



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 have the least negative effect on 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 Promotion for this temperamental combination

As **heat** is the dominant quality associated with your temperamental combination an excess of **heat** in each of the lifestyle factors will have a negative effect on you.

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				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	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 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 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.
- 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
- Include in the choice of physical exercises, the *Tibb Walking* Exercise and the *Tibb Jogging* Exercise:

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 warmup. 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.

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.
- 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.
- 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.

Elimination

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