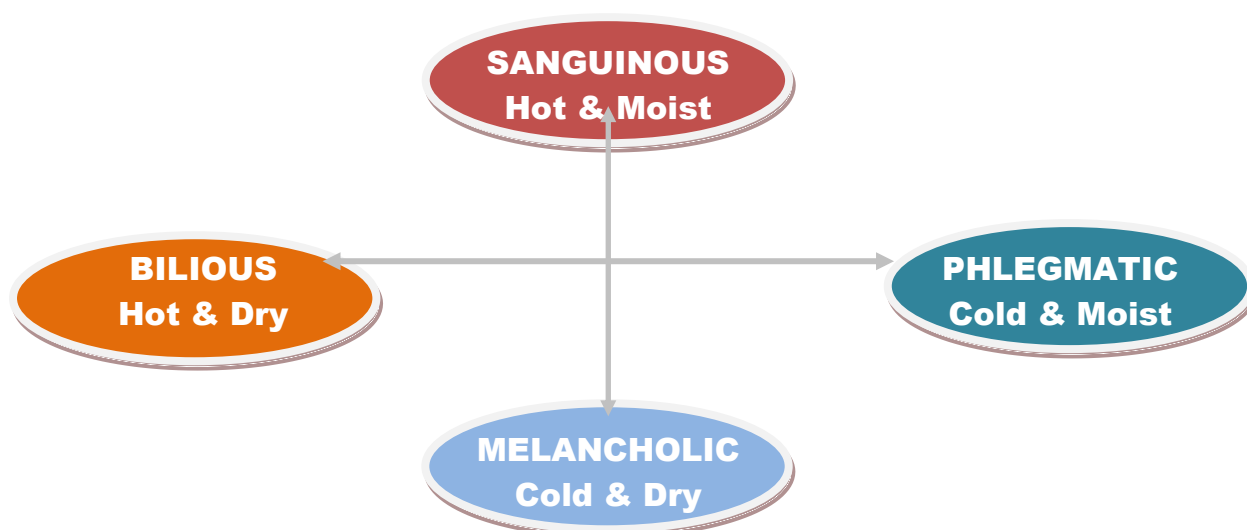
We know that the human body has an ideal temperature of 37°C, and contains between 60-70% water. From this we see the overall temperament of the human being is hot (37°C) and moist (60-70% water). Slight variations exist within this hot and moist category which explains why some of us feel colder or hotter than others.

Taking this further, we see each temperament has specific qualities as follows:

- Bilious - the qualities of **Hot and Dry**
- Sanguinous - the qualities of **Hot and Moist**
- Phlegmatic - the qualities of **Cold and Moist**
- Melancholic - the qualities of **Cold and Dry**

### Identifying your Temperament

The four temperamental types, with their associated qualities, can be positioned as follows:



Each of us has a dominant (primary) temperament as well as a sub-dominant (secondary) type. Once you have identified your dominant temperament your sub-dominant will be either to the left or right of your dominant as shown on the diagram above. As it is in nature, extremes do not exist together in harmony and so you won't find the two opposites together. For example, you cannot have a hot and moist (sanguinous) dominant with a cold and dry (melancholic) sub-dominant. What is possible, however, is that a person who has a dominant temperament of sanguinous (hot & moist) may have a subdominant of either phlegmatic or bilious.







## Distinctive Traits of Each Temperament

*Friendship is when people know all about you, but like you anyway.*  
Anon

Individual temperament can be identified by looking at physical appearance, preferences and further at the mental, emotional and spiritual attributes.

Read carefully through the following descriptions of the temperamental types and decide which example most accurately describes you. This is your dominant temperament. You will probably find a second temperament that is almost as accurate as the first. This will be your sub dominant temperament.

### EVALUATION SHEET for determining temperament

Fill in the following chart as accurately as possible to **CONFIRM** your temperament

- Working from left to right, read the description after each category and tick the one that best describes you. Don't be alarmed if more than one description fits, think carefully and you will probably find that one is slightly more accurate than the other.
- The first **four** categories are the most relevant.
- Once you have worked through the chart, count how many ticks you have in each column.
- The column containing the most ticks is your dominant temperament. The column with the second most ticks will be your sub-dominant temperament. Remember that your dominant and sub-dominant temperament should be next to each other as mentioned on the previous page.

### Important CONSIDERATIONS when evaluating temperament

- Each of us is a combination of all four temperaments but with a dominance of one.
- It is quite common to feel that you could almost fit into another of the temperaments; this is your 'sub-dominant' temperament.
- A true reflection of physical appearance is determined by one's appearance in the early twenties. Be aware that medication and certain drugs, such as cortisone can cause facial swelling; others may decrease or increase appetite.
- Do not confuse habits with tendencies or preferences. A person may be inclined to acquire certain habits because of circumstances. These can be misinterpreted as preferences. For example, because ice is almost always served with cold drinks, you may believe that you like ice, on reflection cold drinks may not be your preference.
- Personality traits should be identified when one is relaxed and away from environmental factors that can alter personality, like a stressful work environment.
- When evaluating personality traits, consider how other people see you, especially those who know you well such as family and friends. For example, someone that usually has a calm nature might become very angry when seriously provoked. This outburst does not automatically categorize this person as having a bilious temperament (known to be short-tempered).

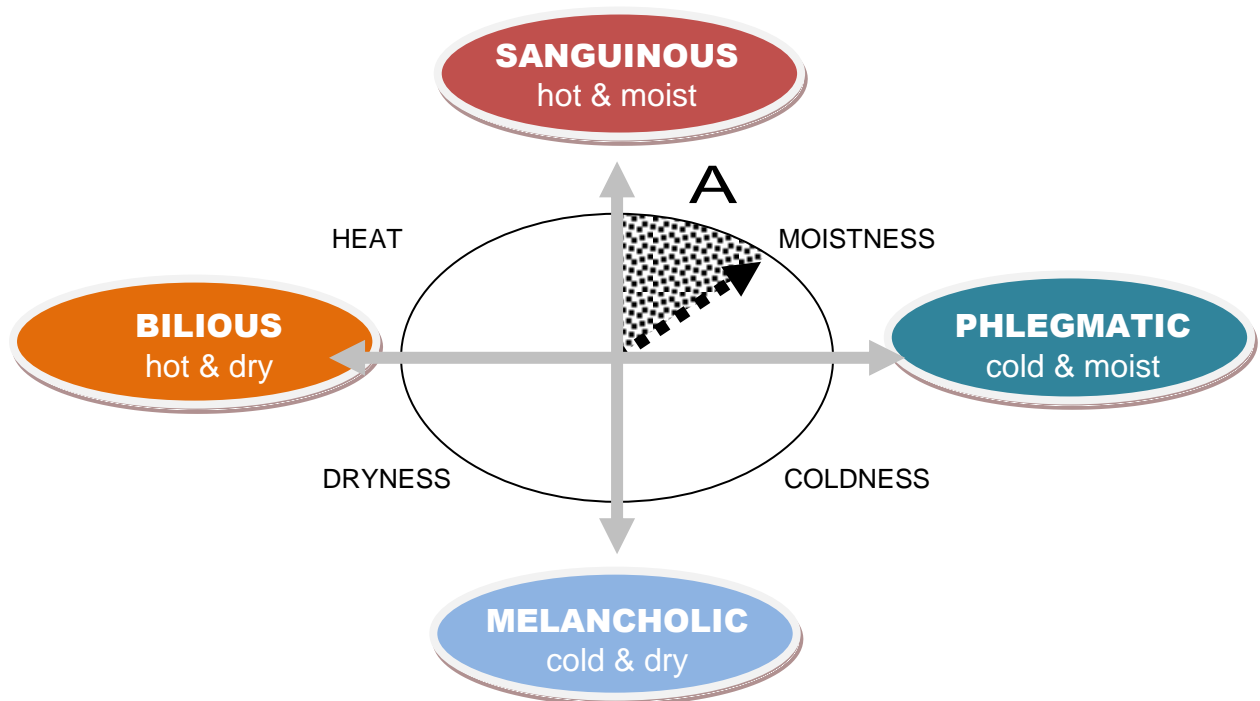
CATEGORY	SANGUINOUS HOT & MOIST	PHLEGMATIC COLD & MOIST	BILIOUS HOT & DRY	MELANCHOLIC COLD & DRY
<b>FRAME</b>	Medium to large frame, more muscle	Medium to large frame, more fat	Medium frame, lean	Thin, bony frame (short / tall)
<b>GAIT</b>	Macho stride	Slow pace	Firm stride	Quick / Anxious pace
<b>SPEECH PATTERNS</b>	Clear, moderate to loud	Slow, soft	Sharp, talkative, loud	Fast, less vocal, soft
<b>COMPLEXION and SKIN TEXTURE</b>	Reddish (light skin) or shiny (dark skin)  Moderate in softness and moistness, warm	Whitish / pale  Cool, moist, soft	Warm, dry	Dry, rough, cold
<b>PERSONALITY TRAITS</b>	Persuasive, sociable, outgoing, talkative  <i>a get acknowledged person/Extrovert</i>	Calm, accommodating, patient, good listener  <i>a get along person/Introvert</i>	Resourceful, outspoken, dominant, may be short tempered  <i>a get it done person/Extrovert</i>	Thoughtful, logical, analytical, tend to be perfectionist  <i>a get it right person/Introvert</i>
<b>EMOTIONAL TRAITS</b>	Playful, cheerful, excitable, disorganized, tends to exaggerate	shy, self-contained, indecisive	Aggressive, angry, irritable, impatient	Fearful, insecure, suspicious, anxious
<b>CLIMATIC PREFERENCES</b>	Prefers cold, dry conditions  Winter and Autumn	Prefers hot, dry conditions  Summer and Spring	Prefers cold, moist conditions  Winter and rainy weather	Prefers hot, moist conditions  Summer and raining weather
<b>SLEEP PATTERNS</b>	Moderate to Deep	Heavy, tendency to oversleep	Low but sound, tendency to insomnia	Interrupted, tendency towards insomnia
	6 to 8 hours	at least 8 hours	5 to 6 hours	6 to 7 hours
<b>FOOD and DRINK</b>	Healthy appetite with a moderate to excessive thirst	Slow, steady appetite, low thirst, can skip meals	Healthy appetite, excessive thirst, cannot skip meals	Irregular and variable appetite and thirst
	Prefers cold drinks	Prefers hot drinks	Prefers cold drinks	Prefers hot drinks
<b>HEALTH PROBLEMS</b>	Hypertension, Diabetes	Phlegm related disorders	Heat related disorders	Indigestion and gas related disorders

--	--	--	--

## Qualities associated with Temperament

What is the combination of qualities associated with the temperament of an individual, taking into account his/her dominant and sub-dominant temperament?

If an individual has a dominant temperament of **Sanguinous** (hot & moist) and a less dominant **Phlegmatic** (cold & moist), then the resultant qualities associated with that temperament will be somewhere between **hot & moist** and **cold & moist**. This depends on the extent of the dominant temperament (indicated by A in the diagram below):



In the above example, moistness is the common quality between hot & moist and cold & moist. This person's ideal qualitative state will consist of a dominant quality of **moistness**, followed in turn by heat, then coldness and finally the least amount of dryness.

Changes to this ideal qualitative state will have a negative influence on the individual's health. As moistness is the dominant quality associated with this individual, changes in the level of moistness (and more particularly, excess of moistness) will negatively affect this individual the most and fastest. This is why a person with a dominant sanguinous and sub-dominant phlegmatic temperament will be least comfortable in humid weather. On the other hand, an increase in the quality of dryness (which is the least in concentration), will be beneficial for this individual.



## Maintenance of your Temperament - Humours

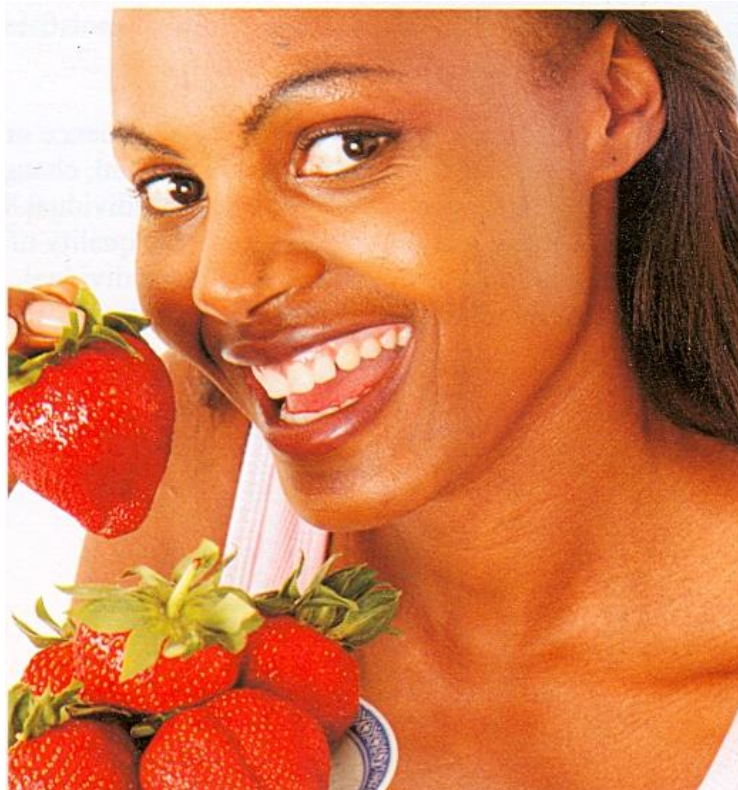
Temperament is maintained by the body fluids or the humours of the body. These humours also have qualities of heat, coldness, moistness and dryness which exist both at a physical and a metaphysical level, each one reflecting a fluid or flow of a biological force or energy in the body. They are manufactured by the digestion of food and drink that is processed and transformed in the liver. There are four humours, each of which has specific qualities of its own.

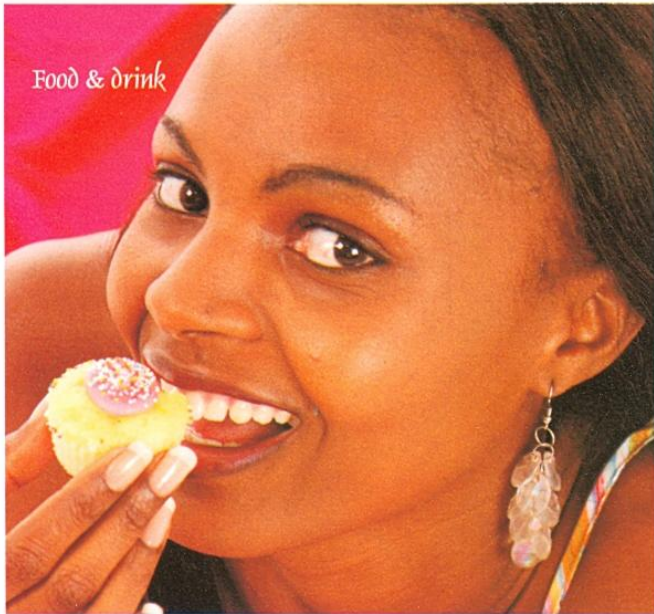
HUMOUR	QUALITY	FORCE
Sanguinous	Hot & Moist	Flow, vitality
Phlegmatic	Cold & Moist	Calm, irresistible
Melancholic	Cold & Dry	Creative, responsive
Bilious	Hot & Dry	Charisma, energy

Just as each individual has a unique temperament, each person will have a unique ratio of humours and qualities to match the ideal temperament of the individual. For example, a person who is dominant sanguinous will have slightly more of the sanguinous humour to maintain the ideal heat and moisture associated with that temperament. Similarly, this is the case with the other temperamental types.

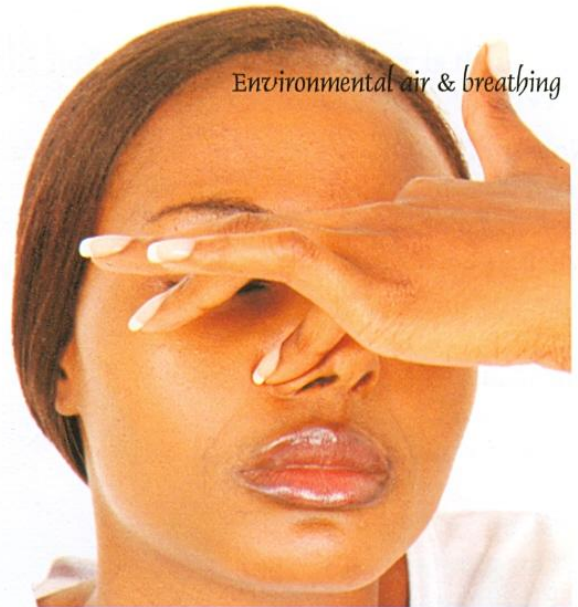
Health will only be maintained as long as the overall quality of the humours is in harmony with the overall quality of the temperament of the individual.

Changes to this ideal humoral balance occurs as a result of the interaction between the individual and the environment. *Tibb* philosophy describes this environment as the lifestyle factors.





Food & drink

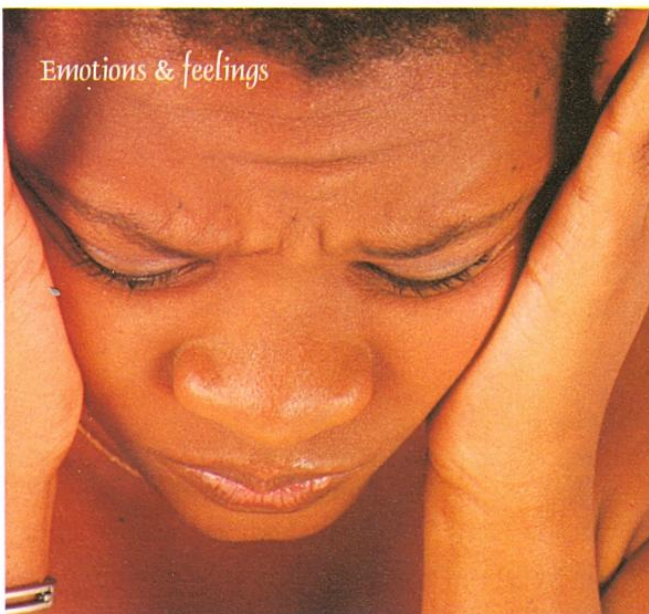


Environmental air & breathing

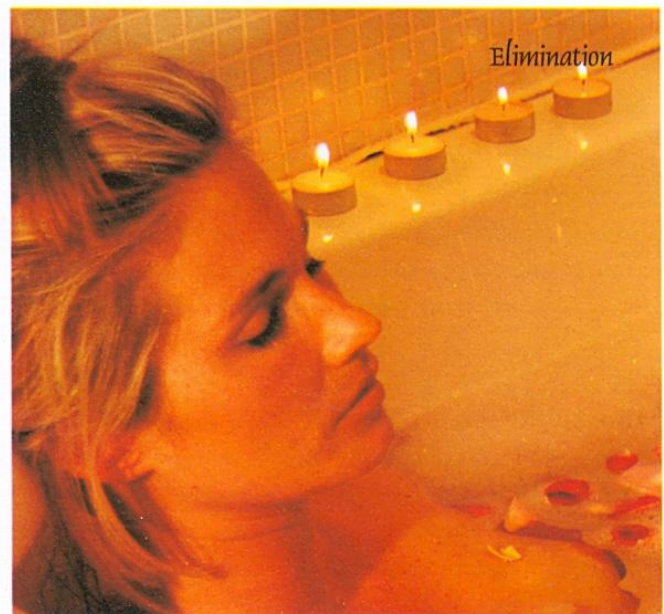
Movement & rest



Sleep & wakefulness



Emotions & feelings



Elimination



## 6 Lifestyle Factors

Now that you have identified your temperament and learnt about humours, how do you maintain good health? We are all aware that lifestyle plays an important role in the state of our well being. *Tibb* has a checklist consisting of six factors to consider when examining the relationship between you and your environment. It is an excellent idea to remember all six areas of life and to constantly keep them in check.

