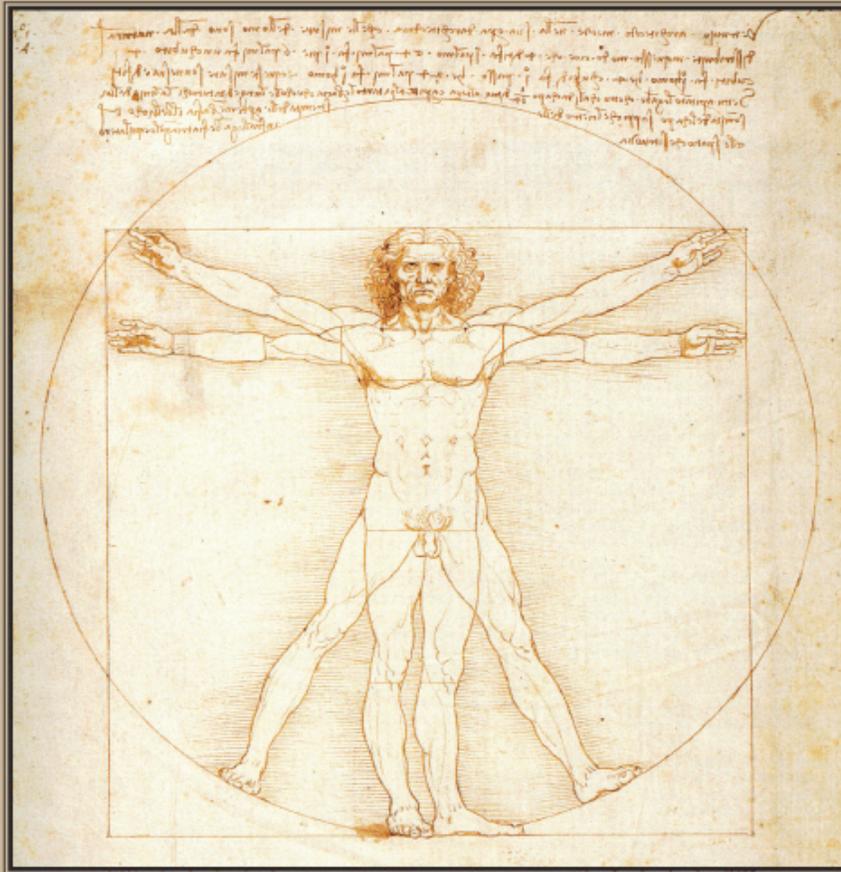


CORE CONSTITUTION



&

THE DIET FOR CONSCIOUSNESS

AN INDIVIDUALISTIC APPROACH TO HEALTH AND WHOLENESS

GREGORY BONDI

**CORE CONSTITUTION &
The Diet for Consciousness
Workbook**

By

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Author's Note

The *Core Constitution* Workbook is a concise and abbreviated version of the main principles underlying elemental constitutional typing. This workbook is intended as practical guide and a basic implementation tool to follow after reading *The Author's Key to Core Constitution* and the complete published version of *Core Constitution and The Diet for Consciousness*.

FOREWORD

Having read, *The Author's Key to Core Constitution*, you understand my perspective that awareness of true nature is by no means contingent on any specific type of body balance. That being said, the body is the only means by which one can consciously become aware of 'Being' in the first place. In the end, there is no escaping the body. At some point, each and every one of us will have to come to terms with our own body's very unique needs and requirements.

There are endless dietary systems, plans, and programs. Many have merit and all have some value. What I hoped to achieve when publishing *Core Constitution*, was an explanation of what and why balance is necessary in the relative world.

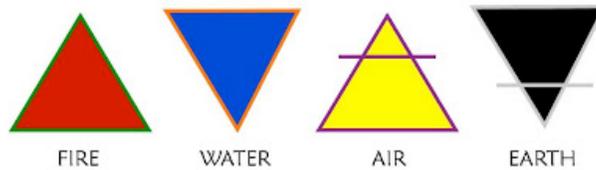
The body takes form out of the gross elements of nature. Everything that exists in nature is bound in some aspect or another to the Laws of Nature. Once you grasp how these set laws affect the body on a fundamental level, you not only can begin to make informed adjustments, but also will better comprehend why some dietary plans may fit your needs while others simply do not. Ultimately, I want you to understand the 'Physics of Balance'.

~Excerpt from the *Author's Key*: There is nothing outside the one. Distinctness, separateness, and uniqueness manifest fully in the world, however the backdrop these conditions exist within is unequivocally undivided and whole. As a result, all distinct and individual energies balance by incorporating their opposite. This is the most

fundamental key to be able to put into practice *Core Constitution*: **we each achieve a unique balance by identifying and pushing toward opposite energies**. This balancing must happen throughout all levels, including diet, exercise, and emotional/mental stabilizing. I call this concept the 'Physics of Balance'.

INTRODUCTION

Life is the result of a constant interaction between four essential elements: fire, air, water and earth.



Fire, air, water and earth create. Core Constitution relies on the primary principle: four elemental energies (fire, air, water, earth) manifest as the

four major systems of the body. The physiological expression of these four elements is: fire/metabolism, air/respiration, water/circulation, and earth manifested through the skeletal system. In the macrocosmic world, the four elements need to sustain perfect balance and proportion to support life. In the microcosm of the body, the elements can exist out of perfect proportion; however they do require balancing to continuously sustain life. The primary goal is to strengthen and balance these four forces.

ONE
THE MAJOR SYSTEMS OF THE HUMAN BODY

The major systems of the body are the digestive, respiratory, cardiovascular and muscular/skeletal. The sub-systems, such as the lymphatic and urinary tract, work alongside the cardiovascular system, while the nerve fibers link all the systems through a sense network. Digestion correlates to the element fire, respiration to air, circulation to water, and the muscular/skeletal to earth. The nervous system controls and affects the four major systems according to individual elemental strengths and weaknesses. The nervous system enables conscious awareness of

imbalances that arise within all the systems of the body.

Below are some highlighted notes from *Core Constitution and The Diet for Consciousness* in reference to the four elements and their specific relationship to the major systems of the body.

FIRE

Energy and movement are the simplest expressions of the element fire. Subsequently, energy for movement is the key concept of the digestive system.

Fire, in its most basic function, requires the human organism to learn how to effectively access and sustain energy for motion.

AIR

Exchange stimulates air. Acquiring intentional characteristics from the exchange, air then stimulates movement. The respiratory system's base function is to facilitate and express the inherent air characteristics of exchange/intention.

Air lifted to its highest expression becomes clarity.

WATER

Absorption and distribution are the essential characteristics dominating the cardiovascular system. These basic traits originate from the elemental qualities of water.

Translated by the human psyche, water sensitivity becomes emotion, desire, and the faculty of imagination.

