

## THE 8 CONSTITUTIONAL TYPES AND THEIR RELATIONSHIP TO FOODS AND LIFESTYLE.

Below are food lists and under each type of food I have given general suggestions that I think are the most important for each constitutional type. Some of the foods are really bad in general for a constitution, these should be the easiest to find yourself for your constitution, while others are only a minor irritant so you should have them less often. This is that individuality part you have to figure out for yourself by paying attention to how you feel, physically, mentally and emotionally when you eat and directly after eating.

Wood or Green relates to Tai Yin

Metal or White relates to Tai Yang

Water or Blue relates to Shao Yin

Earth or Yellow/Orange relates to Shao Yang

Each of these constitutions have a “Big group that tends towards over activity” and “small group that tends towards under activity” part to it.

For example: Wood constitution has a well developed/nourished Wood system which includes the Liver, small intestine, subcutaneous tissue, waist, navel, and nose as part of its physical and physiological system. It also means it has a less developed pair, the Metal system which includes the Lungs, esophagus, tongue, ear, skin and brain as part of its physical and physiological system.

A simple example to illustrate what this means is that the Wood constitutions liver is well developed and can handle rich foods, drugs, and toxin much better than the other constitutions while their respiratory system is less developed/nourished and they can get respiratory diseases or infections that last longer than normal compared to other constitutions.

Each constitution has a primary and secondary constitution to it, such as Wood having Earth or Water as a secondary constitution to the primary Wood constitution.

Earth = Wood primary and Earth secondary

Wood can be divided into two constitutions; Wood +

Water = Wood primary and Water secondary

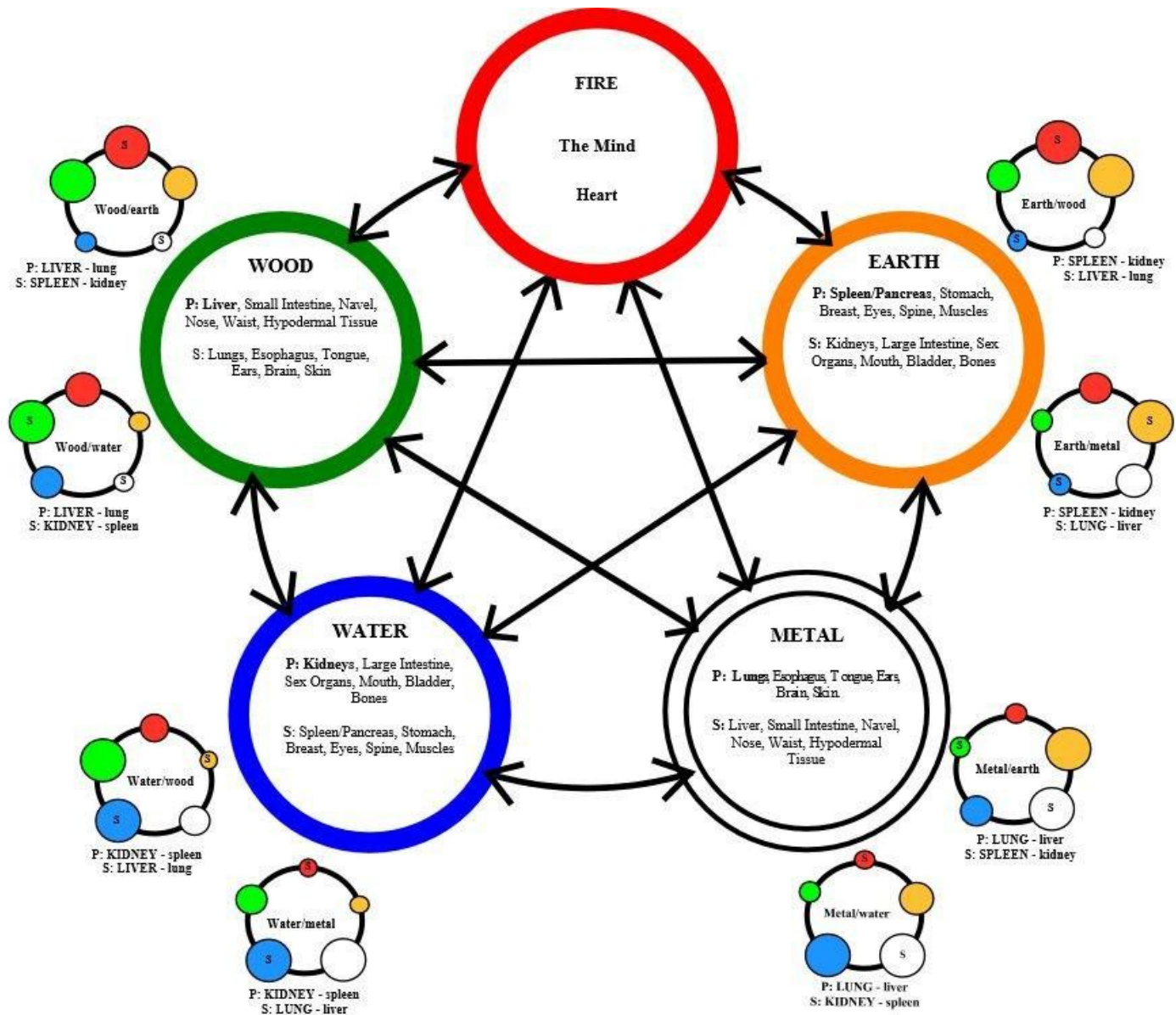
What you want to get out of this is that each constitution has two food lists, one for the primary constitution, which will be the dominant food choices and one for the secondary constitution which will expand and add variety to the primary food choices.