These are:

1. The food and drink we consume
2. Environmental air and breathing
3. Exercise
4. Sleep
5. Our emotions
6. Elimination

All of these factors affect us and will raise or reduce the levels of heat, coldness, moistness and dryness displayed in the body. Changes can affect us negatively or positively depending on our temperament. For example, when looking at environmental conditions – we see that weather can be hot, cold, moist or dry. Looking at the effect of sleep is also interesting as sleep increases moisture in the body. Exercise, however produces heat. Making sure each of the following factors is given appropriate attention will help you monitor the quality of your life and overall health and wellbeing.

- |    |                                 |   |
|----|---------------------------------|---|
| 1. | Food and Drink                  | Regularly eating food that sustains you in accordance with your temperament and drinking enough water                                       |
| 2. | Environmental Air and Breathing | Adjusting your lifestyle according to weather conditions, ensuring the air you inhale is clean and your lungs are working to full capacity. |
| 3. | Movement and Rest               | Regularly doing exercise suited to your temperament and the pace of your life, having enough leisure time.                                  |
| 4. | Sleep and Wakefulness           | Getting the right amount of undisturbed quality sleep; feeling alert during waking hours.   |
| 5. | Emotions and Feelings           | Expressing and feeling emotions appropriately.  |
| 6. | Elimination                     | Effective elimination on a regular basis.   |



**But how will you know what is good for you and what is not?** The rule to remember is that **TOO MUCH OF THE DOMINANT QUALITY ASSOCIATED WITH YOUR TEMPERAMENT WILL HAVE A NEGATIVE EFFECT ON YOU.** For example, if you are bilious (hot & dry), you will be most negatively affected by an excess of heat and dryness brought about through the six lifestyle factors, i.e. during summer (when it is hot and dry), by eating an excess of hot and dry foods, by excessive exercise (which increases heat) or from unchecked emotions or anger (which are also heating). Being aware of your temperament and how it is affected by the six lifestyle factors can assist you in living healthily.



## Food and Drink

Of all the lifestyle factors, food is by far the most effective and the easiest to implement since it is entirely in your control. *Tibb* classifies food and drink according to whether they are hot, cold, moist or dry. Each food type can be classified as being heating or cooling with levels of moistness or dryness. This classification refers to the inherent temperament associated with the foods and the effect they have on the temperament of the individual. For example milk is cold and moist, don't be confused however - it doesn't mean that if you heat milk its temperament will be hot. Chicken, for example, has a hot and dry temperament. The concept of heating and cooling foods is linked to the effect the food have on the body. The rule to remember is that **too much of the dominant quality associated with your temperament, will have a negative effect on you.**

## The Qualities or Temperaments of Foods

On the following pages you will find two diet charts that list four combinations of food qualities. The first is heating foods (with dryness and moistness), and then cooling foods (with moistness and dryness). All food will influence the qualities associated with the different temperaments, e.g. Diet chart 1 lists foods that will increase **hot & dry** qualities and will therefore most negatively affect an individual who has a dominant **bilious** temperament. The two charts cover all four temperamental types.

**Any food with qualities similar to the qualities associated with your temperament will result in an excess of that particular quality and so will negatively influence your health.** For example, a **bilious** person (hot and dry) will be most negatively affected by foods from the **hot** and **dry** category and the least negatively affected by foods in the **cold** and **moist** category. This negative influence will be enhanced in conditions where extra heat and dryness is prevalent from environmental factors, for instance in summer when conditions are hot and dry. This explains the underlying principles of why some foods agree with certain individuals and not others.

# DIET CHART 1 & 2

HEATING FOODS	WITH DRYNESS (HOT & DRY) 1	WITH MOISTNESS (HOT & MOIST) 2
<b>MEATS</b>	all small bird meat, chicken, lobsters, mackerel, oily fish, salmon pilchards, prawns, sardines	buck, goat, goose, lamb, liver, mutton, turkey, venison
<b>VEGETABLES</b>	bitter gourd, celery, green pepper, leek, onion, red pepper, yellow pepper	artichokes, asparagus, olives, spinach, spring onion, sweet potato, turnips
<b>FRUITS</b>	avocado, grapes	bananas, dates, guavas, mangoes, peaches, papaya
<b>NUTS</b>	cashews, hazel nuts, pecan nuts, walnuts	almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	celery seeds, chickpeas, fenugreek seeds, gram flour, mustard seeds, papad	bread, bulgar wheat, flour, pasta, rye bread, sunflower seeds, wheat, macaroni, dill seeds
<b>DAIRY PRODUCTS</b>	eggs	clarified butter, condensed milk, cheese, cream cheese, mothers milk (for babies), fresh cream
<b>OILS</b>	mustard oil	castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	aniseed, cinnamon, cloves, garlic, green/red chili, fenugreek, lavender, nutmeg, oregano, paprika, parsley, rocket, rosemary, saffron, tarragon	bay leaves, black pepper, cayenne pepper, chives, ginger, fennel, green masala, marjoram, mint, sage, soya sauce, thyme, turmeric, watercress, white pepper
<b>DRINKS</b>	alcohol, grape juice, herbal teas (see herbs)	green tea, hot water, juices (see fruits), herbal teas (see herbs)
<b>FLAVOURANTS</b>	pungent and bitter flavourants	honey, molasses, salt, sugar
<b>CONDIMENTS &amp; SPREADS</b>	chili sauce, mustard sauce, peri-peri sauce	mayonnaise
<b>CONFECTIONARY &amp; DESSERTS</b>		biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>		all bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix
<b>DISHES</b>	spicy dishes	sweet dishes/ salty



# DIET CHART 3 & 4

COOLING FOODS	WITH MOISTNESS 3 (COLD & MOIST)	WITH DRYNESS (COLD & DRY) 4
MEATS	duck, rabbit	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, snoek, tripe, tuna
VEGETABLES	beetroot, baby marrow, butternut, broccoli, carrots, cucumber, squash, lady fingers (okra), lettuce, pumpkin, radish, sprouts, soya beans, tofu, zucchini	brussel sprouts, cabbage, cauliflower, eggplant, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, pawpaw, pears, prickly pears, quince, spanspek, sweet apples	(all sour fruits), green apples, cherries, coconut, china/dry fruit, granadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	macadamia	peanuts
GRAINS & SEEDS	cucumber seeds, linseed, melon seeds, pumpkin seeds, rice cakes, rice, semolina	barley, beans (all types), corn, couscous, lentils, maize, mielies, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	coconut milk, cow's milk, goats milk, buttermilk, butter, margarine, rice milk, soya milk	sour cream, egg white, sour milk, yoghurt
OILS		coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	cardamom, coriander, cumin, vanilla	basil, tamarind
DRINKS	milk shakes, rooibos, sugar cane juice, water	coffee, ice, sour fruit juices, tea (black)
FLAVOURANTS	fructose, glucose, rose syrup	
CONDIMENTS & SPREADS		balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	custard, ice cream, sago	
CEREALS	pronutro, rice crispies	cornflakes, maltabella, mielie meal, millet
DISHES		sour dishes





As can be seen from the tables on the previous page, all foods including meat, vegetables and grains, etc. have qualities associated with them. In our overall consideration of foods, if we add the concept of qualities to the food groups we are familiar with, we can then see the relationship between proteins, fats, carbohydrates, minerals and their respective qualities.



**Protein**

- Overall quality of **dryness**, but with degrees of heat or coldness and the least amount of moistness



**Fats**

- Overall quality of **heat**, but with degrees of moistness and the least amount of dryness and coldness



**Carbohydrates**

- Overall quality of **moistness**, but with degrees of heat and coldness, and the least amount of dryness



**Water**

- Overall quality of **cold** and **moistness**

**Minerals**

- Overall quality of **cold** and **dryness**

This leads us to the fact that, not only are we affected by the quantity of food we consume, but by the specific qualities of the food as well.

**When selecting food, two areas need to be considered:**

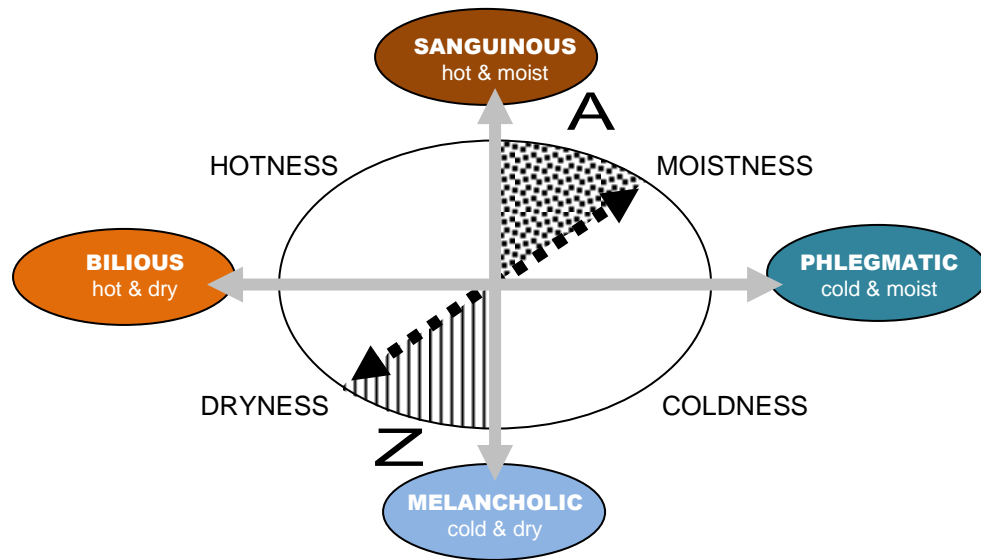
- 1 What is your temperament in relation to the temperament of the food?
- 2 What food is appropriate for your age, season, and climate?

A balanced diet that includes heating and cooling foods is absolutely essential for the maintenance of good health.

**Determining which Foods are Appropriate for Individual Temperament**

Which foods are most appropriate considering the temperament of an individual? As determined earlier, **an excess of food with qualities similar to the qualities associated with your temperament will result in an excess of that particular quality and so will negatively influence your health.** Therefore, it implies that foods from the **opposite** spectrum of the temperamental chart will be **most appropriate** for the individual concerned.

For example, an individual having a dominant **Sanguinous** temperament and a less dominant **Phlegmatic** temperament, will be most negatively affected by foods from the **hot & moist** category (indicated by 'A') and will most benefit by foods in the **cold & dry** category (indicated by 'Z'). This negative influence will be enhanced when extra heat and moisture is prevalent in the environment, for instance in humid conditions when it is hot and moist.



Listed below is a table showing the eight combinations of temperamental types (dominant and sub-dominant), the associated qualities, overall dominant quality and the recommended diet charts for each temperament. The recommendation is from A-D where column A is most recommended and column D the least recommended Diet chart 1 (Hot & Dry); diet chart 2 (Hot & Moist); diet chart 3 (Cold & Moist); diet chart 4 (Cold & Dry).

### Diet Charts for Different Temperamental combinations

TEMPERAMENT DOMINANT / SUB-DOMINANT	ASSOCIATED QUALITIES	OVERALL DOMINANT QUALITY	A - EAT MOSTLY diet chart	B - EAT MORE diet chart	C - EAT LESS diet chart	D - EAT LEAST diet chart
<b>BILIOUS / MELANCHOLIC</b>	hot & dry – cold & dry	DRYNESS	<b>3</b>	<b>2</b>	<b>4</b>	<b>1</b>
<b>BILIOUS / SANGUINOUS</b>	hot & dry – hot & moist	HEAT	<b>3</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>SANGUINOUS / BILIOUS</b>	hot & moist – hot & dry	HEAT	<b>4</b>	<b>3</b>	<b>1</b>	<b>2</b>
<b>SANGUINOUS / PHLEGMATIC</b>	hot & moist – cold & moist	MOISTNESS	<b>4</b>	<b>1</b>	<b>3</b>	<b>2</b>
<b>PHLEGMATIC / SANGUINOUS</b>	cold & moist – hot & moist	MOISTNESS	<b>1</b>	<b>4</b>	<b>2</b>	<b>3</b>
<b>PHLEGMATIC / MELANCHOLIC</b>	cold & moist – cold & dry	COLD	<b>1</b>	<b>2</b>	<b>4</b>	<b>3</b>
<b>MELANCHOLIC / PHLEGMATIC</b>	cold & dry – cold & moist	COLD	<b>2</b>	<b>1</b>	<b>3</b>	<b>4</b>
<b>MELANCHOLIC / BILIOUS</b>	cold & dry – hot & dry	DRYNESS	<b>2</b>	<b>3</b>	<b>1</b>	<b>4</b>

## The Temperament of Recipes

As mentioned earlier, the temperament of every food is determined by the dominance of qualities such as hot, dry, cold and moist. These qualities are inherent and do not necessarily refer to the temperature of the food but to the effect of foods on our metabolism.

However, although individual ingredients have specific temperaments, meals are usually made up of a number of different ingredients and all these ingredients work together to determine the overall temperament of the meal.



## Tastes and Corresponding Qualities

Different tastes can also be classified into their different qualities. The ancient physicians allocated qualities to six different tastes as a useful way to determine dietary needs.

Listed below are the qualities associated with tastes:

<b>Salty</b>	-	Hot and Moist
<b>Insipid</b> (bland, tasteless)	-	Cold and Moist
<b>Pungent</b> (strong spicy, hot)	-	Hot and Dry
<b>Sweet</b>	-	Moist and Hot
<b>Sour</b>	-	Cold and Dry
<b>Bitter</b>	-	Dry and Hot

For example, a person with a bilious temperament will be negatively affected by an excess of pungent and bitter foods.

# Healing Teas to suit your Temperament

Drinking tea is a comforting and soothing ritual. Tea can also be healing. Get into the habit of drinking tea's that suit your temperament. You can also make up your own version by checking the spice section under your food chart.

## Tea for the Bilious Temperament (Hot and Dry)

### FENNEL TEA

#### **Ingredients**

½ tsp Fennel seeds  
½ tsp Cumin (jeeru)  
2 crushed Cardamom pods

#### **Method**

Boil all ingredients in three cups of water until one cup remains  
Strain, mix with brown sugar and drink warm

**Indications:** Soothing and calming



### DAIRY TEA

#### **Ingredients**

100mls Yoghurt (preferably homemade)  
1 cup boiled and cooled Milk  
Brown Sugar to taste

#### **Method**

Liquidise all ingredients for 10 minutes  
Add a few ice cubes and drink cool

**Indications:** Calming, soothing, induces sleep



## Tea for the Sanguinous Temperament (Hot and Moist)

### LEMON CIDER TEA

#### **Ingredients**

½ tsp Lemon juice  
½ tsp Apple cider vinegar  
2 tsp Honey

#### **Method**

Boil one cup of water  
Add all the ingredients and drink warm

**Indications:** Soothing, obesity





## ALMOND TEA

### Ingredients

11 Almonds  
2 tsp Poppy seeds  
2 Cardamom pods

### Method

Soak all the ingredients in 100mls of water for 6-7 hours  
Liquidise with 100mls milk (boiled and cooled)  
Add two tsp sugar  
Strain and drink half an hour before going to bed

**Indications:** Calming, memory enhancer

### Tea for Phlegmatics (Cold & Moist)

## BASIL TEA

### Ingredients

1 tsp Basil  
½ stick Cinnamon  
1 tsp Raisins/sultanas

### Method

Boil all the ingredients in two cups of water  
Boil away one cup of the mixture  
Strain the remaining cup and drink warm

**Indications:** Coughs

## CINNAMON TEA

### Ingredients

25 grams Cinnamon  
25 grams Cloves  
25 grams Celery seeds (ajmo)  
50 grams Fenugreek seeds (methi)

### Method

Crush all ingredients into a powder  
Add ½ tsp of powder to two cups of water and boil down to one cup  
Strain and mix with lemon juice or honey (to taste)  
Drink warm

**Indications:** Phlegm related disorders

### Tea for Melancholics (Cold and Dry)

## LAVENDER & CHAMOMILE TEA

### Ingredients

1 tsp Lavender  
1 tsp Chamomile

### Method

Boil the above ingredients in 2 cups of water until 1 cup remains  
Strain, mix in honey and drink lukewarm.

**Indications:** Calming and sleep inducing



## DIGESTIVE TEA

### Ingredients

11 fresh Mint leaves

½ tsp Celery Seeds (ajmo)

½ tsp Parsley

### Method

Boil all the ingredients in 3 cups of water, until reduced to 1 cup of water

Strain, mix in honey and drink warm.

**Indications:** Digestive aid after meals



## Healthy Snacking Habits

With the pace of modern lifestyles, food is often eaten on the run. If you don't have time for lengthy preparation and meals, rather than missing a meal make sure you have a healthy snack in accordance with your temperament.

Different temperamental types have different metabolisms which determine the ideal quantity of food to be consumed during meals. Appropriate adjustment to the amount of food consumed for each temperament will allow for snacking in between meals.

**Bilious Temperament** – the hot & dry qualities of their temperament provides them with a strong digestion allowing them to have three medium size meals per day as well as snacks in between.

**Sanguinous Temperament** – their hot & moist qualities (with a medium to large frame). They should have two medium to large meals a day, plus snacking in between.

**Phlegmatic Temperament** – their cold & moist qualities allows them to only have two medium size meals, as well as snacking in between.

**Melancholic Temperament** – their cold & dry qualities allows them to have three meals which should be moderate to small in quantity, plus moderate snacking.

### Bilious

Rice cake with cream cheese sprinkled with pumpkin seeds

Almonds

Plain yoghurt with honey and sunflower seeds

Melons, figs and apricots

### Sanguinous

Avocado mash with taco

Popcorn

Smoked mussels

Apples, strawberries, grapes and citrus fruits

### Phlegmatic

Brown bread with humus and rocket

Chicken biltong

Grapes

Cashew, hazel, pecan or walnuts

### Melancholic

Goats cheese on rye with red pepper strips

Bananas and sunflower seeds

Peaches, dates or mangoes

Licorice



## Water

To maintain a 70% moisture content, (the optimum amount required by the body), one of the body's most important needs is to drink water. Water plays a vital role in the process of food digestion, nutrient metabolism, and elimination of waste products. It also ensures proper circulation of blood and functioning of the lymphatic system. Virtually every function of the body, from cell division and food digestion to tissue synthesis requires adequate moisture levels. In this light, the importance of maintaining the ideal moisture content becomes self-evident.

