

Terrain - The 3 Elements that underlie all Health Challenges

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TERRAIN:

The **Key** to

CURE!!

The critical part of curing ANY (CHRONIC) disease

Miasm

Terrain

Temperament

Constitution



TERRAIN is more
important to
UNDERSTAND
than the name of
any ILLNESS

Immunology/
Allergy

Endocrinology

Pulmonary

Gastroenterology

Cardiology

Urology/Nephrology

Organ System Diagnosis

Hepatology

Neurology

Dermatology

Signs and Symptoms

Fundamental Clinical Imbalances
 Hormonal and Neurotransmitter Imbalances
 Detox/Biotransformation/Excretory Imbalance
 Immune Imbalance
 Inflammatory Imbalance
 Digestive/Absorptive and Microbiological Imbalance
 Structural Integrity Imbalance

Fundamental Physiological Processes

1. Communication - Outside the cell - Inside the cell	2. Bioenergetics/Energy Transformation 3. Replication/Repair/Maintenance/ Structural Integrity	4. Elimination of Waste 5. Protection/Defense 6. Transport/Circulation
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Mind and Spirit
 GENETIC PREDISPOSITION
 Experiences, Attitudes, Beliefs

Psycho-social

Physical Exercise
Trauma

Diet, Nutrients,
Air/Water

Xenobiotics
Micro-organisms
Radiation

TERRAIN



Germ Theory
Vaccinate the Fish

Terrain Theory
Clean the Tank

Underlying Cure as the Basis of ALL health challenges

Miasm

- Psoric
- Sycotic
- Tuberculinic
- Syphilitic

Temperament

- Sanguine
- Lymphatic
- Choleric
- Melancholic

Constitution



Pre-birth

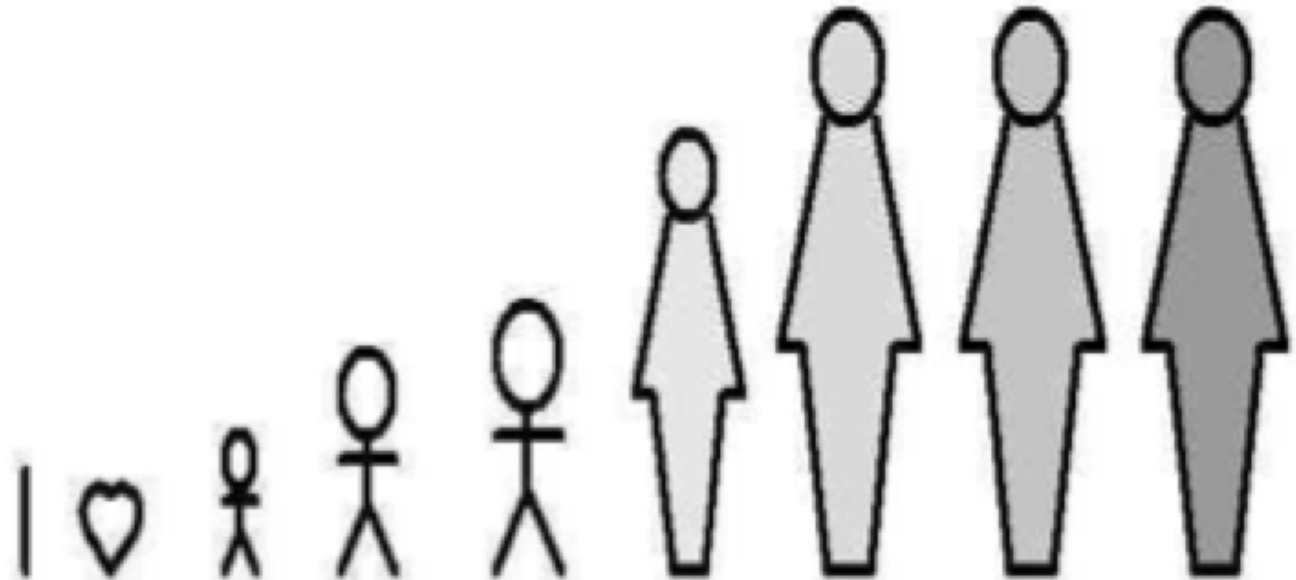
Birth Trauma
Vaccination
Circumcision

Broken Bone
Burn
Fear

Head Injury
Surgery
Anger

Dental work
Virus
Jealousy

Drugs
Trauma
Rape



Lifetime of Diseases: Distorted Energy Programs

Terrain

- As Dr. Gerard Guéniot taught, “The disease is only a consequence of a poor physiology.” When we understand the physiology (or lack thereof), we understand the patient. The use of miasm in homeopathy recognizes an aberrant physiology before it is a disease-and thus prevents it without surgery, radiation or drugs.

Terrain

The understanding of this concept serves to create a broader understanding of how both healing occurs and illness develops. In order to create true health, it is crucial that we embrace a healthcare model that steps beyond the prevailing germ theory of disease, and begins to recognize the multi-factorial nature of health.

CHRONIC Health Care

Once a patient is stabilized, ready to deal with the underlying reasons for the patient's illness.

Their:

Miasm



Temperament

Constitution

can directly be focused on and addressed.

A problem of *miasm*: infection, immune relations with the outside? It describes how we ELIMINATE/ DETOX, (how we get sick and how get better).

A *temperament* problem: relations at work, with family, dietary, indiscretions or bad habits (our personality, social interactions)

Constitutional problem: going through a profound difficulty or challenge? The 9 doors according to Dr. Guéniot - life, death, money, illness, sex, power, spirituality, meeting/ encounter and love (our genetics)

**Why is it
important to
understand a
patient's terrain?**

MIASM is important to understand because:

1. It tells us how the patient defends himself (eliminates their toxins)
2. It will enable you to tell the prognosis and the right time to intervene, to use drainage or a single remedy, to act slowly or be aggressive.
3. The diagnosis of the miasm will allow us to recognize the efficiency of elimination and potential for “aggravation”.

MIASM is important to understand because

4. Helps us understand the history of a person, or how they got to where they are today.
5. Allows the practitioner to make sense of the history of the patient and which specific symptoms or tendencies must be treated. Diagnoses are labels given to a certain set of symptoms that then have a certain prognosis associated with it.
6. Helps us understand a disease process, but not an individual per se.

Miasm

- Descriptions of miasms are not necessarily translatable to certain disease diagnoses, but we do often find that certain diagnoses fit nicely within the description of certain miasms.
- For example, most types of hormonal imbalance, such as endometriosis or polycystic ovarian syndrome (PCOS), are a sign of the Sycotic, or centripetal, miasm.
- As the patient becomes progressively clogged up with toxins, the liver is unable to do its proper job, which then causes the hormones to get backed up and cause a wide variety of symptoms.

Miasm

- Miasm helps to understand the particular tendencies a person has that he either **INHERITED** or **DEVELOPED/ ACQUIRED** after birth.
- Each person may have traits of one or more miasm, but usually one predominates.
- Predominating miasm can change over time, either an improvement in the general health or with a decline in the overall health evolving into a more degenerated state.
- The key is to determine which is predominating at any one moment.

Miasm

Hahnemann's view of a miasm was one where a contagious infection had been medically mismanaged (suppression of rashes, cutting off of lesions etc.) and the consequence was a systemic illness that permeates the entire physical body to such an extent that the disease imprint was genetically transferred to subsequent generations.

Miasm

The 3 miasms that Hahnemann described are:
Psora, which is supposed to be manifested from scabies, but is more likely from Candida,
Sycosis, which was due to gonorrhoea, but more likely HPV, and
Syphilis, which was derived from the infection of the same name.

A fourth **Tuberculinic** was described by Vannier in the late 1800's

In the 1940's, a fifth, **Cancer**, was described by 2 English homeopaths

5 MIASMS

as depicted by
Grant Bentley

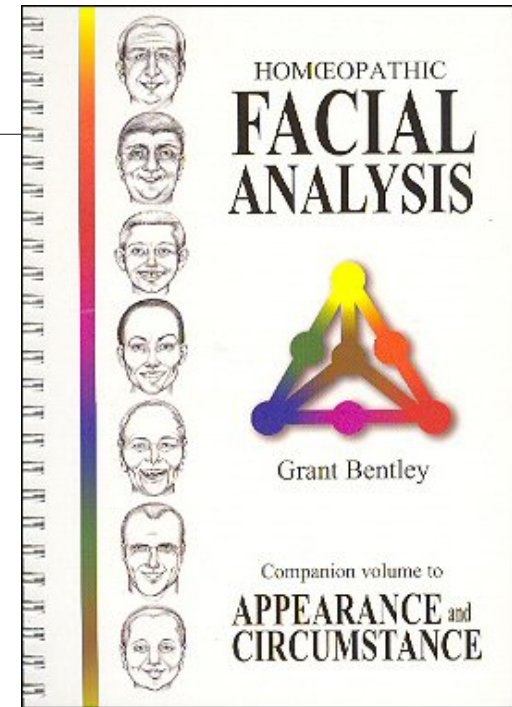
PSORA

TUBERCULINIC

CANCER

SYPHILITIC

SYCOSIS



MIASMS (as per Ian Watson)

PSORA - represents the seasons, connection to Mother Earth, survival (temperature, weather, food, water, accidents etc.)

