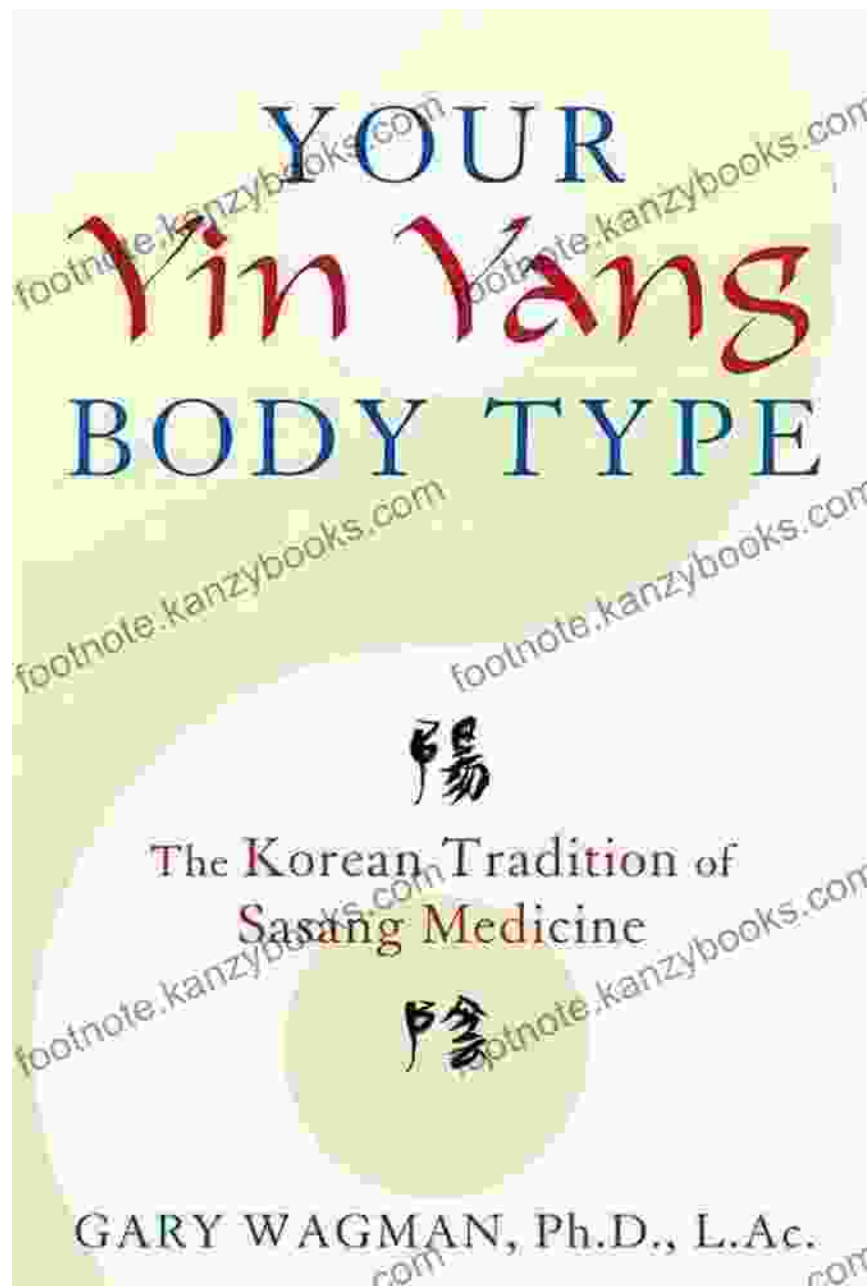
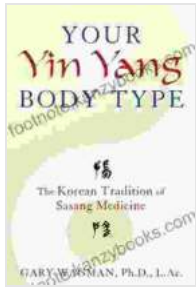


