



Characteristic and regimen of 8 constitution (body type)

Constitution (body type)	Outline	Harmful food	Beneficial food
Hepatonia constitution (body type)	Constitution (body type) where liver (gall bladder) is strong and lung (large intestine) is weak. Kidney (bladder) is relatively strong and pancreas (stomach) is a relatively weak. There is a tendency to sweat a lot when healthy, and there is no sweat when weak. We recommend to take hot baths, sports such as hiking and to speak less if possible. Higher blood pressure is normal for this constitution (body type).	All marine fish and shellfish, raw cabbage, dextrose, cocoa, chocolate, buckwheat, fern, persimmon, quince, cherry, green grape, swimming, aloe vera, dextrose injection.	Beef, chicken, rice, soybean, wheat, sorghum, and all root vegetable (radish, carrot, balloon flower, lotus root, taro), coffee, milk, garlic, zucchini, mushroom, sugar, fresh water eel, loach, catfish, pears, apples, watermelon, alkali beverage, all nuts (walnuts, chestnuts and pine nuts), deer antler, ginseng, vitamin A D B.
Cholecystonia constitution (body type)	Constitution (body type) where gall bladder (liver) is strong and large intestine (lung) is weak. Small intestine (heart) is relatively strong and bladder (kidney) is relatively weak. Eating seafood can cause chronic diarrhea, abdominal discomfort. We recommend keeping lower abdomen area warm. This constitution (body type) is susceptible to alcoholism.	All marine fish and shellfish, alcohol, green leafy vegetable and raw cabbage, buckwheat, fern, cocoa, chocolate, green grape, cherry, persimmon, quince, dextrose, ginseng, acanthopanax, cold bath.	Beef, pork, rice, soybean, wheat, sorghum, and all root vegetables (radish, carrot, balloon flower, lotus root, taro), coffee, milk, adlay, garlic, zucchini, mushrooms, sugar, and all nuts (walnuts, chestnuts and pine nuts), freshwater eel, loach, alkali beverages, pear, melon, deer antler, squalene, vitamin A D.
Pancreotonia constitution (body type)	Constitution (body type) where pancreas (stomach) is strong, and kidney (bladder) is weak. Heart (small intestine) is relatively strong and lung (large intestine) is relatively weak. Due to their impatient nature, we recommend to stay calm and not to rush all the time. This constitution (body type) has strong digestive function but must refrain from eating harmful food. Alcohol drink and cold bath is very harmful.	Chicken, goat meat, brown rice, sticky rice, seaweed, kelp, apple, tangerine, orange, grapefruit, lemon, mango, ginseng, potato, honey, all vitamin B group, red pepper, ginger, green onion, onion, sesame oil, jujube, plums , chive, digestive medicine, antibiotics, cold bath.	Barley, rice, eggs, flour, bean, red bean, pork, beef, and all vegetables and most of the fish and shellfish, fresh water fish, persimmon, pear, melon, watermelon, melon, strawberry, banana, vitamin E, ice, and aloe vera , Chinese matrimony vine tea.
Gastrotonia constitution (body type)	Constitution (body type) where stomach (pancreas) is strong, bladder (kidney) is weak. Large intestine (lung) is relatively strong and gall bladder (liver) is relatively weak. This constitution (body type) is susceptible to digestive disorders due to side effects of medicines and foods. We recommend eating food that is fresh. Alcohol drink and cold bath is very harmful.	Brown rice, sticky rice, chicken, goat meat, mustard, pepper, red pepper, cinnamon, curry, ginger, green onion, all spicy food, apple, tangerine, orange, grapefruit, lemon, mango, tomato, kelp, seaweed, ginseng, jujube, honey, all vitamin B group, penicillin, alcohol and cigarette.	Barley, rice, bean, green bean, cucumber, and most green vegetables, all marine fish and seafood, blowfish, pork, persimmon, melon, pineapple, grape, strawberry, banana, aloe vera, ice, chocolate, and vitamin E.

