

It depends on the type: THE ACTIVE

(In the Tibetan medical system **Tripa = fire**)

In the Tibetan Buddhist and also the Ayurvedic (constitutional) teaching, people are viewed holistically. In order to stay healthy or to regain health, body, mind and soul must be in a harmonious balance. The basic principle is based on the assumption that every person comes into the world with an individual basic constitution, i.e. with differently pronounced predispositions, which are expressed in character, external appearance and susceptibility to illness. According to the Tibetan and Ayurvedic healing doctrine, these are divided into 3 main characteristics:

- **Loong** (air, corresponds to the Ayurvedic **Vata type**)
- **Tripa** (fire, corresponds to the Ayurvedic **Pitta type**)
- **Pekan** (earth, water, corresponds to the Ayurvedic **Kapha type**)

In the best case we carry these energies in us in equal parts, which is seldom the case in practice. Normally, we tend to be "lopsided" which can throw us off balance. In addition, there are all the things from our everyday life that we do or that we allow ourselves to be 'seduced' into, but which are neither good for our body nor for our spirit and soul. Everyone knows what is meant.

Tibetan doctors attribute the development of diseases primarily to precisely these „imbalances“. They have specialized in bringing those seeking advice (actually everyone) back into their equilibrium on the one hand through a ***type-appropriate diet*** and on the other hand through the use of ***plant and herb recipes***. Your own way of life can be helpful or counterproductive.

Since the following recipe is suitable for the active type (fire), here is a very simplified description that can give a first life-oriented insight.

So the fire type is:

Energetic, intelligent, astute, focused and ambitious. The fire type loves challenges, likes to take on management tasks, has organizational skills and is a good speaker from his system. You can literally see their high energy level in fire-people because they fill every room with their strong, dynamic charisma and mostly sporty figure. They avoid the heat, need exercise and usually have a good appetite.

Disharmonies in this type of constitution often show up in irritability, feelings such as anger, anger and stress, impatience, emotional tension and jealousy.

Typical illnesses: inflammation, skin problems, heartburn, heat attacks.

Those who have found themselves in the description will enjoy the following recipe and find it a relief. If you are unsure or cannot assign yourself to the overview, it is best to continue reading the other recipes.

Chicken with rocket, cucumber and grape salad with a dressing of pesto and sour cream

Ingredients for 2 servings:

200 gr	chicken breast, fried, cold
1 bundle	rocket salad
250 gr	grapes, green or blue
1	cucumber
150 gr	sour cream
2 tbsp	pesto, green
1 ½ tbsp	Lemon juice
a little	salt
a little	pepper

Cut the chicken into small pieces. Wash and roughly chop rocket. Wash the grapes and cut in halves or quarters. Wash the cucumber and cut into small pieces. Mix the sour cream with the pesto and lemon juice and season with salt and pepper. Mix everything and season to taste.

Working time	approx. 15 minutes
Total time	approx. 15 minutes
Difficulty	normal

ENJOY!