

 SUPERFIED

Know your body type Health yourself

Know your body type

Health yourself

Harmony is the very essence of holistic health. We should consider it in the sense of achieving it both inside (biological functions) and outside (nature) our body; the more in harmony we are at both levels, the better. And when we think of nature, we should see that as our interaction with our food, surroundings (and everyone in it!), and the seasons.

As we know from chemistry, we're made of the same stuff as that which exists in nature. We are not distinct from nature but are an intrinsic part of it. We impact it and it impacts us – it's a symbiotic relationship. It may be getting a bit one-sided right now but, as we're fast learning, our existence depends on this!

The ancient medical systems knew this and while they didn't define carbon, hydrogen and oxygen as we do they operated a simple 'elements' model that's helps define balance. Both the Chinese and Indian systems, for example, have five elements at their foundation. Everything starts there.



Know your body type

The five elements

These five elements exist in all things in different proportions, from a carrot to a tree to you.



Air:

- Exists wherever there is movement (e.g. nerves, intestines...)
- Modern equivalent
= Electrical energy



Earth:

- Exists in physical structures (e.g. teeth, tendons...)
- Modern equivalent
= Mechanical energy



Ether:

- Exists in the cavities in our bodies (e.g. throat, ears...)
- Modern equivalent
= Nuclear energy



Fire:

- Exists wherever there is metabolism (e.g. heart, liver...)
- Modern equivalent
= Thermal energy



Water:

- Exists wherever there is fluid (e.g. saliva, mucous...)
- Modern equivalent
= Chemical energy

Five elements

So, let's take the five elements from the perspective of the ancient Indian medical system ([Ayurveda](#)) in the context of the start of our universe, or the big bang theory.

In the beginning there was just a void which is referred to as space, or ether (1). The sound vibrations of the big bang created movement of

ether from which air (2) was formed. As this air accelerated it heated (fire (3)) and created light. As the air cooled, it condensed into liquid (water (4)). The water solidified and created physical matter (earth (5)). So, from ether, came air, fire, water and earth in that order. The big bang gave rise to planets, nature and life as we know it. Remember this is an ancient description of a phenomenon and so the key point here is what

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the five elements represent metaphorically, not literally. According to physics, our universe and everything in it boils down to energy. We are all products of energy - and that energy is dynamic. Just like our world and our body, we're constantly changing bundles of energy. The ancient medical systems also recognise this, and the five elements can be rationalised into a set of energies - three to be precise. Naturally, these three energies exist in everything.

For simplicity, we're classifying them as Red, Blue and Green energies. Every living organism - no matter how big or small - is made up of these biological energies. And they are dynamic; as one increases, another decreases and so the proportions of each is constantly changing. Each has its own properties and therefore effects.

We are each a unique combination of these three energies. While some of us may have equal amounts of all three energies, for most of us, one or two will be predominant. These predominant energies constitute our energy type or 'body type'.

What's your body type?



Blue Body Types 'The Thinkers'

50% Ether + 50% Air

- Erratic, enthusiastic and adventurous
- Risk-takers
- Slim build with fluctuating weight
- Constantly changing state
- Weak immunity: Four times more vulnerable than Reds



Red Body Types 'The Drivers'

80% Fire + 20% Water

- Fiery, focused and passionate
- Reasoned
- Medium build
- Focused and to the point
- Decent immunity: two times more vulnerable than Greens



Green Body Types 'The Supporters'

50% Water + 50% Earth

- Calm, collected and compassionate
- Risk-averse
- Large framed, gains weight easily
- Strong and stable
- Great immunity: Eight times stronger than Blues