SYCOSIS - spring and summer, expansion energy, fertility, birth, growth, abundance; wants & desires

SYPHILITIC - fall, winter; contraction energy, maturity, decay, destruction, death

(Throughout Nature constantly have these 3 forces at work - flow from 1 to the other. Next 2 are a challenge to Humanity).

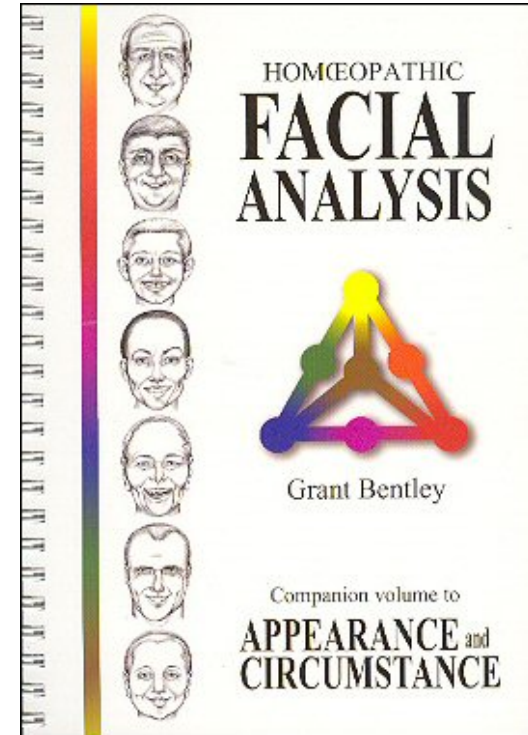
TUBERCULINISM - from expansion/ contraction comes a new hope, creativity, aspirations, freedom

CANCER - individualization, self-expression, getting in touch with true self, interpersonal relationships, expression vs. suppression

Health cannot be restored only through a better lifestyle or improved diet, if signs of an imbalanced miasm are active.

Treatment may take years and should be continued until all signs of latent miasm have returned to homeostasis.

“A person's dominant miasm does not change after the administration of the correct remedy, but the influence of that miasm is certainly lessened.”



Miasm

- Psoric Centrifugal reactions
(towards the outside)
- Sycotic Centripetal reactions
(towards the inside)
- Luetic (Syphilitic) Dangerous reactions
(self-destructive)
- Tuberculinic Inconsistent capacity to react
(tries but is too weak)

PSORA



PSORA

- Psoric people are dealing with an exaggeration of their normal, physiological functions.
- In a healthy, balanced person, we see all toxic aggressors eliminated through the usual routes like the colon, skin or urinary tract (emunctories).
- What we see in the psoric person is an overreaction when doing so. For example, if the psoric person ingests something that must be eliminated, a likely reaction would be to develop diarrhea instantaneously (and/or vomiting).

PSORA

- Likewise, if the irritant or toxin were encountered at the level of the skin, the psoric person would develop a rash.
- The reaction in the psoric is quick and immediate. They eliminate toxins well and almost too efficiently.
- Psora is thus considered to be one of the healthier and thus, less dangerous, miasms.

PSORA

- **Skin** and **Nervous system** (functional and subjective)
- Many symptoms: itching is the most diagnostic symptom (sycosis and luetic usually do not itch)
- Said to be the mother of all chronic diseases
- Chilliness, anxiety about health, despair of recovery, hypochondriasis
- Chronic worrier, mental restlessness (“itch” of the mind)
- Prefers profession that shows strength - policeman, fireman or service to others like a doctor, waitress, chef, nurse etc
- Crave rich heavy foods - milk, eggs, cream, fatty foods, meat; disturbed by slightest dietary excess
- Are worst at noon when sun at its peak

PSORA

- If vesicles are suppressed will attack the CNS (e.g. eczema going to stuttering or to seizures). The internal disorder may manifest as vertigo, seizures, paralysis, insanity, even sudden death.
- As it is transmitted from generation after generation, the susceptibility to it increases. As underlying psora intensifies whatever other miasms are present, these miasms are resulting in cancer in young children, learning problems like ADD, disturbed emotional behavior (stealing without remorse and cold-blooded murder).

PSORA

- Feel better after all natural discharges - sweat, stool, urination, menses
- Sweat has a sour odor
- Don't like to exercise
- Skin is pale, unhealthy, red, itching, burning rashes
- Difficulty with assimilation of minerals so problems with hair, nails, teeth, growth. Multi vits, calcium etc will cause constipation (or diarrhea)
- Prefer movies that are tearjerkers, family movies, romantic comedies, Disney, animal films
- Paralyzed by fear in frightening situation
- Allergies such as hives

PSORA

Some examples of Psoric Symptoms

- Allergies
- Neuroses
- Parasites
- Eczema/Psoriasis
- Respiratory Problems
- Abnormal hunger

SYCOSIS



SYCOSIS

- Sycosis is the name given to the phenomenon that is created when an individual starts losing their eliminatory capacities.
- A person who continually overwhelms his body with toxic substances will eventually lose his normal ability to detoxify himself.
- Since he has stopped eliminating, there are no initial symptoms when he takes in something toxic; instead the toxin is harbored in the body, in the liver or in the tissue of a particular organ system

SYCOSIS

- Symptoms develop later, as the entire system becomes overloaded and the toxins begin to spill out from their holdings. The imbalance in the miasm eventually becomes evident when the patient develops more chronic problems such as uterine fibroids, water retention and hormonal imbalances
- Describes a significant portion of the population in today's environment since so many of the toxins we accumulate are unseen and unnoticed and thus contribute to the development of this tendency. It is the progressive “clogging up” of an individual.

SYCOSIS

- Vaccines, antibiotics, prescription drugs, hormones, pesticides, herbicides, heavy metals, plastics and every other ubiquitous chemical we encounter everyday in the 21st Century world all contribute to impregnating our tissues and overwhelming our metabolic pathways.
- Most of these toxins come into our systems unbeknownst to us, since they are so pervasive in our environment and food sources.

