



Personalised Lifestyle Programme: Dominant Sanguinous sub-dominant Phlegmatic Temperament

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 & Moist and Cold & 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 Promotion for this temperamental combination

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

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

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 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	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 during summer and in rainy weather.
- Avoid salty, sweet, fried, and processed foods.
- Drink at least 1 ½ – 2 litres (6-8 glasses) of water a day.
- 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.

Environmental Air & Breathing

- Keep cool in hot weather and warm in wet weather.
- 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 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.

Physical Exercise

- Aerobic exercises are beneficial.
- Pilates 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 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.

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

- 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, and 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 Heart Meditation

- 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 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.