Body Types In Action

	Body Type		
	● Blue	► Red	■ Green
Principal Energy Function	Movement (act)	Metabolism (process)	Manufacture (build)
Energy Actions	Cooling, Drying	Heating	Coldness, Dampness
Senses associated with Energy	Touch, Hearing	Sight	Taste, Smell
Energy location Hotspots	[in cavities] Large Intestine, Colon, Brain, Pelvis, Hips, Ears, Bones, Rectum, Nervous system, Bladder and Thighs	[in blood] Small Intestine, Heart, Liver, Spleen, Gallbladder, Eyes, Blood and Skin	[in tissues] Stomach, Pancreas, Chest, Lungs, Sinuses, Nose and Joints
Physical Traits (General)	Dry skin, scalp and hair, nervous indigestion, light sleepers, poor digestion and stamina, get stiff muscles	Hot-blooded, muscular, strong appetite, strong digestion, light sensitivity, get heartburn, get skin breakouts, quick to sweat	Big-boned, strong teeth and bones, food-lovers, big sleepers, high endurance
Personality Traits (General)	Creative, quick-thinking, over-thinking, fast talking, talking too much, natural worriers, restless, like change, absent-minded, clumsy, overextend themselves, superficial, indecisive, sociable, natural starters, rebellious, mood swings, fun, bored easily	High-energy, ambitious, passionate, competitive, determined, sporty, opinionated, judgemental, self-righteous, aggressive, impulsive, argumentative, focused, impatient authoritative, self-motivated, insightful, courageous, sarcastic	Creatures of habit, like certainty, thick-skinned, slow learners, great retention, natural finishers, team players, followers, consistent, strong perseverance, loyal, easy-going, pragmatic, devoted, conservative, family-orientated, not stressed easily

Know your body type

	Body Type		
	● Blue	▶ Red	■ Green
Psychological Strengths (Balance)	Open-mindedness, adaptability, enthusiasm	Perceptive, strong reasoning, judgement and comprehension	Calmness, contentment, patience, forgiveness
Psychological Weaknesses (Imbalance)	Fear, anxiety, panic, confusion, over-sensitive	Anger, irritability, jealousy, insensitivity, egotistic	Excessive attachment and greed, complacency, inertia, stubbornness, holding onto emotions
Disease Indicators (Imbalance)	Nervous system and neurological disorders, constipation, arthritis, back problems, addiction	Fevers, infections, Inflammations, eye, skin, liver disorders	Allergies, obesity, respiratory diseases, diabetes, tumours (benign)
Balancing Tastes	Sweet, Salty, Sour	Bitter, Sweet, Astringent	Pungent, Astringent, Bitter
Balancing Foods	Warm, rich comfort foods in moderation (stews, curries, soups, casseroles...) and easily digestible foods	Raw food, vegetarian food, lentils, most dairy foods, plenty of fluids	Warm, light, dry foods (salads...), spicy and pungent foods, vegetarian food
Trouble Foods	Light, dry foods (crisps, toast...), raw foods, cold salads, gas forming foods (lentils, cabbage...), stimulants (coffee, energy drinks...)	Spicy and pungent foods (chilli, spices...), shellfish, most nuts	Dairy foods, sweet foods, oily, fried or fatty foods
Balancing Activities	Yoga, walks, tai-chi, massages, meditation, steam baths, sticking to a daily routine	Any action team sport, running, swimming, skiing, socialising, yoga, tai-chi, meditation	Any non-repetitive, vigorous aerobic exercise (e.g. dance class, boxing, cross-country, martial arts), yoga, tai-chi, take saunas, meditation

Knowing our body type helps us understand why we are the way we are; our physiology, biological actions, emotional predispositions and how likely we are to get ill or injured

(physically and mentally). By doing so, we have a have better chance of staying balanced and therefore being healthy.

The Balancing Trick

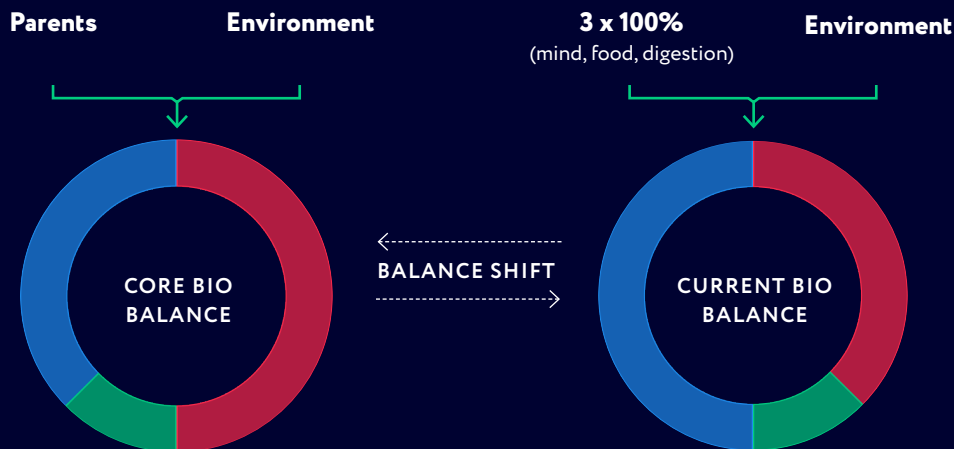
It's when we are born that our body type is established (from our parents); whatever the proportions of the three energies we receive, this is our 'core biological balance'. It's our unique mix of Blue, Red and Green energies that shape how we look, think and act.