Water lifted to its highest expression elevates emotion to become intuition and vision.

EARTH

The basic attributes of elemental earth and the muscular/skeletal system are structural support and foundation.

The lower nature of elemental earth expresses the human capacity to: create structure and foundation, build, separate, define and successfully support life.

The element earth's highest expression is to strengthen, stabilize and add consistency, rhythm and pace to all life processes.

SUMMARY OF ELEMENTAL CHARACTERISTICS

ELEMENT	LOWER NATURE	HIGHER NATURE
FIRE	Energy & Movement	Change & Transformation
AIR	Exchange & Intention	Clarity & Direction
WATER	Emotion & Desire	Intuition & Vision
EARTH	Support & Foundation	Strength & Consistency

TWO**CORE CONSTITUTION**

Core Constitution is an imprint of the four elemental energies. The imprint is offset, with elemental energies varying in combinations and proportions. This imbalance of energy creates diversity and individual characteristics. Disproportionateness among the four elemental energies becomes visible in an individual's behavior/emotional reactions, voice, skeletal structure, color, pulse, metabolism and many other natural/inherent characteristics. The energy between the four elements naturally strives for perfect proportion. However,

there will always remain a strong tendency and affinity for the original imprint, as all of creation is an expression of uniqueness and duality.

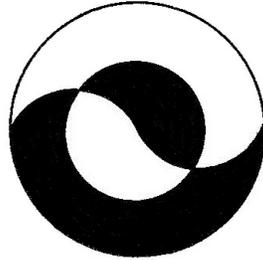
Hypothetically, if we propose the ideal distribution between the four elemental forces to be 100%, divided equally, we would consider 25% as the ideal ratio between the four. Consequently, we could propose strong elements are supportive, having 18.75 to 25 percent energy. Strong elements represent our natural skills and talents. Excess elemental energy corresponds to 25% or higher energy percentages. These overly dominant elements are the root cause of many imbalances. Conversely, core elements in excess are also the greatest sources of inspiration and motivation in our lives. Weak elements are deficient, having 12.5 or less energy percentages. Weak elements denote the majority of our life lessons and struggles.

Core Constitution is based upon the primary principle: fire, air, water, and earth manifest as the four major systems of the body. The primary goal is to achieve a fundamental balance in body, mind, and

spirit by determining and strengthen weak elements and pulling energy away from overly dominant elements. To help aid you in this determination process, the next chapter will focus on an in-depth look at each of the four elements and their corresponding associations.

THREE**THE ELEMENTS**

This chapter is dedicated to the four elements, their descriptions, correspondences and associations. In spending time getting as familiar as possible with the four elemental energies, you will then be able to make the leap in the last chapter to identify constitutional characteristics within yourself and determine specific dominances and weaknesses. Before we jump into the four cardinal elements, we will take a quick look at the fifth, hidden element, associated with the nervous system and that of Spirit.



THE NERVOUS SYSTEM

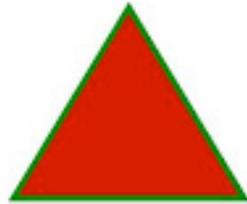
Keywords: cohesiveness, unity, purpose, placement, proportionality and balance.

The center of a wheel holds the spokes in place. Without a center there would be no wheel. As such, we cannot fully talk about the four elements without first mention of the fifth element, Spirit. Spirit is the source and connection among all the elements.

The nervous system represents the element of spirit/center. This fifth element reaches beyond the other four and remains completely unaffected by changes internal or external. Spirit is complete, whole and unified.

An individual with a strong center knows that nothing can exist without the proper placement of spirit in the context of one's life. Spirit is primary and adds cohesiveness to understanding the life-journey. Conversely, a weak center identifies itself when life lacks unity and cohesiveness.

The other four elements lend their qualities to the center as follows: water allows the center to express itself through emotion, imagination and vision. Air allows the center to express itself through sound and speech. Fire allows the center to express movement. Earth allows the center to manifest physically and provides integrity and consistency to all of the above.



FIRE

CHARTING FIRE

Keywords: energy, movement, vibrancy, mobilization, productivity, overactive, over-productivity and burnout.

The fire element identifies with the south. It represents energy having the natural ability to mobilize. Fire represents the human will in fulfilling inner goals and desires. A strong fire element sustains consistent, vibrant energy. Individuals with developed fire forces daily accomplish what they set out to do. Fire, also, is an element of transformation, hollowing and centering. Fire burns the earth element, transforming and awakening us to

new possibilities. Strong fire forces encourage self-growth.

Excess fire tends towards over-productivity and an inability to rest. This constitutional type feels physically compelled to move. Excess fire eventually burns out from an indulgence in movement, crashes and can damage the physical systems of the body. Adrenal glands often become severely taxed among individuals with excess fire.

A deficient fire element results in sedentary behavior. An individual with this constitutional type may feel motivated, however, can lack the necessary energy to successfully carry out his or her intentions. Individuals with deficient fire forces often struggle daily with their energy levels and a capacity to sustain movement. Deficient fire adjusts quickly when an individual changes diet and increases exercise levels.

THE CORE WORKINGS OF FIRE

Fire develops a moderate frame with medium-developed muscles. Chests are somewhat full, but not large. Hair is usually soft, oily and has red or yellow undertones. Eyes are sharp and penetrating. The pulse for a fire type is excited, jumpy, prominent and short. Individuals with strong to excessive fire proportions within their core constitution will reflect some or possibly all of the above characteristics. Individuals lacking in fire elemental energy will exhibit only a few of the above characteristics in their physical structure.

Fire's Primary Affect On Physiological Activity

denotes an autonomic nervous system balance. Excess fire forces will shift the body towards a sympathetic dominance, switching on organs and glands involved in energy utilization and withdrawing energy from the digestive tract. Consequently, the body may require nutrients for cellular processes, but does not receive the proper nutrient sources because hunger remains

suppressed. Sympathetic dominance results in overall poor digestive capability.

Weak to deficient fire forces shift the body towards a parasympathetic dominance, switching on organs and glands involved in digestion and turning off activities concerned with energy utilization. Consequently, hunger becomes strong and often insatiable. The body may not require nutrients for cellular processes, but receives them in excess because hunger is over-stimulated by the constant production of digestive juices. Parasympathetic dominance results in poor energy availability, triggering the body into unnecessary rest and recovery mode.

Well-developed fire forces, but not in excess, represent a balance in the autonomic nervous system: the body cycles proportionately between stimulating energy use and energy conservation. Digestion is

efficient and energy levels remain consistently steady.