SYCOSIS

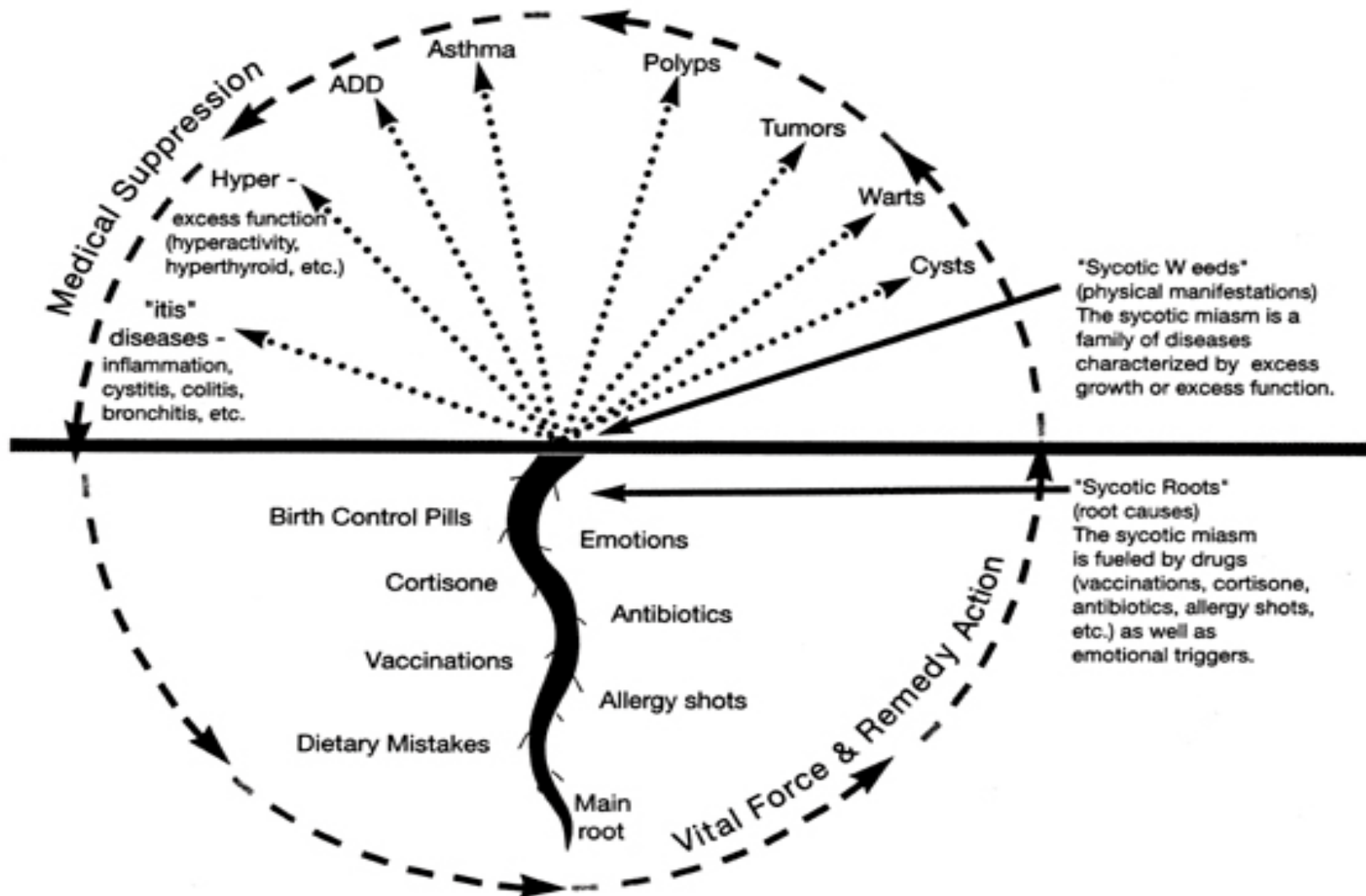
- The eliminatory capacities have been completely overwhelmed and so unable to fully discharge toxic assaults, holding onto the toxins.
- These people mimic their physical toxin retention in their mental states as well. They often cannot stop thinking about events from the past, stewing over things they said or worrying about what has already taken place.
- These people are stuck and can resist seeing the reality of the present moment.
- They suppress all toxic information, physical or emotional, keeping it from changing or exiting the body.

SYCOSIS

Some common traits & symptoms include:

- Water retention
- Tumors (benign and malignant)
- Anxiety about cancer or another's health
- Heavy fatigue
- Abnormal persistence of ideas
- Various hormonal imbalances

The SYCOTIC Miasm and Suppression



SYPHILITIC (Luetic)



SYPHILITIC

- Traced to 11,000 years ago in Africa, 16th century pandemic in Europe
- Henry VIII of England prime example - elephantine legs, swollen edema, bloody oozing ulcers, wives had many miscarriages, stillborn
- Early treatment was with mercury
- Problems on the outside of GU organs

SYPHILITIC

- One who does eliminate, but whose eliminations tend to be destructive. These persons are so chronically full of toxins they tend to suffer from chronic inflammation and chronic infections. Their rhythms are off, they tend towards substance abuse and they respond poorly to most therapies.

SYPHILITIC

- Antioxidants are of absolute importance in the Luetic individual. The need to protect tissues and all organs of the body cannot be overstated in importance. It is also important that these persons be drained according to the principles of **Biotherapeutic Drainage** almost incessantly. The only way to avoid severe illness is to drain, drain, drain, which serves as another route to prevention in the most dangerous miasm

SYPHILITIC- Psychological

- FHx of depression, bipolar, schizophrenia, mental dz
- Alcoholism, self-destructive behavior as drug addiction, suicides
- Tend to depression and stay to themselves
- Restless and anxious at night, feel alone and hopeless; night is a torture as can't fall asleep
- Hate everything; malicious, violent nightmares about killing, vampires, werewolves
- Self-condemnation, guilt feelings
- Fearful of being killed- will carry a gun or knife or something to protect themselves
- Few fears but does fear knives, professions where they use knives and hack - cooks, butcher, surgeon
- Cold-blooded cruelty, lack of feelings when committing a crime, many prisoners

SYPHILITIC- Physical sx's

- Cracks in corner of mouth, canker sores, blistering sores on tongue and nose; fissures around anus, deep cracks in heels, rashes that ulcerate, fistulas, deep warts under skin that eat the flesh
- OM that is < night with painful bloody discharge → hearing loss from destruction.
- Sudden onset of peptic ulcer
- Many deformities in mouth, rampant teeth decay
- Swollen glands in neck, ulceration of mucosa; tongue looks like chopped meat with deep cracks
- Hair is moist, gluey, greasy, offensive odor; falls out in bunches (Alopecia totalis)

SYPHILITIC

Some symptoms are:

- Aggravations at night
- Bone pains
- Sinusitis (can also be Sycotic)
- Ulcerations in tissue
- Paradoxical reactions (i.e. an opposite reaction from what we would typically expect)
- Problems with microcirculation (i.e. strokes, transient ischemic attacks, neuropathies of diabetes and memory problems, with a risk of dementia or Alzheimer's)

TUBERCULINIC



TUBERCULINIC

- In the late 1800's and early 1900's ten percent of the population had contracted tuberculosis and forty percent of the population had been exposed to it. The era signified a shift in both human immunological development and a spiritual awakening, an awareness of the higher Self. The Tuberculinic miasm is considered a response to or a result of this period.

TUBERCULINIC

- The most common tissue for an aggressor to settle into is the lung. This is because the lung has the closest relationship to the external world, where the mucosal lining directly interfaces with the outside air through the breath. The lung is then especially susceptible to problems in a person who generally has the experience of being attacked or challenged by someone outside himself. Respiratory pathology, such as pneumonia, bronchitis or laryngitis, is most commonly Tuberculinic.

TUBERCULINIC

- Likewise, the body will often defend itself against a tissue-attack by de-mineralizing the bone.
- The use of the alkaline minerals is both a defense, a protection and a sign that this type of person tends to open himself up to spiritual or romantic events; he un-grounds himself by losing his mineral structure, thus becoming more in touch with the cosmos, or higher spheres. This is a quasi-normal reaction for an adult, but an extremely dangerous reaction for a child, as are all Tuberculinic tendencies before puberty.

TUBERCULINIC

- The Tuberculinic miasm is the miasm of autoimmune disease. These persons are struggling with some aspect of their identity and the development of the “self” and thus can tend to attack their own tissue because their immune systems do not accurately differentiate between “self” and “other”.

TUBERCULINIC

Common Symptoms Include

- Fatigue
- Hyper-Emotional, sentimentality
- Liver weakness
- Demineralization-hair loss, thyroid troubles, osteoporosis
- Venous insufficiency
- Frequent, inefficient fevers (low-grade, $<101^{\circ}$ F)
- Respiratory problems
- Cancer-the Tuberculinic patient escapes a conflict in an elegant manner by dying of cancer
- Problems with serous membranes-the inner membranes, such as the Pleura of the lung (pleurisy), or the pericardium (pericarditis)

TUBERCULINIC - Physical

- Sxs ever-changing
- Each visit they have a new cc.
- Pale skin, flushed cheeks
- Love fatty foods, milk, bacon, smoked foods, SALT
- Suffer from neuralgias, sciatica, insomnias, hysterias

