

Wellbeing Natural Medicine

Wellbeing Natural Medicine Practice
3 Wells Street
Inverness
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NATURE Choleric
ELEMENT Fire
SEASON Summer
ILLNESSES Yellow Bile,
Bad temper
Liver disorder

TREATMENT
Treat with cool moist plants like rhu-
barb and violets or dandelion to re-
store balance

EXCESS OF HEAT:

- Feelings of uncomfortable heat
- Suffer greatly from fevers
- Easily fatigued
- Excessive thirst
- Burning and irritation in the pit of the stomach.
- Bitter taste in the mouth.
- Pulse weak, rapid and fast
- Intolerance of hot foods
- Relief and comfort from use of cold foods and things
- Suffer greatly in summer
- Inflammatory conditions
- Fatigue and loss of energy

HOT CHOLERIC

[1= Hottest]

1. Breath	6. Spleen
2. Blood	7. Kidneys
3. Liver	8. Walls of arteries
4. Flesh	9. Walls of veins
5. Muscles	10. Skin of palms and soles

Hot organs consist of vital force; blood; and tissues of the heart, liver, flesh, muscle, spleen, kidneys, breasts, testicles, muscular coats of arteries, veins, and of skin of the palm.

The choleric humor is bilious and is less plentiful in the body than either blood or phlegm. Its quantity is hot and dry, yellow or red and bitter. A part of it passes from the liver to the gallbladder and another part flows from the liver with other humors. This humor moderates moisture and provides a penetrating quality to the blood so that it may enter more readily into every tissue of the body. The choleric humor prevents the body from becoming heavy, sleepy and dull. It penetrates and opens passages and sustains those components of the body in which the fiery element predominates. Zodiacal signs of the bilious humor are Gemini, Aquarius and Libra.

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