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Pulmotonia constitution (body type)

Constitution (body type) where lung (large intestine) is strong and liver (gall bladder) is weak. Pancreas (stomach) is relatively strong and kidney (bladder) is relatively weak. Due to weak function of the liver, medication is more harmful than its effects and feels very uncomfortable after eating meat. We recommend eating green vegetables and marine fish and always work on a straight spine position. Must avoid sunbathing and sweating.

All kinds of meat, all fresh water fish, coffee and tea, artificial flavoring, soda and flour, sorghum, zucchini, red pepper, garlic, mushrooms, sugar, adlay, and other root vegetables, soybeans, and all nuts, apples, pears, deer antler and all medications, vitamins A B D, alkaline beverage, gold teeth, atropine injection, alcohol and cigarette and hot baths (sauna).

All marine fish and shellfish, rice, buckwheat, red bean, green bean, mugwort, cucumber, eggplant, Chinese cabbage, lettuce and other green vegetables, fern, salted fish, dextrose, cocoa, chocolate, banana, strawberry, peach, cherry, persimmon, melon, quince, aloe vera, ice, dextrose injection.

Colonotonia constitution (body type)

Constitution (body type) where large intestine (lung) is strong and gall bladder (liver) is weak. Bladder (kidney) is relatively strong and small intestine (heart) is relatively weak. First, we recommend not to eat any meat; secondly, not to use any drugs and third, to not to get angry. You must be more careful when you experience symptoms of muscle weakness, and always good to keep your body cool.

All kinds of meat, garlic, deer antler, fresh water fish, coffee and tea, artificial flavoring, flour, sorghum, pumpkin, soybean, milk, sugar, adlay, pear, apple, melon, chestnut, pine nut, ginkgo nut and all root vegetables, mushrooms, vitamin A D E, alkali beverage, atropine injection, hot bath (sauna).

Buckwheat, rice, dextrose, all marine fish and shellfish, all green vegetable, cucumber, fern, dried seaweed, salted fish, grape, peach, persimmon, cherry, pineapple, strawberry, cocoa, chocolate, acanthopanax, swimming.

Renotonia constitution (body type)

Constitution (body type) where kidney (bladder) is strong and pancreas (stomach) is weak. Lung (large intestine) is relatively strong and heart (small intestine) is relatively weak. This constitution (body type) is healthier in the cold winter season because constitutionally, they should not sweat a lot. To maintain health during hot summer season, we recommend cold showers to prevent sweating.

Barley, red bean, cucumber, pork, oysters and shellfish, persimmon, melon, watermelon, strawberry, banana, pineapple, beer, ice, and vitamin E, Chinese matrimony vine tea, Aloe Vera, Ganoderma lucidum, mercury, and hot bath (sauna).

Brown rice, sticky rice, chicken, goat meat, beef, seaweed, kelp, cinnamon, ginger, onion, mustard, pepper, red pepper, sesame oil, potato, apple, mango, tangerine, orange, tomato, ginseng, honey, dates, and vitamin B group.

Vesicotonia constitution (body type)

Constitution (body type) where bladder (kidney) is strong and stomach (pancreas) is weak. Gall bladder (liver) is relatively strong and large intestine (lung) is relatively weak. When you eat cold food, already cold stomach gets even colder causing poor health and anxiety and consequently becomes gastroptosis which is characterized by symptoms of weakness. We recommend not to eat too much and also, to eat warm foods.

Barley, red beans, cucumber, pork, egg, blowfish, all fish and shellfish, persimmon, melon, banana, strawberry, green grape, beer, ice, chocolate, aloe vera, all cold beverages and food, vitamin E, mercury, cigarette, alkaline beverage, hot baths (sauna).

Rice, sticky rice, potato, corn, sesame oil, seaweed, kelp, chicken, goat meat, pepper, mustard, cinnamon, red pepper, curry, green onion, ginger, apple, tangerine, orange, tomato, mango, ginseng, jujube, honey, vitamin B group.