



Personalised Lifestyle Programme: Dominant Melancholic sub-dominant Bilious Temperament

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	Cold & Dry and Hot & 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 Biliary Temperament:

Migraine	Stress
Bronchitis	Overactive thyroid
Hay fever	Endometriosis

Health Promotion for this temperamental combination

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

Food and Drink

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

Listed below are the four different diet charts

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		sour fruit juices tea (black)		peanut butter	maltabella
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil						pickles	mielle meal
fish	eggplant	china/dry fruit		couscous	yoghurt							tomato sauce	millet
knuckles	green beans	granadilla		lentils								worcestershire sauce	
mussels	mushrooms	grape fruit		maize								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 hazel nuts pecan nuts walnuts	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes
	celery	grapes		chickpeas				cinnamon		grape juice			mustard sauce
chicken	green pepper			fenugreek seeds				cloves, garlic		herbal teas (see herbs)			peri-peri sauce
lobsters	leek			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 ice cream sago	pronutro rice crispies	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose				
	butternut	figs		melon seeds	goats milk		cumin	sugar cane juice	rose syrup				
	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 brazil nuts pistachios apricot kernels	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits cakes chocolate liquorice vermicelli	all bran flakes bran honey smaks muesli nutri-k nutrific oats puffed wheat taystee wheat weetbix	sweet dishes
goat	asparagus	dates		bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses				
goose	olives	guavas		flour	cheese	sunflower oil	cayenne pepper	juices (see fruits)	salt				
lamb	spinach	mangoes		pasta	cream cheese		chives	herbal teas (see herbs)	sugar				
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel						
mutton	sweet potato	papaya		sunflower seeds	fresh cream		green masala						
turkey	turnips			wheat			marjoram						
				macaroni			mint, sage						
				dill seeds			soya sauce						
							thyme, turmeric						
							watercress						
							white pepper						

Additional dietary advice:

- Stick to the above diet especially in cold weather and during winter and autumn.
- Avoid sour, spicy, cold, and processed foods.
- Drink at least 2 litres (8 glasses) of water per day.
- Eat simply and avoid eating lots 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.

Environmental Air & Breathing

- Weather that increase dryness will negatively affect you.
- In autumn keep away from the cold of night and the midday heat.
- Protect yourself from dry weather by applying a moisturizing cream.
- 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

- Aerobic exercises are beneficial but avoid high impact exercises.
- Include in the 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

- Get to bed early, around 22:00 for 6-8 hours' sleep.
- Meditation and breathing exercises can assist for a good night sleep.

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 Heart Meditation

- 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 for 10 – 15 minutes.

The Tibb Pineal Body Meditation

- 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.
- Natural laxatives should be taken regularly.