Although our bodies are capable of dealing with excessive water intake they aren't able to handle an **inadequate** water intake. Certain conditions or illnesses like kidney stones, dryness of the skin and dehydration result from low water intake. Sufficient water helps to reduce raised blood pressure and high levels of cholesterol, uric acid and glucose.

## Getting Enough Water

Getting your daily quota of water can require some discipline. Cultivating a water drinking habit makes it easier. Try the following suggestions for a solution that suits you. Melancholics and Phlegmatics shouldn't really have cold water but stick to hot or room temperature instead and they should drink 1 – 2 litres daily. Bilious temperaments can enjoy cold water and should drink 2 – 3 litres daily. Sanguinous temperaments can also enjoy cold drinks and should drink at least 2 litres daily. The ideal water intake is also dependent on the season.

- Make it a habit to drink a glass before preparing a meal
- Keep a litre water bottle on your desk and in your car for easy access and to remind you
- Always order water at a restaurant or coffee bar before you order anything else
- Drink at least one glass of water before drinking any caffeine drinks
- Try out all the bottled waters and find one you like
- Invest in a filter and fill it regularly

## Varieties of Water

Water has no fat, caffeine, cholesterol and is low in sodium. Water is the body's natural choice when it comes to obtaining its daily fluid quota. Choose your quota from the many different types on offer.

### Distilled Water

When water is heated it turns into steam and then condenses back into water. This process gets rid of impurities leaving behind pure water. Because of its level of purity, distilled water can be used in the manufacturing of pharmaceutical prescriptions.

### **Treated Water**

This is water in which all the harmful contaminants like lead, bacteria and organic chemicals have been removed. Risks of serious health problems like high blood pressure, kidney damage, cancer and anemia are greatly reduced.

### **Mineral Water**

Mineral water comes from a geologically and physically protected underground water source and is distinguishable by the minerals and trace elements it contains. To be classified as mineral water it must contain no less than 250 parts per milligram of total dissolved mineral solids.

### **Purified Water**

Also called demineralised water, purified water is produced through de-ionization or reverse osmosis. This is a process that eliminates 95% of dissolved minerals, particles and organics from the water.

### **Sparkling Water**

Choose water that has oxygen added to it rather than carbon dioxide.

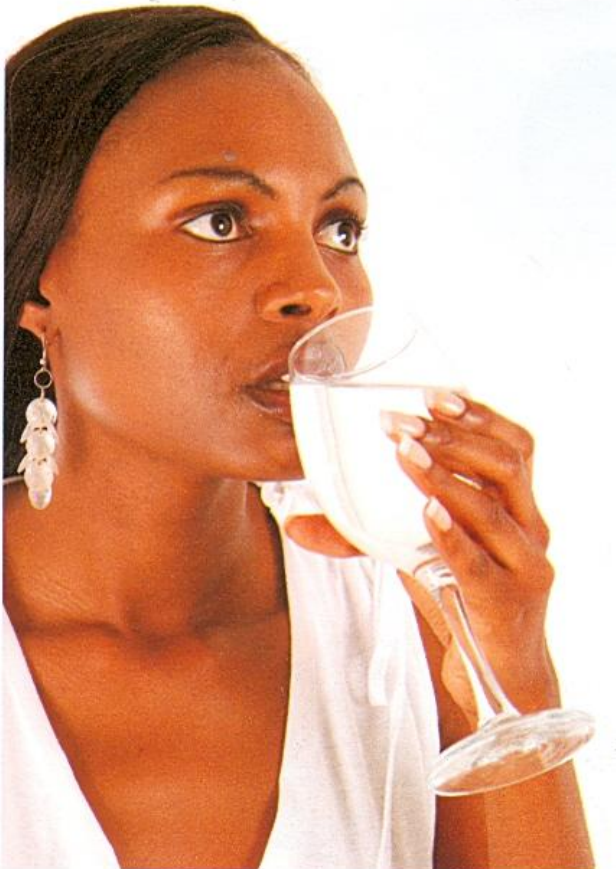
### **Spring Water**

This water comes from an underground source that naturally finds its way to the surface. It is collected at the spring or through a borehole.

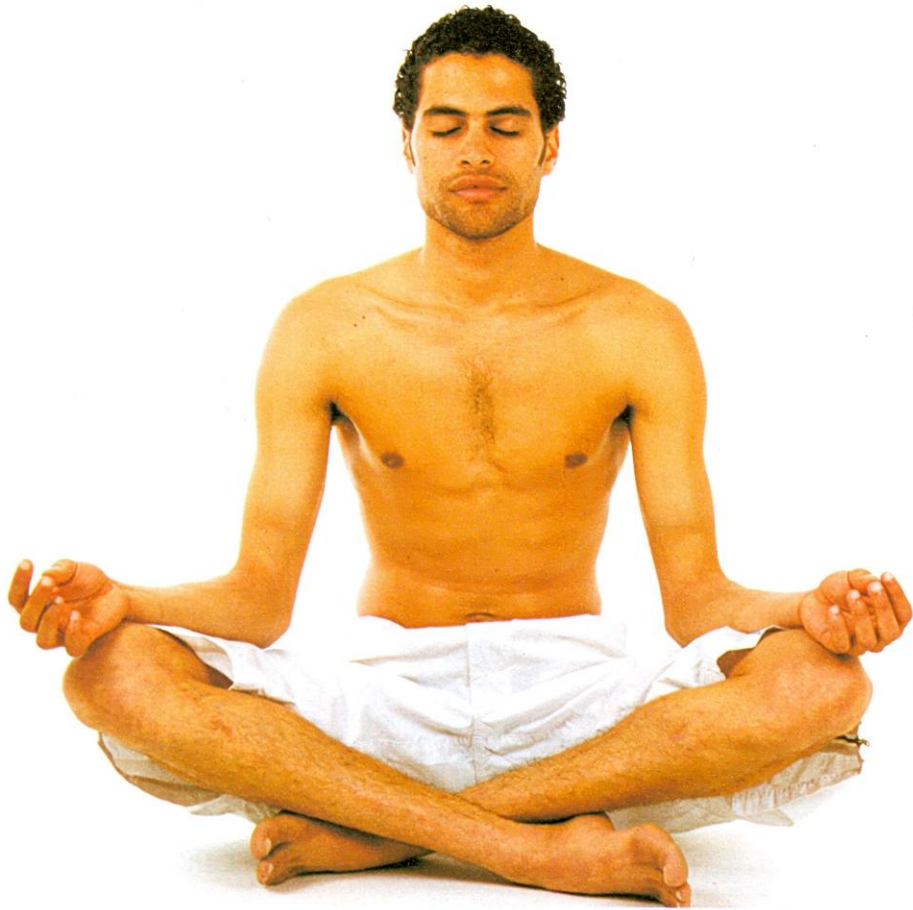
## **General Dietary Guidelines**

- Avoid drinking water, cold drinks or juices during meals. If you have to, drink very little. Preferably drink liquids half an hour before meals OR one hour after meals.
- Avoid refined foods, eat foods as close to their natural state as possible.
- Eat fruit and salad for one meal a day – preferably for lunch.
- Eat simply. Avoid a lot of different types of food in the same meal.
- Eat in a settled and quiet atmosphere.
- Do not eat when upset.
- Make it a rule to sit down to eat.
- Avoid excessive milk during your main meal.

**An important point to keep in mind: when in good health everything in moderation is allowed.**







## 2. Environmental Air and Breathing

Seasonal changes can have a significant effect on health. We all know about the health problems that stem from a cold, damp winter, or a hot, dry summer. One should always be aware of the seasonal changes and the adverse effect that exposure to extreme elements can have on your health. For example; during cold and wet climatic conditions phlegmatics should take special care to ensure optimum body heat is maintained. Similarly, a bilious person should avoid too much exposure to summer heat.

Air flows between us, in and out of us and connects us. Air is the one thing all living organisms share. The air we breathe is our closest and most important contact with the outside environment. Air is our primary source of nutrition. Our health is influenced by the quality of air we breathe, as well as the manner in which we breathe.

Good, regular and relaxed breathing greatly improves health:

- It neutralises any excessive heat, so maintains an ideal body temperature
- It regulates the heartbeat
- It strengthens the nerves, and settles the emotions
- It helps the mind - body integration
- It cleanses our body of waste matters, especially carbon dioxide
- It increases metabolism
- It helps blood circulation to the deeper tissues and capillaries
- It rejuvenates the cells

Without the air we breathe in, the nutrients we take into our body could not be converted into energy. In addition, the extra oxygen supply to the body is very beneficial to our brain cells. The temperature, moisture and electrical charge of the air we breathe can all have a definite effect on our health. Common ailments like headaches, tiredness, and irritability are often the result of insufficient oxygen intake. This could be due to a faulty breathing technique, or poor posture. Proper breathing exercises can have a great influence on maintenance of health as well as in the treatment of illnesses. Headaches, tiredness and irritability are often the result of insufficient oxygen. Anger and fear too can be managed through correct breathing.

## **Tibb Breathing Exercises**

Breathing exercises will have different effects depending on the breathing techniques used. It is obvious that slow breathing exercises will produce less heat than fast breathing exercises. In *Tibb*, there are many breathing exercises. Each has its own value in dealing with one or the other chronic ailment. Here we will describe four of the more common ones.

Always remember that it is best to perform breathing exercises at dawn as the pollution levels are low, the air is crisp and fresh and the psycho-spiritual benefits are more profound.

- 1) The **Tibb Slow** and **Deep** Breathing Exercise - this exercise has a cooling effect, so is ideal for people with a **bilious** or **sanguinous** temperament.
  - Sit either on the floor in a squatting position 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.
  - Close eyes, focus on breathing.
  - Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach.
  - Continue breathing this way for 5 minutes.
  
- 2) The **Tibb Fast** and **Deep** Breathing Exercise – this exercise has a heating effect, so is ideal for people with a **phlegmatic** or **melancholic** temperament.
  - Assume the same position described in the previous exercise.
  - Take slow and deep breaths, breathing in and out of the nose, distending and filling the stomach for 1 minute.
  - Then breathe deeper and faster for 3 minutes. This time can be extended to 5 minutes as you become more experienced with the exercise.
  - Thereafter, take slow deep breaths again for 1 minute.



3) The **Tibb Deep Rhythmic** Breathing exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Breathe in deeply and slowly through your nose. Push out your stomach and visualise air filling it up. This will fill the lower half of your lungs that often get neglected.
- Tilt your head onto your chest and hold your breath as long as possible.
- Then raising your head, exhale forcefully through your mouth as if you are blowing air into the distance. Shape your mouth into an 'O'.
- This exercise should be repeated 3 times but not more than 15 times.

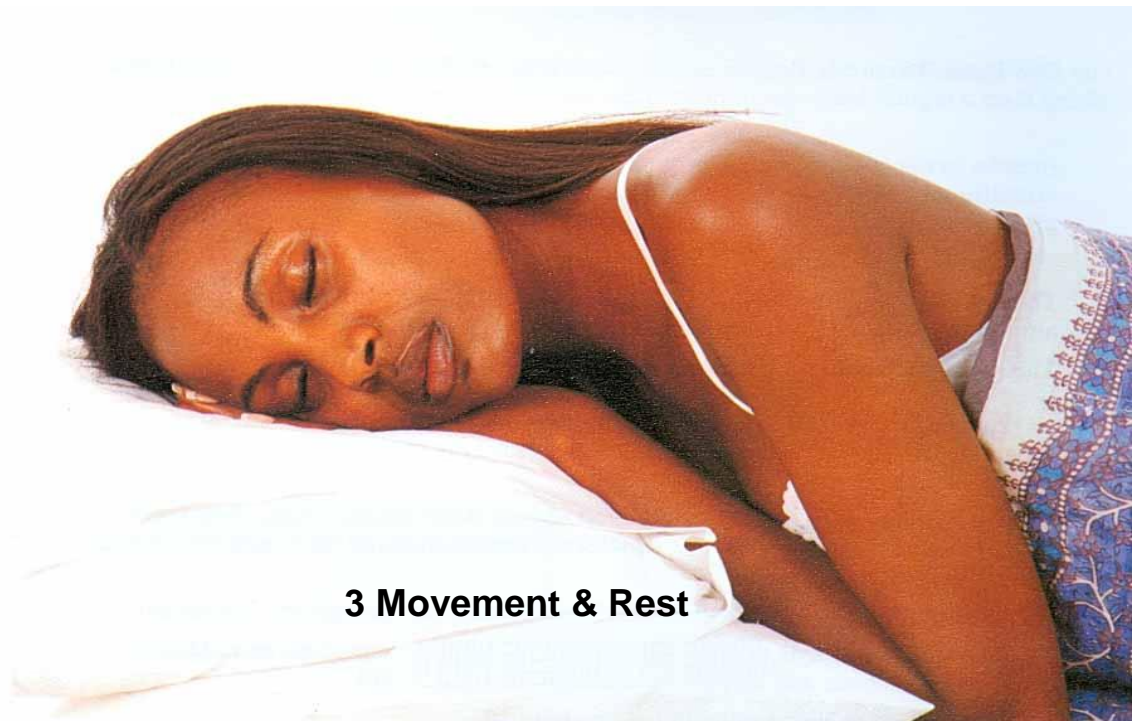
4) The last breathing exercise is the **Tibb Mental/Emotional** Breathing exercise also prescribed for all temperaments. This breathing exercise creates harmony in the two hemispheres of the brain.

- Use the right index finger to close the *left nostril*. After taking a long, deep breath through the right nostril, close the left nostril with the thumb and hold the breath for 15 to 20 seconds.
- Release the finger closing the left nostril and breathe out through the left nostril.
- Now breathe in through the left nostril and repeat the same process by holding the breath for 15 to 20 seconds and breathe out through the right nostril.
- Start by doing 5 cycles, and build up slowly to 10.
- After completing this exercise, rest for at least 5 minutes in the same position.
- Do this exercise early in the morning and late afternoon.

***Life is not measured by the number of breaths we take, but by the number of moments that take our breath away. (Anon)***







### 3 Movement & Rest

The value of controlled, regular and reasonable physical exercise in maintaining good health has been proven time and again. Exercise has both physical and mental benefits:

- It improves cardiovascular fitness - it reduces high blood pressure, strengthens the heart and stops the build-up of fatty deposits in the blood vessels.
- It aids people with indigestion and other disorders of the gut.
- It strengthens bones, and so helps to prevent bone thinning, especially in elderly women.
- It prevents unnecessary weight gain.
- It improves body posture, which is good for health.
- It helps relaxation and improves the quality of sleep.
- It considerably reduces stress levels.
- It allows for better concentration.
- It increases vitality and self-confidence, boosting activity levels.

As we are all unique, we each have a different requirement for exercise and rest. Rest produces a moistening and cooling effect. Movement and exercise increase the heat in the body.

Balance between movement and rest is very important as is the type of exercise you choose. Where spinning classes or running on a treadmill (both of which increase heat and dryness) are excellent for some, for others who have a dominant bilious temperament these activities may be too energetic and cause health problems. Yoga may be suited to highly-strung stressed individuals but may be too passive for others. It is important to match your exercise to your body type.

Both movement and rest are essential for maintaining health. Bear in mind that different people need different amounts of exercise or rest for the maintenance of health depending on their temperament as well as their state of health.

## ***Tibb* Physical Exercises**

Whilst there are many different types of physical exercises and sporting activities to choose from, we focus on exercises able to be done at home. It is vitally important to warm up before any strenuous exercise is done as well as to cool down at the end of the exercise period.

1) The ***Tibb Walking*** Exercise - This is a gentle exercise recommended for all temperamental types. It can be done anywhere - in a small room or outdoors. If safety or space concerns exist, as may be the case with elderly people, then you may 'walk on the spot' for the same periods of time.

- Warm up by walking normally, swinging the arms gently. Do this for about 2 minutes initially.
- Then walk briskly, raising the legs and swinging the arms firmly. Do this for about 5 minutes.
- Then cool down by walking normally, as in the warm up. Do this for about 2 minutes.
- Do these exercises daily, but increasing the time for each session weekly to a maximum of 25 minutes per session.

2) The ***Tibb Jogging*** Exercise - Jogging is a more intense exercise than walking. It will therefore produce more heat (and dryness) than walking.

- 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.
- Start by doing this for 30 seconds building up to 5 minutes.
- Increase gradually by 30 seconds, to a maximum of 10 minutes per session.



3) The *Tibb De-Stressing* exercise – Alternating between tensing the muscles and relaxing them is a means of releasing stress that may have built up in the muscles during the course of the day. This is ideal for people who are inclined to be anxious and stressful.

- This exercise should be done lying down on the floor or firm bed, flat on the back.
- Make sure you are comfortable and relaxed.
- Starting with the lower body, tense all muscles for about 10 seconds, then slowly relax.
- Breathe in when tensing, and out when relaxing.
- Then do the same with the upper part of the body.
- Breathe in when tensing, and out when relaxing.
- Repeat 5 times.

Always remember that any exercise produces heat depending on the extent and intensity of the activity. The longer you continue with the exercise the greater the heat produced, which means that dryness will also increase. This must be taken into account.

## Daily Practice of the 5 Rites Exercise Routine



Nothing beats the feel-good factor of an exercise practice when done on a daily basis. The 5 rites is an ancient practice believed to promote long life and increase energy levels and focus. Remember flexibility in the body increases flexibility of the mind. Always ensure your focus is on your breath as the correct intake of air increases the benefits of these postures.

### 1. Spinning

Find a clear space, stand with spine straight, stretch your arms out horizontal to the ground. Gaze at your left shoulder. Spin yourself around to the left in a circle 21 times. Focus on alternate shoulders on alternate days. This exercise teaches balance. After a few weeks you won't feel dizzy.



### 2. Leg lifting

Lie flat on the floor, with your spine pressed into the ground. Stretch your arms out perpendicular to your spine and press them into the floor. Raise your legs from the hips up to the ceiling using your stomach muscles to lift and not the back. For help use your arms as leverage by pressing them into the ground. Use your in breathe to help you lift the legs.

Lift your head off the ground. Then, lower the head breathe out and lower the legs to an inch off the ground. Repeat this sequence 21 times.

### 3. Kneeling

Kneel on the ground and place the hands on the hips. Throw the head and shoulders back, breathe in and move the trunk of the body in a straight plane back towards the feet. Put the head forward (chin on chest). Hold the breath for a count of 10. Release the head, breathe out and come up.



### 4. Hip lift

Sit on the ground with legs stretched out in front of you. Place your hands on the ground in line with your hips. Breathe in and push against your hands and feet to lift your hips off the ground. Hold the position, then breathe out and come down to your starting position. Repeat 21 times.



### 5. Back arch

Hoist your butt into the air and come into an inverted 'V' position. Your hands and feet should be touching the ground and your arms and legs straight. Push your heels towards the ground. Breathe out, and with control, push your hips down to the ground allowing your back to arch. Breathe in and come back up. Repeat 21 times.