Fire's Affinity For Diet concentrates on fat ingestion. Each elemental proportion within an individual constitution directly corresponds to the quantity and proportion of food required by that specific food type. However, the quality of that food is directly determined by the complementary paired element. More specifically, the amount of fire in a constitution determines the amount of fats needed in a dietary ratio. The kind or quality of fat sources is determined by the amount of the complementary earth element in that constitution.

Excess fire constitutions require fewer fats on a daily basis to achieve balanced metabolism. Too much fat intake for an excessive fire type will exacerbate fire energy and eventually manifest as a disease or chronic disorder among the four systems of the body. Fats continually stimulate the already overly dominant

beta oxidation within cells. Beta oxidation is the first step in the conversion of fats by producing acetyl coenzyme-a, the complimentary catalyst to oxaloacetate used in the citric acid cycle to complete fat breakdown. This constitutional type should avoid heavy fat meals.

Weak to deficient fire constitutions require higher amounts of fat ingestion on a daily basis in order to achieve metabolic balance. Too little fat intake will suppress beta oxidation and encourage imbalanced metabolism. This constitutional type should have heavier fat meals.

Strong/balanced fire constitutional types require an average amount of fats in their daily diet to support energy production and cellular activity.

The quality of fat, regardless of quantities or fire proportionate energy, is determined by the complimentary earth element. Excess earth (with

relation to fire) shifts the body towards anabolism by over producing sterol fats that decrease cell membrane permeability. Oxygen is less available to the cells. Consequently, metabolic activity switches over to fermentation processes to produce energy without the need for oxygen. An individual with excess earth in his or her constitution should limit animal/saturated fat (sources of sterols) and concentrate on essential fatty acid sources, such as flax seed and extra virgin olive oils.

Weak and deficient earth forces (with relation to fire) in a constitution shifts the body towards catabolism by over-producing fatty acids that increase cell membrane permeability. Oxygen levels in a cell increase. Consequently, metabolic activity focuses more on oxidation processes to produce energy.

Individuals with deficient earth in their constitution should limit oils rich in fatty acids and concentrate on sterol rich fat sources, such as animal fats (including eggs) and dairy fats or non-animal sources

of sterols, occurring as phytosterols. Phytosterols are found in certain oils such as corn and rapeseed, and in various nuts and seeds such as tahini (sesame seed butter). Phytosterols provide an alternative plant source of sterol fats for individuals sensitive to animal products.

Strongly developed, but not excessive, earth energy (with relation to fire) represents balanced cell membrane permeability and proportionate anabolic and catabolic metabolic processes. Diets should incorporate a proportionate mix of sterol rich fats and fats high in essential fatty acids.

Fire's Affinity In Cooking Methods is sauté. Sautéing concentrates energy in food. Individuals with excessive fire traits should lean towards different cooking methods to achieve a balance in their diets. Individuals with weak to deficient fire traits should incorporate sauté into their daily/weekly food preparation to build and strengthen fire forces.

Fire's Affinity In Exercise is towards practices that stimulate fat metabolism by increasing heart and metabolic rates. All activities that focus on endurance and sustained movement, such as aerobics, running, bicycling, or swimming, stimulate fire and strengthen the sympathetic nervous system. *Resistance training and weight lifting passively strengthen the fire element by raising metabolic rates through building muscle mass.* Individuals with excessive fire constitutions should avoid or limit exercises that over-stimulate the heart and energy metabolism. Individuals with weak to deficient fire constitutions would benefit greatly from incorporating any of the above exercises into their weekly routine.

Fire's Primary Emotion is anger. Strong to excessive fire constitutions will have a higher tendency and disposition towards anger and generally become easily agitated. Weak to deficient fire constitutions will

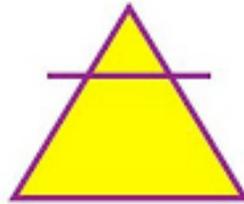
rarely experience feelings of anger or severe agitation.

Fire's Affinity Within The Day Cycle is midday to dusk. Individuals with strong to excessive fire energy may often feel extremely stimulated during the afternoon hours and have a tendency to overwork. Individuals with weak to deficient fire might feel a slight dip/decrease in energy during the afternoon and require some type of stimulation to keep moving efficiently throughout the day.

Fire's Affinity Within The Yearly Cycle is the summer solstice to fall equinox, the matured energy of expansion among the seasonal shifts. Strong to excessive fire individuals will favor this time and often need to pull back from hyperactivity during the summer solstice to fall equinox. Weak to deficient fire constitutions need to develop an appreciation for this seasonal time and harness the energy within to stimulate fire characteristic traits.

Fire's Destiny involves transforming attachment to the desires of the imagined self into an ability to surrender to the truth of the higher self.

Individuals with a strong to excess fire constitution will have a natural capacity to fulfill the destiny of elemental fire and would benefit greatly from any spiritual practices that encourage disciplined movement. Individuals with weak to deficient fire constitutions will have to consciously work at stimulating and mobilizing fire characteristics to fulfill this destiny.



AIR

CHARTING AIR

Keywords: communicative, ideas, intention, mental activity, inspiration, light, joyful, distractible, changeable, itinerant, impatient, rapid and quick.

The air element identifies the east. Air characteristics exhibit a desire for exchange and communication; air seeks mental stimulation. As a precursor to physical motion, air elemental energy concentrates and intensifies. It represents energy having the natural ability to stimulate movement through generating intention. This element longs to achieve decisive clarity, and, in addition, has a connection with all mental activity. A strong balanced air element, within a Core Constitution, has a

constant awareness of society and the environment, forming intentions to positively affect the surroundings.

Excess air expresses changeable and itinerant qualities. Mental activity is over-stimulated; thoughts arise rapidly and disperse quickly. An individual with excess air in his or her constitution often cannot hold focus, and experiences anxiety, confusion and uncertainty. Individuals may often feel immobilized and trapped by indecisiveness as fluctuating ideas/intentions continually disperse energy. Excess air hinders sustained movement. Balancing excess air requires a consistent effort to harness and hold down singular intentions.

Conversely, when air lacks sufficient energy in a Core Constitution, an individual exhibits undirected and unmotivated behavior. Deficient air often breeds complacency, simply because the individual does not have the capability to imagine anything new. Mental activity is generally slow, and ideas arise sparingly in a constitution lacking strong air forces.

THE CORE WORKINGS OF AIR

Air develops a thin, long frame with under-developed muscles. Chests are flat. Hair is usually dry, curly and scanty. Eyes are small and lack luster with fine eyelashes. The pulse for an air type is fast, irregular, narrow and moves position. Individuals with strong to excessive air proportions within their Core Constitution will reflect some or possibly all of the above characteristics. Individuals lacking in air elemental energy will exhibit only a few of the above characteristics in their physical structure.