CANCER



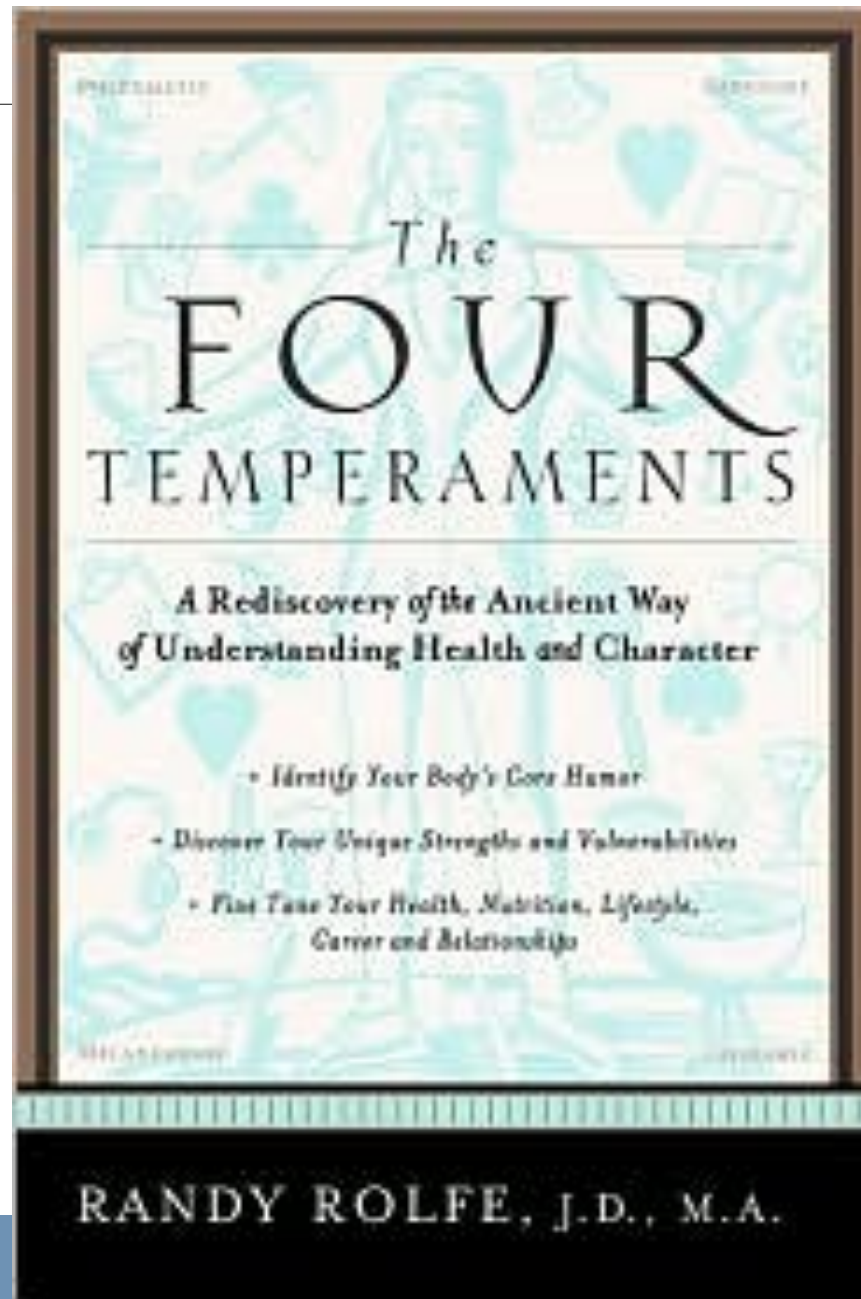
CANCER miasm

- When cancer is present, there are usually at least 2 active miasms. It is common that all 4 of the miasms are necessary to develop cancer miasm.
- Young children with cancer usually have positive family history compounded by vaccinations, antibiotics and other suppressive treatments.
- Because cancer occurs when the other miasms are active, suppression of the symptoms of the miasm will continue to increase the cancer of successive generations.

CANCER miasm

- The prognosis of cancer depends on the miasmatic background of the tumor. A rapidly growing malignant tumor that kills is sycotic with the destruction of syphilis. Slow growing for many years is likely psoric. Squamous cell carcinoma and papillary thyroid carcinoma are slow-growing psoric. A tumor can arise from any miasm or combination of 2 or 3. It does not necessarily indicate the presence of a cancer miasm which requires an active combination of at least 2 of the other miasms.

One of
many
books
on this
topic



The Four Temperaments



Choleric



Melancholic



Phlegmatic



Sanguine





The 4

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"You may not believe this, but even though we're siamese twins, our personalities are quite different."

The History of Temperament

- The concept of temperament originated with Hippocrates in the 4th Century B.C. and has persisted throughout medical philosophy in various forms since.
- Four hundred years later, Galen differentiated temperament into the four classic humors, or biles, as a method to classify patients.
- Rudolph Steiner, the twentieth century philosopher and social thinker who developed the spiritual science Anthroposophy, expanded on Galen's concepts to describe the nature of children before puberty. Psychologists have used the concept to describe children and personality types in the last century

The History of Temperament

- Gérard Guéniot took these historic concepts of temperament and made them clinically applicable in today's practice. Guéniot explained in modern terms the ideas of the four temperaments (originally “white”, “red”, “green” and “black” bile). Expanding on the same notions of temperament taken from Galen that Steiner spoke of, Guéniot elucidated on the Lymphatic (white bile), Sanguineous (red bile), Bilious (green) and Nervous (black) temperaments to explain the four possible ways people react to their circumstances. This allows one to accurately predict and thus preventing various resultant diseases.

The History of Temperament

- In this line of thinking, temperament is about balancing the social aspects of a person. Guéniot related temperament to a person's behavior and their deep metabolic function. In other words, the physiology of the person is directly related to imbalances in their relationships. Since we cannot prove the relationship that temperament has on biology, these associations are largely ignored in classical, Western medicine. But to act upon these imbalances with remedies is to watch true therapy occur.

The History of Temperament

The concept of temperament may seem solely psychological, but in fact there are discernable effects on a person's physical condition. This concept is outside mainstream medical thinking, but becomes far less absurd if we stop and think about our own personal lives. Here are a few examples:

1. If one has a fight with their spouse, this might contribute to exacerbating a h/a, GERD, RA, PMS etc.
2. If your boss enrages you, your blood pressure may go up and remain high
3. if one feels sad because of the perspective that their life is too hard, they may burn through enough serotonin while managing their mood that they create an actual “chemical imbalance” and end up chronically depressed.

The History of Temperament

- Often, we dismiss these ideas in simplistic terms like “stress,” but these are all aspects of temperament.
- The skill involved with the concept of temperament is to understand exactly *which* temperament we are and then to understand the types of diseases or health problems that are at risk.

Basic Facts

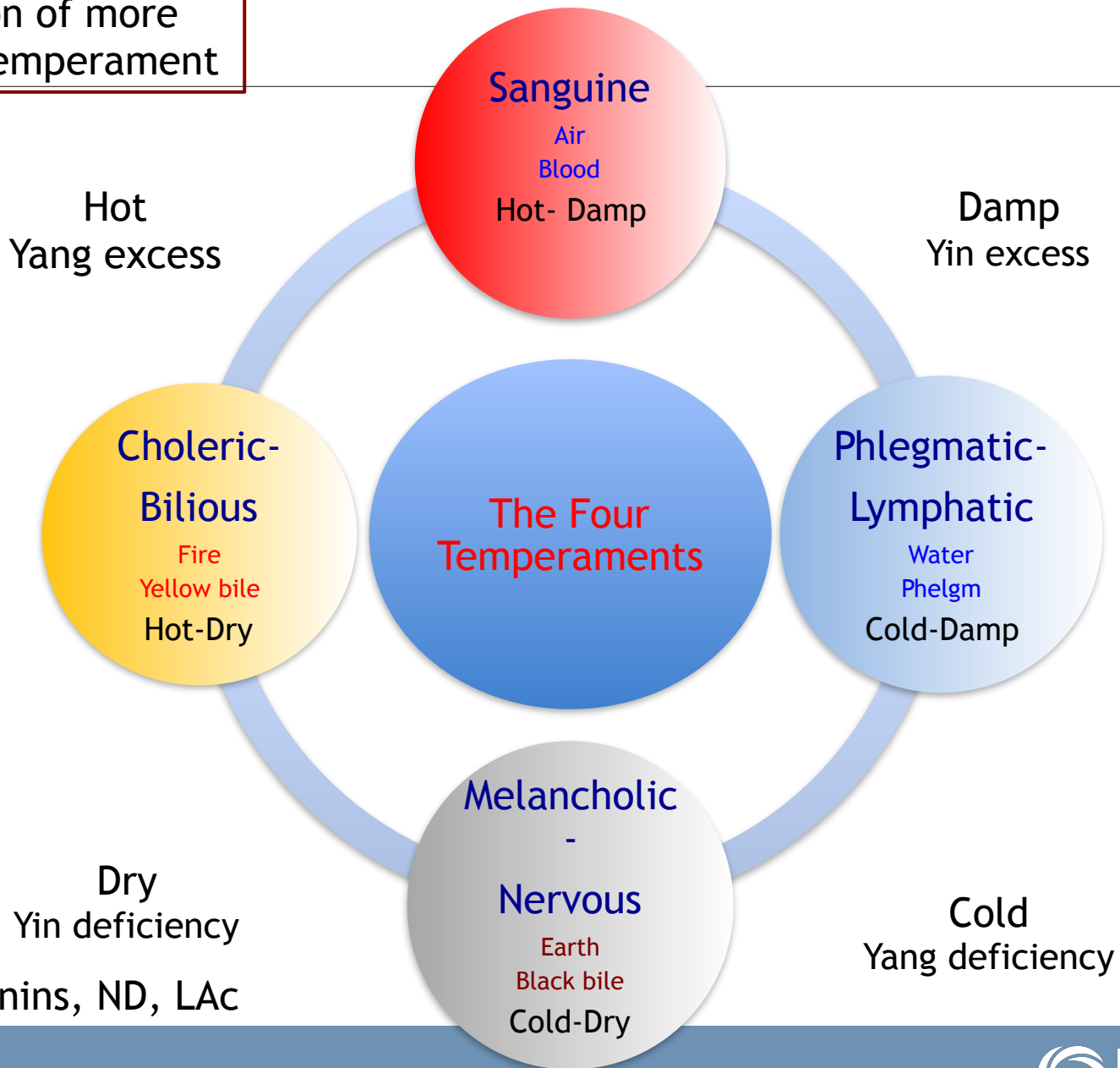
From The FOUR TEMPERAMENTS by Randy Rolfe, 2002