## Eye Exercises

Many people forget that eyes also need exercising. Bad habits have us moving our heads when we want to look at something instead of moving our eyes. Eye muscles get lazy and start to deteriorate. Check yourself to see how much you move your eyes. When driving a familiar route, look up into the sky, down to the ground and to each side. Most people notice things they haven't ever seen before even though they have driven the same route hundreds of times. Besides extending your gaze to see more, do some eye exercises to keep your vision functioning at its best.

1. Keep the head still and move the eyeballs upwards as far as is comfortable, hold for a moment then move them down to look at the ground. Repeat 4 times.
2. Move the eyeballs to the far left, then to the far right. Repeat 4 times.
3. Move the eyeballs diagonally first to the top right then down to the bottom left.
4. Move them the other way, first to the top left then down to the bottom right.
5. Rotate the eyeballs in a clockwise circle 4 times and then repeat in an anticlockwise direction.
6. Hold the thumb half a metre in front of the face and allow your eyes to focus on your thumbnail. Then move your eyes to focus on a point as far into the distance as possible. Repeat twice.





## 4 Sleep & Wakefulness

*Tibb* considers sleep to be **cooling** and **moistening**. Wakefulness increases **dryness** and **heat** and depletes energy due to physical and mental activity. Sound and peaceful sleep allows Physis an uninterrupted opportunity to restore harmony in the body by:

- Repairing and healing damage done in the physical, mental, emotional and spiritual spheres.
- Preparing the body for the physical and psychological activities to come.
- Strengthening all natural functions, including digestion, metabolism, and mind strength.
- Eliminating toxins via the liver, kidney and skin.

Sleep strengthens a number of natural functions, such as:

- The digestive process which it helps to complete ready for bowel movement on awakening.
- Metabolic processes that repair damage and restore wellbeing.
- Brain functions by sorting out and filing sensory and intellectual input from the previous day.
- Detoxification, by assisting Physis in eliminating toxins from the system.

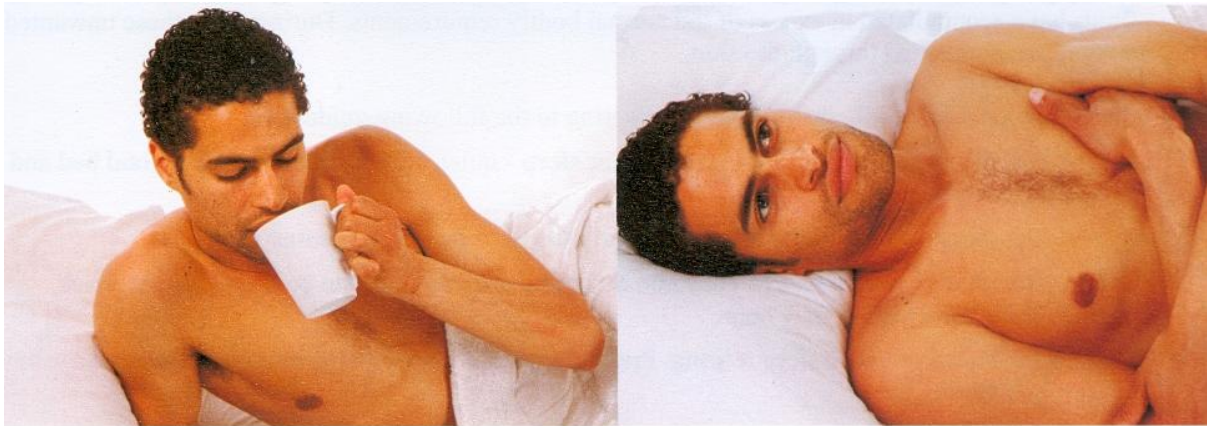
### Quality and Amount of Sleep

The need for sleep varies, from person to person, for different age groups and according to physical or mental activity. For this reason the quality and amount of sleep should be matched to individual requirements. You may function best by napping for half an hour in the afternoon and sleeping 6 hours at night, but someone else may need 8 hours to function properly. To a large extent sleep requirements vary according to a person's temperament. People with a dominant:

<b>BILIOUS</b> temperament	-	<b>5 to 6</b> hours minimum nightly
<b>MELANCHOLIC</b> temperament	-	<b>5 to 6</b> hours minimum nightly
<b>SANGUINOUS</b> temperament	-	<b>6 to 7</b> hours minimum nightly
<b>PHLEGMATIC</b> temperament	-	<b>8</b> hours nightly.

Children require more sleep and so do women compared to men. For the elderly, additional rest and sleep is beneficial, as it increases the moisture to overcome the dryness associated with old age.

The best time to sleep is from 22h00 until just before sunrise. Supper should be eaten at least three hours before sleeping. Lying on your right side allows food in the stomach to move towards the intestines more easily and decreases the pressure on the heart.



### **Harmful Effects of Sleep Deprivation or Excess**

Without sufficient sleep, excessive heat and dryness occurs, especially in someone with a **bilious** temperament. This condition can easily be reversed with an appropriate amount of sleep. Excess heat and dryness will automatically be reduced because of sleep's cooling and moistening effect on the body.

Today's fast lifestyle can lead to a chronic sleep debt, which can result in serious health problems. Without adequate sleep, our mental, physical and emotional states are impaired. Sleep deficit is often overlooked as an aggravating factor in many illnesses.

Lack of quality sleep, or insomnia, is a common problem especially amongst people with a **melancholic** nature. Too much dryness is the basic cause behind insomnia, which is why very often a glass of warm milk, which is hot and moist in temperament, seems to help. Troubled sleep indicates that a disease may be developing. Badly disturbed sleep can lead to headaches, nervousness, lack of concentration, mood swings, irritability, lethargy and depression.

Excessive rest and sleep can result in an excess of cold and moist qualities. This can reduce energy levels which can be harmful to the body. Long periods of excess sleep or rest can lead to muscle weakness and upset digestion and metabolism. It can also dull the mind, increase phlegm in the body, slow the heart rate, weaken memory and lower blood pressure.

Heavy perspiration during sleep without an obvious cause means that undigested and unwanted fluids have accumulated in excess of the normal bodily requirements. During sleep these unwanted matters are eliminated through the skin.

Sleep problems can easily be avoided by adhering to the following guidelines:

- See to it that the bedroom is suitable for sleep - quiet, well ventilated, with a good bed and bedcovers.
- Get into a routine. Early to bed and early to rise is best. Avoid catnapping.
- Do not eat heavy meals or consume caffeine drinks too close to bedtime. A light snack or hot milky drink may help.
- Take a warm bath before retiring. Pray or meditate, do breathing exercises and read a comforting book.
- Prepare mentally by reviewing the past day and planning for the day to come. Avoid anxiety.
- Adopt the best posture – sleeping on the right side is best as digestion is facilitated.
- Gentle exercise or massage and a warm bath before bed helps.

### *HEALTHY BEDROOMS*

Placing your bed strategically and positioning your bedroom furniture can go a long way in optimizing sleep. Create a sanctuary that stimulates good dreams.

### *LIGHTING*

Match your lighting to your activity, when reading avoid stark overhead lighting or candlelight which might damage or tire your eyes. Lamps or spotlights are useful for creating pools of light in one area and allowing more muted and ambient areas to stimulate relaxation. Candle flame brings warmth and sensuality into a room and generates a secure environment. Coloured globes in line with colour therapy also have interesting effects. Try and bring in natural moonlight or sunlight for an extra special effect. Be careful of mirrors which should preferably be on the inside of wardrobes and not facing the bed.

### *BED LINEN*

Ideally, all your fabrics should be natural, either pure cotton or raw silk. Not only are these healthier allowing the skin to breathe, but the textures of natural fabrics give you the impression of being held and nurtured by mother nature, connected to the earth. Synthetic fibres create static electricity, and even a small movement can generate thousands of volts, which might have an effect on your body's functions.

The last two lifestyle factors with an important role to play are firstly Emotions and Feelings and then Elimination. From here we go on to consider the influence of Emotions and Feelings on the physical condition of the individual.

## 5 Emotions and Feelings



Our emotional state plays a vital role in our wellbeing. Every emotion has a different qualitative effect on the body. By recognising the qualities that emotions exert on your temperament you can (to a great extent) control the way they influence your health.

Positive emotions such as happiness, love, peace, optimism and humour should be encouraged as they are known to invigorate the body, contribute to improved health and an overall sense of well-being.

Negative attitudes brought about by emotions such as anxiety, frustration, resentment and anger can cause serious health problems. These are of particular consequence in *Tibb* as your temperament will be negatively influenced by them according to their respective qualities as shown below:

<b>Anger</b>	-	hot & dry
<b>Worry</b>	-	hot & moist
<b>Depression</b>	-	moist & hot
<b>Fear</b>	-	cold & moist
<b>Grief</b>	-	cold & dry
<b>Excitement</b>	-	dry & hot

Excess negative emotions can have serious health consequences as listed below:

The Hot & Dry qualities of **Anger** are harmful to the liver and the digestive faculties. Anger also produces harmful effects on the heart and damages the brain.

The Hot & Moist qualities of **Worry** can cause diseases of the spleen and pancreas resulting in an imbalance of glucose levels.

The Moist & Hot qualities of **Depression** are harmful to the brain and weaken all faculties.



The Cold & Moist qualities of **Fear** can lead to diseases of the kidneys and bladder and weaken the adrenal and posterior pituitary glands. Fear also produces negative effects in the liver and heart.

The Cold & Dry qualities of **Grief** weaken the nerve impulses of the nervous system and produces negative effects on the brain, lungs, heart and liver.

The Dry & Hot qualities of **Excitement** can be harmful to the heart.

By taking into account the qualities associated with the negative emotions aligned with the qualities of your temperament you can, to a certain extent, control the influence that emotions have on your health. For example, if a bilious person whose temperament is Hot & Dry is continually influenced by anger, which has the same Hot & Dry qualities, his health will be negatively affected.

### Dealing with your emotions

Emotional problems can also be dealt with through meditation (breathing exercises) and by using colour and aromatherapy.

#### Colour Therapy

The *Tibb* approach to colour therapy is to classify colours in terms of their qualities. Recognizing these qualities gives us a better understanding of how colour therapy works. Matching the appropriate colour to the specific temperament is the basis of colour therapy. Listed below are the qualities associated with the different primary and secondary colours, as well as the effects they have:

COLOUR	QUALITY
Red	Hot & Moist
Orange	Dry & Hot
Yellow	Hot & Dry
Green	Moist & Hot
Blue	Cold & Moist
Violet	Cold & Dry

The qualities associated with colour have the following influence:

#### **Red (Hot & Moist)**

Represents: Blood, energy and life-force, sexual desire, passion, love, vitality and power

Useful for: Tiredness and lethargy, melancholy, circulation, low blood pressure and anemia

Caution: Red is vigorous and demanding and is also associated with antagonism and temper. Use it wisely and sparingly especially in the bedroom. Too much red can create anxiety and raise blood pressure.

**Orange (Dry & Hot )**

Represents: Joy and pleasure, warmth, lightheartedness, creativity, sensuality and playfulness

Useful for: Stimulating creativity and alleviating depression.

Caution: Too much orange for too long can create uneasiness and can be overpowering

**Yellow (Hot & Dry)**

Represents: Education, knowledge and intuition

Useful for: Stimulating intellectualism, bringing wisdom and promoting empowerment.

Caution: Too much yellow stimulation can cause exhaustion. On the flip side, yellow signifies cowardice, deceit and malice.

**Green (Moist & Hot)**

Represents: Balance, Peacefulness and Harmony

Useful for: Calming the nervous system, soothing emotions, mending broken bones and tissues, stimulating growth, bringing balance and healthy perception to tricky situations

Caution: Too much can be too energizing. Keep away from areas where there is a lot of activity.

**Blue (Cold & Moist)**

Represents: Peacefulness, noble aspirations, devotion, relaxation and timelessness

Useful for: Invoking a sense of calm, exercising diplomacy and calming hyperactive people

Caution: Blue also represents cold and mournfulness, too much of it can induce depression.

**Violet (Cold & Dry)**

Represents: Devotion, passion for a high ideal, royalty and religious pursuits

Useful for: Spiritual pursuits, nervousness, pain (especially liver and circulatory problems)

Caution: Feelings of floatiness or ungroundedness comes from too much purple. It has a connotation to mourning and is difficult to live with on an on-going basis. It has a high vibrational rate and could make you feel exhausted.

Listed below is a table indicating the most appropriate colours for the different temperamental types.

TEMPERAMENTAL TYPE	IDEAL COLOURS
Bilious/Melancholics	green, blue, red
Bilious/Sanguinous	blue, violet, green
Sanguinous/Bilious	violet, green, blue
Sanguinous/Phlegmatics	orange, yellow, violet
Phlegmatics/Sanguinous	yellow, violet, orange
Phlegmatics/Melancholics	orange, yellow, red
Melancholic/Phlegmatic	red, orange, yellow
Melancholic/Bilious	green, blue, red

See which colour best suits your purpose, you may choose to connect with your particular colour in the clothing you wear, or paint your bedroom or a wall in your house, or use it to enhance visualization or meditation.

## Aromatherapy

Similar to the qualities associated with colour therapy, aromatherapy oils also have qualities associated with them. Listed below are some of the common aromatherapy oils showing their respective qualities:

OIL	QUALITY
Anise	Hot & Dry
Bergamot	Cold & Dry
Cajuput	Hot & Dry
Chamomile	Dry & Hot
Cinnamon	Dry & Hot
Clary sage	Hot & Moist
Coriander oil	Cold & Moist
Eucalyptus	Hot & Dry
Fennel seeds	Cold & Moist
Grapefruit oil	Cold & Dry
Jasmine	Cold & Moist
Lavender	Dry & Hot
Lemon grass	Dry & Hot
Peppermint	Hot & Moist
Rose	Cold & Dry
Rosemary	Hot & Dry
Ylang-ylang	Cold & Moist

In the table that follows we see which oils are most appropriate for the different temperamental types:

TEMPERAMENTAL TYPE	IDEAL AROMATHERAPY OIL
Bilious/Melancholic	Ylang-ylang, Jasmine, Fennel seeds, Coriander oil
Bilious/Sanguinous	Ylang-ylang, Jasmine, Fennel seeds, Rose
Sanguinous/Phlegmatic	Chamomile, Lavender, Lemon grass, Eucalyptus
Sanguinous/Bilious	Ylang-ylang, Grapefruit, Bergamot, Rose
Phlegmatic/Sanguinous	Eucalyptus, Rosemary, Anise, Cinnamon
Phlegmatic/Melancholic	Eucalyptus, Rosemary, Anise, Cajuput
Melancholic/Phlegmatic	Rosemary, Cinnamon, Chamomile, Lavender
Melancholic/Bilious	Clary sage, Peppermint, Chamomile, Lavender

## Emotional Control

Taking control of your emotions is a very positive growing experience. Our advice is to take full responsibility and we have included some tips and techniques to help you along. For those with a bilious temperament make sure you are never hungry, thirsty, tired, too hot or angry for too long. Take special care to deal with your impulses as soon as they arise. Irritation can heighten emotions unnecessarily. Feelings and emotions can be observed and don't necessarily have to be obeyed or followed.

## Counting Down

When feeling angry, before acting on impulse try walking vigorously and counting to ten while slowing your breathing down. This will give you time to clear your mind and come to terms with your issue. Movement gets the blood flowing and emotions can work through the mind more freely.

## Worst Case Scenario

Often in an emotional state we tend to 'awfulise' and paint a terrible picture of what might happen. If you are one of those people that get caught in a downward spiral and can't get out, don't resist it, keep going but ask yourself questions along the way. Your conversation with yourself might go like this:

I messed up at work and now I might lose my job.

*Ok, so you might lose your job and then what will happen?*

Well I will be very embarrassed and I won't be able to pay my bills...

*So you will be embarrassed and then what will happen*

Everyone will think I am an idiot and I will get a bad credit record.

*So if you get a bad credit record and everyone thinks you are an idiot, then what?*

Carry on the dialogue until you have aired all your worst fears. By familiarizing yourself with the worst case scenario you come to see what you are dreading and half the time it isn't nearly as bad as we think it might be.

## Seeing the Big Picture

Events in our lives always seem much bigger when they evoke strong emotions. Sometimes fears or worries take over our whole lives until they are the only things we can see. By looking at what each event really means in context of your entire life we are able to get a better perspective. Feelings about losing a job, breaking up a relationship, crashing a car, fighting with a friend when seen in the greater context are merely events that come and go in the normal course of life. Seeing the bigger picture puts our emotions into better perspective.





## **Tibb Exercises for Emotional States**

Techniques or exercises to restore emotional balance often include meditation and visualization. Breathing is an important component in restoring emotional states and is always included as part of the meditation process.

The most appropriate breathing exercise when meditating is the *Tibb* Slow and Deep Breathing Exercise as it has a calming effect. Or try the following:

### 1) The *Tibb* **Heart** Meditation Exercise

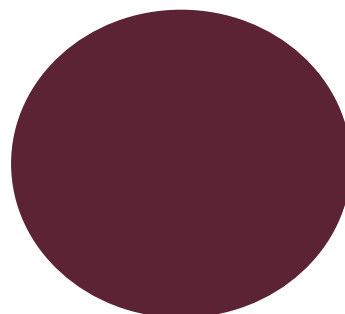
- Sit straight up on the floor or chair, with a straight spine. Put the head down, close the eyes, *concentrate on the heart* and breathe in deeply.
- Hold the breath for a while; then breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed for 10 -15 minutes.

### 2) The *Tibb* **Pineal** Body Meditation Exercise

- Sit in a relaxed state in a calm environment, with eyes closed.
- *Concentrate on the area between the eyebrows*, and breathe in deeply.
- Hold the breath for a while and breathe out slowly in the same manner.
- Repeat this exercise for 10 -15 minutes.

### 3) The *Tibb* **Visualising** Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a blue or violet colour, alternately choose the colour that is most appropriate for your temperament according to the colour chart provided.
- Repeat this exercise for 10 -15 minutes.



## Positive affirmations

Our subconscious mind takes everything we say literally. Sarcasm and negativity acts on our senses sometimes giving us wrong beliefs about ourselves. Use these positive statements to instill a healthy mindset.

### Bilious

I release old limitations and relax into the flow of life; peace and harmony surround me. I am able to express myself freely and creatively and trust the process of life to bring good to me. I am one with the process of living. I am fulfilled.

### Sanguinous

I release the past and experience the sweetness of today. I relax into the flow of life and let go negative patterns. All I need will be provided to me easily and comfortably. I take charge of my life and choose to love myself.

### Phlegmatic

I choose to be free. Love and peace flow through me. I am surrounded by harmony and allow joy into every area of my life. I choose to live a life of self-acceptance. It is safe to be me.

### Melancholic

I am at peace with myself; I release the past and know that tomorrow will take care of itself. I am safe and secure and allow love to flow into my life. There is time and space for everything I want to do.

## 6 Elimination

Whatever it needs for energy and survival, the body takes from the environment. What is not needed is expelled back into the environment in the form of waste products. When the body isn't able to efficiently remove waste products it is susceptible to many different disease conditions.