Air's Primary Affect On Physiological Activity denotes a cellular oxidative metabolic balance. Excess air forces will shift the body towards a fast oxidative rate of metabolism, rapidly converting sugars into energy by means of oxidation and, consequently, acidifying the system through a swift increase in metabolic wastes. Fast oxidation triggers many effects

on the body, one being a slight change in blood pH from alkaline to slightly acidic.

Weak to deficient air forces shift the body towards a slow oxidative rate of metabolism, very gradually converting sugars into energy because of poor oxidation and, consequently, alkalizing the system through a decrease in metabolic wastes. Slow oxidation triggers many effects on the body, one of them being a slight change in cellular pH from slightly acidic to an alkaline environment.

Well-developed air forces, but not in excess, represent a moderate balance in oxidative rates. Blood pH remains slightly alkaline to facilitate absorption and distribution of nutrients, while cells maintain a slightly acidic pH to catalyze metabolic activity.

Air's Affinity In Diet concentrates on carbohydrate ingestion (includes fruits and a few starchy

vegetables that when digested breakdown into substantial sources of dietary sugars). Each elemental proportion within an individual constitution directly corresponds to the quantity and proportion of food required by that specific food type. However, the quality of that food is directly determined by the complementary paired element. More specifically, the amount of air in a constitution determines the amount of carbohydrates needed in a dietary ratio. The kind or quality of carbohydrate is determined by the amount of the complementary water element in that constitution.

Excess air constitutions require fewer carbohydrates on a daily basis to achieve balanced metabolism. Too much carbohydrates or simple sugars for an excessive air type will exacerbate air energy and eventually manifest as a disease or chronic disorder among the four systems of the body. Carbohydrates and simple sugars continually stimulate the already overly dominant action of glycolysis within cells.

Glycolysis is the oxidation of carbohydrates to produce energy and oxaloacetate, a catalyst needed for the citric acid cycle that completes the breakdown of fats for energy and is responsible for 80% of total energy production. Rapid glycolysis of carbohydrates, or otherwise termed fast oxidation, increases blood acidity. Excess air types must ingest complex carbohydrates predominately and view simple sugars as poisons to their metabolic type. This constitutional type should avoid breads and baked goods, even if they are made of whole grains; however, sprouted/flourless grain breads are suitable. Excess air types should refrain from eating fruits or starchy vegetables (sweet potatoes, potatoes, winter squash, carrots...) alone, and would be better to incorporate protein with these foods to slow sugar metabolism. Individuals with excess air should also limit fruit juices, which severely agitate energy levels due to their high sugar concentration.

Weak to deficient air constitutions require higher amounts of complex carbohydrates on a daily basis in order to achieve metabolic balance; too little carbohydrate intake will suppress oxidative rates and encourage the metabolic imbalance. Breads and baked goods made with whole grains are fine for this metabolic type. This type can also consume most fruits/fruit juices and starchy vegetables without incorporating protein, since sugars are not metabolized quickly from cellular oxidation.

Strong/balanced air constitutional types require an average amount of complex carbohydrates in their daily diet to support energy production and cellular activity. These types also do not have to be overly concerned when eating fruits, starchy vegetables, or drinking fruit juices, although they would do best if incorporating a little protein with these foods to ensure consistent sugar utilization and energy production. Drinking fruit juices after a meal that incorporates protein would be best.

The quality of carbohydrate, regardless of quantities or air proportionate energy, is determined by the complementary water element. Excess water (with relation to air) shifts the body towards fluid/electrolyte excess: too much water disperses/dilutes nutrients suspended in the blood and can hinder cellular absorption. Drier, less watery and moist carbohydrate intake balances fluid/electrolyte levels. Dried or cooked fruits are best, for they contain less water. Furthermore, an individual with excess water in his or her constitution should avoid drinking liquids soon before or after a meal and limit salt intake.

Weak and deficient water forces (with relation to air) in a constitution represent a shift to fluid/electrolyte deficiency. A lack of water causes blood thickening and nutrients to lose discrete suspension. Nutrients clump and hinder cellular absorption. Extremely moist carbohydrate intake

balances fluid/electrolyte levels. Fresh fruits are best, for they bring water into the system.

Furthermore, an individual with deficient water in his or her constitution should drink liquids soon before or after a meal and slightly increase salt consumption to aid nutrient discreteness within the blood.

Strongly developed, but not excessive, water energy (with relation to air) represents balanced fluid/electrolyte levels within the system. Water and salt consumption should be average and proportionate for weight and activity levels.

Air's Affinity In Cooking Methods is steaming and flavoring. Steaming lightens the energy in food, and spices stimulate that energy. Individuals with excessive air traits should lean towards different cooking methods to achieve a balance in their diets and use mild, calming spices such as parsley and ginger. Individuals with weak to deficient air traits should incorporate steaming into their daily/weekly

food preparation and use stronger spices such as hot pepper and curries to stimulate and strengthen air forces.

Air's Affinity In Exercise is practices with an emphasis on breath work such as: Qi Gong, Tai Chi, or yogic pranayam exercises. All activities that focus on strengthening breath capacity fortify air.

Individuals with excessive air constitutions should avoid or limit exercise that focus on increasing breath capacity. Individuals with weak to deficient air constitutions would benefit greatly from incorporating any of the above exercises into their weekly routine.

Air's Primary Emotion is joy. Strong to excessive air constitutions will have a higher tendency and disposition towards needing to feel joy daily and generally appear joyful. Excess air types react severely to dull melancholy. Weak to deficient air constitutions will rarely experience overwhelming

feelings of joy and would not feel unsatisfied for having a dull day.

Air's Affinity Within The Day Cycle is dawn to midday.

Individuals with strong to excessive air energy may often feel stimulated during the early morning and over-anxious to accomplish. Individuals with weak to deficient air might feel a slight lethargy during the morning hours and require more time to motivate themselves.

Air's Affinity Within The Yearly Cycle is the winter solstice to spring equinox - the young energy of expansion among the seasonal shifts. Strong to excessive air individuals will favor this time and often need to pull back from over-stimulated mental activity during the winter solstice to spring equinox. Weak to deficient air constitutions need to develop an appreciation for this seasonal time and harness the energy within to fortify air characteristic traits.

Air's Destiny involves the integration of planning and decision-making in a way presided over by clarity, equality and integrity. Individuals with a strong to excess air constitution will have a natural capacity to fulfill the destiny of elemental air and would benefit from meditative practices to achieve focus. Individuals with weak to deficient air constitutions will have to consciously work at stimulating and generating air characteristics to fulfill this destiny.



CHARTING WATER

Keywords: dream, vision, imagination, creativity, self-worth, nourish, emotion, feeling, fear, reactive, oversensitive, fluxing, moodiness, longing, desirous, addiction and spread out.