# The Korean Tradition of Sasang Medicine: Delving into the Art of Constitutional Therapy

Unveiling the Ancient Wisdom of Sasang Medicine



**Your Yin Yang Body Type: The Korean Tradition of  
Sasang Medicine** by Gary M Wagman



★ ★ ★ ★ ☆	4.3 out of 5
Language	: English
File size	: 1971 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
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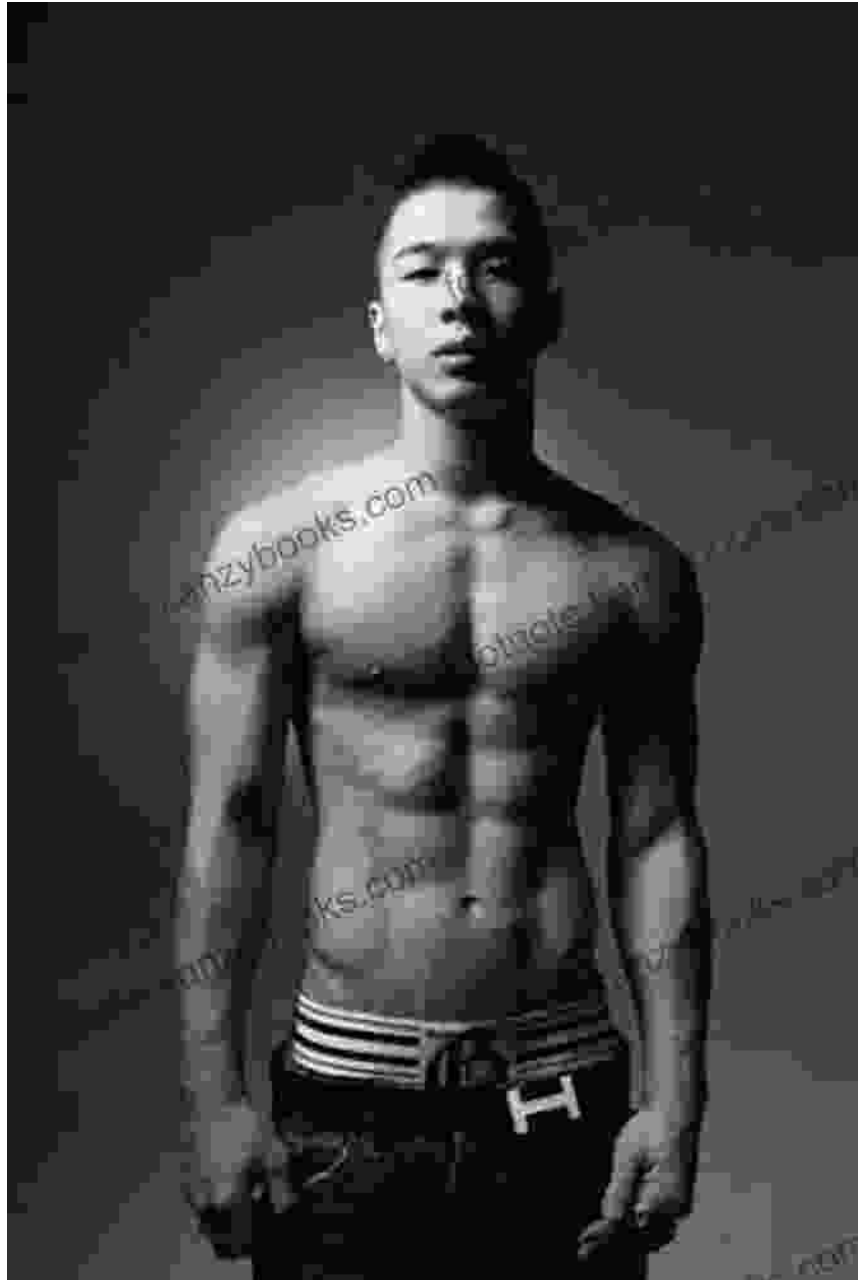


Immerse yourself in the rich tapestry of Sasang medicine, an ancient Korean tradition that has stood the test of time. Rooted in the principles of holism and individuality, Sasang medicine offers a personalized and comprehensive approach to health and well-being.

