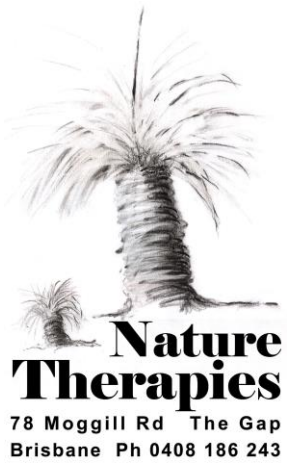


The PITTA Dominant Individual



- Oval, angular face, medium fullness
- Moderate weight
- Medium build and height
- Sensitive skin, delicate, freckles, moles
- Skin moist, slightly oily
- Extremities –always warm/hot
- Moderate endurance
- Sharp, intense eyes, penetrating gaze
- Sclera –yellowish or red
- Eyes – light sensitive, easily reddened
- Teeth – moderate size, yellowish
- Nails –slightly oily, pink or coppery in colour
- Hands/fingers –medium length, oval shaped
- Hair – thin, fine, soft, blond, red, early greying, balding
- Joints – smooth and rounded, flexible, well knit
- Veins – neither hidden nor prominent
- Chest – medium, ribs not so visible
- Body odour – strong, foetid
- Tongue – pink, or dark red, soft, pigmented
- Performs activity with moderate speed
- Great drive and motivation
- Intense moods, changes quickly
- Bright intellect, learns quickly and easily
- Rapid conceptual grasp, sharp
- Good short-term and long term memory
- Strong digestive capacity
- Appetite strong, uncomfortable skipping meals
- Quality of sleep – deep, uninterrupted, difficulty in falling asleep
- bowel movements –two or more per day
- Response to challenge – anger, irritation, impatience