



Hematogenic Constitution

Eye colour: Various shades of brown

Personality: Lively, Impulsive

*"Think of the consequences
before acting."*

Common Physical Conditions:

- Liver & gallbladder prone to under function, leading to digestive discomfort such as constipation, gas and reflux/indigestion.
- Hormonal imbalances and difficulties in regulating blood sugar.
- Varicose veins, anaemia, heart disturbances and high cholesterol.
- Anxiety, muscle spasms and cramps.

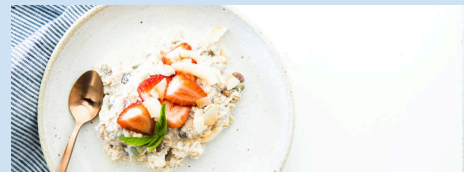
Beneficial Dietary Changes:

- Increase fibre from vegetables, whole grains & legumes to control cholesterol and blood sugar levels.
- Reduce animal fat to support cardiovascular health, choose lean proteins such as fish, free-range chicken and eggs.
- Consume bitter foods to improve digestion, such as rocket, lemon, vinegar, radish and Swiss chard, artichokes, and grapefruit.
- Maintain adequate hydration (aim for 2L of water per day).



Dinner idea

Baked fish and vegetables in foil with chimichurri sauce



Breakfast idea

Easy bircher muesli

Relevant Herbal Medicines:

The following medicinal herbs have been traditionally used to promote the production of digestive juices, in turn reducing reflux, gas, bloating and constipation. They also support liver health, and therefore appropriate cholesterol production and blood sugar regulation.

- Gentian
- Schisandra
- Eyebright
- Turmeric
- Ginger
- Chamomile
- St Mary's Thistle
- Gymnema
- Flaxseed

Supportive Exercise & Yoga:

Aim for aerobic-style exercise that promotes lymphatic fluid movement, such as swimming, mini-trampolining, jogging and cycling.



Child's pose

To activate the parasympathetic nervous system (Rest & Digest mode)



Spinal twist

To relieve constipation and intestinal gas