The water element identifies with the west. It represents energy having the natural inclination to dream, envision, nourish, desire and feel emotion. Water has an inherent capability to imagine/envision, creating templates for all physical manifestation; water dreams. A strong water force supports and nourishes life through the distribution of nutrients. This element feels desire to push forward, overcome

obstacles and seek union; water longs to merge and experience wholeness through developing relationships.

Water exists in many forms: rivers, streams, ponds, lakes, pools and oceans. Each has unique characteristics and reflects the many potentials of elemental water. Individuals share in this potential to exhibit differing character traits. An individual's affinity or draw towards a particular aspect of water directly affects the way excessive water or deficient water tendencies surface.

Excess water leans towards overly emotional states and reactivity. Excess water has a strong potential to lose a sense of reality and gravitate toward fantasy. The body can become prone to weight gain, as individuals with excessive water traits often develop eating disorders. The personality can become hypersensitive and emotionally unstable.

Excess water, drawing upon a direct relationship with rivers and fast-moving streams, has the greatest potential to demolish secure foundations and leave individuals constantly struggling to 'make it' in the

world; excess water erodes and destroys banks. Excess water leads to dispersion and wasted energy from pursuing scattered desires or whims. Water also has tidal characteristics like the ocean; highs are often followed by lows and lows lead into highs. Excessive water, consequently, can trigger a roller coaster of hyperactivity and depression. Water, drawing upon a relationship with lakes or ponds, exhibits intense feelings of longing and neediness. Excess water can lead the individual astray into all sorts of unhealthy relationships and addictions to fill the void and emptiness felt within.

When water forces are deficient in energy, an individual lacks feeling, desires and inward emotional pulls. Deficient water, drawing upon a direct relationship with rivers and streams, lacks momentum and settles; deficient water may sense a goal or destination, but has no desire or inward motivation to reach it. Deficient water with tidal characteristics will experience slight, rarely noticeable, fluctuations in mood and temperament. Water, drawing

upon a relationship with lakes or ponds, has an inherent disposition towards feelings of longing and neediness, however, will not often experience them to degrees in which they become motivating factors. Weak water acquires energy and strength by stimulating the emotions.

Weak and excessive water states, at times, appear strangely similar; however, there is a fine difference between the two imbalances. Deficient water lacks a desire for growth and achievement, whereas, excess water may result in an actual lack of growth and achievement. The separating factor is the first force does not generate internal pull/movement; yet, the path forward exists. The second force has inherent pull/movement; yet, the path forward becomes obscured by dispersion or erosion.

THE CORE WORKINGS OF WATER

Water develops a wide frame with under-developed muscles. Chests are full and voluptuous. Hair is usually oily, wavy and thick. Eyes are medium

advancing towards large with rich eyelashes. The pulse for a water type is strong, regular and very wide.

Individuals with strong to excessive water proportions within their Core Constitution will reflect some or possibly all of the above characteristics.

Individuals lacking in water elemental energy will exhibit only a few of the above characteristics in their physical structure.

Water's Primary Affect On Physiological Activity

represents a fluid/electrolyte balance. Excess water forces in a constitution will shift the body towards fluid/electrolyte surplus, retaining a higher concentration of salt in the blood and, consequently, increases water retention and the dispersion of nutrients. Excess fluid/electrolyte imbalances trigger a decrease in energy due to the dilution of essential nutrients needed for cellular metabolism. Excess fluid levels can also slightly lower body temperature and reflect an increase in weight.

Weak to deficient water forces in a constitution will shift the body towards fluid/electrolyte deficiency, lowering the blood salt concentration. This leads to decreased water levels and the increased clumping of nutrients. Deficient fluid/electrolyte imbalances trigger a drop in energy due to essential nutrients losing discrete dispersion and cells not able to absorb adequate fuel for metabolism. Lower fluid levels can also slightly increase body temperature and reflect a decrease in weight.

Well-developed water forces, but not in excess, represent a balance in fluid/electrolyte levels within the body. Nutrients absorbed into the blood from the intestinal tract remain discrete, allowing for efficient cellular transport and utilization. Balanced fluid/electrolyte levels encourage proper metabolic activity and prevent wastes from flushing back into cells that can occur when excess water is present in interstitial fluid.

Water's Affinity In Diet concentrates on nutrient/mineral-rich vegetables. Each elemental proportion within an individual constitution directly corresponds to the quantity and proportion of food required by that specific food type. However, the specific type of that food is directly determined by the complementary paired element. More specifically, the amount of water in a constitution determines the **amount and quality*** of vegetables needed in a dietary ratio. The **specific type** of vegetables is determined by the amount of the complementary air element in that constitution. *This differs slightly from the other elements that only share a direct relationship to the amounts when considering the excess or deficient elemental proportion in a constitution. The reason for this is vegetables contribute essential minerals for tissue repair/growth and do not contribute significant amounts of nutrients for energy conversion. The quantities needed by the body remain consistent regardless of constitutional types. Vegetable quantities, alone, do not have the potential to upset*

the fluid/electrolyte balance: the quality and quantity of a vegetable either balances or imbalances this homeostatic control within the body. Therefore, when considering the correlation between water proportion and quantity of vegetables, the quality of the vegetable (watery or dry) shares in the elemental relationship. The specific types of vegetables required to balance metabolic activity still correlates to the complementary air element for definitive recognition.

Excess water constitutions should avoid watery/cooling vegetables (i.e. cucumbers, lettuce, celery) on a daily basis to achieve balanced metabolism. Too many watery/cooling vegetables for an excessive water constitution will exacerbate water energy and continually promote fluid/electrolyte surplus.

Weak to deficient water constitutions require greater amounts of watery/cooling vegetables on a daily basis to achieve balance; too little of this quality of

vegetables will continually promote a system imbalance towards deficiency among fluid/electrolyte levels.

Strong/balanced water constitutional types require a mix of vegetables, including the more watery/cooling vegetable sources in their daily diet to support a natural fluid/electrolyte balance within the system.

The specific kinds of vegetables, regardless of quantities or water proportionate energy, are determined by the air element. Specific kinds of fruit are also important to consider here, because of the shared relationship with the air element and because fruits vary in types similar to vegetables. Excess air (with relation to water) shifts the body into a fast oxidative rate of metabolism, rapidly converting sugars into energy by means of oxidation and, consequently, acidifying the system through a swift increase in metabolic wastes. Efficient cellular absorption of nutrients from the blood requires a slightly alkaline pH environment, as does the small

intestines for complete nutrient absorption into the bloodstream. Foods are either predominately acidic (expansive) or alkaline (contractive). Food can directly influence pH levels. Alkaline vegetables (i.e. broccoli, green beans, kale, collards, cabbage, yellow squash, onions, sweet potatoes, all winter squashes...) balance excess air by lowering acid levels in the blood and promoting increased absorption and distribution of nutrients. Individuals with excess air in their Core Constitutions should also avoid highly acidic substances such as vinegars and acidic fruits such as strawberries, raspberries or citrus. Lemon and lime in small quantities are alkalizing.

