

## My Tudor body is - Choleric

The Choleric Temperament is a hot and dry temperament, sometimes referred to as “the doer” personality.

Someone with a choleric temperament is usually goal-oriented and good at making decisions. People with a choleric personality type are very analytical, logical, and determined. Extremely practical and straightforward, choleric people aren't necessarily particularly social. They dislike small talk and enjoy deep and meaningful conversations.

**Strengths:** strong and direct

**Weaknesses:** argumentative and competitive

To balance your choleric personality, you should eat food which has the opposite temperament which is phlegmatic, so your food should be bland and insipid: lettuce, cucumber, pork, fish and fruit will keep you regulated.

You should stick to daisies, endive, lettuce, violets, comfrey, strawberry leaves.

Make this Tudor recipe on the other side of this sheet to help balance your choleric body:

This mixed salad is cool and moist and would help regulate your hot, dry characteristics. Add ingredients according to the numbers being served. You can add alternative herbs as required.

## Mixed Salad

Parsley

Sage

Garlic

Mixed lettuce leaves

Leek

Spinach

Borage

Mint

Primroses

Violets

Fennell

Cress

Rosemary

Purslane

Rinse and wash the ingredients clean. Peel them. (Remove stems, etc.) Tear them into small pieces with your hands and mix them well.

Toss in olive oil, add salt, and serve.