Waste products are removed from the body through bowel movements, sweating, urinating and other means. Of all the normal elimination methods, elimination from the colon requires special attention.

We know that most of the reabsorption of water in the body takes place in the colon. This process of reabsorption results in a film of matter accumulating on the sides of the colon. Normal peristaltic movement does not remove this accumulation which impedes subsequent reabsorption, and becomes a reservoir for toxic accumulation. Although we may eliminate regularly, this build up or accumulation can only be removed with an appropriate mild herbal laxative taken on a regular basis. This helps the body to keep the colon free of toxic waste and is an important step to health maintenance.

*Tibb* also recommends fasting as a way of giving the body time to reorganise itself and improve health and well-being.

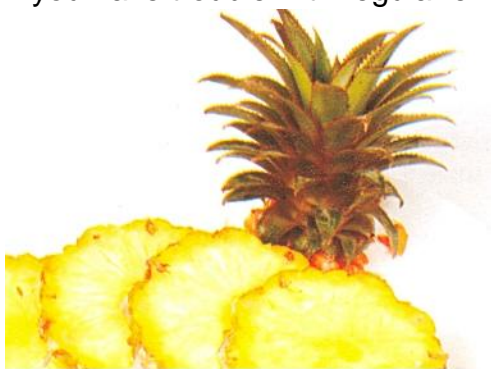
## **Tibb Guidelines for Assisting Elimination**

- Eat foods that are easily digestible such as fruit and vegetables and minimize foods like meat and fish that take more energy and time to digest.
- Use natural digestive aids in cooking such as ginger and drink teas like peppermint or green tea after a meal.
- Improve metabolic function through the use of herbs and spices like cumin, cinnamon, ginger, garlic, turmeric and black pepper.
- Ensure that elimination of both urine and stools is never suppressed and that the colon is emptied daily.
- Take a mild laxative at least once every fortnight.
- Drink water to flush out the kidneys and to improve the flow of blood in the vessels



## **Practices for Healthy Elimination**

- Effective elimination is better achieved when the body is in a squatting position as this assists a clear passage. Although Western lavatories aren't designed for this purpose, this is the most natural position for the body to eliminate and discourages piles.
- Find the acupressure point by locating the part of the hand between your thumb and index finger that makes a V, one centimeter in from the V is where you will locate the acupressure point. Rub this point for a few seconds.
- If you have trouble with regular elimination, try massaging the colon. Lie on your back and see if you can trace the colon by pressing your fingers into your abdomen. Massage gently in from the right side in a circular position down to the left side. This movement will stimulate movement along the colon.



## Massage and bathing

Bathing and massage techniques have long constituted an important part of Graeco-Arab healing traditions. In Istanbul, Turkey during the 16<sup>th</sup> century there were in excess of 4,5 thousand private baths or *hamams* and 300 public baths with separate times for men and women . Not only were they extremely important as a purification and cleansing rite but constituted one of the only avenues of socialization for women. Although modern Turkish lifestyles may not allow for long daily bathing rituals most Turks will look forward to a weekly steam, scrub and banter at a traditional hamam where they will relax, speak to friends and drink tea.



Most of the bathing houses had three rooms, one for steaming and massage, another less hot one for washing and scrubbing and a cool room or perhaps cubicle for napping.

Continuing as an important focus in Eastern cultures we see why when we look at the scientific basis behind the culture. Heat application in the form of a steam bath combined with massage is extremely effective in removing toxins. Scented baths can be calming and

relaxing or stimulating. Using different massage oils and varying massage techniques fluctuating in intensity and duration the massage experience can be tailor-made according to temperament. From the *Tibb* perspective the ageing process from infancy to old age results in a loss of moisture and heat from the body. The preservation of life and indeed health is dependent on maintaining the correct heat balance with moisture levels in the body. Obviously melancholics who have a Cold & Dry temperament will be affected the most. Remember weather plays an important part in the application of bathing and massage rituals. Long and hot baths in winter may need to be adjusted during summertime.

## Benefits of Massage

As the effects of massage are cumulative, regular massage will greatly increase the overall benefits. Some of these include relaxation, improved breathing, circulation and metabolism, calming, easing tension in stiff muscles, easing pain, soothing, healing and general well-being. Massage has an effect on the nervous system and can stimulate or calm the system. It specifically acts on the blood circulation and lymphatic system improving the elimination of waste through the body. Restoration is effected on all levels, physically, mentally and emotionally. Using varying techniques like stroking, pressing, kneading the movement works on the soft tissues to improve muscles and sometimes extends to the organs themselves.

Massage oils eliminate friction and assist in dispersing heat evenly through the body. Oil remaining on the body provides a shield against environmental factors. It also acts as a nutrient for the skin and strengthens nerve fibres on hair follicles.

Apparently when massage oil is applied to the navel before sleep it prevents the body becoming dry. If oil is administered at the top of the spine where it connects to the skull it has a calming effect on the entire nervous system, also strengthening and calming the nervous system, memory and improving eyesight.



## Guidelines for massage

To enhance the benefits of massage, oils can be specifically chosen to suit different temperamental types depending on the qualities associated with the oils. The common massage oils are as follows:

BASE OIL	QUALITIES
Olive oil	Hot & Moist
Almond oil	Moist & Hot
Coconut oil	Cold & Dry
Sesame oil	Cold & Dry
Mustard oil	Dry & Hot

Listed below are the ideal massage oils for the different temperamental types as well as the guidelines for the massage itself:

TEMPERAMENTAL TYPE	MASSAGE OIL	TECHNIQUE & DURATION
Bilious/Melancholic	Almond, Olive	Gentle, not more than 20mins
Bilious/Sanguinous	Coconut, Almond	Moderate, not more than 30mins
Sanguinous/Phlegmatic	Sesame, Coconut	Moderate to firm, not more than 60mins
Sanguinous/Bilious	Coconut, Almond	Gentle to moderate, not more than 45mins
Phlegmatic/Sanguinous	Mustard, Sesame	Moderate to firm, not more than 60mins
Phlegmatic/Melancholic	Mustard, Olive	Firm, not more than 60mins
Melancholic/Phlegmatic	Olive, Mustard	Moderate to firm, not more than 60mins
Melancholic/Bilious	Olive, Almond	Gentle, not more than 60mins

See the section on aromatherapy oils which can also be added to the base massage oil.

## Guidelines for bathing

At least once a week do as the Turks do and set aside time for a special bathing ritual. Mix up your own oils and work out a special potion to suit your temperament. Water has been seen as healing, regenerative and life-giving while used spiritually in baptism, purification and renewal. Historian Mircea Eliade said, "Water symbolizes the whole of potentiality; it is *fons et origo*, the source of all possible existence."

Setting the scene.

Why not play some music, light candles, burn incense, add petals and set out some delicious fruits and herbal tea.

Different temperamental types will require different types, temperature and duration of baths that will be appropriate for their specific temperament. For example, dominant bilious people should avoid extremely hot water and definitely avoid sitting in a sauna. The duration of the bath is also important as sitting too long in a hot bath will result in a drying effect.

TEMPERAMENTAL TYPE	TEMPERATURE, TYPE AND DURATION OF BATH
Bilious/Melancholic	Cool to warm water - steam bath not more than 15mins
Bilious/Sanguinous	Cool water - steam bath not more than 20mins
Sanguinous/Phlegmatic	Warm to hot water - steam or sauna not more than 30mins
Sanguinous/Bilious	Cool water – steam not more than 20mins
Phlegmatic/Sanguinous	Warm to hot water – steam or sauna not more than 45mins
Phlegmatic/Melancholic	Warm to hot water – steam or sauna not more than 45mins
Melancholic/Phlegmatic	Warm to hot water – steam or sauna not more than 30mins
Melancholic/Bilious	Warm water – steam not more than 30mins

## Lifestyle Awareness and Healthy Practices

*“If we all did the things we are capable of doing, we would literally astound ourselves.”*

(Thomas Edison)

## The Laws of Happiness

Happiness is a journey, not a destination. For a long time it seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. At last it dawned on me that these obstacles were my life. This perspective has helped me to see there is no way to happiness. Happiness is the way. So treasure every moment you have and remember that time waits for no one. (Alfred D. Souza)

Claim happiness in your life. It's not necessary to resort to anti-depressants when you have an understanding of yourself. Awareness and self-knowledge is paramount to a successful emotional life. Implement the changes you need, perhaps an attitude change or a resolve to be more proactive. Use the following guidelines and make up some of your own in the journey to a more fulfilling outlook.

## **1. Keep yourself free from patterns of limitation**

So often we see people we love falling into the same trap time and time again. It's a psychological fact that people repeat their mistakes. Sometimes we even get attached to our suffering; on some level we feel it gives us a sense of purpose. Perhaps feeling that it makes us interesting or provides a distraction from having to face difficult issues. We remain trapped in our 'comfort zone', the zone we are used to, even though this zone may not be comfortable at all. Much courage is required to make changes and leave behind



self-defeating behaviour. Avoid relationships and situations that don't feed your soul. We often have internalized instructions from parents or other authority figures that we feel we have to obey. Use your feelings as your emotional weather report, they offer important information about what is and isn't working in our lives. Learn to work with your emotions not against them. Constantly check your internal dialogue and perform surgery on your negative thoughts. Live out who you really are. When focusing on changing other people you are powerless to improve your own life. Shift your focus to yourself. Smile inside and make this feeling part of you.

*If you are going to doubt something, doubt your limits. (Don Ward)*

## **2. Develop loving relationships**

*'A wise man never loses anything if he has himself' (Michel Eyquem de Montaigne)*  
Before trying to develop a relationship with anyone else, start one with yourself. See if you are treating yourself as well as you would treat a guest in your house. Sometimes we push ourselves the whole day without stopping to eat - we would never do that to a friend. Make yourself your friend and look at selfishness in a different light. When we are comfortable and happy we are able to give much more. Find a healthy regard for yourself and increase your self-worth. Make lasting friendships and dedicate a certain amount of effort into maintaining them. Acknowledge a spiritual relationship. Explore real intimacy with your partner. Avoid settling for less or making do with uncomfortable situations. Practice nurturing yourself and get familiar with your positive attributes so you can acknowledge them. Before getting irritated with situations or people use these valuable pointers to examine yourself. Often these irritations indicate a part of yourself you don't want to see or don't like. Believe that you are bigger than your circumstances and despite what might be going on around you keep your balance.

### **3. Learn to be alone with yourself.**

Schedule specific time slots with yourself. Contentment comes from a knowledge of who you are and what you want. Separating yourself from your thoughts is a good exercise in bringing peace. Try this technique to stop the usual conversations you have with yourself and to appreciate yourself for who you are not what you are. Lie comfortably and bring your focus to your breath. With every breath you take, feel yourself becoming more and more relaxed. Watch your thoughts and emotions coming and going without judging them or having an opinion of them. Feel your mind and body starting to rest. Rest in the stillness and peacefulness you generate.

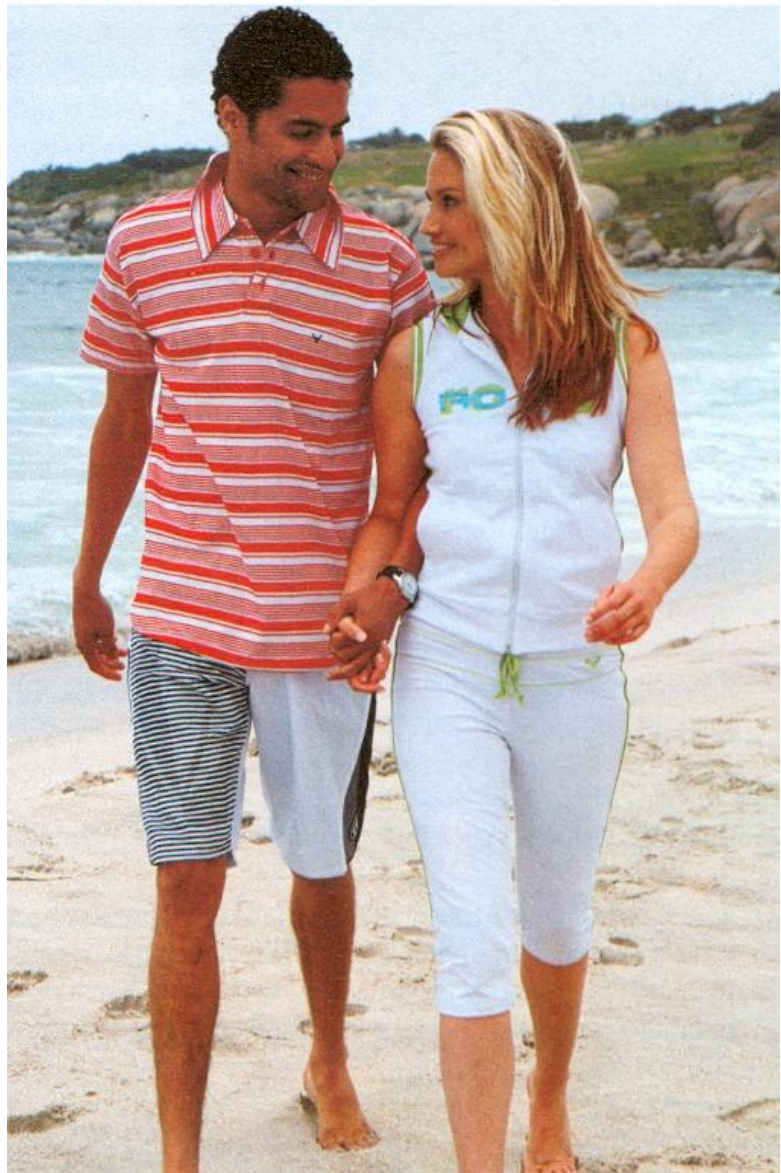
### **4. Live with gratitude and compassion**

When we feel our lives are lacking whether it be in substance, meaning or material, the best action to take is to be grateful for those things we have. If you find this hard to do, take every aspect of your life, piece by piece and remove it one aspect at a time. It may be your house, car, cat, food or friend, feel how you feel without it. Keep adding things on to an imaginary gratitude list. This practice draws abundance towards us and shifts our focus. Show gratitude outwardly, phone people and thank them, send gratitude cards, tell more people what they mean to you. Be compassionate to the people around you.

*It is through compassion that a person achieves the highest peak and the deepest reach in his or her search for self-fulfillment (Arthur Jersild)*

### **5. Make choices that suit you**

Make sure you know that the actions we take have consequences and that you are responsible for these consequences. Also know that you can direct your life into one you want. Having our needs met is one of the prime motivating factors in life. Choose with your heart and choose without the pressure of society. The more choices we make the more we understand cause and effect. Choose to live happily and with love.





## **6. Find worthiness and security from within**

Sometimes people only really appreciate themselves when they have lost all their material possessions. Test yourself and see how worthy you feel if your status and possessions are removed. The aim is to feel worthy and magnificent in your own right. Free yourself from needing outside approval or searching for validation in material areas. Go back to the time you were a child and unafraid to say, feel or act or a time you were living from your core with passion and abandon. Know that you can go back to that place and make that your goal. Visualise yourself as a happy, competent and successful person then bring this into reality. Genuine happiness does not come and go; it abides in the deepest parts of our minds and hearts.



*Life isn't about finding yourself.  
Life is about creating yourself.  
(unknown)*

## **7. Find purpose in your life**

Find what it is that you really love to do. Make a business around your passion. Decide to live with direction. Be very honest with yourself about the excuses you use to prevent yourself from doing something you really want to do. Often unchecked fears stop us from following a purposeful life. Find ways to service other people. Change your routine and frame of reference and use this fresh outlook to identify and list what you

want in your life. Ask yourself what makes you feel meaningful. Make things happen. Henry Miller instructs us to "develop interest in life as you see it; in people, things, literature, music - the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people". Look at all areas of your life including your relationships, hobbies, education, career, exercise, music and culture and spiritual pursuits. Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did.

## **8. Trust and live in the moment**

Stay open to what each new moment brings. Allow this moment to breathe, give it space. You don't need to have all the answers right now. Free yourself from the need to try and control outcomes. Trust that the seeds of your actions will bear fruit when the timing is right. Express yourself. An emotion loses its hold over you once it has been expressed. Be aware of not postponing your joy. The statement "I will be happy when ..." robs us of true happiness, making happiness conditional on a future event. Realise that the past is a memory, and the future isn't here yet, all that is real is this present moment. Ensure that your search for happiness is not dependant on external circumstances.

[Leap and the net will appear. \(Zen koan\)](#)

## **9. Keep the energy of giving and receiving flowing**

Time, effort and money all translate to energy. The more we circulate the more there is available to others and to ourselves. Give often without worrying about receiving but at the same time be open to receive. Learn to receive well so that you give other people an opportunity to give. Expect your needs to be addressed and expect to have whatever it is you want.

## **10. Live with forgiveness**

Don't make assumptions about people's behaviour or circumstances. Any situation can be seen from a deeper perspective. It may be that a situation or person has been sent to you to help you learn something. People act from the basis of where they are at a certain time. Based on what they know, their upbringing, level of consciousness and resources they do what they think is right. Look at forgiving a person rather than forgiving their behaviour. Outstanding anger has power over you and suppressed anger causes depression.

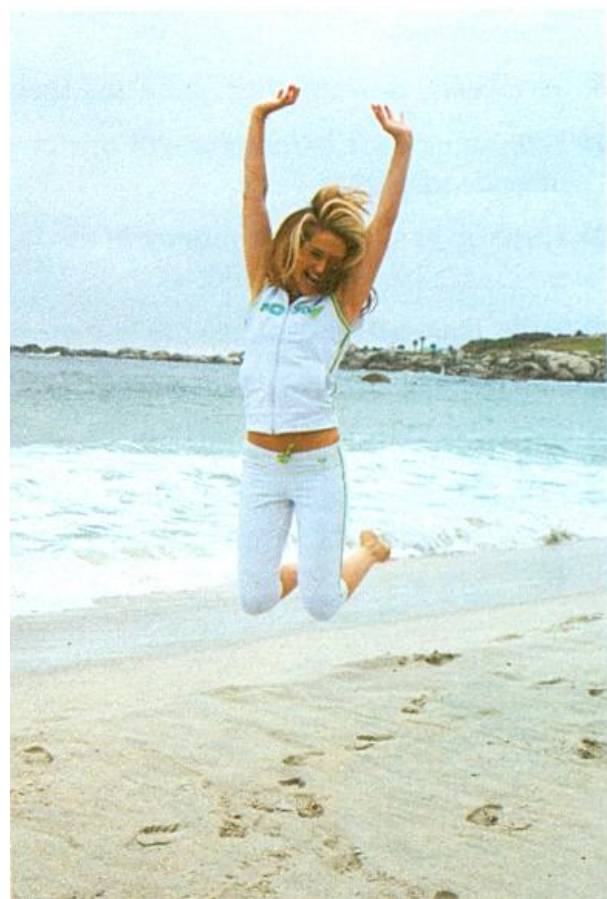
Make sure you are living according to your temperament.

