



## Personalised Lifestyle Programme: Dominant Melancholic sub-dominant Phlegmatic Temperament

### 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 & Dry and Cold & 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** 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 **Hot & Dry foods**, less of **Cold & Moist 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	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			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
	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	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									

### **Additional dietary advice:**

- Stick to the above diet especially in cold weather and during winter and autumn.
- Avoid sweet, bland, sour, cold, and processed foods.
- Drink at least 1-2 litres (4-8 glasses) of lukewarm 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 coldness and 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 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

- Aerobic exercises are beneficial but avoid high impact exercises.
- Include in the choice of physical exercises, 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 the legs and swinging your 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.

## 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.