## **The Four Body Types: A Foundation for Customized Care**

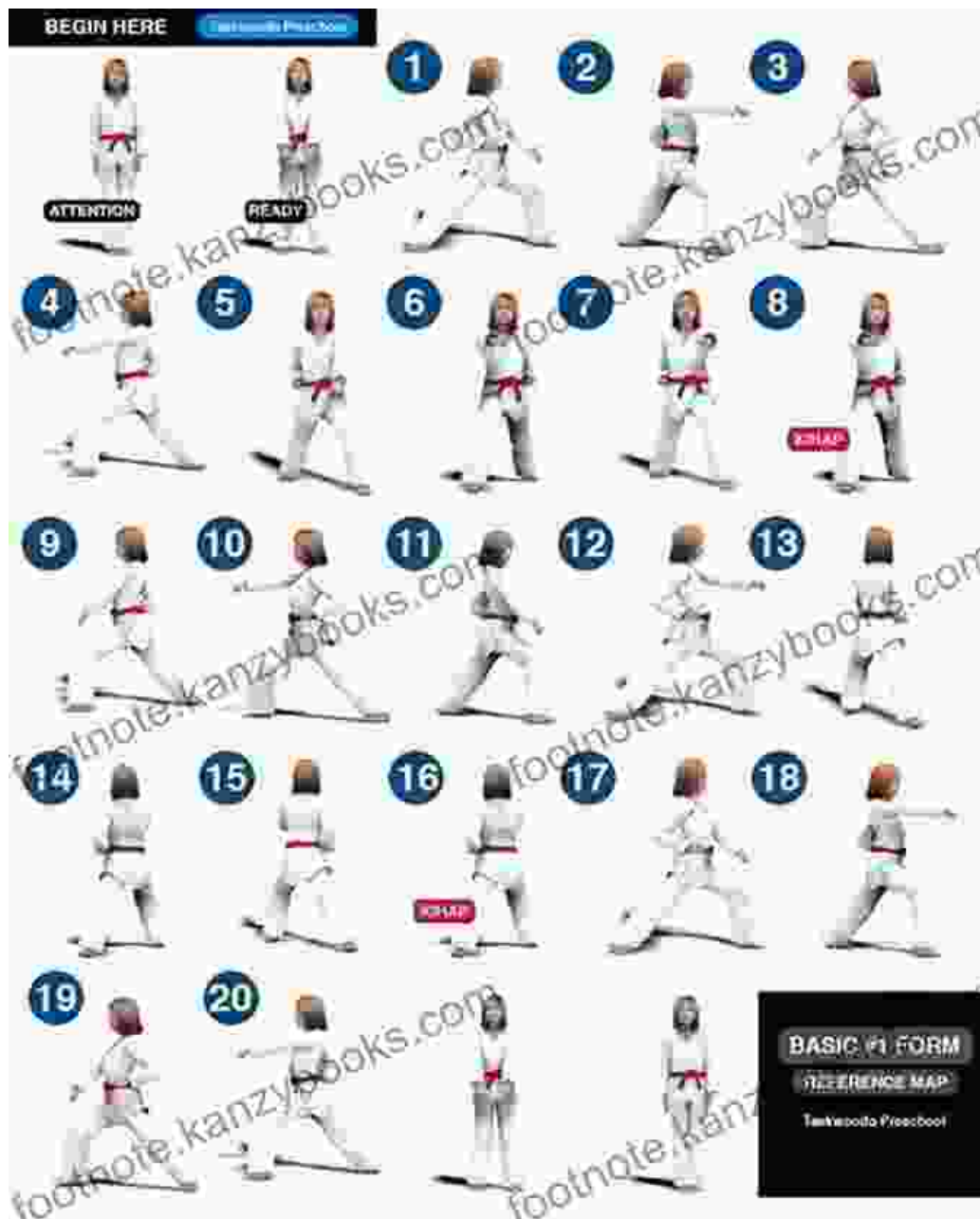
At the heart of Sasang medicine lies the concept of the four body types: Tae-Yang, Tae-Eum, So-Yang, and So-Eum. Each body type possesses unique physical, emotional, and psychological characteristics that influence an individual's susceptibility to certain diseases and their response to treatment.

