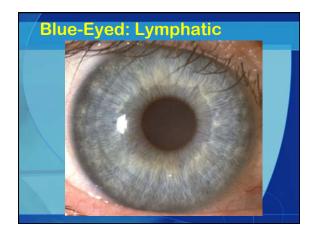


Major Constitutional Types Lymphatic (blue eyes) Biliary (mixed colored eyes) Hematogenic (brown eyes)



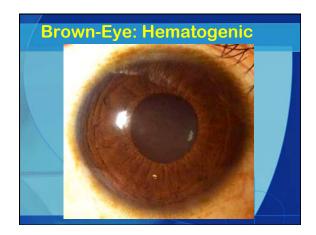
Lymphatic Areas of Risk

- Lymphatic System prone to lymphatic congestion
- Respiratory System prone to sinus problems, allergies and asthma
- Urinary System prone to over acidity due to poor kidney function
- Mucus Membranes prone to problems with the membrane linings of the lungs, sinuses, digestive tract and urinary passages



Billiary Areas of Risk

- Gastrointestinal System prone to problems with digestion and metabolism of nutrients resulting in a higher level of toxicity
- Liver difficulty with liver detoxification, which can make a person prone to PMS, migraines, skin problems, etc.
- Gallbladder may have difficulty digesting fats, prone to gall bladder problems
- Pancreas tendency to blood sugar problems, hypoglycemia and diabetes



Hematogenic Areas of Risk

- Circulatory Disorders higher risk of heart disease and imbalances in blood chemistry (such as anemia, thicker blood)
- Gastrointestinal Tract, Liver and Gallbladder –same tendencies as biliary type
- Minerals tend to have difficulty storing minerals and more prone to hardening of lymph tissue
- Glandular System prone to hormonal imbalances

Major Constitutional Subtypes

- Overacid/Febrile
- Uric Acid Diathesis
- Hydrogenoid (Lymphatic Tophi, Ring of Harmony)
- Scurf Rim (Ring of Purpose)
- Lipemic Diathesis (Sodium/Cholesterol Ring, Lipid Ring, Ring of Determination)



Overacid / Febrile

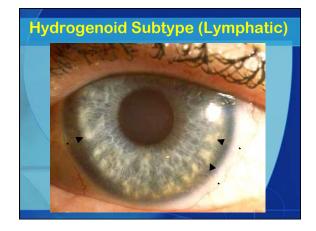
Overacid/Febrile Areas of Risk

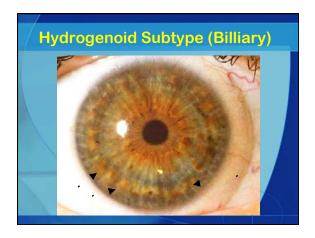
- · Overacid: Blue iris with whitish fibers
 - Tendency to high acidity in the tissues due to possible kidney weakness
 - Increased risk of allergies, arthritis and fibromyalgia
- Febrile: White-blue iris
 - Tendency to fevers, especially as a child
 - More prone to acute inflammation and exudative conditions
 - May be quick-tempered, but also tend to get over things quickly

Uric Acid Diathesis

Uric Acid Areas of Risk

- Kidneys tend to have difficulty in removing acid waste from the body resulting in higher levels of uric acid
- Increased risk for joint problems such as gout, rheumatism, arthritis and back pain
- Increased risk of kidney stones and urinary tract inflammation





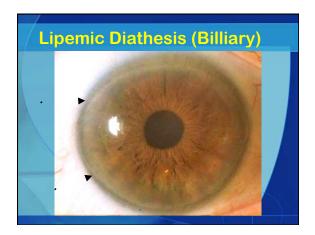
Hydrogenoid Areas of Risk

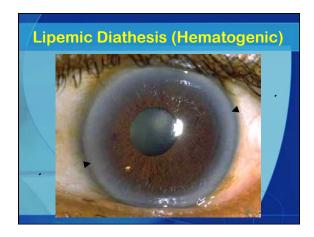
- Increases all lymphatic type tendencies
- Greater tendency to excessive mucus production, lymphatic congestion and fluid retention
- Prone to hyper-reactive immune system (allergies, asthma, auto-immune conditions like rheumatoid arthritis)
- Dislike discord and contention, want harmony in their lives, may have difficulty with personal boundaries



Scurf Rim Areas of Risk

- Suppressed elimination through the skin (lack of perspiration) which adds to kidney stress
- Increased risk of skin conditions like acne, psoriasis and eczema
- Tendency to poor circulation in the extremities
- Feel a sense of mission or special purpose in life, but have trouble finding it, may have a fear of failure and trouble with finding focus in their lives