The shortened constitutional paired names will be:

Wood + Earth and Wood + Water  
Earth + Metal and Earth + Wood  
Water + Wood and Water + Metal  
Metal + Earth and Metal + Water.

Thus we have 8 constitutional types.

For example; Wood + Earth constitution will look at both food list and combine them with emphasis on the Wood list over the Earth list. The Wood + Water diet will be different in the fact that they will handle warming foods and spices better than the Wood + Earth constitution and the Wood + Earth constitution will be able to handle salads and raw foods better than the Wood + Water constitution but they will both be able to handle rich, fatty foods better than the other constitutions.



**Your main goal is to reduce the most harmful or irritating foods from your constitutional pair while still having enough variety to be well nourished. This is preferred to increasing the best foods for your constitutional pair while ignoring or only partially limiting the worst foods. The irritating foods cause more health problems than the good foods can compensate for, this is no different than any other aspect of our lives, continuing the bad habits cause more grief than adding a good habit on top of the bad habit, it just doesn't work in the long run.**

All body types seem to do well with chlorella and especially spirulina, which are excellent sources of protein with complete amino acids. Barley grass and wheat grass are also tolerated well, and are considered cleansing along with nourishing for the whole body.

### **The concept of nourishing, cleansing and detoxifying with food, drink, herbs and spices.**

Nourishing: The ability to promote growth, development and repair from the smallest cells to the largest organs. Spirulina and Chlorella are an example of this nourishing more than cleansing.

Cleansing: Many foods are nourishing and cleansing at the same time just in different degrees. Cleansing is when a food helps promote the elimination of waste from our bodies beyond our normal ability. The grasses, such as Barley and Wheat Grass are more cleansing than nourishing.

Detoxifying: The ability to protect from and eliminate harmful toxins, such as heavy metals, pesticide, bacteria, virus and parasites beyond our own bodies normal detoxifying abilities. Sometimes one of these are more important than the others, such as an infection that we can't get rid of in a timely manner, pesticide accumulation, or stored mercury, lead, etc.

Some foods have the ability to promote and support our healthy environment inside, such as our blood, organs, glands, tissue, and cells, and outside, such as our symbiotic gut flora and gut lining. While some other foods and especially herbs have a strong antibacterial, fungal, or anti-parasitic function to them and helps take some of the pathogenic burden off our system to a point where we can take over and complete the job.

**Wood:** Can eat or drink almost anything which is good and bad. They can easily overindulge in food and drink which will make their digestive system sluggish and then they as a whole will become more sluggish and overweight. Alcohol, sweets, desserts, snacking between meals and especially after dinner are all common problems with Wood Types. A Lower carbohydrate diet, possibly gluten free, with most of their carbs coming from vegetable sources, limited alcohol, eat at regular intervals without snacking in between, regular exercise for the whole body to the point of sweating, and a “complete” bowel movement every day is the best way for them to stay healthy.

**Metal:** Eating light meals of mostly vegetables, fish, and fruit. Exercises that strengthens to core and lower body while calming the mind is best for them, running, sprinting, squats, lunges, Tai Chi Chuan, standing Qi Gong and Grounding are a few examples. These work because they are opposite of what you want to do, move around in different directions both physically and mentally all the time, socially over active, always thinking and don't know how to stop. Take time to relax, and focus on slowing down your excessive desires.

**Water:** Digestive system is their weakest aspect to have smaller meals and more often, 4 meals per day, add warming and stimulating herbs and spices to your food to promote digestion. Drink a warming or aromatic tea with meals to help digestion. Cold property foods or cold temperature foods are not your friends, they will cause bloating, food retention, loose stool, and a general sluggishness. Water Types are the most prone to gluten sensitivity. Excessive thinking, worrying, and anxiousness greatly affect their ability to digest, this more than any other constitutional type. They also tend to have the most developed taste for foods and should eating slowly, and enjoy their meals. Exercise often but with moderate intensity and duration, if you sweat to much you tend to feel weaker or more exhausted then when you started exercising. In general you should feel more energetic after you exercise then before. Since their lower body is the strongest part, most of their exercise routine should emphasize the upper body, be intensive for short durations of time and make you think quickly such as basketball, volleyball, ping pong, boxing, and interval training, basically any sport that you can be interactive with, have fun, and laugh.

**Earth:** Have a strong digestive system but can get in trouble with overeating or eating to many warming or spicy foods that will irritate their already overactive digestive system. Vegetables, especially green leafy vegetables, are their friend, they help calm the digestive system and bowels. They need to sit down and focus on their meal, chew slowly and calm their overactive mind. Because digestion tends to be overactive they can get GERD from eating too much to quickly and to late in the evening. They can have constipation or loose stool depending on their degree of bowel irritation or dryness. Any meat or poultry barbecued is a potential problem, especially if it's chicken. If the meat is cooked with vegetables or at the very least eaten with green leafy vegetables it will help counter some of the heat irritation from any warming food. All stimulants should be avoided, they will increase their anxiousness, insomnia, palpitations and acid reflux. Exercise should be less intense but with emphasis on strengthening their weak lower back and knees, while also calming their minds. Tai Chi Chuan, Qi Gong, Yoga, running, biking, swimming or aerobic exercises like running up stairs and walking down gently to strengthen the knees, squats for the back and knees, even walking in a relaxed manner with natural arm swinging will help.