

NATURE OF CONSTITUTIONS

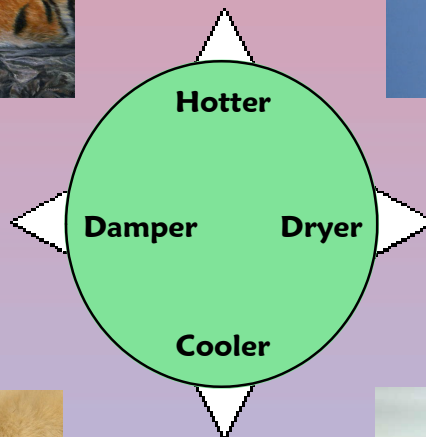
Tigers: Hotter & Damper
Wood, Spring, Morning

in health - engaged, expansive
in illness - restless, dyspeptic



Eagles: Hotter & Dryer
Air, Summer, Daytime

in health - vigorous, attentive
in illness - uneven, reactive



Bears: Cooler & Damper
Water, Winter, Night-time

in health - thoughtful, resilient
in illness - stuck, discomforted



Elephant/Butterflies: Cooler & Dryer
Earth, Autumn, Evening

in health - light, kind
in illness - tense, overtired