

Wellbeing Natural Medicine

Wellbeing Natural Medicine Practice
3 Wells Street
Inverness
IV3 5JT

NATURE Sanguine
ELEMENT Air
SEASON Spring
ILLNESSES Blood,
Over indulgence,
Gout, Diarrhoea

TREATMENT
Treat with cool dry herbs like Burdock root and Figwort to restore balance.

EXCESS OF MOISTURE:

- Puffiness
- Excessive salivation (mucous in saliva) and nasal secretion
- Tendency to diarrhoea and upset stomach
- Desire for moist type of foods
- Excess of sleep
- Puffiness of eyelids

WET SANGUINE

[1= Wittest]

1. Phlegm humor	7. Breasts and testicles
2. Blood	8. Lungs
3. Oil	9. Liver
4. Fat	10. Spleen
5. Brain	11. Kidneys
6. Spinal cord	12. Muscles
13. Skin	

Moist organs consist of phlegm; blood; and tissues such as solid and liquid fats, brain, spinal cord, breast, testicles, lungs, liver, spleen, kidneys, muscles and skin.

The sanguineous humor (blood), which is of a balanced nature, is hot and moist, sweet and red, and exceeds the other humors in proportion to quantity. It imparts strength and colour to the body and engenders the drives. Located in the heart, it relates to the Zodiacal constellations of Leo, Aries and Sagittarius.

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