As we grow, life happens and that changes the proportions of the three energies. Our 'current body balance' is a snapshot of how much Blue, Red and Green we have right now. It's likely to be different from the mix we were born with; this difference determines the extent of our overall imbalance ('balance shift').

The greater the imbalance the faster we head towards illness. It's as simple as that.

The body is always trying to regain its balance; its programmed to self-repair and self-balance, despite our best efforts of doing otherwise! If we can reduce our balance shift to zero, we are in balance and in-synch with our inherent nature. That's the goal.

Even when we are in synch, we should try and balance our three energy types for a complete energy equilibrium (a Blue-Red-Green body type). That means reducing whichever energy type is predominant in our core bio-balance. If we can achieve that, we are true superstars – it's not easy!



Know your body type



Opposites attract

A golden rule for balancing is that 'like imbalances like' and 'opposites drive balance'. To find balance, we must eat the foods that have the energies (i.e. elements) we are deficient in to restore them in our body. So, if you eat foods that are high in the energies you already have a lot of, they will push you further out of balance.

For example, a chilli pepper contains a high level of the fire element and if you're already hot (a symptom of the Red body type), that's going to make you hotter. If however, you've got poor circulation and generally feel cold (a symptom of the Blue and Green body types) and you eat that chili you going to feel a bit better. Temperature and tastes are two easy ways of finding the appropriate opposite foods.

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Hot and Cold

Every food either has a warming or cooling energy. A key attribute of food that's often overlooked these days is its thermal effect. While we know chilies are warming, we may not be so clear on other foods – watermelon, for example, is one of the most cooling foods around, so it's not surprising that its usually eaten in summer. Depending on your current bio-balance, you may need a warming or cooling energy to balance your body so prioritising those foods can help you get into balance quicker.

Know your body type

Tasting, Tasting, 1... 2... 3

Even when you have a list of foods to drive you into balance, referring to it every time you want to plan a meal or reach for a snack isn't the most practical thing. There's a handy shortcut which is much easier – tastes. Each body type has three tastes which will drive it towards balance (and similarly tastes that drive it the other way). These reflect the elements and subsequent energies that drive balance for your body type. Remembering them will make it easier to navigate a food list, especially when you're out and about.

Tastes are an easy indicator but watch out – most of us have blinged up taste buds! We've eaten in such abundance and to a level of imbalance that our tongues have got normalised to excessive tastes. The hits of sugar mean we can't taste the sweetness in things like milk or butter any more so we need to take guidance until that point when we can properly taste again.



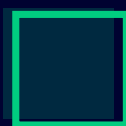
Blue Body Types

**SWEET,
SOUR,
SALTY**



Red Body Types

**SWEET,
BITTER,
ASTRINGENT**



Green Body Type

**PUNGENT,
BITTER,
ASTRINGENT**

Know your body type



Gut Feel

The more out of balance we are, the less we can rely on our body's self-balancing control mechanisms like tastes. But the further we get away from the 'bling zone' the more we can trust our 'gut feeling' – our intuition - to see us right.

The closer to balance we are and the more in synch with nature, the stronger our intuition is and the food cravings we get are for the right stuff, even when they're not whole foods!

In pregnancy, mother nature overrides the 'business as usual' diet if or when needed to ensure mums-to-be are getting any

**The closer to balance
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nutrients they may be lacking in (i.e. cravings). That helping voice might talk louder at that point but we've all got that in us if we give ourselves the chance to hear it.