*Be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars; to be satisfied with your possessions; to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by your admirations rather than by your disgusts; to covet nothing that is your neighbor's except his kindness of heart and gentleness of manners; to think seldom of your enemies, often of your friends... and to spend as much time as you can, with body and with spirit. These are little guideposts on the floorpath to peace. (Henry Van Dyke)*

## **Claiming Abundance**

Identifying your deepest and darkest thoughts and feelings about money is an exercise bound to alter your financial position. Take some time out to schedule your own 'abundance therapy' session. Kick off your process by figuring out the laws of abundance and asking yourself some pertinent questions about your attitude to money. Central to a healthy process of creating wealth is the realisation that you are in a relationship with money. Like other relationships this one carries baggage, has perceptions, expectations and hidden agenda's.

Observing your behaviour with regard to money will tell you where your money hang-ups are revealing practices and attitudes that are either healthy or need work. Firstly look at your conditioning. You already have a whole series of rules, beliefs and thoughts about money that have been inherited from your parents. It's very easy to spot these by listening to the parent voice in your head. As you duck out the office at 3:00 pm planning to head for the beach, do you hear a voice in your head saying, "Unless you work 9 to 5 you will never get anywhere" or does it say "Well done, you doubled your sales this week and you deserve a break". Try out a number of different situations like buying shoes that are too expensive, spending your last R50.00 on flowers, starting your own business instead of getting a job, charging someone a worthwhile fee instead of a discounted fee and etc. Check each action for scolding parent voices and make a list of negative money beliefs.





Find ways of getting rid of them by checking them against facts. Research shows that working 9 to 5 doesn't necessarily bring wealth. Many people without degrees or who have failed at school become millionaires. Some billionaires started businesses with no more than R100.00. Do your own research and find more useful facts about people who have created wealth.

Secondly, look at self worth and ego. Did you grow up with repeated statements like, we can't afford it, there isn't enough, you don't deserve X, Y or Z? Has any of this conditioning left its mark? Do you sabotage money opportunities because you feel you aren't deserving? Is it easy to ask for money that you have lent to someone? Are you upfront about what you would like to earn or charge for your services? Work on evaluating yourself appropriately and stand firm in that evaluation.

Another area is your money language. Can you easily speak about money? Have you ever made an agreement or transaction without mentioning money and then felt uncomfortable about it afterwards? Practice speaking openly about money. Use the following to inspire your own list of abundance laws.

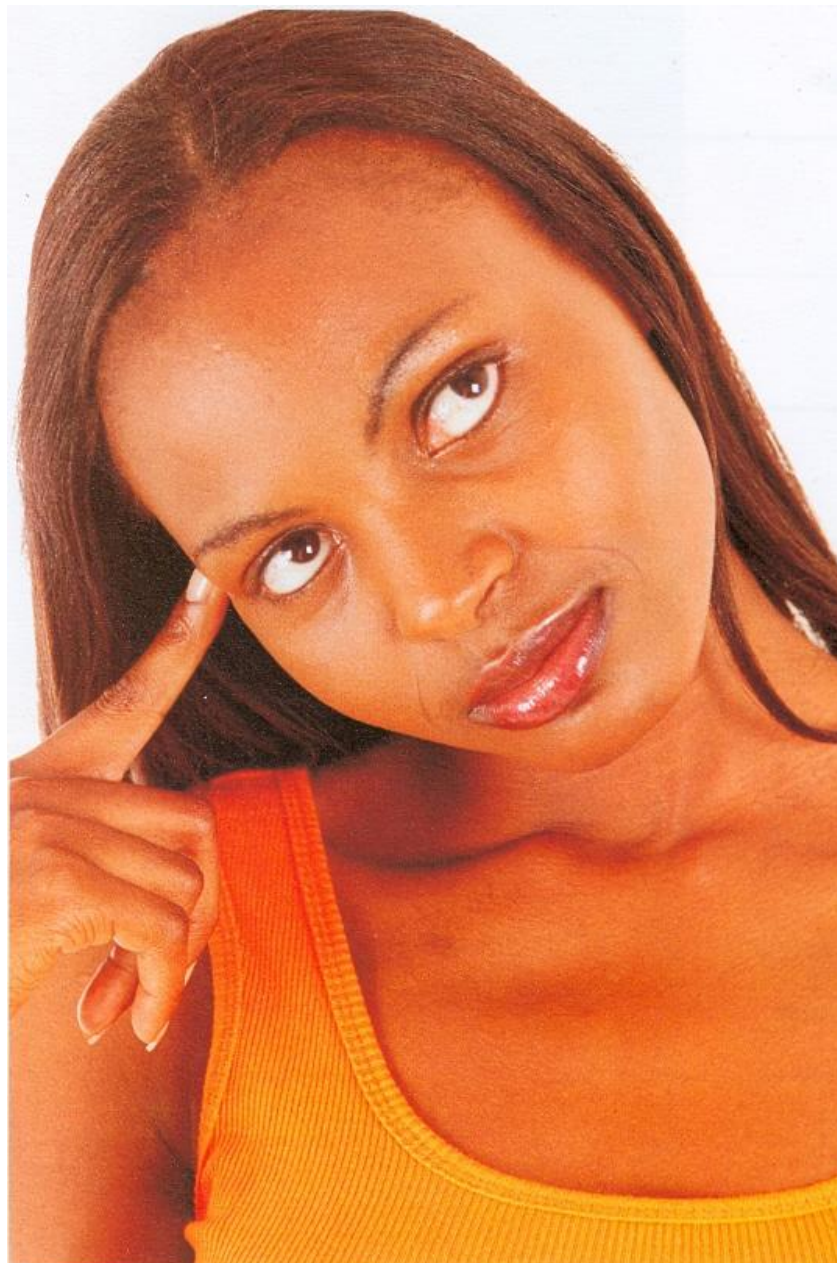
- Abundance is everybody's birthright and is a natural state of being.
- Limitations are entirely of our own doing and arise from deep-seated feelings of being undeserving.
- What you ask for is what you will get. If you charge more or less, most of the time you will get more or less.
- People know where they stand and feel more comfortable when money is discussed up front.
- Your abundance barometer will mirror your relationship with money and will improve as your attitude improves.
- There is no shortage of money in the world. In fact, money is really nothing more than paper. It is no longer backed by gold.
- Guilt, fear and self-esteem are key areas in building an abundance consciousness.
- Unconscious self-sabotage often causes us to forfeit incoming money flow.
- Unnecessary self-made rules and parameters stand in the way of how we reward ourselves.
- Tithing is an investment into a universal bank that pays higher dividends than any other bank. Give 10% of your earnings away to charity and your level of wealth will automatically increase.



## Effective decision making

From the head to the heart, the gut and the intuition, we have all manner of resources to make our decisions. But when an important matter brings up our innermost emotions and no clear answers are coming forward, it's easy to get stuck on a roller coaster of indecision. Someone once commented that 'it's better to make a bad decision than no decision at all'. We suggest using the decision-making matrix to help you along. Generally Phlegmatic people have difficulty (are slow) in making decisions whereas Bilious people are over impulsive and too quick in making decisions. Melancholics may analyse too much before making decisions and Sanguinous people are not very thorough (they can get carried away easily) with decision making.

Using a thorough and analytical version of weighing up the pro's and cons, this system of decision making offers a way of integrating all the different factors at play in a particular decision. Once you have completed a decision matrix you may not decide to go with the most favourable option indicated but you will have explored all your possible issues and can draw from the assurance that you have thought things through thoroughly.





OPTIONS		Emigrating		Moving to another town		Staying put and finding a new job		Status quo - changing nothing	
List of influencing factors	Weighting	Raw score	Total of Weighting X Raw score	Raw score	Total of Weighting X Raw score	Raw score	Total of Weighting X Raw score	Raw score	Total of Weighting X Raw score
Financial status									
Proximity to family									
Effect on family of origin									
Stress relating to change									
Cost of living									
Standard of living									
Quality of life									
Career opportunities									
Safety									
Social opportunities									
Recreational opportunities									
Support system									
TOTAL									

### STEP ONE: IDENTIFY YOUR OPTIONS

The first step is to clearly identify the decision to be made. There may be a host of inter-related issues that need to be considered. Take the decision of whether to change jobs. It may be that an unhappy job situation is forcing you to think about change. You may come up with three options; immigrating to another country, moving to another city in the same country or staying where you are and changing your job. Make a graph and give each option a column across the top of the graph including the option of staying where you are and changing nothing. This is to be used as the status quo.

### STEP TWO: LIST IMPORTANT INFLUENCING FACTORS

Once you have identified your choices, make a list of the influencing factors. These could include, financial status, proximity to family, stress relating to change, cost of living, standard of living, quality of life, career opportunities, safety, social opportunities, recreational opportunities, support systems and so on. The more factors you are able to include, the greater the accuracy of the outcome. These influencing factors should be listed down the side of the graph in order of importance starting with the most important at the top. (See previous page)

### STEP THREE: WEIGHTING YOUR INFLUENCING FACTORS

Score each factor out of ten. You may feel that safety is your most important consideration. Give this factor a score of ten and rate the others with a score that is relative to 'safety'. For example, your next important consideration might be 'standard of living'. Ask yourself how important your standard of living is in relation to safety. You may give this a score of eight and end up with a fairly insignificant factor at the bottom that scores a two.

### STEP FOUR: SCORING YOUR OPTIONS

Once you have weighted all your influencing factors take the first option of immigrating and work through the influencing factors written down the side of the column. How does the immigration option score in terms of safety? Use a score of one to ten where ten is excellent and one is unacceptable or uncomfortable. Work through your list of choices across the top and give each choice a score for each influencing factor including your option of staying exactly where you are.

### STEP FIVE: TOTALLING UP

Working horizontally across your columns, multiply your weighting by your score and give it a total. Then work from top to bottom and add up your scores. The highest score will be your most favourable option.

## Posture for self-esteem



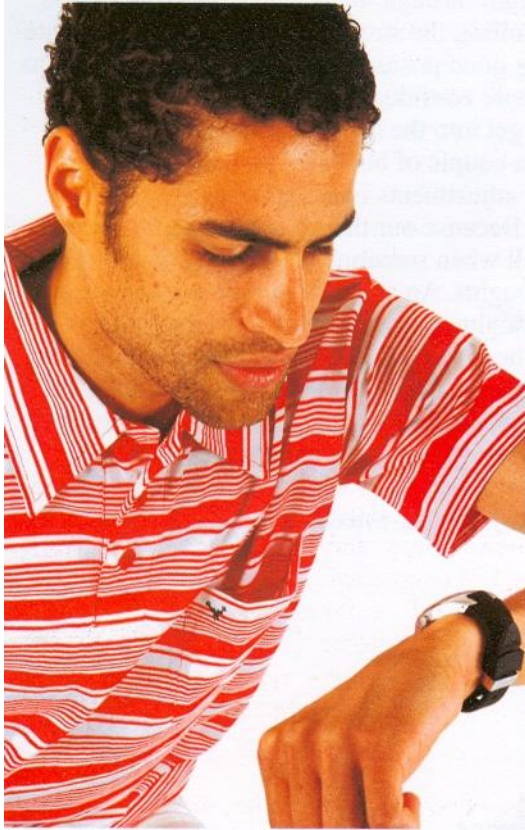
Imagine a string going right through the middle of your body and then imagine someone pulling the string from above you. Elongate your body by developing good posture. Standing taller is known to produce a happier and more confident frame of mind. Breathe yourself tall, either way get into the habit of developing good posture. To practice put a couple of books on your head and walk around the house. Small adjustments in posture can produce volumes of self-esteem. Because our thoughts have a direct effect on our bodies, we can tell when someone is slumping that they are thinking diminishing thoughts. An exercise to practice a few times a day is to breath in, straightening your neck upwards, once you breath out, relax your shoulders and let them drop down creating space between each vertebrae. Check the lower part of your body, bring your buttocks in and don't pull your stomach in too much as it will effect your breathing. See if your feet are squarely on the ground and not turning in or out. After sometime you will notice a distinct positive effect on your self-esteem.

## Time and Stress

Although many of us frantically juggle the hours and minutes in every day, not much thought is given to why we do this, or that we are subscribing to a time system that may not be all that healthy or all that necessary. Yet, our attitude towards time is probably one of the most important factors that influence how we live life.

Imagine if we had committees that met regularly to review our time systems, much like monetary policies or governmental policies are renewed. We might have the opportunity to vote on whether we should follow the cycle of the moon and rearrange our calendars or whether we should make a ten-day week with holidays on every alternate day and banish months and years. Navajo Indians don't understand why we divide time into unnatural and strange periods instead of having a natural succession of days beginning with each new moon. Edward T. Hall, author of *The Silent Language* (Fawcett) mentions that Navajo Indians have no word for 'late' or 'waiting', nor have a concept of what that is. Imagine the different attitude to life if every stress that centred around being on time was eliminated.

Comparing our perceptions of time with that of other cultures may make us realise the extent to which we are 'time-ridden'. In fact some regard our society to be pressurising us to the point of ill health causing ulcers and hypertension.



Aristotle, the Greek philosopher pointed out that "Western minds represent time as a straight line upon which we stand with our gaze directed forward; before us we have the future, and behind us the past. Even our language is geared towards a linear perception of time, with specific tenses to mark time. When we think of the future we usually limit it to our life span and perhaps that of our children. South Asian's regard the future in terms of centuries, or even as an endless period. This difference is seen in attitude to the environment; where we seldom engage in projects spanning more than 5-10 years, South Asian people will effortlessly put energy into something that has a pay-off centuries later.

In examining the past, we do so to collect know-how as opposed to celebrating tradition. The view of the future is linked to the past and linked to what we have learnt and experienced. Past experiences are solely to calculate the prognosis for future success.

Time is taken very seriously and has become a commodity that can be saved, earned, spent or wasted. We demand promptness and feel insulted when we are kept waiting.

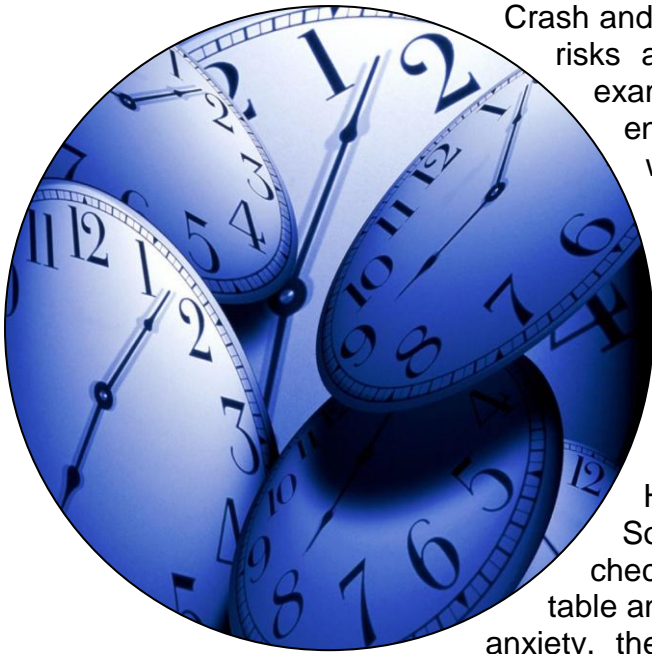
Hall points out how certain cultures handle time in a way that is incomprehensible to others. Pueblo Indians in the Southwest have a sense of time that is at complete variance with the clock-bound habits of the western world. Events begin when the time is ripe and no sooner. Navajo Indians believe that only the here and now is real and that the future has little reality to it. The promise of a future benefit is of no use to them.

The Truk tribe in the South West Pacific put no distance between the past and present. Past events pile up placing a heavy burden on the present. Tiv people in Nigeria believe there is a time for everything; for visiting, for cooking, or for working and during one of these times one does not shift to another. A week can last five to seven days and days of the week are named after things that are being sold in the market at that time.

Without the same order of time, without recording birthdays, our perception of how time passes, how we relate to it and even how we age would alter the way we experience life. Perhaps we need to review the effects of living strictly by the clock and come up with a friendlier, less stressful relationship to time.



## ARE YOU A P-TIME PERSON OR AN M-TIME PERSON



Crash and burn hurry junkies may avoid serious health risks and develop a whole new game plan by examining their relationship with time. Friend or enemy, our perception of time alters the way we experience life. Anthropologist Edward Hall, comments that 'most people aren't aware that they operate in one of two approaches to time'. Identifying and recognizing which approach you use could reveal more than you think. Find out which philosophy drives you and prepare to make time work for you.

Have you ever sat next to an edgy person? Someone who continuously taps his foot, checks his watch, moves objects around the table and looks nervous? Plagued with performance anxiety, these people need to continuously achieve, produce and 'do' rather than just 'be'. To them, time is money, and whether necessary or not they feel compelled to hurry. Although often high achievers they are also prone to health risks such as heart disease, high blood pressure and high levels of adrenaline. On the other side of the spectrum is the slow talking, slow moving, flexible type. Never in too much of a rush, they will easily lengthen or shorten arrangements and appointments.

Sociological studies have identified two main approaches to time; the first typifies the edgy character, is highly structured and is called Monochromatic time or M-time. The second is intuitive and fluid and is known as Polychronic or P-time. M-types are more likely to correspond with the bilious temperament and to a lesser extent melancholic whereas the P-type will be the phlegmatic and to a lesser extent a sanguinous temperament.

Most people combine both approaches, but have a strong tendency towards one. Borrowing principles from one or the other may inspire a healthier approach to time, as ideally, both should work in harmony. M-time people are task, schedule and procedure oriented, will do one thing at a time and keep work and personal time separate. Adhering rigidly to plans, they measure time as a commodity valued in units and measures with the end being the chief objective and little value placed on the journey.

P-time people are fluid, will do several things at a time, have flexible schedules and place relationships with people at the centre of their activities. They will readily change engagements to accommodate the needs of people. Michael Geary, author of Panchang Moon Astrology (Thorsons) mentions that Ancient cultures were predominantly P-type, tending to be closer in their thinking and daily activity to the nature and the changing seasons. He also speaks about countries operating in these time approaches with Germany, Japan, England and America operating in M-time, and India, Africa and the Mediterranean countries operating in P-time.

With modern society being clock obsessed and performance driven with a very linear perception of time it's easy to see how 'hurry syndrome' is developed. This syndrome is typical of the modern age and wasn't as prevalent in ancient times. For centuries our brains have functioned under the more circular P-time, as seen in nature. This perception of time accommodates for those things seemingly out of our control and carries less stress. "With the sun and the moon both moving in circles, birds making their nests in circles, the earth, teepees and huts all being round, so too was our thinking", says Geary. Now our houses, roads, televisions, computers are all square, we have a different accountability and a more linear approach to time. Escaping stress created by the time-trap can be achieved by balancing out individual time-tendencies. If you recognize yourself as embodying the structured M-time characteristics, you may want to adjust your approach by enjoying the journey towards the end result and placing more emphasis on the benefits of quality interaction with people. P-time people will benefit by focusing more on achieving identifiable tasks.

Conflict between people with different time approaches is often experienced when working in a group or as a team. Goal oriented people may become frustrated at the circular way in which P-time people operate. Geary explains that "to P-time people, timescales depend on individual talents and will be expressed in relation to whatever crises or celebrations are going on in their personal lives".