### **Tae-Yang: The Warm Yang Type**



Individuals with the Tae-Yang body type are characterized by their robust physique, warm nature, and strong yang energy. They tend to be prone to inflammatory conditions, such as fever, skin irritation, and digestive problems.

### **Tae-Eum: The Cool Yin Type**







Tae-Eum individuals are known for their delicate physique, cool nature, and strong yin energy. They are susceptible to conditions that arise from an imbalance of yin, such as fatigue, allergies, and respiratory issues.

### So-Yang: The Damp Phlegm Type



Individuals with the So-Yang body type possess a stocky build, slow metabolism, and tendency to accumulate dampness and phlegm. Their health challenges often include fluid retention, digestive problems, and weight gain.

### **So-Eum: The Dry Heat Type**

	Tae-Yang	So-Yang	Tae-Eum	So-Eum
General Feature				
	Developed nape of the neck, slender waist	Developed chest, small hips	Thin chest, weak nape of the neck	Developed hips, weak chest
Face	Large & thin shiny eyes	Small thin lips, narrow jaws	Rounded, looks hard	Smart
Skin	Soft	Dry & thin	Solid	Tender
Walking		Unstable	Heavy & Gentle	Stable
Character	Creative Positive Progressive Charismatic Heroic Rash mind	Unstable Easily gets bored Sacrificing Righteous Easily acceptable Hot tempered Anxious mind	Gentle Commercial Endurable Humorous Looks foolish Coward Fearful mind	Neat, Mild Negative Intelligent Organized Selfish, Jealous Persistent Nervous mind

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So-Eum individuals are characterized by their thin physique, fast metabolism, and tendency to experience dry heat. They are prone to conditions such as insomnia, anxiety, and skin dryness.

## Practical Applications of Sasang Medicine

The principles of Sasang medicine extend beyond mere diagnosis and encompass a holistic approach to health promotion and disease prevention.

## Nutritional Recommendations

Sasang medicine advocates for tailored nutritional interventions based on an individual's body type. For example, Tae-Yang individuals may benefit from cooling foods, such as fruits and vegetables, while Tae-Eum individuals may prefer warming foods, such as soups and stews.

## **Lifestyle Management**

Lifestyle recommendations in Sasang medicine focus on balancing an individual's energy levels and overall well-being. Tae-Yang individuals may thrive in active and social environments, while Tae-Eum individuals may find solace in quieter and more restful activities.

## **Herbal Remedies**

Sasang medicine utilizes a vast array of herbal remedies to address imbalances within specific body types. These remedies are carefully selected to complement the individual's constitutional makeup and promote harmony.

## **Integrating Sasang Medicine into Modern Healthcare**

The principles of Sasang medicine offer valuable insights that can enhance conventional healthcare practices. By understanding an individual's constitutional makeup, healthcare professionals can tailor treatments to maximize effectiveness and minimize side effects.

## **Personalized Medicine**

Sasang medicine empowers individuals to take an active role in their own health journey. By understanding their unique body type and health tendencies, they can make informed decisions about their lifestyle, diet, and treatment options.

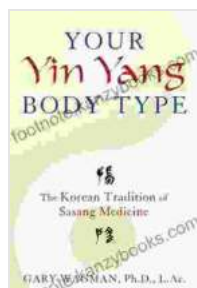
## Proactive Health Management

The emphasis on disease prevention in Sasang medicine encourages individuals to adopt proactive measures to maintain their well-being. By identifying potential health challenges based on their body type, they can take steps to mitigate risks and promote longevity.

The Korean tradition of Sasang medicine offers a profound and holistic approach to health and well-being. By embracing the principles of Sasang medicine, we can unlock the power of personalized care, empower individuals to take charge of their health, and ultimately cultivate a more balanced and fulfilling life.

## Call to Action

Embark on a transformative journey of self-discovery and healing with "The Korean Tradition of Sasang Medicine." This comprehensive guide will illuminate the ancient wisdom of Sasang medicine and empower you to harness its principles for optimal health and vitality. Free Download your copy today!



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