1. Each person has a unique balance of the 4 humors
2. One dominates - physically, mentally, emotionally, spiritually.
3. Imbalance creates problems and discomfort.
4. Deliberate rebalancing possible by conscious efforts (e.g. altering outside conditions, decisions, actions, etc).
5. Natural tendency for body to always try to rebalance itself.
6. Chronic problems need support of all humors; the dominate humor may be depleted or over-stimulated.
7. Acute problems usually require balancing of dominant humor.
8. Conscious awareness (empowerment) will enable one to avoid health-damaging cravings and embrace positive solutions to any problem

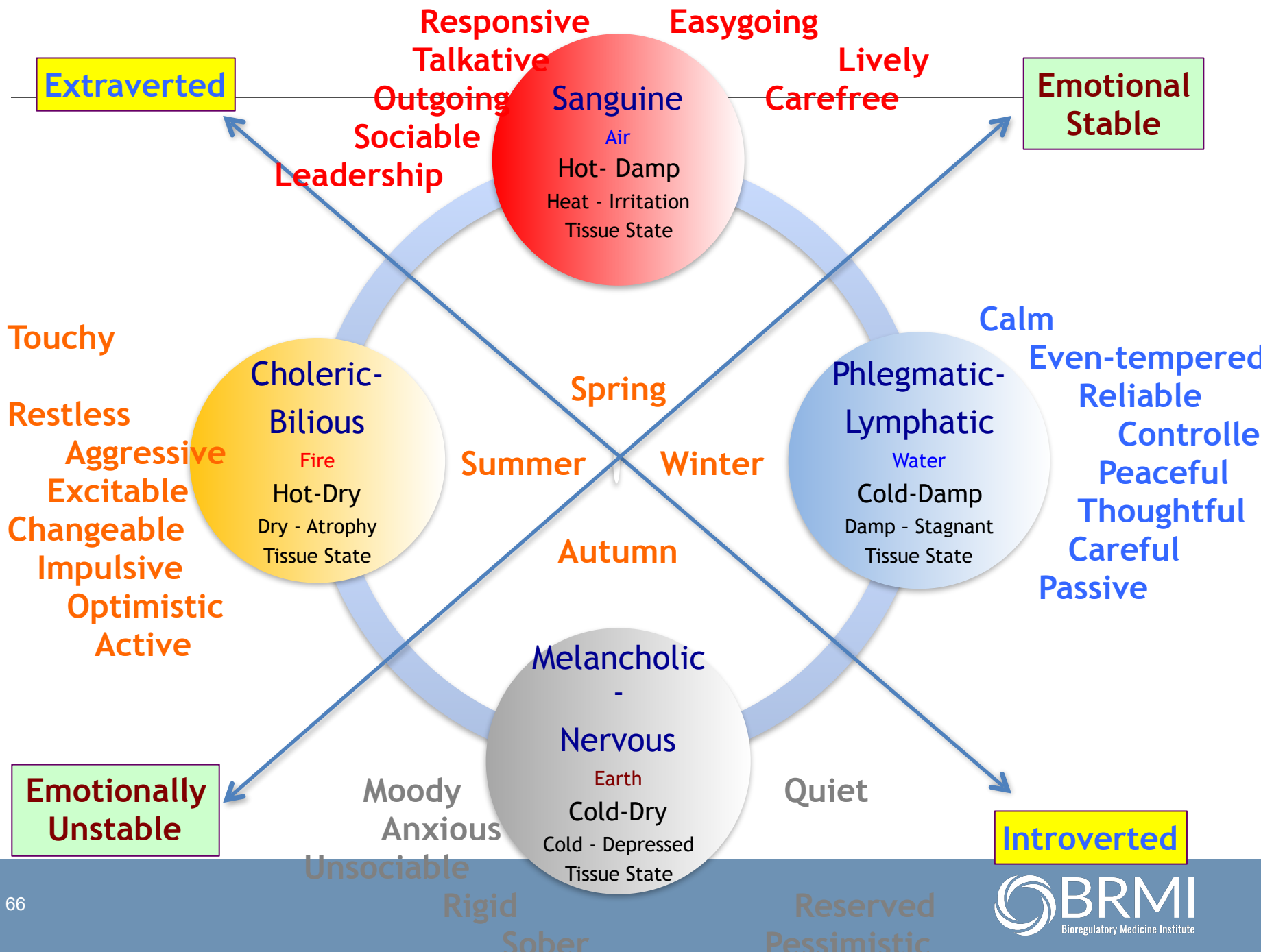
Why is Understanding Temperament Important for BioRegulatory Medicine?

- Allows for more individualized treatment
 - Diet and lifestyle plans
 - More precise applications of herbal/glandular/mineral therapies
- Isolates constitutional weaknesses that may be related to chronic disease
 - Addresses the root of illness, rather than only the symptoms
- Assists the physician in understanding a patient's overall needs and tendencies

Most individuals are a combination of more than one temperament



Dr. Paul Kalnins, ND, LAc



Sanguine

- The sanguine temperament is very social and extroverted. They like to interact with others and are very much involved in their work. They tend to invest in their relationships or into important projects and tend to stick with it until the end. They are good listeners, attending to others carefully and end up being quite unorganized or messy as a result. Sanguineous types are often overly invested in their relationships and thus hurt the other person or possibly end up getting hurt themselves.

Sanguine

- They are good at sales and marketing but can often get so into their work, working from their heart, that they don't mind their time or need to make money. In terms of physical pathology, they tend to have problems with circulation, such as high blood pressure or migraine headaches. They are at risk for high fevers, cardiovascular problems such as arrhythmia, stroke or heart attack and even brain hemorrhages.

Phlegmatic

- Lymphatic types are slow, like to eat a lot and tend to take on a variety of possessions. This temperament represents the growth phase and is thus predominant in children. They tend to easily gain weight or at least be a slightly rotund. This speaks to the ease with which they communicate with others and expand into their environment.

Phlegmatic

- When the lymphatic person is unbalanced, passive circulatory problems tend to ensue, for example, varicose veins or lymphatic congestion (swollen glands). Because of this, the more severely imbalanced and toxic lymphatic person is at risk for serious congestive issues, such as venous clots or thrombi, or perhaps, in the severely toxic, Lymphoma (Hodgkin's and Non-Hodgkin's Lymphoma).

Melancholic

- The nervous type tends to overly develop his higher neurological functions; he is intellectual, withdrawn and serious. They are usually thin and tend to focus on an accounting of things rather than relationships. They prefer to remain home, playing with a computer or perhaps a video game, rather than go out and meet friends at a restaurant.

Melancholic

- They are analytical but have a difficulty with a larger synthesis. They are good researchers, technicians and computer programmers. Since these individuals have problems regulating overall systems and especially their nervous systems they are at risk for developing problems such as memory loss (and eventually dementia or Alzheimer's), Multiple Sclerosis or Parkinson's. Other risks include problems with their eliminatory organs, such as the kidneys, ulcerations, or gangrene.