Note: The human system maintains a relative homeostasis to survive and function. A severe change in any number of inner conditions can result in death. However, there are optimum conditions for specific activities carried on by the body, example: pH. These optimal states can fluctuate in very small degrees without completely disrupting homeostasis. A slight

fluctuation, in either a positive or a negative direction, is still a diversion away from the optimal and can affect each system's overall efficiency.

Weak and deficient air forces (with relation to water) shift the body towards a slow oxidative rate of metabolism, very gradually converting sugars into energy because of poor oxidation and, consequently, alkalizing the cellular environment through a decrease in the production of oxaloacetate acid. Slow oxidation triggers a slight change in cellular pH from mildly acidic to mildly alkaline. Efficient cellular metabolism requires a slightly acidic pH environment. Acidic vegetables (i.e. tomatoes, eggplant, potatoes, peppers, zucchini, spinach, asparagus, beet greens...) balance deficient air by increasing systemic acidity and promote an increase in energy metabolism.

Individuals with deficient air in their Core Constitutions should incorporate acidic substances such as vinegars and acidic fruits such as strawberries, raspberries or citrus in their diets.

Strongly developed, but not excessive, air energy (with relation to water) represents a balanced oxidative rate. A mix of acidic and alkaline vegetables (and fruits) supports this natural equilibrium in oxidation metabolism.

Water's Affinity In Cooking Methods is boiling and soup preparation. Boiling disperses the energy within food and soups promote nutrient distribution. Individuals with excessive water traits should lean towards different cooking methods to achieve a balance in their diets. Individuals with weak to deficient water traits should incorporate boiling and soup making into their weekly food preparation to encourage and strengthen water forces.

Water's Affinity In Exercise is movement with an emphasis on flexibility and flow. All activities that relax and dissipate tension/tightness, such as yoga or Tai Chi, stimulate elemental water. Individuals with

excessive water constitutions should avoid or limit exercise that focuses solely on flexibility and relaxation. Individuals with weak to deficient water constitutions would benefit greatly from incorporating yoga or Tai Chi into their exercise routine.

Water's Primary Emotion is fear. Fear has a quality of contraction that pulls inward. Fear often dampens motivation. Strong to excessive water constitutions, drawing upon a direct relationship with rivers and fast moving streams, will often experience feelings of fear. However, having a strong desire to push forward, they will quickly overcome any emotional obstacles. Excess water constitutions with a relationship to the ocean will fluctuate between overwhelming feelings of fear during low times and during high times when overstimulated energy surpasses any fears that may surface. Excess water, drawing upon a relationship with lakes or ponds, exhibits the strongest potential to become trapped by emotional reactions to the environment and completely obtund movement.

Conversely, weak to deficient water constitutions will rarely experience fear or any type of self-obstructed movement when encountering their emotions.

Water's Affinity Within The Day Cycle is dusk to midnight. Strong to excessive water constitutions, drawing upon a direct relationship with rivers and fast moving streams, will often experience over stimulation through the evening hours that inwardly push them to pursue their desires beyond a sense of physical tiredness or fatigue. Excess water constitutions with a relationship to the ocean, will fluctuate between high times of emotional based over-activity during the evening hours, and other days of low times during the evening where there is little inward motivation to do anything but sleep. Excess water, drawing upon a relationship with lakes or ponds, exhibits the strongest tendency towards relaxation and rest consistently during dusk to midnight. Individuals with weak to deficient water energy will feel little or no inward desire or pulls

during the evening hours and would benefit greatly from consciously pursuing a creative inclination or meditative practice after dusk to encourage elemental water.

Water's Affinity Within The Yearly Cycle is the summer solstice to fall equinox: the young energy of contraction among the seasonal shifts. Strong to excessive water individuals will favor this time and often need to pull back from over stimulation. Water, drawing upon a relationship with rivers and fast moving streams, will often push harder to reach their long-term goals during this time. Water with a strong relationship to the ocean, can often experience more severe fluctuations in mood and temperament during the summer solstice to fall equinox as water energy, dominant in the season, over stimulates the emotions. Water, drawing upon a strong relationship with lakes or ponds, may feel overly motivated during this seasonal time to fill what they sense is missing in their lives. Weak to deficient water constitutions

need to develop an appreciation for this seasonal time and harness the energy within to fortify water's characteristic traits.

Water's Destiny involves integrating and distributing what is nourishing in life in a way that is presided over by the virtue of reciprocity. Individuals with a strong to excess water constitution will have a natural capacity to fulfill the destiny of elemental water. Individuals with weak to deficient water constitutions will have to consciously strengthen and adopt water characteristics within themselves to outwardly fulfill water's destiny.



EARTH

CHARTING EARTH

Keywords: structure, consistency, support, foundation, strength, material, success, rigidity, inflexible, fixed and dogmatic.

The earth element identifies the north. It represents energy having the natural ability to stabilize, solidify and provide structure. The earth forms a foundation to support all life. This element strives to create consistency, and, in addition, has a connection with nourishing the body. A strong earth element follows steady accumulation: first, grounding experiences into practical wisdom and then, building upon that practical wisdom. Earth substantiates vision.

Excess earth tends towards rigidity and fixed ideals. It has a strong potential to create inflexibility within musculature and increases the potential for bone fractures. An individual with excess earth often gravitates towards dogmatic views and collides easily with others who hold more diverse perspectives. Excess earth types also have the greatest possibility of all the types to easily become lost in the pursuit of wealth.

When earth lacks sufficient energy, an individual struggles to achieve success and stability. Success, in this context, broadly refers to a capability to provide for the body and its basic needs beyond the bare minimum of necessity. A weak earth element lacks grounding. Often, individuals with insufficient earth forces develop fantastical views and ignore the practical details of day-to-day living. These individuals may become easily frustrated when challenges and difficulties arise.

THE CORE WORKINGS OF EARTH

Earth develops a thick frame with well-developed muscles. Chests are expanded and broad. Hair is usually dense and can be either dark or light. Eyes are big and attractive with thick eyelashes. The pulse for an earth type is slow, regular, soft and broad. Individuals with strong to excessive earth proportions within their core constitution will reflect some or possibly all of the above characteristics. Persons lacking in earth elemental energy will exhibit only a few of the above characteristics in their physical structure.

