



## 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 have the least negative effect on 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 Promotion for this temperamental combination

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

## 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)		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

- 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.
- 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**

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