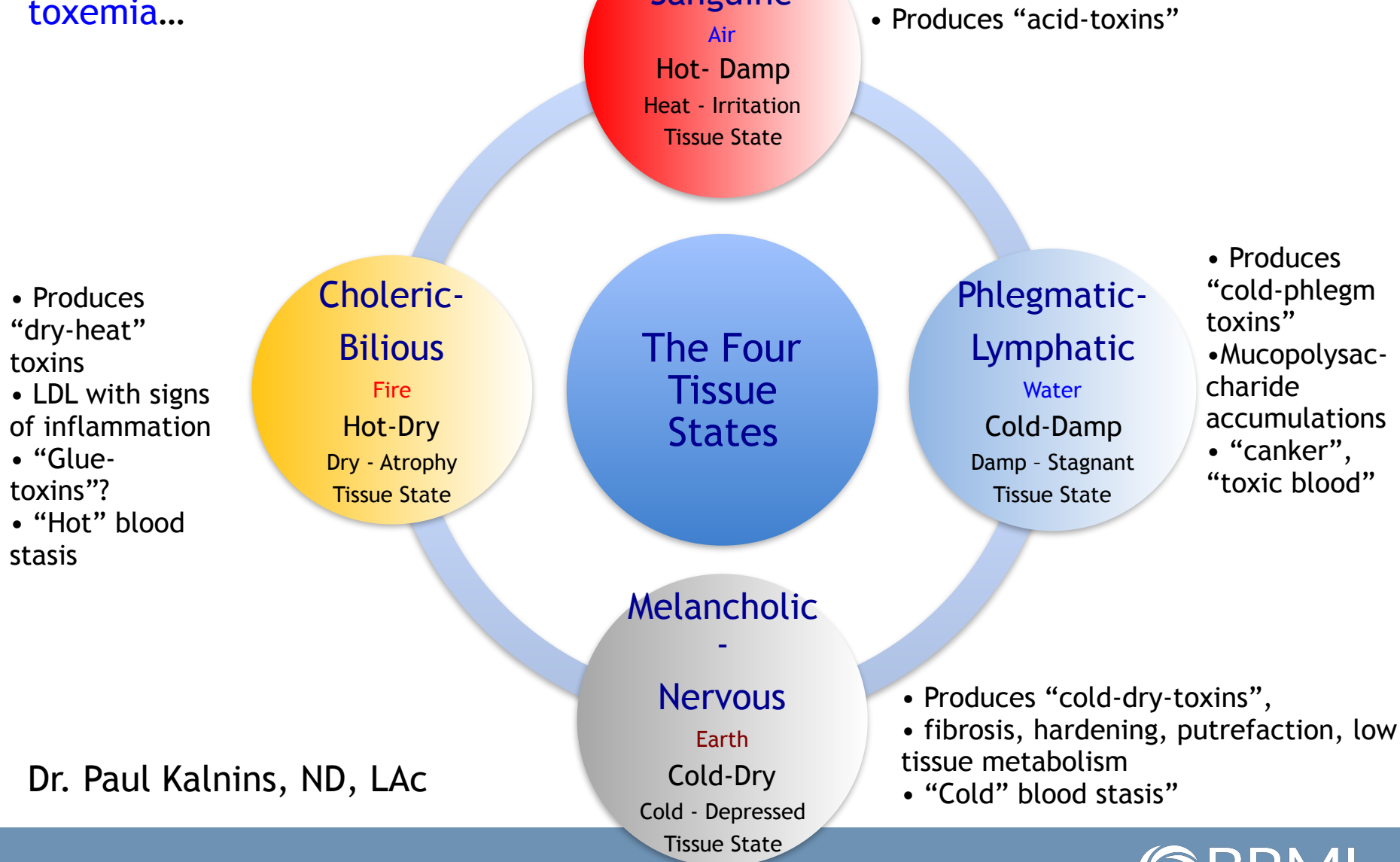
Choleric

- A person with a predominantly bilious temperament will be extremely organized and quite good at managing their lives, jobs and households. They put a tremendous amount of importance into action and often sacrifice communication as a result. These individuals would make great military leaders and could often lead armies to victory with their skills. When imbalanced, they tend to be quick to anger, or at least irritable.

Choleric

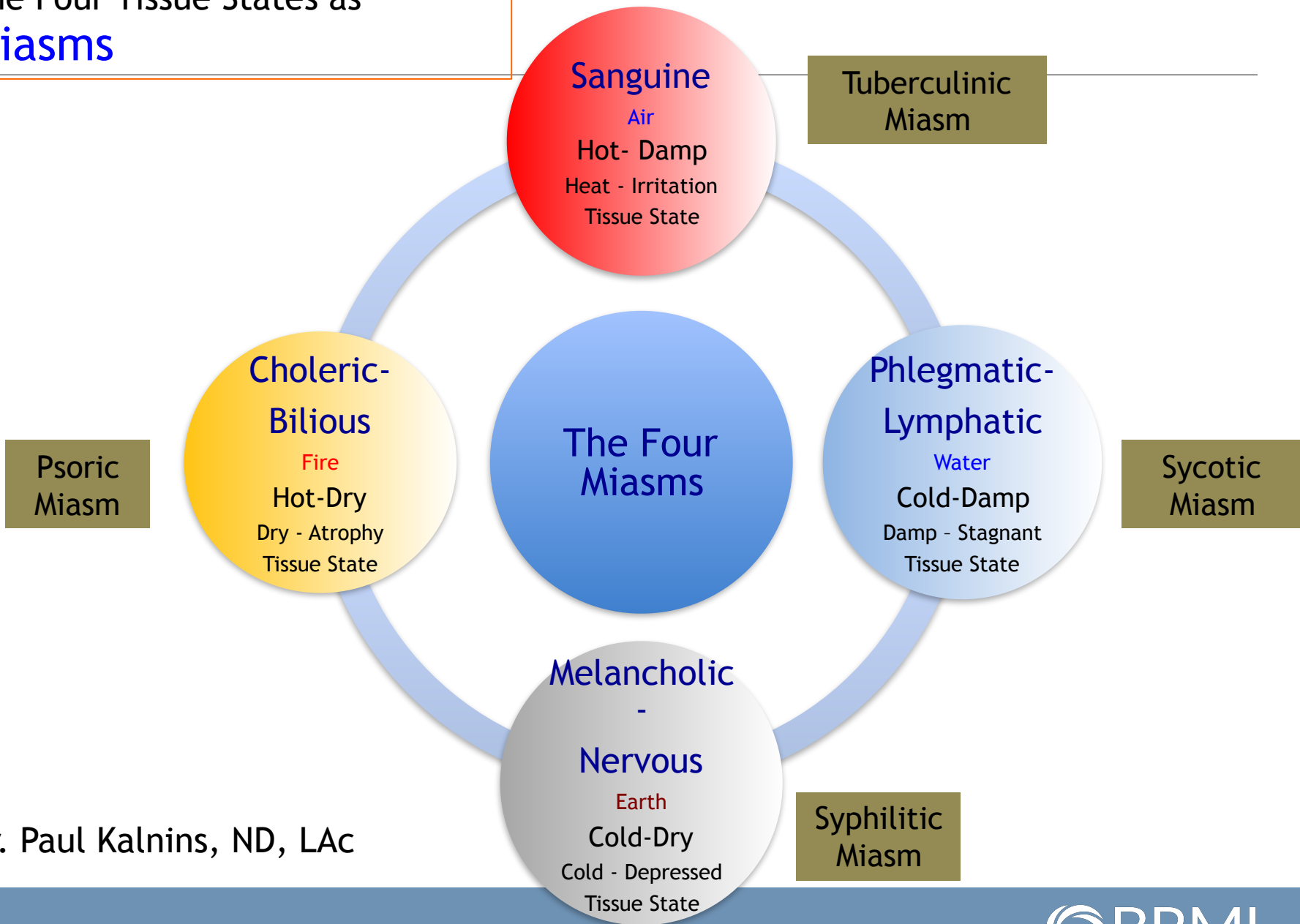
- As the name implies, the bilious temperament has a strong relationship with the liver and thus liver pathology. We often see hormonal congestions, imbalances and elevated cholesterol or other problems as a result of poor liver function in the bilious person. The hormonal imbalances that result are both the consequence of the liver's role in making the cholesterol backbone of all the steroidal sex hormones, as well as its role in downgrading and eliminating them.

Tissue states as tendencies towards different types of **toxemia**...



Dr. Paul Kalnins, ND, LAc

The Four Tissue States as Miasms



Dr. Paul Kalnins, ND, LAc

Duality of the Temperaments

- Everyone has all four humors
- Your temperament takes its character from the humor that dominates when a stress causes the need for energy and adjustment.
- All four humors always present, whether blocked, diminished, excessive or in equilibrium.
- Thus both male and female tendencies exist in everyone.