Being busy may afford a sense of comfort but realistically distinguishing between effort and result will often render many of the things we do as superfluous. As Mahatma Gandhi said, 'There is more to life than increasing its speed'.





## Understanding illnesses in *Tibb*

Hippocrates showed us that there is a definite pathway leading from health to disease. When laying the founding principles of *Tibb* on the basis of 'cause and effect' he established a scientific basis for understanding the causes of illnesses and health. In knowing that the human body has been created with self-regulating and self-healing mechanisms, we see that illnesses do not just happen but result from a definite cause or a number of causes.

Hippocrates believed that illnesses result from ineffective digestion (or pepsis) of the environment or lifestyle factors beyond the ability of physis to restore homeostasis (balance). This results in an imbalance between the ideal qualitative state of the humours and temperament of the individual.

### ***Illness conditions can result from:***

#### **1) Sudden changes or an excess in qualities from the lifestyle factors.**

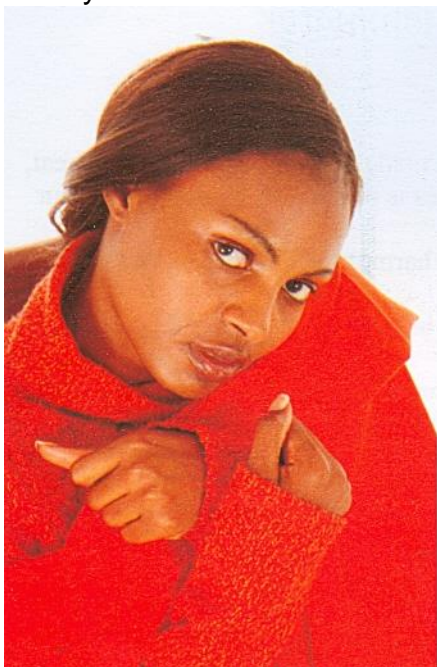
A good example of this is exposure to cold weather resulting in symptoms of colds or flu, or a lack of sleep which can result in emotional stress and headaches or strenuous exercise leading to joint pain or muscular spasms. Conditions arising from these sudden changes or excess in qualities can soon be restored by physis once the cause(s) has/have been removed. Most self-limiting illnesses fall into this category.

#### **2) Accumulation of waste or toxins at a humoral level resulting from poor lifestyle management.**

This accumulation of waste or toxins takes place over time and is the result of the inability of physis to restore balance. Remember that from birth until death just as our metabolic rate decreases, the ability of physis to restore balance also diminishes. Illnesses that arise from this accumulation are invariably all chronic illnesses such as diabetes, hypertension, arthritis and high cholesterol.

#### **3) From infectious agents.**

*Tibb* views illnesses from infectious agents differently to conventional medicine in that whilst it recognizes the link between an infective agent and illness conditions, i.e. Mycobacterium Tuberculosis and TB, Pneumococci and Pneumonia or the HI virus and AIDS related conditions, *Tibb* is of the view that infections from organisms are only possible when an imbalance occurs at a humoral level, which provides the environment for the infective agent to thrive. This explains why some people are susceptible to infections and others not. The extent to which an infection develops will also be dependent on the person's immune response to the particular infectious agent in terms of his/her previously acquired immunity.



## Illness and Qualities

Just as different temperamental types have different qualities associated with them, illness conditions also have specific qualities associated with them.

Below is a list of some illnesses with their corresponding qualities.

CONDITION	QUALITIES	DOMINANT QUALITY
Acne	Dry & Hot	Dryness
Allergy (skin rash)	Hot & Moist	Heat
Arteriosclerosis	Cold & Dry	Dryness
Asthma	Moist & Hot	Moistness
Colds & Flu	Cold & Moist	Cold
Gastritis	Hot & Dry	Heat
Hay Fever	Hot & Dry	Heat
Hepatitis	Hot & Dry	Heat
Kidney stones	Cold & Dry	Dryness
Osteoporosis	Cold & Dry	Dryness
Peptic ulcers	Dry & Hot	Dryness
Psoriasis	Cold & Dry	Dryness
Sinusitis	Moist & Hot	Moistness
Vaginal thrush	Hot & Moist	Heat

### Qualities: the Common Denominator

***From the above lessons, we have learnt that:***

- Each of us is a unique individual with an ideal temperament made up of a combination of heat, coldness, moistness or dryness. This combination of qualities is dominated by one of the four qualities.
- Each of us has qualities of a humoral balance that will be in harmony with the qualities of the temperament of an individual.
- Each of the lifestyle factors influence the ideal qualitative state of the humours through their respective qualities.
- Physis, the doctor within us, is forever at work to maintain balance between the qualities of the humours to remain in harmony with the qualities of the temperament of the individual.



## Personalised Lifestyle Programme for Different Temperamental Types

Follow your own personalised lifestyle programme by paging to your particular dominant and sub-dominant combination amongst the eight different selections.

Each programme highlights the dominant quality that is associated with your temperament as well as the factors that will increase this dominant quality. After working through the factors that affect you, get familiar with the illnesses that your dominant and sub-dominant temperament will be most inclined to. Once you have this knowledge, optimize the benefits of this health promotion programme by managing the lifestyle factors, taking steps to balance your lifestyle factors and knowing which of the factors affect you positively and which affect you negatively.

To facilitate the dietary recommendations we have included the four diet charts in the different lifestyle programmes with foods listed under Hot & Moist, Cold & Moist, Hot & Dry, and Cold & Dry foods. A description of what foods is most beneficial as well as foods that will have a negative effect on your temperamental combination has been listed.

For example, a Sanguinous Biliious temperamental combination has a dominant quality of HEAT and will be negatively affected by a diet that increases the aforementioned quality, however, they will benefit from a diet that pacifies heat with coldness. Therefore, this individual should mostly eat foods from the Cold & Moist and Cold & Dry diet charts, and eat the least amount of foods from the Hot & Moist and Hot & Dry charts. Factors besides food are also listed with appropriate advice to achieve good health for each temperamental combination. The more you live your life according to the programme; the healthier you will be. Alternatively, exposure to an excess of the negative aspects will lead to illness conditions.



Remember your greatest friend against illnesses is the doctor within you - your Physis. Working together with Physis, especially in times of ill health, will assist you in restoring optimum health.

When in good health, you can spoil yourself with little indulgences but only in moderation. As Hippocrates said: "A little of what is harmful is better than too much of what is good." Your Physis can perform miracles, trust Physis, help Physis and stay healthy!

### What to do when you go wrong

*Finish each day and be done with it. You have done what you could. Some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.* (Ralph Waldo Emerson)

# Personalised Lifestyle Programme:

## Dominant Bilious sub dominant Melancholic

### Overview

As **dryness** is the dominant quality associated with your temperamental combination, an **increase in dryness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for you**.

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

summer	very hot weather and environment
late winter	dry food and drink
anger	strenuous exercise
grief	irregular elimination of wastes
not enough sleep	

The **illnesses** that this combination are inclined to are those associated with the dominant Bilious Temperament:

Migraine	Stress
Bronchitis	Overactive thyroid
Hay fever	Endometriosis

To a **lesser extent** this combination will also be inclined to illnesses of the Melancholic Temperament:

Insomnia	Osteo-arthritis
Hyperacidity	Constipation
Muscle aches/spasms	Flatulence

### 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 affect you in a negative way, more than other factors. You need to be aware of this at all times and control the level of **dryness** in your body.

## Food and Drink

Ideally your combination should eat mostly **Cold & Moist foods**, followed by **Hot & Moist foods**, less of **Cold & Dry foods**, and the least amount of **Hot & Dry foods**.

Listed below are the four different diet charts

### Additional dietary advice:

- Stick to the above diet especially in summer and spring.
- Drink at least 2-3 litres (8-12 glasses) of water per day.
- Avoid refined foods.
- Eat simply and avoid eating lots of different types of foods in the same meal.
- If you are emotional or upset, sit down, take a few deep breaths or drink a glass of water.

## 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		millet	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		tomato sauce			
knuckles	green beans	grandilla		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											

## 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 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	flavourants	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 & 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		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	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												

## 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					weetbix	
							watercress						
							white pepper						

# Environmental Air & Breathing

- Fresh air and a cool, properly ventilated environment are most ideal.
- Recommended breathing exercises include the Tibb **Deep Rhythmic** breathing, the Tibb **Mental/Emotional** breathing and the Tibb **Slow and Deep** breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space,
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose,
- Hold the breath as long as possible,
- Gaze upwards, and exhale forcefully through the mouth – your mouth should be opened in an 'O' shape,
- Repeat to a maximum of 15 times.

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

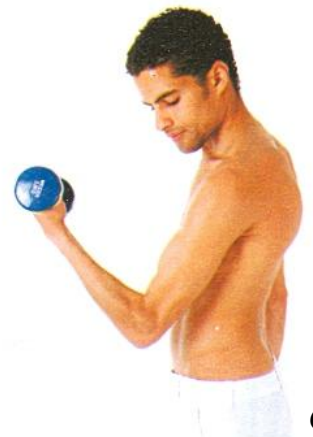
## Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting position with your hands on your thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Close your eyes focus on breathing.
- Take slow and deep breaths, breathing in and out through the nose, concentrating on the movement of the stomach.
- Continue breathing this way for 5 minutes.

## Physical Exercise

- Excessive movement and strenuous exercise is not advisable.
- Exercise in the early morning and late afternoon.
- Yoga is advisable.
- Include in the choice of physical exercise, the *Tibb Walking* Exercise:





## The Tibb Walking Exercise

- Warm up by walking normally, swinging the your gently. Do this for about 2 minutes initially.
- Then walk briskly, raising your legs and swinging your arms firmly. Do this for about 5 minutes.
- Cool down by walking normally, as in the warmup. Do this for about 2 minutes.
- 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.

## Sleep

- A good night's sleep of 6-8 hours' is advisable.
- Lack of sleep (less than five hours on a continuous basis) and late nights will negatively affect you.

## Emotions & Feelings

- Extreme emotions – excessive worries, sadness, loneliness and overly philosophical thinking are the emotional excesses of this temperamental combination and should be managed with breathing and meditation exercises.
- A 5-10-minute relaxation break after lunch is beneficial.
- Colour therapy: use the colours green, blue or red
- Aromatherapy: ylang-ylang, jasmine, fennel seeds or coriander oil
- The following meditation exercises are advised together with the *Tibb Slow and Deep* Breathing exercise, the *Tibb Heart* Meditation Exercise and the *Tibb Pineal Body* Meditation Exercise.

## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## The Tibb Heart Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put the head down, close your eyes, concentrate on the heart and breathe in deeply.
- Concentrate on the heart and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.

## The Tibb Pineal Body Meditation Exercise

- Sit in a relaxed state, in a calm environment, with eyes closed.
- Concentrate on the area between the eyebrows and breathe in deeply.
- Hold the breath for a while and breathe out slowly in the same manner.
- Repeat this exercise for 10 -15 minutes.

## The Tibb Visualising Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a blue or violet colour, alternately choose the colour most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes

## Elimination

- Laxatives should be considered.
- A regular high-fibre diet should be adopted to keep the colon clear.

# Personalised Lifestyle Programme:

## Dominant Bilious sub dominant Sanguinous

### Overview

As **heat** is the dominant quality associated with your temperamental combination, an **increase in heat** from the **Six Lifestyle Factors** will **negatively affect you 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 **coldness will be beneficial for you**.

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

summer	very hot weather and environment
hot food and drink	anger
strenuous exercise	not enough sleep

The **illnesses** that this combination are inclined to are those associated with the dominant Bilious Temperament:

Migraine	Stress
Bronchitis	Overactive thyroid
Hay fever	Endometriosis

To a **lesser extent** this combination will also be inclined to illnesses of the Sanguinous Temperament:

Congestive headache	High blood pressure
Diabetes	Urinary tract infection
Rheumatoid arthritis	Pre-menstrual tension.

### Health Maintenance through the Lifestyle Factors of Tibb

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

## Food and Drink

Ideally your combination should eat mostly **Cold & Moist foods**, followed by **Cold & Dry foods**, less of **Hot & Moist foods**, and the least amount of **Hot & Dry foods**.

Listed below are the four different diet charts

### Additional dietary advice:

- Stick to the above diet especially in summer and spring.
- This is also an optimal diet if you live in coastal areas.
- Drink at least 2-3 litres (8-12 glasses) of water per day.
- Avoid refined foods.
- Eat simply and avoid eating a lot of different types of foods in the same meal.
- When emotional or upset, sit down, take a few deep breaths or drink a glass of water.

## 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		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire sauce			
ostrich	peas	lemon, lime		mielies						vinegar			
oysters	potatoes	naartjies, oranges		popcorn									
pork	sauerkraut	pineapple, plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## 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 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						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

## 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		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	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												

## 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 (for babies)		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds			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					weetbix	
							watercress						
							white pepper						

# Environmental Air & Breathing

- Fresh air and a cool, properly ventilated environment are most ideal.
- Avoid exposure to the sun, or hot climates.
- During summer especially it is important to keep cool at all the times.
- Air-conditioners are acceptable.
- Recommended breathing exercises include Tibb **Deep Rhythmic** breathing, the Tibb **Mental/Emotional** breathing exercise, the Tibb **Slow and Deep** breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.



## Physical Exercise

- Excessive movement and strenuous exercise is not advisable.
- Exercises in the early morning and late afternoon.
- Yoga is advised.
- Include in your choice of physical exercise, the Tibb **Walking Exercise**:



### The Tibb Walking Exercise

- Warm up by walking normally, swinging your arms gently. Do this for about 2 minutes initially.
- Then walk briskly, raising your legs and swinging your arms firmly. Do this for about 5 minutes.
- Cool down by walking normally, as in the warmup. Do this for about 2 minutes.
- 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.

## Sleep

- A good night's sleep for 6-8 hours is advisable.
- Lack of sleep (less than five hours on a continuous basis) and late nights will negatively affect you.

## Emotions & Feelings

- Extreme emotions of anger, excitability, irritability, excessive speech and suppression of anger are the emotional excesses of your temperamental combination and should be management managed with breathing and meditation exercises.
- A 5 -10-minute relaxation break after lunch is beneficial.
- Colour therapy: use blue, violet or green.
- Aromatherapy: ylang-ylang, jasmine, fennel seeds or rose oil.
- The following meditation exercises are advised together with the Tibb **Slow and Deep Breathing** exercise, the Tibb **Heart** Meditation exercise and the Tibb **Pineal Body** Meditation Exercise.

### The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## **The Tibb Heart Meditation Exercise**

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put the head down, close the eyes, concentrate on the heart and breathe in deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.

## **The Tibb Pineal Body Meditation Exercise**

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.

## **The Tibb Visualising Meditation Exercise**

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a blue
- or violet colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes

## **Elimination**

- A regular high-fibre diet should be adopted to keep your colon clear.
- Laxatives should be considered.

# Personalised Lifestyle Programme:

## Dominant Sanguinous sub dominant Bilious

### Overview

As **heat** is the dominant quality associated with your temperamental combination, **an increase in heat** from the **Six Lifestyle Factors** will **negatively affect you 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 **coldness will be beneficial for you**.

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

summer	very hot weather
humid environment/weather	hot and moist to hot and dry food and drink
anger	strenuous exercises
not enough sleep	

The **illnesses** that this combination are inclined to are those associated with the dominant Sanguinous Temperament:

Congestive headache	High blood pressure
Diabetes	Urinary tract infection
Rheumatoid arthritis	Pre-menstrual tension.

To a **lesser extent** this combination will also be inclined to illnesses of the Bilious Temperament:

Migraine	Stress
Bronchitis	Overactive thyroid
Hay fever	Endometriosis

### Health Maintenance through the Lifestyle Factors of Tibb

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

## Food and Drink

Ideally your combination should eat mostly **Cold & Dry foods**, followed by **Cold & Moist foods**, less of **Hot & Dry foods**, and the least amount of **Hot & Moist foods**.

Listed below are the four different diet charts

### Additional dietary advice:

- Stick to the above diet especially in summer and spring.
- This is also an optimal diet if you live in coastal areas.
- 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.
- Avoid foods and drinks containing salt as well as fried and processed meats.
- When emotional or upset, sit down, take a few deep breaths or drink a glass of water.

## 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		millet	
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											

## 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 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 (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
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 & 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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (see fruits)	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel				vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	fresh cream		green masala					nutrific	
turkey	turnips			wheat			marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						



# 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 have a negative effect.
- Recommended breathing exercises include the *Tibb Slow and Deep* breathing, *Tibb Deep Rhythmic* breathing, the *Tibb Mental/Emotional* breathing exercises:

## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

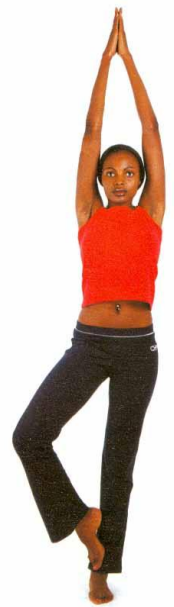
## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## Physical Exercise

- Inadequate rest and strenuous exercise will negatively affect your temperamental combination
- Gardening and aerobic exercises are beneficial
- Yoga is advisable
- Include in the choice of physical exercises, the **Tibb Walking** Exercise and the **Tibb Jogging** Exercise:



### The Tibb Walking Exercise

- Warm up by walking normally, swinging the your gently. Do this for about 2 minutes initially.
- Then walk briskly, raising your legs and swinging your arms firmly. Do this for about 5 minutes.
- Cool down by walking normally, as in the warmup. Do this for about 2 minutes.
- 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.
- 

### The Tibb Jogging Exercise

- Jogging is more intense than walking. It will therefore produce more heat (and dryness) than walking. This exercise is more suited to Phlegmatic and Sanguinous temperaments.
- 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.
- Start by doing this for 30 seconds building up to 5 minutes.
- 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 your temperamental combination and should be managed with breathing and meditation exercises.
- A 5 -10-minute relaxation break after lunch is beneficial.
- Colour therapy: use violet, green or blue.
- Aromatherapy: ylang-ylang, grapefruit, bergamot, rose oil.
- The following meditation exercises are advised together with the Tibb **Slow and Deep** Breathing exercise, the Tibb **Heart** Meditation Exercise and the Tibb **Pineal Body** Meditation Exercise.

## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## The Tibb Heart Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put your head down, close your eyes, concentrate on the heart and breathe in deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.

## The Tibb Pineal Body Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.



## The Tibb Visualising Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a blue or violet colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes.

## Elimination

- A regular high-fibre diet should be adopted to keep your colon clear.
- Laxatives should be considered.

# Personalised Lifestyle Programme:

## Dominant Sanguinous sub dominant Phlegmatic

### Overview

As **moistness** is the dominant quality associated with your temperamental combination, an **increase in moistness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for you**.

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

Rainy season	humid environmental and weather
excessive sleep and rest	depression and fear
lack of exercise	Hot and moist to cold and moist food & drink

The **illnesses** that this combination are inclined to are those associated with the dominant Sanguinous Temperament:

Congestive headache	High blood pressure
Diabetes	Urinary tract infection
Rheumatoid arthritis	Pre-menstrual tension.

