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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Yin Yang Relationships – How to Find YOUR Perfect Partner

By John Boe

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Yin Yang is the ancient, Chinese symbol for balance. It depicts the strong attraction and complementary nature of opposites. Just as magnet and metal attract, while oil and water repel, we too are subject to these laws of nature in our relationships. For example, we have all met people for whom we feel an immediate affinity or for some unknown reason, an instant dislike. We are attracted or repelled by others instinctively. This intuitive feeling goes beyond physical attraction. In reality, what we are responding to is the natural chemistry, or lack thereof, between temperament styles. Understanding temperament styles will not only have a positive impact on the way you see yourself, but it will also enhance your relationship with others. If you are single, it will provide you insight into selecting a compatible partner. If you are a parent, it can dramatically improve the way you raise your children. If you are a salesperson, this information will significantly enhance your sales effectiveness by enabling you to build trust and rapport quickly.

Hippocrates, the father of medicine, is credited with originating the basic theory of four temperament styles. He concluded that our behavior style was determined genetically at birth rather than from external influences such as astrology or birth order. Hippocrates identified the physiology of each of the four temperament styles and concluded that we are born with a combination of four genetic influences: Choleric (Worker), Sanguine (Talker), Phlegmatic (Watcher) and Melancholy (Thinker). According to Hippocrates, the extroverted Choleric (Worker) was short-tempered and ill-natured, but had a dynamic desire for action! The extroverted Sanguine (Talker) was cheerful, outgoing and optimistic, but not very serious or organized. The introverted Phlegmatic (Watcher) was slow and sluggish, but could stay calm, cool and collected under pressure. The introverted Melancholy (Thinker) was deep, sad and depressive, but also a thoughtful, gifted and analytical genius.

It is important to note that we are born into our temperament style and that it is unrelated to race, gender, or age. Our personality is comprised of traits from all four styles but our primary and secondary styles will have the most noticeable influence. By reviewing the traits of the four temperament styles listed below, you will be able to determine your primary and secondary style. For more information on this subject, read my article; What is Your Temperament Style?

<http://www.johnboe.com/What%20is%20Your%20Temperament%20Style.pdf>

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The Choleric (Worker) is:

Extroverted - Determined - Demanding - Domineering - Controlling - Practical – Self-reliant -
Decisive - Independent - Confident – Goal-oriented – Risk-taker -Aggressive - Insensitive - Impatient

The Sanguine (Talker) is:

Extroverted - Enthusiastic - Emotional -Sociable - Impulsive - Articulate - Optimistic - Persuasive –
Self-absorbed - Generous - Egotistical - Charming - Unorganized - Playful – Personable

The Phlegmatic (Watcher) is:

Introverted - Accommodating - Harmonious - Agreeable - Indecisive - Uninvolved - Sympathetic -
Undermining -Patient - Supportive - Stable - Possessive - Passive - Selfish - Bashful – Tolerant

The Melancholy (Thinker) is:

Introverted - Analytical - Thoughtful - Organized - Critical - Shy - Detailed - Pessimistic - Sensitive
- Diplomatic - Economical - Loyal - Introspective - Private - Conscientious - Moody

Unfortunately, most people do not appreciate the value of temperament diversity in their relationships. Some people define a successful relationship as one where they have similar interests and much in common with their partner. Many make the fundamental mistake of believing that similarity is the key to compatibility.

The most common and natural attraction of opposites is between the introvert and extrovert. Like the attraction between Yin and Yang, introverts and extroverts recognize in one another the qualities and traits they require for balance. The two most naturally balanced relationships are between the Worker & Watcher styles or the Talker & Thinker styles. Due to their aggressive and controlling nature, the least compatible relationship is between two Workers. All relationship combinations can work if people understand the temperament dynamics and are willing to make adjustments as required. Whether it is a nation, a company, or a personal relationship, strength and balance are found in our complementary differences, not in our similarities.

John Boe, based in Monterey, CA, is recognized as one of the nation's top sales trainers and motivational speakers. He helps companies recruit, train, and motivate salespeople to achieve peak performance. John is a leading authority on body language and temperament styles. To view his online Video Demo or to have John Boe speak at your next event, visit <http://www.johnboe.com> or call (831) 375-3668.

Chinese Food Therapy Brings Natural Healing To The Body

By Elizabeth McDonnell

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In your quest to find more natural healing methods and natural supplements to good health, you're well advised to consider the ancient healing methods of the Chinese.

Chinese food therapy, also known as Chinese nutrition therapy, dates back to as early as 2000 BC, though proper documentation about its uses was found around 500 BC. In essence, Chinese food therapy involves the use of certain foods to aid in the healing of certain body ailments or assists in keeping healthy other bodily functions. Followers of food therapy believe in the concept of yin and yang in food; the yin foods are believed to lower the body's metabolism, or decrease the body's heat, while the yang foods are said to increase the body's heat or increase metabolism.

The Chinese believe in four food groups, which are grains, vegetables, fruits and meats. There is no classification for dairy products, which are considered unsuitable for humans. The Chinese believe a balanced diet will consist of the following food combinations on a daily basis: 40 percent grains, 30 to 40 percent vegetables, 10 to 15 percent meats and the rest of the foods should be nuts and fruits.

In Chinese food therapy, foods are then further classified by taste. The tastes are defined as pungent, salty, bitter, sweet and sour. Each taste is believed to have a direct effect on a body organ; when consumed in moderation it benefits the organ, but if over consumed, can cause detrimental effect to the organ.

It's fair to say the Chinese and followers of Chinese food therapy truly believe you "are what you eat".

One simple example of Chinese food therapy is the remedy for a cough. The Cantonese cough remedy required apricot kernels, watercress and dried duck gizzards. The ingredients are slow cooked for several hours, and a bit of pork can be added for flavor (though you can't add beef or chicken because both will nullify the healing effects of the watercress). The watercress removes the excessive amount of yang in the body, while the duck gizzards are added to balance the yin yang of the recipe. The apricots target the lungs.

Take the time to learn from chinese healing wisdom – you may just be surprised how it benefits your health.

Learn about one of the most respected foods of chinese and himalayan natural healers – the goji berry. Visit

to learn how you can benefit from this amazing food with Himalayan

Goji Juice.



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