Test, Learn, Eat

Ok, so now what? If you can't put knowledge into practise it's just good theory, right? Yes, that's it so there are three steps to put it to the test and optimise your wellbeing:



1. Test

Take the Body Type test and find out what yours is. It might take 15-20 minutes the first time you do it (think of it as an investment in your wellbeing!) For the first time, you'll be effectively be doing the test twice – for when you were a child and for right now. If you can, do the test with someone who knows you really well so that you're not answering as the aspirational you!



2. Learn

See what your body is pre-disposed to when it's in and out of balance. Compare that with what you know about yourself. By doing the test, you'll automatically be given a diet plan; a list of foods that will help push you into balance. Have a think about the recommendations in terms of what you should or shouldn't eat - how many of those items are already on your weekly shopping list?



3. Eat

You'll notice that the diet recommendation is based exclusively on whole foods. Life's not as simple as that and we all love a cheeky chocolate bar, packet of crisps, glass of vino etc. so don't worry; the idea's not to force feed yourself into wellness! Small, informed changes to your weekly shop is a better way to achieving long term wellbeing than a crash-and-burn approach.

These three steps are not meant to be one-offs, they're circular. Your current biological balance (current bio-balance) will constantly change based on what you eat, what you're feeling and what the weather's doing to you. Everything's dynamic.

The food you need to eat to balance yourself will change accordingly. Think about the last time you got stressed and reached for that comfort food...your body needed something different. In previous generations, what we ate a lot of in summer (light, dry foods) wasn't what we ate in winter (rich, heavy foods) and nature

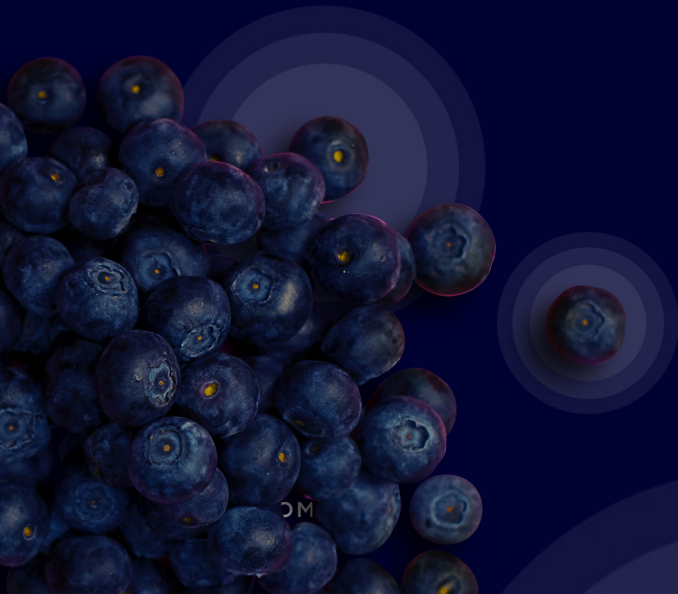
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a lot of in summer (light, dry foods) wasn't what we ate in winter (rich, heavy foods) and nature has always assisted with local, seasonal foods.

The more you 'test, learn and eat' the more in-tune you'll become to what's pushing you in and out of balance, what effect it's having and how to keep things on an even keel. When it becomes a habit, you're on autopilot for self-health! Of course, your body-type may have a bearing on how well you do.



Holistic Health Hack

Food medicine has a cumulative effect on your body so unless you naturally dislike certain foods, are on medication which negatively interacts with some foods or are sufficiently out of balance that a food triggers an instant reaction, the chances are that food will take some weeks to make a positive contribution. So, while holistic medicine doesn't generally provide instant gratification that popping a pill does, it's always good to know a couple of shortcuts.

Herbs and spices generally pack a more a concentrated medicinal punch than other whole foods and so act faster on the body (chilies are a good example). Essential oils are an even more concentrated form of food medicine and one of the quickest ways of getting something into the blood stream is through the nose or skin.

That's worth considering if you need to deal with an issue quickly like a migraine. However, the faster the impact the greater the risk and so the more educated you need to be. In the case of essential oils, it's always advisable to consult an aromatherapist if you're in doubt.



