

# MORPHOLOGIES



**Identify morphologies allows us to put them in a distinct category and to reserve the necessary treatment to it.**



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**In this excerpt you will only see**

**(Over the cover and index):**

**• La morphology lymphatic**

**• Una part of the testLYMPHATIC  
MORPHOLOGY**

# LYMPHATIC MORPHOLOGY



## **Constitutional features:**

- Medium / low height.
- Obesity gynoid.
- Weak musculature flabby.
- Infiltrates fabrics for salt and water retention.
- Pale colourfull.
- Deficient immune reaction.

## **Deficient immune reaction:**

- Insufficiency of the lymphatic circulation.

## **Hormonal alteration:**

- Hypothyroidism.
- Hypoadrenalism.
- Hypogonadism.

## **Characterial notes:**

- Behaviour lazy, slowapathetic, sedentary
- Methodical, lover of peace and order.
- Lovable and conciliating, he just undertakes on valid grounds.

## MORPHOLOGICAL FEATURES

**Body shape:** round, abundant adipose panniculus. higher than the average weight.

**Bone structure:** lower than the average height, frail compared to the size. short limbs relation to his torso.

**Musculature:** short muscles, covered by the panniculus adiposus that influence the speed and agility. The hands are short, soft and fleshy.

**Shape of face:** roundish, childish appearance, fatty tissue in the submental area.

**Skin color:** pale white alabaster.

**Type of skin:** delicate, subtle cold, undrained with water retention and toxins in the dermis and hypodermis, not nourished.

**Type of neck:** short, squat. bulging nape and sometimes with buffalo hump.

**Eyes:** blue and big. Often with edema in lower preorbital area (bags).

**Lips:** soft, rosy, small, lower lip jutting.

**Hair:** light, slim, thinned out.

**Skin temperature:** cold, damp.

**Thorax:** voluminous trunk, with localized fat deposits to the pectorals and hips.

**Breast:** overdeveloped in relation to the body, hypotonic, drooping.

**Shoulders:** narrow in relation to the body, drooping, adipose in the subscapularis area.

**Basin:** large, big, voluminous glutes, heavy, atones, bulging abdomen, apron.

**Legs:** big, voluminous, edematous by hydrosaline stagnation.

## **POTENTIAL ALTERATIONS FUNCTIONS**

The functional characteristic of lymphatic morphology is given by a lacking lymphatic system and by an hypofunction hormonal system.

The alterations one or the other trigger chronic problems difficult to overcome, if not tackled in a comprehensive manner since the age of childhood.

The remedy will be medical competence (hormone therapy, dietetic and physical).

The lymphatic morphology if not previously cured, will present in adult age well defined alterations:

- 1) The slowdown of lymphatic circulation along with the cellular hidrophily predisposes to phenomena of liposclerosis (edematous type of cellulite).
- 2) The deficiency of the lymphatic system often is accompanied by an insufficient development arterio - venous and venous insufficiency phenomena eased by overweight, while there is always a constitutional arterial hypotension.

All circulatory stasis of this morphology leads inevitably to a diminished renal function with diminished diuresis and probable kidney stones.

The self-intoxication and the conspicuous assimilation of food, due to the great constitutional development of the hypochondriac organs (liver and stomach), bringing to an atonic type corpulence and probable biliary litiosi problems.

### **Hormonal alterations**

It presents a global insufficiency of pituitary function: hypothyroidism, hypogonadism, hypoadrenalism.

### **Characterial notes**

The character certainly dependent on his hormonal status that determines laziness, slowness and a sedentary lifestyle into apathy.

Always tries to put off and undertakes just for valid reasons, ultimately lover of tranquility, conciliatory order in human relationships.

## **Prevention**

For the globality of its problems, lymphatic morphology shall benefit from targeted interventional of dietary type for direct its metabolism from anabolism (first phase of metabolism: the transformation of nutritive materials in living tissues) toward catabolism (transformation into energy materials assimilated by tissues).

## **Dietary advice**

For its metabolism slowed the person who is identified in the lymphatic morphology shall drastically adopt a protein diet to speed up metabolism.

Your meal plan should be drawn up taking into account the recommended foods and those prohibited and shall also divided into three main meals, of which the principal will be at midday.

Dinner however, it will have to take account of the slow oxidative metabolism typical of lymphocytic morphology.

## **Recommended foods**

**Cereals:** in moderation.

**Meat:** beef and white meat, in moderation. Fish: lean broiled fish.

**Molluscs:** norway lobster, crawfish, oysters, clams and mussels.

**Dairy products:** ricotta cheese and others with moderation.

**Eggs:** boiled, soft boiled, in moderation.

**Vegetables:** all excluding cabbages, brussels sprouts, broccoli and turnips (contains tiociniati, inhibitors of thyroid hormones).

**Legumi:** sconsigliati poiché inibiscono l'assorbimento dello jodio.

**Fruit:** orange, grapefruit. Not advised peaches, pears, avocado and coconut.

**Drinks:** recommended green tea, herbal teas, mineral waters not calcic. Limited use of coffee, possibly coffee of barley. Advised against alcohol, fruit juices, beer and carbonated soft drinks.

**Salt:** limit its use to counteract water retention.

## **Integrators**

Vitamins B, C, E, phosphorus, potassium, iron, magnesium and zinc. Amino acids to lipotropic effect: methionine, inositol, carnitine, choline, lysine.

## **Herbal teas**

Morning and evening: corn stigmas, birch, ruscus, horsetail, bearberry.

Morning and noon: the focus capsules.

**Of course it is a strictly medical competence prescription and dietary prescription intake of any kind of dietary supplement, as well as analysis of any food intolerance, as well as the elaboration of physical therapy to follow.**

## **Beauty care**

## Face

- Facial cleansing with light peels.
- Treatment for sensitive skin.
- Nutrient treatments.
- Protective treatments.
- Drainage massage.
- Ultrasounds.

## Body

- Lymphatic drainage massage.
- Metabolising massage.
- Pressure therapy.
- Breast firming treatment.
- Specific cellulite treatment.
- Mud Therapy with seaweed.
- Hydrotherapy.
- Windings with salt.
- Recommend walking, slow running, swimming, passive gym.



