

Lifestyle Guidelines Tool (LGT)

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Information to help you fill out the LGT accurately

What is the LGT?

The Lifestyle Guidelines Tool (LGT) and Constitutional Self- Assessment Tool (CSAT) are based on Tibetan Medicine. Use them together to develop a personalized plan for living a healthier, happier life.

How to Complete the LGT:

1. Complete the CSAT to identify which of your three energies (*loong*, *tripa*, or *baekan*) dominates your constitution.
2. On the LGT, write your dominant energy and the date you complete the LGT.
3. Follow the column of the LGT with the same name as your CSAT dominant energy. For example, follow the *tripa* column if *tripa* is your dominant energy.
4. Check the small boxes of the large boxes in this column to indicate which guidelines you are willing and able to incorporate into your life at this time.
5. Develop a personalized plan for applying the guidelines you checked:
 - a. Prioritize your checked guidelines.
 - b. Select the three guidelines with the highest priority.
 - c. Write these three guidelines at the bottom of the LGT and explain how you will apply them.
 - d. Apply these three guidelines in your life.
 - e. When you are ready, apply the other prioritized guidelines in your life.
6. Periodically, complete the CSAT and LGT and develop a new plan. You will learn how to re-establish balance and maximize your health and happiness.

References:

Gyal Y, Namdul, T. Tibetan Medical Dietary Book. Dharamsala, India: Men-Tsee-Khang; 2006.
Gompo YY. Gyueshi. Dharamsala, India: Men-Tsee-Khang; 1984.

LIFESTYLE GUIDELINES TOOL (LGT)

My CSAT dominant energy:

Date of completing LGT:

	Lifestyle choices:	Loong (Calms Loong)	Tripa (Cools Tripa)	Baekan (Warms Baekan)
1	Meals:	Regular meals with moderate amounts of food, beverages; avoid skipping meals. <input type="checkbox"/>	Regular meals with moderate amounts of food, beverages; eat on time. <input type="checkbox"/>	Regular meals with moderate amounts of food, beverages; avoid snacking, overeating. <input type="checkbox"/>
2	Foods and beverages:	Warm, cooked foods and beverages that are, if possible, organic, fresh, natural, and locally grown. <input type="checkbox"/>	Warm, cooked foods and beverages that are, if possible, organic, fresh, natural, and locally grown. <input type="checkbox"/>	Warm, cooked foods and beverages that are, if possible, organic, fresh, natural, and locally grown. <input type="checkbox"/>
3	Lean meat (for meat eaters):	<input type="checkbox"/> Beef, lamb, chicken, turkey, seafood.	<input type="checkbox"/> Pork, goat.	<input type="checkbox"/> Lamb, chicken, turkey, fish.
4	Spices and herbs:	<input type="checkbox"/> Caraway, cardamom, chives, cinnamon, cloves, coriander, cumin, garlic, fresh ginger, mustard, nutmeg, parsley, pepper.	<input type="checkbox"/> Cilantro, cumin, mint, parsley, saffron, turmeric.	<input type="checkbox"/> Caraway, cardamom, chives, cinnamon, cloves, coriander, cumin, garlic, dried ginger, mustard, nutmeg, parsley, pepper.
5	Cooked vegetables:	<input type="checkbox"/> Asparagus, beets, broccoli, corn, carrots, fennel, green beans, leeks, mushrooms, onions, peas, radish, red cabbage, seaweed, sweet potatoes, tomato, turnip, yam, zucchini.	<input type="checkbox"/> Beets, broccoli, cabbage, cauliflower, carrots, celery, cucumbers, eggplant, green beans, leafy greens, mushrooms, okra, peas, potatoes, pumpkin, rhubarb, seaweed, squash, sweet pepper, tomato, yam,	<input type="checkbox"/> Asparagus, beets, carrots, fennel, garlic, green beans, hot peppers, leeks, onions, radish, seaweed, spinach, tomato, turnip, zucchini.
6	Naturally derived sweeteners:	<input type="checkbox"/> Molasses.	<input type="checkbox"/> Raw sugar.	<input type="checkbox"/> Honey.
7	Nuts and seeds:	<input type="checkbox"/> Moderate amounts.	<input type="checkbox"/> Small amounts.	<input type="checkbox"/> Moderate amounts.
8	Grains:	<input type="checkbox"/> All grains in moderation; minimal amounts of refined rice and flour.	<input type="checkbox"/> All grains in moderation; minimal amounts of refined rice and flour.	<input type="checkbox"/> All grains in moderation; minimal amounts of refined rice and flour.
9	Fruits:	<input type="checkbox"/> Apples, apricots, avocados, bananas, berries, coconut, fresh figs, grapes, grapefruit, peaches, melon, mango, oranges, papaya, pears, pineapple, plums, prunes.	<input type="checkbox"/> Apples, avocado, coconut, dates, fresh figs, grapes, mango, melon, oranges, pears, pineapples, plums, pomegranate, prunes, raisins.	<input type="checkbox"/> Apples, apricots, berries, cranberries, dry figs, lemons, mango, oranges, papaya, peaches, pears, persimmon, pomegranate, prunes, raisins.
10	Dairy products (if tolerated):	<input type="checkbox"/> More dairy products.	<input type="checkbox"/> Moderate dairy products.	<input type="checkbox"/> Less dairy products.
11	Legumes (e.g. beans, lentils, peas):	<input type="checkbox"/> Moderate amounts of legumes.	<input type="checkbox"/> More legumes.	<input type="checkbox"/> Less legumes.
12	Oils:	<input type="checkbox"/> More oils.	<input type="checkbox"/> Moderate amounts.	<input type="checkbox"/> Less oils.
13	Tastes to savor:	<input type="checkbox"/> Salty, sour, sweet.	<input type="checkbox"/> Astringent (e.g. avocado, raw banana, black tea), bitter, sweet.	<input type="checkbox"/> Hot (spicy), salty, sour.