Earth's Primary Affect On Physiological Activity

represents a catabolic/anabolic balance. Excess earth forces in a constitution will shift the body towards an anabolic imbalance, synthesizing a higher proportion of sterol fats to fatty acids and, consequently, decreasing cellular permeability. Anabolic imbalances trigger a systemic alkalinity as a defense against increased tissue acidity. Lactic acid

builds up in tissue as sterols, blocks oxygen from entering cells, and cellular metabolism switches to anaerobic energy production. A common occurrence of constipation may signal anabolic system dominance. In addition, anabolic imbalances favor rest/repair cellular processes and over-stimulate protein syntheses leading to a possible excess in muscle growth. Anabolic dominance contributes to dense, stiff, and rigid musculature.

Weak to deficient earth forces shift the body towards a catabolic imbalance, synthesizing a higher proportion of fatty acids to sterols and, consequently, increasing cellular permeability. Catabolic imbalances trigger a systemic acidic defense against increased tissue alkalinity caused by the fixation of chlorides by fatty acids, which allows sodium to bond with carbonate and alkaline compounds to form in the interstitial fluid. A common occurrence of diarrhea may signal catabolic system dominance. In addition, severe catabolic imbalances trigger the

over-production of cortisol, a steroid hormone made in the adrenal glands. When cortisol is secreted, it causes a breakdown of muscle protein, leading to a release of amino acids (the "building blocks" of protein) into the bloodstream. In a process called gluconeogenesis, the liver synthesizes glucose from the amino acids for energy metabolism. Catabolic imbalances, such as this, prevent substantial muscle gain/growth.

Well-developed earth forces, but not in excess, represent an equilibrium between catabolic and anabolic cycles within the body. Select cellular membrane permeability remains in perfect balance by the proper ratio of fatty acids to sterols present in the membrane; adequate nutrients can enter the cell and sufficient metabolic wastes leave the cell to sustain efficient metabolism. Strong earth forces support balanced musculature.

Earth's Affinity In Diet concentrates on protein ingestion. Each elemental proportion within an individual constitution corresponds to the quantity and proportion of food required by that specific food type. However, the quality of that food is determined by the complementary paired element. More specifically, the amount of earth in a constitution determines the amount of protein needed in a dietary ratio. The kind or quality of protein is determined by the amount of the complementary fire element in that constitution.

Excess earth constitutions actually need less protein on a daily basis to achieve balanced metabolism. Too much protein for an excessive earth constitution will exacerbate earth energy and eventually manifest as a disease or chronic disorder among the four systems of the body.

Weak to deficient earth constitutions require higher amounts of protein on a daily basis to achieve

metabolic balance; too little protein will necessitate the body breaking down muscle tissue to meet its protein needs.

Strong/balanced earth constitutional types require an average amount of protein in their daily diet to support muscle repair and growth.

The quality of protein, regardless of quantities or earth proportionate energy, is determined by the fire element. Excess fire (with relation to earth) shifts the body towards sympathetic nervous system dominance: energy moves away from digestion and stimulates muscular movement and activity. Hunger is insubstantial. Lighter, easily digested proteins from vegetable sources balance excess fire and sympathetic dominance in the nervous system by stimulating the parasympathetic branch.

Weak and deficient fire force (with relation to earth) in a constitution represents a shift to

parasympathetic dominance in the nervous system: digestion is over-stimulated in comparison to activity and movement. Hunger feels insatiable. Heavier animal proteins are necessary to slow and calm the digestive tract. Animal proteins stimulate the sympathetic nervous system and balance this weak fire condition.

Strongly developed, but not excessive, fire energy (with relation to earth) represents a harmonious cycle between the sympathetic and parasympathetic nervous system: energy moves in balanced rhythms between stimulating digestion and stimulating activity. A mix of lighter vegetable proteins and heavier animal proteins support this natural cycling of the nervous system.

Earth's Affinity In Cooking Methods is baking. Baking concentrates and strengthens the energy within food. Individuals with excessive earth traits should steer away from baking to achieve a balance in their diet. To encourage and strengthen earth forces, individuals

with weak to deficient earth traits should incorporate baking methods into their weekly food preparation.

Earth's Affinity In Exercise is practices with an emphasis on body sculpting/defining and resistance training. All activities that focus on strength fortify earth. Individuals with excessive earth constitutions should avoid or limit exercise that focuses solely on strength and definition. Persons with weak to deficient earth constitutions would benefit greatly from incorporating resistance and strength training into their exercise routine.

Earth's Primary Emotion is melancholy. Strong to excessive earth constitutions will have a higher tendency and disposition towards melancholy. Weak to deficient earth constitutions will rarely experience melancholic emotions.

Earth's Affinity Within The Day Cycle is midnight to dawn. Individuals with strong to excessive earth

energy may often feel stimulated during the late evening hours and not feel they require deep sleep. Individuals with weak to deficient earth energy require deep sleep through the night and will often feel imbalanced if that rest is disrupted or shortened.

Earth's Affinity Within The Yearly Cycle is the fall equinox to winter solstice: the height of contracted energy among the seasonal shifts. Strong to excessive earth types will favor this time and often need to pull back from over-stimulation towards manifesting/building during the fall equinox to winter solstice. Weak to deficient earth constitutions need to develop an appreciation for this seasonal time and harness the energy within to fortify earth characteristic traits.

Earth's Destiny involves using resources to build firm foundations and manifest potential into the world in a way that cultivates the virtue of wisdom. Individuals

with a strong to excess earth constitution will have a natural capacity to fulfill the destiny of elemental earth. Persons with weak to deficient earth constitutions will have to consciously work and strengthen themselves to fulfill earth's destiny.

SUMMARY OF COMPLIMENTARY ELEMENTAL RELATIONSHIPS

	EXCESS EARTH	STRONG EARTH	DEFICIENT EARTH
EXCESS FIRE	Reduce protein quantities in diet & concentrate on lighter vegetable protein sources	Consume an average protein percentage in diet & concentrate on lighter vegetable protein sources	Increase protein quantities in diet & concentrate on lighter vegetable protein sources
DEFICIENT FIRE	Reduce protein quantities in diet & concentrate on heavier animal proteins	Consume an average protein percentage in diet & concentrate on heavier animal proteins	Increase protein quantities in diet & concentrate on heavier animal proteins

	EXCESS WATER	STRONG WATER	DEFICIENT WATER
EXCESS AIR	Decrease fluids and excess salt/spice use in diet & concentrate on alkaline vegetables and fruits	Drink an average amount of fluids and use salt moderately. Decrease spice use in diet & concentrate on alkaline vegetables and fruits	Increase fluids and salt, while decreasing spice use in diet & concentrate on alkaline vegetables and fruits
DEFICIENT AIR	Decrease fluids and excess salt, while increasing spice use in diet & incorporate some acidic vegetables and fruits	Drink an average amount of fluids and use salt moderately. Increase spice use in diet & incorporate some acidic vegetables and fruits	Increase fluids and salt/spice use in diet & incorporate some acidic vegetables and fruits

