



Mixed Biliary Constitution

Eye colour: Blue or Green with yellow pigments, Hazel

Personality: Indecisive, Emotional

“Listen to the people who love you.”

Common Physical Conditions:

- Sluggish gallbladder – reduced fat digestion.
- Sluggish liver – impairing absorption of vitamins D, K, E, A and B12.
- Reduced digestive enzyme production.
- Irritable bowel symptoms like diarrhoea, constipation, bloating and flatulence.

Beneficial Dietary Changes:

- Minimise foods that burden the liver such as fried or fatty foods, alcohol, red meat, dairy products and sugary sweets.
- Drink warm water with a squeeze of lemon juice every morning to increase bile production.
- Eat a variety of fiber to keep the bowels moving daily, including brown rice, barley, chia seeds, oat/wheat, bran, apples and legumes
- Maintain adequate hydration with 2L of water per day, plus herbal teas, clear soups, mineral water and watery foods like watermelon, cucumber and cos lettuce.



Dinner idea

Vegetable and Barley Soup



Breakfast idea

Rhubarb Oat Bran Muffins

Relevant Herbal Medicines:

The following medicinal herbs have been traditionally used to support liver and gallbladder health to promote the production of bile. They also relax the digestive system, helping to reduce cramps, pain, flatulence and bloating.

- Barberry
- Dandelion root
- Peppermint/Spearmint
- Lemon Balm
- Chamomile
- Gymnema
- Cinnamon
- Globe Artichoke
- Psyllium Husk

Supportive Exercise & Yoga:

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



Legs up the wall

Before bed to improve sleep quality



Plough pose

To increase blood flow to all digestive organs & calm the mind