To a **lesser extent** this combination will also be inclined to illnesses of the Phlegmatic Temperament:

Asthma (Phlegmatic)	Colds & Flu
Sinusitis	Anaemia
Underactive thyroid	Polycystic ovarian syndrome

### 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.

## Food and Drink

Ideally your combination should eat mostly **Cold & Dry foods**, followed by **Hot & Dry foods**, less of **Cold & Moist foods**, and the least amount of **Hot & Moist foods**.

Listed below are the four different diet charts

### Additional dietary advice

- Stick to the above 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 a lot 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.



## 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		millet	
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											

## 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 gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	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 (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
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 & 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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (for babies)		ginger, fennel	herbal teas (see herbs)			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds			green masala					nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						

# 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 have a negative effect.
- Recommended breathing exercises include the Tibb **Deep Rhythmic** breathing, the Tibb **Mental/Emotional** breathing and the Tibb **Slow and Deep** breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

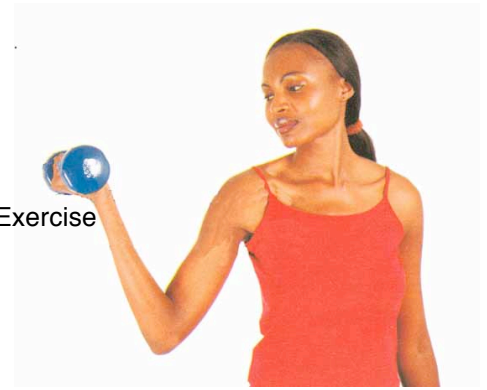
## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## Physical Exercise

- A 10-15-minute walk after supper is beneficial.
- Include in the choice of physical exercises, the *Tibb Walking* Exercise and the *Tibb Jogging* Exercise:



### The Tibb Walking Exercise

- Warm up by walking normally, swinging your arms gently. Do this for about 2 minutes initially.
- Then walk briskly, raising your legs and swinging your arms firmly. Do this for about 5 minutes.
- Cool down by walking normally, as in the warmup. Do this for about 2 minutes.
- 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.

### The Tibb Jogging Exercise

- Jogging is more intense than walking. It will therefore produce more heat (and dryness) than walking. This exercise is more suited to Phlegmatic and Sanguineous temperaments.
- 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 Sanguineous 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 your temperamental combination and should be managed with breathing and meditation exercises.
- 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 and the *Tibb Pineal Body* Meditation Exercise.



## The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

## The Tibb Heart Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put your head down, close your eyes, concentrate on the heart and breathe in deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.

## The Tibb Pineal Body Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.

## The Tibb Visualising Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a violet, orange or yellow colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes

## Elimination

- A regular high-fibre diet should be adopted to keep your 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.





# Personalised Lifestyle Programme:

## Dominant Phlegmatic sub dominant Sanguinous

### Overview

As **moistness** is the dominant quality associated with your temperamental combination, an **increase in moistness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for 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** that this combination are inclined to are those associated with the dominant Phlegmatic Temperament:

Asthma (Phlegmatic)	Colds & Flu
Sinusitis	Anaemia
Underactive thyroid	Polycystic ovarian syndrome

To a **lesser extent** this combination will also be inclined to illnesses of the Sanguinous Temperament:

Congestive headache	High blood pressure
Diabetes	Urinary tract infection
Rheumatoid arthritis	Pre-menstrual tension.

### 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.

## Food and Drink

Ideally your combination should eat mostly **Hot & Dry foods**, followed by **Cold & Dry foods**, less of **Hot & Moist foods**, and the least amount of **Cold & Moist foods**.

Listed below are the four different diet charts

### Additional dietary advice

- Stick to the above 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 a lot 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.

## 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		millet	
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											

## 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 gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	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 (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
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 & 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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (see fruits)	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel				vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds			green masala					nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						

# 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.
- Recommended breathing exercises include the *Tibb Deep Rhythmic* breathing, the *Tibb Mental/Emotional* breathing and the *Tibb Fast and Deep* breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## The Tibb Fast and Deep Breathing Exercise

This exercise has a heating effect, so is ideal for people with a phlegmatic or melancholic temperament

- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach for about 1 minute only.
- Then breathe deeper and faster for 3 minutes. This can be extended to 5 minutes as you become more experienced with the exercise.
- 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 the choice of physical exercise, the **Tibb Jogging Exercise**:

### The Tibb Jogging Exercise

- 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.
- Start by doing this for 30 seconds building up to 5 minutes.
- 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 & Feelings

- Fear, shyness and depression are the emotional excesses of the phlegmatic temperamental combination and should be managed with breathing and meditation exercises.
- Actively try and be 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** Breathing exercise, the **Tibb Heart** Meditation Exercise and the **Tibb Pineal Body** Meditation Exercise.

### The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.



## The Tibb Heart Meditation Exercise

- Sit on the floor or chair, with a straight spine.
- Put your head down, close your eyes, concentrate on the heart and breathe in deeply.
- Hold the breath for a while then breathe out slowly in the same manner.
- Continue this exercise every day and at night before going to bed, for 10 -15 minutes.
- 

## The Tibb Pineal Body Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.

## The Tibb Visualising Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a yellow, orange or violet colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes

## Elimination

- Laxatives should be taken to keep the bowels clear.



# Personalised Lifestyle Programme:

## Dominant Phlegmatic sub dominant Melancholic

### Overview

As **coldness** is the dominant quality associated with your temperamental combination, **an increase in coldness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for you**.

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

Early or late winter	cold environment
Rainy season	cold and moist food and drink
depression and fear	excessive sleep and rest
grief	irregular elimination of waste
lack of exercise	irregular eating and sleeping habits

The **illnesses** that this combination are inclined to are those associated with the dominant Phlegmatic Temperament:

Asthma (Phlegmatic)	Colds & Flu
Sinusitis	Anaemia
Underactive thyroid	Polycystic ovarian syndrome

To a **lesser extent** this combination will also be inclined to illnesses of the Melancholic Temperament:

Insomnia	Osteo-arthritis
Hyperacidity	Constipation
Muscle aches/spasms	Flatulence

### 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 your combination should eat mostly **Hot & Dry foods**, followed by **Hot & Moist foods**, less of **Cold & Dry foods**, and the least amount of **Cold & Moist foods**.

Listed below are the four different diet charts

### Additional dietary advice

- Stick to the above 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 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.

## 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		millet	
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											

## 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 flavourants	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 (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
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 & Moist Foods

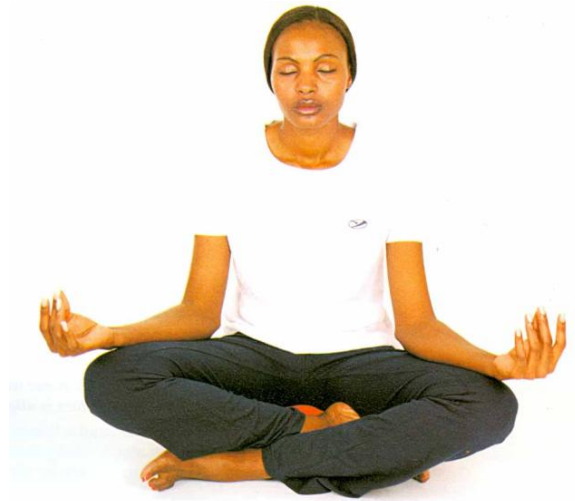
Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (see fruits)	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel				vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds			green masala					nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						

# Environmental Air & Breathing

- Managing heat levels by wearing appropriate clothing and seeking a warm environment is of utmost importance.
- If necessary, heat the bedroom with an electric blanket when needed.
- Recommended breathing exercises include the Tibb **Deep Rhythmic** breathing, the Tibb **Mental/Emotional** breathing and the Tibb **Fast and Deep** breathing exercises:



## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## The Tibb Fast and Deep Breathing Exercise

This exercise has a heating effect, so is ideal for people with a phlegmatic or melancholic temperament

- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach for about 1 minute only.
- Then breathe deeper and faster for 3 minutes. This can be extended to 5 minutes as you become more experienced with the exercise.
- 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 the choice of physical exercise, the *Tibb Jogging* Exercise:

### The Tibb Jogging Exercise

- 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.
- Start by doing this for 30 seconds building up to 5 minutes.
- 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 & Feelings

- Fear, shyness and depression are the emotional excesses of the phlegmatic temperamental combination and should be managed with breathing and meditation exercises.
- Actively try and be in an atmosphere 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 and the Tibb **Pineal Body** Meditation Exercise.

### The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.



## **The Tibb Heart Meditation Exercise**

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put your head down, close your eyes, concentrate on the heart and breathe in deeply.
- Concentrate on the heart and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.

## **The Tibb Pineal Body Meditation Exercise**

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.

## **The Tibb Visualising Meditation Exercise**

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a blue or violet colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes.

## **Elimination**

- Laxatives should be taken to keep the bowels clear.
- Massage is also advised.

# Personalised Lifestyle Programme:

## Dominant Melancholic sub dominant Phlegmatic

### Overview

As **coldness** is the dominant quality associated with your temperamental combination, **an increase in coldness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for you**.

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

Early or late winter	cold environment
Rainy season	cold and moist food and drink
depression and fear	excessive sleep and rest
grief	irregular elimination of waste
lack of exercise	irregular eating and sleeping habits

The **illnesses** that this combination are inclined to are those associated with the dominant Melancholic Temperament:

Insomnia	Osteo-arthritis
Hyperacidity	Constipation
Muscle aches/spasms	Flatulence

To a **lesser extent** this combination will also be inclined to illnesses of the Phlegmatic Temperament:

Asthma (Phlegmatic)	Colds & Flu
Sinusitis	Anaemia
Underactive thyroid	Polycystic ovarian syndrome

### 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 your combination should eat mostly **Hot & Moist foods**, followed by **Hot & Dry foods**, less of **Cold & Moist foods**, and the least amount of **Cold & Dry foods**.

Listed below are the four different diet charts

### Additional dietary advice

- Stick to the above 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 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.

## 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				maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)				millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire sauce			
ostrich	peas	lemon, lime		mielies						vinegar			
oysters	potatoes	naartjies, oranges		popcorn									
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## 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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes
meat	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 & 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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (for babies)		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	fresh cream		green masala	(see herbs)				nutrific	
turkey	turnips			wheat			marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						

# 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 from dry weather by applying a moisturizer, cream or oil (olive oil) to the skin.
- Recommended breathing exercises include the *Tibb Deep Rhythmic* breathing, the *Tibb Mental/Emotional* breathing and the *Tibb Fast and Deep* breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## The Tibb Fast and Deep Breathing Exercise

This exercise has a heating effect, so is ideal for people with a phlegmatic or melancholic temperament

- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach for about 1 minute only.
- Then breathe deeper and faster for 3 minutes. This can be extended to 5 minutes as you become more experienced with the exercise.
- 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 the choice of physical exercise, the *Tibb Jogging* Exercise:

### The Tibb Jogging Exercise

- 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.
- Start by doing this for 30 seconds building up to 5 minutes.
- 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 walking during the night will negatively affect you.

## Emotions & Feelings

- Extreme emotions – excessive worries, sadness, loneliness and overly philosophical thinking are the emotional excesses of this temperamental combination and should be managed with breathing and meditation exercises.
- 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 and the *Tibb Pineal Body* Meditation Exercise.

### The Tibb Slow and Deep Breathing Exercise

This exercise has a calming effect and therefore is ideal in meditation exercises for all temperamental types, especially for people with a dominant/sub-dominant bilious temperament.

- Sit on the floor in a squatting positions with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair.
- Close your eyes and focus on your breathing.
- Take slow and deep breaths, breathing out through the nose, distending and filling the stomach.
- Continue breathing this way for 5 minutes.

### The Tibb Heart Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Put your head down, close your eyes, concentrate on the heart and breathe in deeply.
- Concentrate on the heart and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise every day and night before going to bed, for 10 – 15 minutes.



## The Tibb Pineal Body Meditation Exercise

- Sit in a relaxed state in a calm environment, with your eyes closed.
- Concentrate on the area between the eyebrows and breathe deeply.
- Hold breath for a while and breathe out slowly in the same manner.
- Continue this exercise for 10 – 15 minutes.

## The Tibb Visualising Meditation Exercise

- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
- Visualise an appropriate colour gently surrounding you.
- If you are emotionally stressed visualise a red, green or yellow colour, alternately choose the colour that is most appropriate for your temperament.
- Repeat this exercise for 10 -15 minutes

## Elimination

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



# Personalised Lifestyle Programme:

## Dominant Melancholic sub dominant Biliious

### Overview

As **dryness** is the dominant quality associated with your temperamental combination, **an increase in dryness** from the **Six Lifestyle Factors** will **negatively affect you 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 be beneficial for you**.

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

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

The **illnesses** that this combination are inclined to are those associated with the dominant Melancholic Temperament:

Insomnia	Osteo-arthritis
Hyperacidity	Constipation
Muscle aches/spasms	Flatulence

To a **lesser extent** this combination will also be inclined to illnesses of the Biliious Temperament:

Migraine	Stress
Bronchitis	Overactive thyroid
Hay fever	Endometriosis

### 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 your combination should eat mostly **Hot & Moist foods**, followed by **Hot & Dry foods**, less of **Cold & Moist foods** and the least amount of **Cold & Dry foods**.

Listed below are the four different diet charts

#### Additional dietary advice

- Stick to the above 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 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.

## 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				maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire sauce			
ostrich	peas	lemon, lime		mielies						vinegar			
oysters	potatoes	naartjies, oranges		popcorn									
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## 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 flavourants	chilli sauce			spicy dishes
chicken	green pepper	grapes	hazel nuts	chickpeas			cinnamon	grape juice		mustard sauce			
lobsters	leek		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas (see herbs)		peri-peri sauce			
mackerel	onion		walnuts	gram flour			green/red chilli						
oily fish	red pepper			mustard seeds			fenugreek						
pilchards	yellow pepper			papad			lavender						
prawns							nutmeg						
sardines							oregano						
							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

## 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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	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												

## 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 (see fruits)	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel				vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	fresh cream		green masala					nutrific	
turkey	turnips			wheat			marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						

# 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 from dry weather by applying a moisturizer, cream or oil (olive oil) to the skin.
- Breathing exercises in the early morning and late afternoon.
- Recommended breathing exercises include the *Tibb Deep Rhythmic* breathing, the *Tibb Mental/Emotional* breathing and the *Tibb Fast and Deep* breathing exercises:

## The Tibb Deep Rhythmic Breathing Exercise

This exercise is prescribed for all temperamental types. Try doing it on a regular basis, preferably in the early morning.

- Select a protected time and space.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose.
- Hold the breath as long as possible.
- Gaze upwards, and exhale forcefully through the mouth – the mouth should be opened in an 'O' shape.
- Repeat to a maximum of 15 times

## The Tibb Mental/Emotional Breathing Exercise

This exercise is also prescribed for all temperamental types. It creates harmony in the two hemispheres of the brain. Do this exercise early in the morning or late afternoon.

- Select a protected time and space, free from interruptions.
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Your right index finger should be used to close the left nostril. Take a long, deep breath through your right nostril, and hold for 15 to 20 seconds,
- Release the finger closing the nostril and close the right nostril with the right thumb.
- Breathe out through the left nostril forcefully. This counts as one complete breath.
- Repeat the same process starting with the opposite nostril.
- Start by doing 5 breaths, and slowly build up to 10;
- After completing the exercise, rest for at least 5 minutes in the same position.

## The Tibb Fast and Deep Breathing Exercise

This exercise has a heating effect, so is ideal for people with a phlegmatic or melancholic temperament

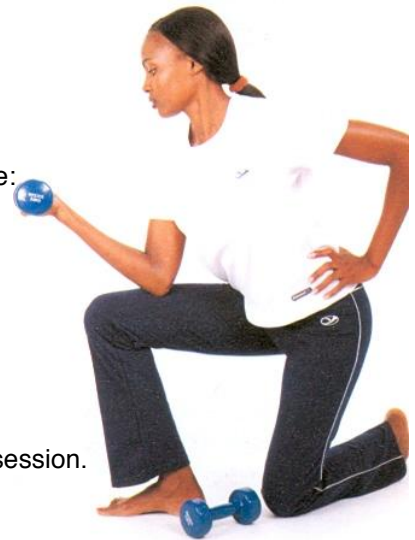
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach for about 1 minute only.
- Then breathe deeper and faster for 3 minutes. This can be extended to 5 minutes as you become more experienced with the exercise.
- Thereafter, take slow, deep breaths again for 1 minute.

## Physical Exercise

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- Yoga is advisable.
- Include in the choice of physical exercise, the *Tibb Jogging* Exercise:

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- Lie in a relaxed position in bed. Make sure the room is quiet and close your eyes.
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- Be aware of unnecessary suppression of stools and urine.

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## 4 Temperaments, 6 Lifestyle Factors

Are you a morning person or a night owl, do you prefer hot or cold food, do you hate salad, love yoga or get nervous and is your physique strong and big or slight? Are you outgoing or a bit of a wallflower? By finding out more about yourself and defining your temperament you can learn to live an empowered, healthful and fulfilled life in accordance with your unique set of characteristics. Learn more about the healing science of Tibb medicine and take responsibility for your own well-being and happiness.

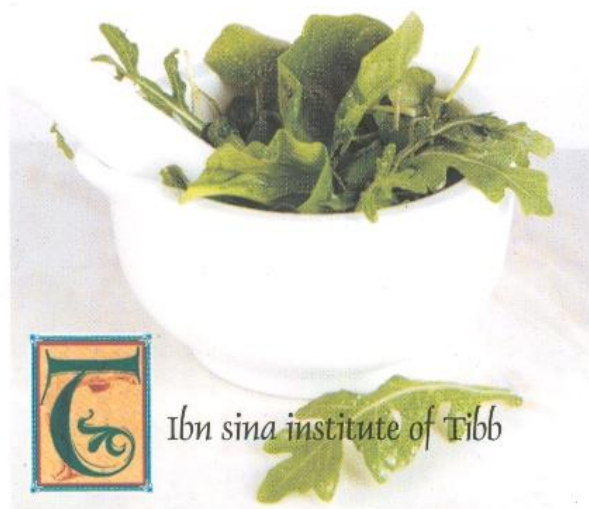
**4 Temperaments, 6 Lifestyle Factors** gives explicit instructions on how to identify your temperament and offers a lifestyle programme for each temperament.

Tibb has a much more realistic view of the cause of disease because it sees the body as infinitely complex, not just a simple machine. It understands that there are several factors that contribute to the origin of most diseases. Tibb considers diet, lifestyle, emotions, interaction with the environment, and even spiritual factors as essential to overall wellness.

*"If we examine any corner of the universe, from the galaxies in space to the living beings in nature, and from our own body to the invisible cells, we see a flawless plan incorporating order, design and purpose. This order, design and purpose illustrates the perfection of creation."* [Yahya, 1999]

*"...In fact, no herb, no food or any other substance or procedure can do anything on its own to heal. It can only assist the body in its own self healing. If your finger is cut, it is not the stitches, the bandage or the iodine that causes it to heal; it is the skin itself that performs this miracle."*

[Chisti, 1985]



Ibn sina institute of Tibb