Whole Foods



EAT

Herbs & Spices



EAT & APPLY

Essential Oils



APPLY & INHALE



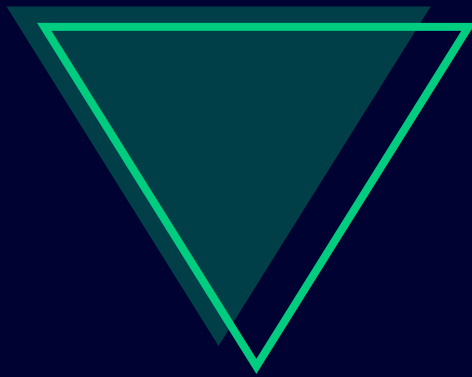
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A Holistic Reminder

Elements, energies and body types are the foundation for holistic healthcare based on ancient knowledge. They're perhaps not the kind of phrases you hear from your average GP (yet!) but remember acupuncture was quack medicine for many doctors until not so long ago. Acupuncture, yoga, massage and meditation are all holistic forms of medicine and they all stem from the same ancient medical systems. Another branch is diet.

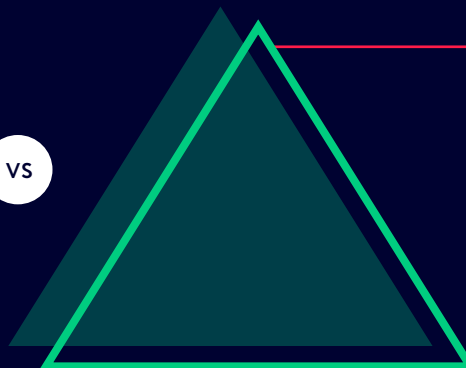
These systems treat the individual from the widest possible perspective, rather than treat an individual symptom for the widest set of people. It's a big difference. What makes you different from the person next to you is the very reason why 'one diet for all' can't be successful beyond a basic level.

Conventional Medical Approach



Treat everyone the same and tackle
specific problems
(Symptoms)

Holistic Medical Approach



Treat everyone as an individual and
tackle the general problem
(Cause)

VS

PERSONALISATION

TREATMENT

Know your body type

It's not made up!

Ok, so if you're thinking everything you've just read is just another bit of hocus pocus pushing a new-fangled diet that we've dreamt up with a story behind it to make it sound convincing, you're right to be sceptical! No doubt your spider-senses are on red alert because the media is awash of half-baked health fads so why believe anything we've said?!

Well, this isn't a hoodwinking exercise – promise! There really is a holistic medical system that's over five thousand years old called Ayurveda. It comes from the same source as yoga, meditation (ahem mindfulness) and surgery (yes, nose jobs were pioneered by the same chaps!)

For anyone wanting to know more about Ayurveda, '[Ayurveda for Dummies](#)' is a good place to start and it's written by one of the most experienced Ayurveda practitioners outside of India. For anyone already familiar with this ancient science, here are the classical terms relating to ours. ■

Ayurveda Translations

Blue = Vata

Red = Pitta

Green = Kapha

Core bio-balance = Prakruti

Current bio-balance = Vikruti



Know your body type



You've read enough!

So now you know. There's a different way to look at medicine, food and what makes you healthy. Reading about it's not going to make you healthier, you've got to live the dream. Take ownership and responsibility for your wellbeing and be your own fixer. Invest in yourself and your body will pay you back. Rome wasn't built in a day but it's still standing! So, give your diet a nudge, enjoy your food, don't be hard on yourself, learn what makes you tick and get moving. Be Superfied.

Why Superfied?

Superfied is a self-service wellness platform that helps you better understand your body and how to improve your general wellbeing by taking a more holistic approach. It integrates ancient know-how with what we know today. It's backed by over 5000 years of practice (the longest clinical trials ever?) and verified by specialists, so you don't have to decipher the latest, greatest diet or health breakthrough and play poker with your wellbeing.

Superfied is practical, easy and all about making you your own doctor, using food as your primary medicine for everyday wellbeing. Everything you need is in one place; diagnostics, a food medicine database, free advice and access to experts if you need them. It's a new first line of defence before you need to call the GP or pop a pill.

Our 'self-health' subscription services are an affordable way to keep yourself in good shape so there's no reason not to take control.

#HealthYourself