Innate Humor

Even though humors can be manipulated and distorted by poor diet, inadequate rest, work that is not satisfying, addictions, incompatible relationships/ friendships etc., your one innate humor will return after these are corrected.

In practice, treatment is most useful when noting **CHANGES** in the temp. different from the **BASIC** disposition. E.g. if a phlegmatic type becomes more aggressive, angry, and violent he has taken on a choleric temp. **TEMPORARILY** and this change in temp. should be given high priority in prescribing.

Temperaments

- Unlike physical characteristics, habitual emotional tendencies, attractive forces in relationships which you can't change, LIFESTYLE TASTES and PREFERENCES can be deliberately altered, adjusted and evolved.
- It is no accident that pizza, ice cream, fried chicken, potato chips are the most popular foods while beer, soda and coffee are the most popular drinks.
- Most of the western world has forced itself into cravings for quick input and stimulation to re-balance the temperament forces.

Imbalanced Temperaments

- no matter which is the dominant humor, once depleted, and any subordinate humor is also exhausted, sugar eventually becomes the universal craving because it stimulates the melancholic humor and sends the depressed state into manic phase for a few hours
- The key to balancing one's humors with diet is to focus on complete nourishment, then avoid the refined foods that over-stimulate the dominant gland, with emphasis on foods that nurture all the glands.
- Nourish the dominant humors Vs. over-stimulation of the other humors

Sanguine Metabolism

- air element, linked to our sexuality so like aphrodisiac foods that stimulate the gonads such as shellfish, pumpkin pie, spices, cream, dark chocolate
- good energy all day, esp. at night, sleep 8 hours preferably after romance
- effective at processing fat so need few calories for energy.
- can gain weight easily but rarely obese.
- when they get tired, will go for sugar to stimulate the thyroid (melancholic humor)

Sanguine Metabolism - Diet to balance

1. Small breakfast, no spices
2. No snacking on fatty or creamy foods, chips, dips
3. No eating after 7 PM
4. No fried or hydrogenated fats
5. Careful with quantities when combine carbs and fats (Italian foods)
6. Lots of salads with olive oil and cider vinegar
7. Additional B complex, E, A, K, Mag
8. Don't stay up late more than 1 night per week

Choleric Metabolism

- sun element with heat and dryness so an affinity to foods that create this such as red meat and salt. Meat tends to build muscle tissue and salt dries the tissues so tendency to be thirsty.
- associated with adrenal glands and meat, salt and distilled alcohol most powerful stimulants for this gland.
- often eat a lot without gaining weight.
- usually most resilient to stress, esp. when younger. As older, energy seems to drop about 4 PM and seek cocktail or steak dinner
- eventually adrenals become exhausted (choleric humor dissipated) and person seeks other avenues to get through day. No longer responds to salt and red meat, develops GI problems like GERD and seeks sugar for support (melancholic)

Choleric Metabolism - Diet to balance

1. Light breakfast including fruit or grains
2. Red meat only 3 - 4 times a week
3. White fish or chicken other meals
4. More salads with protein meals
5. No extra burgers or additional meals
6. No salty snacks or chips
7. Snacks of vegies, nuts, seeds
8. Additional B, C, trace minerals
9. Sleep 7-8 hours regularly

Melancholic Metabolism

- earth element, thyroid gland dominate, sugar providing basic fuel q2h for energy
- cold and dry and plant foods more cooling than the red meat that is craved. Caffeine & chocolate stimulate energy but are drying
- reactive to weather conditions such as wind, water, warmth changes
- Sugar has a drying effect (like salt) which causes arteries to dry out and more susceptible to damage (repaired by calcium salts, cholesterol etc eventually creating plaques and AS).
- thyroid hormones quickly burn the sugar and thus need more stimulants (coffee, chocolate) and later alcohol. High Carb diet also a problem.
- eventual depletion of thyroid leads to depletion of humor, leading to clinical depression.

Melancholic Metabolism - Diet to balance

1. Eat a breakfast rich in protein and fat within an hour of rising
2. Don't snack on carbs
3. Don't eat anything after 8 PM
4. Light on wine, beer, pasta, bagels, pure carbs
5. Always eat some protein with carbs
6. Drink lots of water and eat lots of salads
7. Eat quality fats like butter, olive oil, nuts, seeds
8. Additional magnesium
9. Regular sleep nightly

Phlegmatic Metabolism

- water element-thus cool, wet foods desired such as fruit, juice, soup; crave cheese, dairy products
- conserve energy via the pituitary gland so directed to growth so hard to stay slim
- small appetites, dislike eggs, least likely to be aware of what they eat, occasional snacks
- try to lose weight on cottage cheese and fruit but quickly fatigued. Better to eat higher protein foods like fish, organ meats, lots of vegies minimal dairy.
- least likely to drink alcohol as easily inebriated

Phlegmatic Metabolism - Diet to balance

1. Breakfast with protein and minimum dairy
2. Regular lunch with chicken, fish, free range meat
3. Daily salads with colorful vegies
4. No milk or cheese for snacks, only at meals
5. High quality fats such as olive oil, seeds
6. No milk, cereal at bedtime
7. Gets lots of sleep and start day early

Disease tendencies for out of balance

Sanguine

- variety of problems which often ignored,
- O2 problems leading to muscle, joint neck problems, sore hands/ feet
- mild allergies in childhood replaced by yeast infections and weight gain at the waist area.
- CV and skin problems if eat the unhealthy fats
- GI problems if mix carbs and fats frequently
- regular menses, prone to PMS

Disease tendencies for out of balance

Choleric

- smoldering fire, rarely sick and if they are, they ignore it using adrenal glands to power through (esp. when young)
- develop dramatic problems later such as heart disease, high lipids, weight gain in upper body
- often type A, they must learn to slow down or will have short life expectancy
- usu. regular menses

Disease tendencies for out of balance Melancholic

- prone to acute disease such as colds, tonsillitis, allergies, fungal infections which tend to decrease in adulthood and are replaced by GI, thyroid, blood sugar problems
- constipation/ diarrhea, headaches, joint problems, yeast infections, OP, sinus/ bronchial infections, migraines and mentally depression
- fall worst season as cold, dry - molds, allergies
- tendency to S.A.D., sick all winter unless stay warm and hydrated (need a winter vacation to warm area).
- shorter menses, prone to PMS, difficult pregnancies

Disease tendencies for out of balance Phlegmatic

- infectious, slow, chronic such as asthma, OM, chronic fatigue, joint problems, skin problems, kidney, GI problems - which may appear in adulthood after relatively healthy childhood.
- lethargy, allergy, headaches, mild depression
- longer menses, difficult pregnancies

Healing the Temperaments

- Most everyone KNOWS what to do for their health, but they just don't just do it. They put it off, make promises for the future, no energy today, don't feel like it right now → all this because they are out of humor!!
- Simple adjustments such as temperature and moisture can change this around.
- One doesn't have to give up all their favorites, they just need to keep in balance.
- Phlegmatics are cold, wet (love cold milk, berries)
Sanguine are hot, wet (love creams, buttery pastries, spices)
Choleric are hot, dry (love cooked meat and salt)
Melancholics are cold, dry (love cereal, bread, sugars)

ACUTE - feed the dominant humor

CHRONIC - avoid foods, routines, environments, people who encourage your dominant humor. Avoid quick fixes. Avoid the over-stimulating foods of your dominant humor. Check sleep, heat, moisture in your environment.