Lipemic Areas of Risk

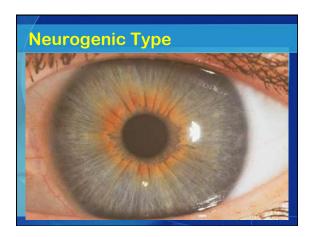
- Sign of liver dysfunction with impaired fat or glucose metabolism
- May also be a sign of glandular problems (pancreas, thyroid, adrenals)
- Increased risk for cardiovascular disease (especially if it shows up before the age of 50, not as big of a problem in the elderly)
- Indicates a very strong-willed, determined personality, person can be hard-headed and inflexible

Structural Integrity Resiliency Neurogenic Connective Tissue Polyglandular (Daisy-Petal Eye) AnxietyTetanic

Resiliency Indicates

- Our ability to work hard and handle physical stress without suffering ill health
- · Our ability to resist illness
- Our ability to recover from illness or injury
- How much abuse our body can take without breaking down





Neurogenic Areas of Risk

- Prone to nervous system weakness
- May experience headaches, vascular spasms, skin eruptions from nerves
- Tend to be hard working, often don't know their own limits
- Have the personality characteristics of active/kinesthetic types (to be discussed later)

Connective Tissue Type

Connective Tissue Areas of Risk

- Tendency to a lack of structural (connective tissue) strength
- Increased risk of organ prolapse, varicose veins, hemorrhoids, subluxations, hernias, etc.
- Difficulty holding onto minerals
- Requires longer recovery time from injury or illness
- Emotional/Spontaneous personality type (to be discussed later)



Polyglandular Areas of Risk

- Structural and personality tendencies same as connective tissue types
- General weakness of the glandular system
- Also prone to weakness of the digestive system and intestinal irregularity
- May also include weakness in the heart, liver and kidneys

Anxiety Tetanic Subtype

Anxiety-Tetanic Areas of Risk

- Increased neuromuscular tension and stress
- Risk for disorders related to tension such as tension headaches, TMJ, tachycardia, angina, spams, etc.
- Tend to be hyperachievers
- May suffer from mood swings, depression, hysteria, etc. and be attracted to stimulants

Basic Personality Types

- Emotional/ Spontaneous (Flower)
- Analytical/Thinking (Jewel)
- Active/Kinesthetic (Stream)
- Extremist/ Innovative (Shaker)
- Inner vs. Outer Directed

Emotional/Spontaneous (Flower)

Emotional/Spontaneous Characteristics

- Tend to be open-minded, flexible in thought processes and attitudes and spontaneous in decision making
- Make decisions based primarily on feelings ("I feel...")
- Auditory learners, visual communicators
- Respond with "round sounds" like "Oh, Wow, Ooh"

Analytical/Thinking (Jewel)

Analytical/Thinking Characteristics

- Tend to be initially skeptical, thoughtful and deliberate in decisionmaking
- Make decisions based on mental analysis ("I think...")
- Visual learners, auditory communicators
- · Respond with "short" sounds like
- · "Ah, Uh, Huh"



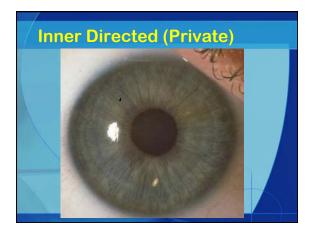
Active/Kinesthetic Characteristics

- Tend to be sensory and body oriented, strongly empathetic and balanced in their approach to life, tend to be active and hard-working
- Make decisions based on gut instinct ("I sense...")
- Visual/auditory learners (imitation), touch/movement communicators
- · Respond with "Mmm, Hmm"



Extremist/Innovative Characteristics

- Progressive thinkers, early adopters, tend to be on the cutting edge of things, can be very dynamic and restless
- · Vacillate in decision making
- Touch/movement learners (trial and error), visual/ auditory communicators
- Will tend to be more auditory, visual or kinestheic



Inner Directed Characteristics

- Tend to be introspective and reserved
- Tend to keep thoughts and feelings inside, need to feel safe before they will open up
- Observant of others
- Need to learn to express what is inside of them



Outer-Directed Characteristics • Tend to be outgoing and expressive

- Tend to externalize thoughts and feelings
- Often enjoy attracting attention, tend to be achievement-oriented
- Need to learn restraint and introspection