	EXCESS AIR	STRONG AIR	DEFICIENT AIR
EXCESS WATER	Decrease carbohydrate proportions in diet & eat dryer foods while refraining from drinking directly before or after meals	Consume an average carbohydrate proportion in diet & eat dryer foods while refraining from drinking directly before or after meals	Increase carbohydrate proportions in diet & eat dryer foods while refraining from drinking directly before or after meals
DEFICIENT WATER	Decrease carbohydrate proportions in diet & eat moist/wet foods while drinking directly before or after meals to aid nutrient dispersion	Consume an average carbohydrate proportion in diet & eat moist/wet foods while drinking directly before or after meals to aid nutrient dispersion	Increase carbohydrate proportions in diet & eat moist/wet foods while drinking directly before or after meals to aid nutrient dispersion

	EXCESS FIRE	STRONG FIRE	DEFICIENT FIRE
EXCESS EARTH	Decrease fat proportions in diet & concentrate on essential fatty acids/non-saturated fat sources	Consume an average fat proportion in diet & concentrate on essential fatty acids/non-saturated fat sources	Increase fat proportions in diet & concentrate on essential fatty acids/non-saturated fat sources
DEFICIENT EARTH	Decrease fat proportions in diet & concentrate on sterol-rich fats of animal or plant origin	Consume an average fat proportion in diet & concentrate on sterol-rich fats of animal or plant origin	Increase fat proportions in diet & concentrate on sterol-rich fats of animal or plant origin

FOUR

CORE WORK

MOVING TOWARDS BALANCE

One man's food is another man's poison.

– Lucretius (Roman philosopher)

Individual distinctiveness is a characteristic intrinsic to nature. Individual diversity is the fundamental key to diet, health and wholeness. ***Each person has unique core constitutional requirements for specific quantities of select nutrients.*** It is these

differing constitutions that explain why specific nutrients can cause one person to feel well, have no effect on another, and cause an adverse reaction in a third person. "One man's food is another man's poison." ***There is no one perfect diet for all.***

Commit time to self-reflect. Constitutional tendencies are present from infancy and often are more clearly represented in early teens and young adulthood since any conscious alteration of diet or exercise affects how the constitution surfaces. Think about your dominant personality traits when you were younger according to: emotional intensity, mental activity, energy levels and cohesiveness or consistency. Then make the transition from the microcosmic level into a macrocosmic perspective by correlating those physiological traits with natural elemental traits. Develop a chart with the proportions of those elemental energies that best represent you. This becomes the Core Constitution Map.

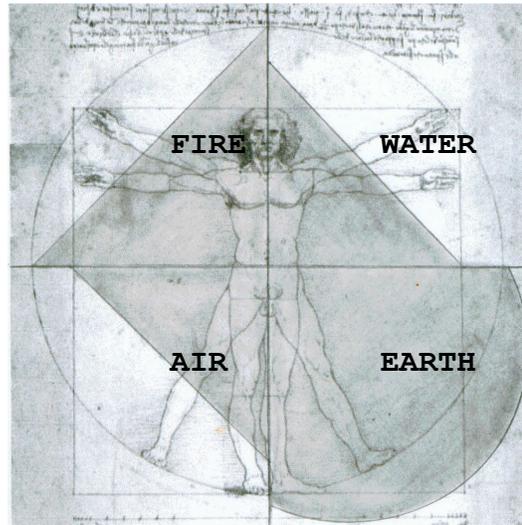
Example :

Fig. 1

Perfect balance among the four elements requires each to have 25% of the total energy. For the sake of illustration, imagine each quadrant divided into equal segments or 5% portions. Further, let us establish that an element can never fall below 5%, even in the most extreme case, since each element must maintain a base level of energy to manifest in the physical system. If three of the elements were at their minimal level of 5%, then the fourth element would have to be 60% more than its ideal share, totaling 85%. This example maps a Core Constitution of 15% air (deficient), 20% fire (deficient), 15% water (deficient), and 50% earth (excess).

There is a locked ratio between the four elements in a core constitutional chart. Energy taken away from one element must surface in that exact percentage in another element(s) to ensure a 100% of energy among the four.

Once a Core Constitution is mapped out, you can start applying the information in Chapter Three, by making simple adjustments in diet according to foods that should be avoided (correlating to your excess elements) and other foods that should be increased (correlating to your deficient elements). Overall you should gradually notice an increase in well being as metabolism balances. If the adjustments do not have a positive effect, reevaluate your Core Constitution Map. Once food substitutions consistently improve a sense of well being from day to day, then you can continue to refine how you incorporate your elemental-specific nutrients and overall food proportions.

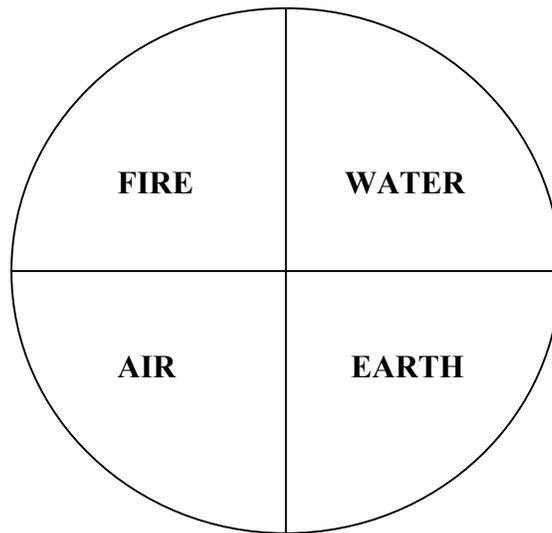
I want to leave you with probably the most important thing anyone could tell you in regards to personal diet and health plans. For those of you who may struggle with chronic conditions or unexplained fatigue, you could spend a lifetime searching for answers and trying desperately to find something, anything, to help you feel better. I cannot claim to have the answers, all I can say to each and everyone

one of you, regardless if you have an easy time with your diet or have run up against some type of difficulties that are forcing you to look and explore different modalities of balance - **all you can ever do is move in one of two directions along an infinite line.** One end of the spectrum concentrates on heavy proteins and minimal or no carbohydrates (limited raw foods), while the opposite end of the spectrum concentrates on very light proteins and high carbohydrate consumption (significant increase in raw foods). Somewhere along this line, you will find balance in diet and health that is totally unique to you and your individual needs.

I wish you all much ease and grace along the journey!

~August 2013~

CORE CONSTITUTION WORKSHEET



For each element list the deficient or excess percentages below.

AIR: Deficient% _____ or Excess% _____

FIRE: Deficient% _____ or Excess% _____

WATER: Deficient% _____ or Excess% _____

EARTH: Deficient% _____ or Excess% _____

CONSTITUTION NOTES

DIET & EXERCISE NOTES

