

# It depends on the type: THE CREATIVE

(In the Tibetan medical system **Loong = air**)

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 creative type (air), here is a very simplified description that can give a first life-oriented insight.

## **So the creative type is:**

creative, flexible, innovative, full of ideas, lively, light and witty. He prefers to travel to warm countries and is averse to cold weather. His external appearance is often slender & agile, i.e. he has a hard time gaining weight, which can be associated with his changeable appetite.

Disharmonies in this type of constitution are often shown by restlessness, getting bogged down, absent-mindedness, nervousness, fears, restless sleep, cold hands and feet.

Typical illnesses: digestive problems, headaches, tinnitus

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.

# Moroccan lamb

is traditionally prepared in a tagine - but also works in a pot ...

Ingredients for 2 servings:

1 tbsp	oil
1/2	onion red, cut into thin rings
1/2 tuber	of fennel, thinly sliced
1 clove	of Garlic, thinly sliced
380 gr.	Lamb (from the back or thrown leg), cut into bite-sized pieces
1/2 tsp	cinnamon
1 tsp	ground cumin
1 tsp	coriander, ground
1/8 tsp	cayenne pepper
1/8 tsp	salt
75 gr	dates, pitted and diced
230 ml	water

Brown onion, fennel and garlic in oil. Put on a plate. Brown the lamb. Add all the spices and salt and fry for a minute. Add the onion, fennel and garlic mix, dates and half of the water and mix well. Cover and simmer on low heat for about 2 to 2 1/2 hours, stirring occasionally. The spices will thicken the sauce while the dish is cooking, so add the remaining water halfway through the cooking time.

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Working time	approx. 40 minutes
Total time	approx. 40 minutes
Difficulty	normal

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**ENJOY!**