

# 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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