14	Tastes to avoid:	<input type="checkbox"/> Astringent (e.g. avocado, raw banana, black tea), bitter.	<input type="checkbox"/> Hot (spicy), salty, sour.	Astringent (e.g. avocado, raw banana, black tea), bitter, sweet.
15	Sleep:	<input type="checkbox"/> Sound and regular.	<input type="checkbox"/> Sound and regular.	<input type="checkbox"/> Sound and regular.
16	Sex (if applicable):	<input type="checkbox"/> Less sex.	<input type="checkbox"/> Moderate sex.	<input type="checkbox"/> More sex.
17	Vacation:	<input type="checkbox"/> Calming time with a few close friends.	<input type="checkbox"/> Relaxing time, without disturbance.	<input type="checkbox"/> Active, stimulating time.
18	Mental state:	<input type="checkbox"/> Calm, soothing, grounded.	<input type="checkbox"/> Cool, relaxing, non-competitive.	<input type="checkbox"/> Warm, stimulating, social.
19	Environment:	<input type="checkbox"/> Warm, humid.	<input type="checkbox"/> Cool, dry.	<input type="checkbox"/> Warm, dry.
20	Environment to avoid:	<input type="checkbox"/> Cold, dry.	<input type="checkbox"/> Hot, humid.	<input type="checkbox"/> Cold, humid.
21	Physical activities:	<input type="checkbox"/> Light, regular exercise, including walking, gentle yoga.	<input type="checkbox"/> Moderate, regular exercise, including brisk walking, gentle yoga.	<input type="checkbox"/> Vigorous, regular exercise, including jogging, active yoga.
22	Physical activities to avoid:	<input type="checkbox"/> Exercising on an empty stomach.	<input type="checkbox"/> Engaging in vigorous activities in a hot environment.	<input type="checkbox"/> Not exercising and exercising sporadically.
23	Behaviors to avoid:	<input type="checkbox"/> Talking too much, watching upsetting shows, playing disturbing video games.	<input type="checkbox"/> Confrontation, sleeping during the day in hot weather, taking a sauna or steam bath.	<input type="checkbox"/> Overeating; sleeping right after eating; sleeping in a damp, cool environment.
24	Attitudes to avoid:	<input type="checkbox"/> Greed, attachment, desire.	<input type="checkbox"/> Anger, hostility, aggression.	<input type="checkbox"/> Confusion, delusion, closed-mindedness.
25	Meditation:	<input type="checkbox"/> Accept impermanence.	<input type="checkbox"/> Develop compassion.	<input type="checkbox"/> Develop wisdom.

My personalized plan:

Priority #1:	How I will apply this guideline in my life:
Priority #2	How I will apply this guideline in my life:
Priority #3	How I will apply this guideline in my life: