

Wellbeing Natural Medicine

Wellbeing Natural Medicine Practice
3 Wells Street
Inverness
IV3 5JT

NATURE Phlegmatic
ELEMENT Water
SEASON Winter
ILLNESSES Phlegm,
Catarrh
Chest disorders

TREATMENT
Treat with drying herbs like Thyme
and Hyssop to restore balance

EXCESS OF COLD:

- Weak digestion
- Diminished desire for drinks
- Laxity of joints
- Tendency to phlegmatic type of fevers and catarrhal conditions
- Cold things easily upset and hot things are pleasant and beneficial
- Suffer greatly in winter

COLD PHLEGMATIC

[1= Coldest]

1. Phlegm humor	7. Membranes
2. Hair	8. Nerves
3. Bones	9. Spinal cord
4. Cartilage	10. Brain
5. Ligaments	11. Fat
6. Tendons	12. Oil of the body
13. Skin	

Cold organs consist of phlegm; and tissues such as hair, bones, cartilage, ligaments, serous membranes, nerves, spinal cord, brain, solid and liquid fats and skin.

The phlegm or serous humor, is next to blood as far as the relative quantity present in the body is concerned. This humor is watery, cold, moist and white and moderates the strength, heat and thickness of the blood, nourishes the brain, and moistens and nourishes the moving parts of the body. If an abnormality of blood arises, heat will dissolve the phlegm humor into blood. Cancer, Pisces and Scorpio are the Zodiacal signs relating to this humor.

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