Healing the Sanguine Temperament

ACUTE

1. Creamy, rich yogurt, thick salad dressing, spices with meals
2. Exercise - get sweaty and hot
3. Take a hot shower, ending with quick cold
4. Plan a romantic evening
5. Take the time to really feel your emotions

Healing the Sanguine Temperament

CHRONIC

1. Lots of sleep (avoid staying up late when you have lots of energy to do things)
2. Avoid creamy, spicy foods in AM - too stimulating for gonads. Some oatmeal, honey, seeds and salt to help the adrenals
3. Avoid snacks of creamy, spicy foods
4. Avoid hot, long showers. Do a dry sauna
5. Do outdoor activities to connect to earth. Spend time alone in Nature
6. Explore leadership roles, teacher/ mentor roles, and arts and crafts
7. Drink small amounts of cool water often
8. Don't eat after dinner, especially fats

Healing the Choleric Temperament

ACUTE

1. Get moving - golf, tennis, racquetball
2. Light on meat and salt for breakfast
3. No PM alcoholic drinks - power walk instead
4. Check temperature and humidity
5. Take a short, warm shower, or even better a dry heat sauna

Healing the Choleric Temperament

CHRONIC

1. Breakfast needs to nourish the other humors. Add cinnamon (sanguine) to oatmeal + goat milk (phlegmatic)
2. Join activities that have little skill so you are not the leader
3. Vacation to somewhere cool (Alaska)
4. Relax, enjoy the outdoors to yourself
5. Involve yourself with kids
6. Plan a romantic evening and let them make all the decisions
7. Spend time in Nature, a museum, a mall by yourself to enjoy the beauty of humanity

Healing the Melancholic Temperament

ACUTE

1. Take a long warm shower
2. Eat small meals that are pleasing but not junk food
3. Get outside in the sunlight
4. Vacation in the sunshine to avoid winter dry, cold
5. Drink cool water
6. Eat lots of succulent fruits and vegies over starchy ones
7. Minimum dry foods like bread, sugar, caffeine, salty foods

Healing the Melancholic Temperament

CHRONIC

1. Routine for sleep, meals, work, play
2. Eat more white fish, chicken, lots of vegies, bean soups, eggs while not eating breads, pastas, muffins, sweets etc
3. Small amounts of carbs only with meals and never as snacks
4. Do something creative that you have wanted ot do but never have
5. Plan every detail of a party and only invite people you want to be there
6. Buy something you have always wanted after planning for it
7. Go to bed earlier and eat a protein breakfast on rising
8. Vigorous exercise that requires a lot of position

Healing the Phlegmatic Temperament

ACUTE conditions such as crying, complaining, impatience, (Vs normal friendly, reliable, good-natured) and colds, congestion, soreness, fatigue etc.

1. A Hug - want recognition, devotion, appreciation
2. Cool drink - pure water with lemon ideal
3. Do something physical
4. Snack of yogurt or fruit with protein at the next meal
5. Play favorite music and dance
6. Play on the floor with kids or pets
7. Do some serious laughing

Healing the Phlegmatic Temperament

CHRONIC conditions such as spite, erratic behavior, perverse behaviors and allergies, sore muscles, weight gain, etc.

1. Protein rich breakfast - eggs, meat, prunes, mushrooms (for sluggish metabolism)
2. Regular meals
3. Regular bedtime and lots of sleep
4. Supportive relationships offering kindness and opportunity to help others.
5. Regular exercise such as walking, swimming
6. Indulge in your pleasures such as music, art, shows, hobbies
7. Keep in contact with family
8. Vacations to warm, dry places

Constitution



4 types of remedies

- 1. constitutional** - reflecting the M/E, physical, miasmatic foundation of the person, never changing throughout life.
- 2. miasmatic** - determined by the inherited miasm
- 3. functional, therapeutic or layer** - for the current CC
- 4. disease** - only needed in cases of advanced pathology, addressing the sx's of the pathology

CONSTITUTION

It is the make up of functional habits of the body determined by the genetic, biochemical and physiological endowments of the the individual, modified by environmental factors.

That is to say, the physical make up of the body, including the mode of performance of its functions, the activity of its metabolic processes, the manner and degree of its reactions to stimuli and its ability to resist the exposure to pathogenic organisms.

CONSTITUTION

Different definitions in modern homeopathy.

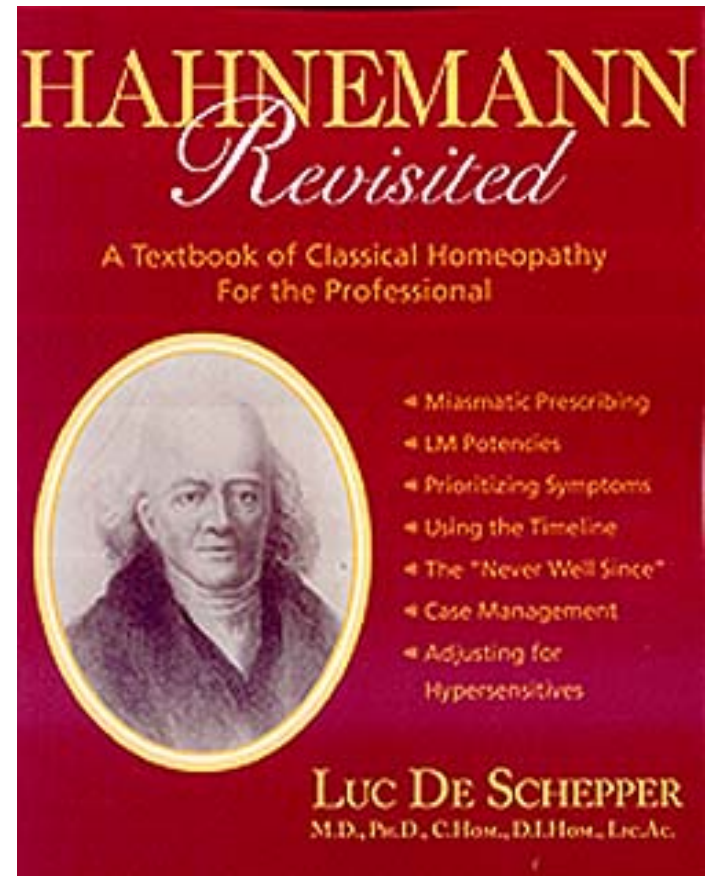
1. The remedy that matches the patient's totality of symptoms for a chronic condition, with particular emphasis on the personality and temperament. It is the CURRENTLY needed CHRONIC remedy, in contrast to an acute remedy. The patient may have needed other constitutional remedies at other times in their life.
2. The remedy that matches a patient's individual type and is UNCHANGEABLE for LIFE. This lifelong remedy can be any one of hundreds of remedies. It will cure an acute condition when given for this purpose.

CONSTITUTION

3. The INNATE constitution, the underlying makeup of the person on a mental, emotional, and physical level, but NOT necessarily the CURATIVE remedy for the patient's current condition, whether acute or chronic. With this view the patient will need different remedies at different times of his life, depending on the different layers formed by traumas or “never well since”. These layers form on top of the innate constitution, like layers of an onion.

CONSTITUTION

- Calcarea carbonica
- Sulphur
- Lycopodium
- Phosphorus
- Silica
- Baryta carbonica
- Calcarea
Phosphoricum



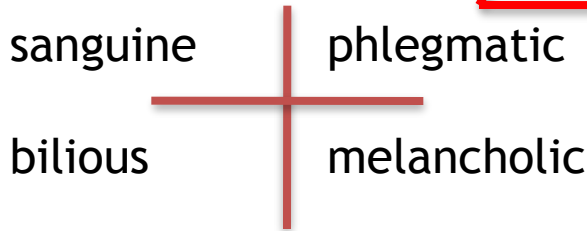
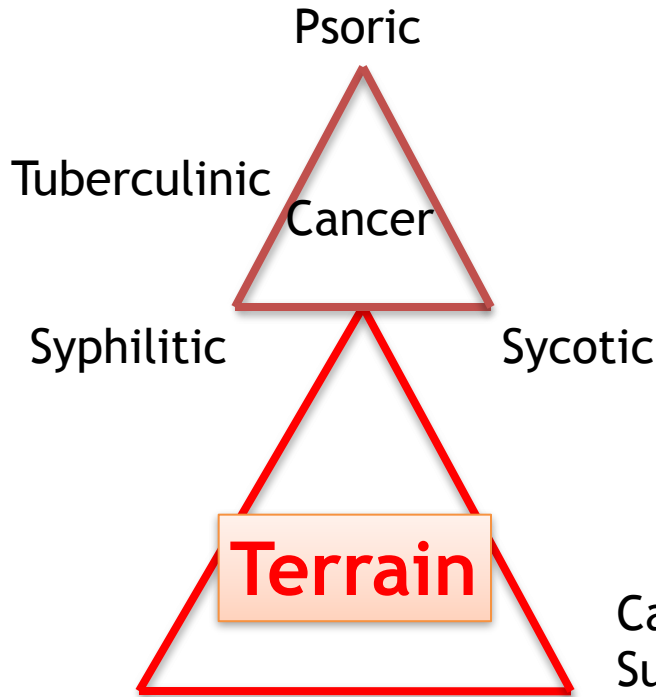
Innate Constitutional Remedy

The 7 innate remedies will determine how a person reacts when they experience a variety of life's challenges including: Life, Death, Illness, Sex, Money, Power, Spirituality, Meeting/ Encounter and Love (the 9 doors as described by Dr. Guéniot)

The ESSENTIAL piece to CURING ANY disease- BALANCE the Terrain



Miasm



- Calc carb
- Sulphur
- Lycopodium
- Phosphorus
- Calc phos
- Bartya carb
- Silica

Constitution

Temperament