

Homoeopathy and the Elements

By SCHOLTEN J.

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Foreword

Finding the right remedy is the greatest challenge of homoeopathic medicine. It seems that I am stating the obvious. But this isn't altogether true. The greatest challenge is to admit that you

haven't yet found the remedy you are looking for. One of the greatest eye openers ever was the reverse similars law presented to me by Jan Scholten one day: an unknown picture needs an unknown remedy. A brilliant hint and food for thought for all of us who are involved in homoeopathy, for the anxious seeker who is looking for that one remedy that will cure his problem patients, as well as for the complacent ruminator who thinks he has seen it all by now.

A point of discussion that we frequently encounter is whether homoeopathy is an art or a science. This discussion all depends on the theoretical question whether heuristics belong to the domain of science, or whether it should be seen as so called 'pre scientific procedures'. Heuristic is the methodology of searching. In order to find something new you have to try and find out where to look for it and this is in turn related to your problem solving urges. In other words, if you accept everything that

comes your way without question and if you accept that the way things are is just fine, then you will never feel the need to look at other horizons. But when you recognise the problem of the status quo, you will go and search for missing links and boundaries that can be shifted.

This book is all about the periodic system. The best introduction to the new ideas presented in this book is to suggest the following exercise. Take a large sheet of paper and draw a grid of 18 vertical

columns and 7 horizontal lines and then proceed to fill in the elements in the usual way, starting with Hydrogen, Helium, Lithium etc.

Next take the most extensive Materia Medica you can find and make a note of the most important rubrics of each element in its appropriate compartment. When you have done that stand back and take a look. You will notice that most of the spaces are empty. Now ask yourself this question: 'Why are there so many empty spaces, while others are filled

**up with polychrests like
Ferrum metallicum,
Phosphorus, Sulphur or Aurum
metallicum? Are you beginning
to get a sense of the problem?
You have just asked yourself a
very heuristic question. The
only step that lies between a
question and an answer is
ACTION!**

**That is precisely what Jan
Scholten did and the result is
this book: a Materia Medica of
the periodic system. The book
that is in front of you right now
will enable you to start filling
in those empty compartments.**

But this isn't all. Having the manuscript of 'Homoeopathy and the Elements' lying on my desk has not only increased the amount of information on Materia Medica at my disposal, it has also brought about some major 'landslides' in several other essential aspects of the homoeopathic methodology, especially the case-taking and the interpretation of the effects according to Hering's law, which says that a lasting cure can only take place if the most deeply disturbed level in the hierarchy of symptoms is cured

first.

However, the strategy of perhaps having to search beyond the comfortable zone of well known polychrests brings certain problems in its wake. You may lose the connection between the Materia Medica and the effects the remedy is having on the patient. It may no longer be possible to relate some of the changes that are occurring in the patient to the well known characteristics of the remedy, simply because you don't know the characteristics as well as you

know the keynotes of the more common remedies. When Sulphur, Pulsatilla or Medorrhinum no longer stick their feet out of bed at night after the first prescription, or when the Calcarea carbonica child doesn't have a sweaty head anymore, while his sore throats are also getting much better, you know that these are all symptoms of the remedy. Many of us came across this problem for the first time when Vithoulkas shared one of his famous 'eye openers' with us: 'You never find a polychrest

without keynotes'. In my first year of practice I once prescribed Arnica to a patient who had bruised her elbow after a fall in the bath. I was most surprised by her reaction afterwards: 'I feel a different person', which meant that the remedy had had a deep and lasting effect on this lady who turned out to be a constitutional Arnica patient. These surprising incidents of deep constitutional changes after the administration of an acute remedy form the link between keynote prescribing

and 'classical' constitutional prescribing. Many recent additions to the repertory are due to similar 'surprise' results. But in order to recognise the remedies in the empty spaces in the periodic table we cannot rely on keynotes, as there aren't any (yet). Instead we have to rely on the method that Jan used to discover them, the group analysis method, which we are beginning to become familiar with since his previous book 'Homoeopathy and Minerals'.

The group analysis method

cannot be applied from bits and pieces of superficial information, hence we are forced to go on questioning until we have found the most deeply disturbed level in our patient. Anybody who starts to use this book will soon discover that it will add an extra dimension to his diagnostic techniques: a well known picture gets a well known remedy, a peculiar picture gets a peculiar remedy, and a picture that is not fully understood will unfortunately, but inevitably, get the wrong

remedy.

Whenever we are willing to go deeper and deeper until we have reached total understanding of and empathy with the patient's problem, we will be able to find a remedy that has the scope to bring about a real change in that patient.

Clarke has stated simply that an Aurum case with Sulphur characteristics would most probably need Aurum sulphuricum, and that a mixed case of Calcarea carbonica and Sulphur was most likely a case

of Hepar sulphuricum. But the group analysis goes much further than adding up the quantities: it is not a case of simply adding up 50% Aurum + 50% Sulphuricum = Aurum sulphuricum, it is a combination of two remedies based on the quality of their characteristic symptoms.

Cuprum muriaticum is no longer a Cuprum keynote in a woman with Natrum muriaticum characteristics, it is a woman who has a very 'spastic' or cramped view of motherhood. And when the

remedy works, it will not only dissolve the cough that is ameliorated by a sip of cold water, it will also enable the woman to experience new dimensions in motherhood. And the man with stomach pains who has the nightly salivation of Mercurius, coupled to the restless feet of Zincum, is indeed in the middle of a crisis in his artistic development which fits the Cadmium picture: powerless to maintain his creativity. And once again the criterion by which we can call this man

cured is not the fact that his salivation might disappear, which could have been dealt with equally well by a dose of Mercurius, nor is it the fact that his feet don't twitch anymore, which could also have been solved by a dose of Zincum. It is only when the creative crisis is solved deep inside that we know we have chosen the correct remedy, a remedy from the 'creative' Silver series, which is situated in the periodic table in between Zincum in the 'task' orientated Ferrum series and Mercurius in

the 'power' orientated Gold series. The focus of the diagnosis is aimed at the past history of the patient: do I recognise why the patient acts the way he does and why he makes those particular choices? The follow up is also focused on the same existential level: is the remedy helping the patient to lead a more fulfilling life?

By creating concepts and terms that describe the quality of the patient's life and the way he copes with life's questions Jan shows a modern, spiritual

approach that is based on a real understanding of and respect for each other in the individual expressions of our true selves.

I am absolutely convinced that many a therapeutic relationship will benefit from what this book has to offer.

Fernand Debats, january 1996.

Foreword by Roger Savage

To many of us there can seem little doubt that Jan Scholten has brought about almost a revelation in homoeopathic thinking and awareness. The suggestion of exploring the periodic table of the elements

as a valuable source of homoeopathic remedies which had so far been only incompletely opened up probably originated with Jeremy Sherr, and was taken up with enthusiasm by Rajan Sankaran. Then we began to hear of a homoeopath in Holland who was concentrating his investigations in this area, came to know more about one Jan Scholten, and started asking him to give talks to explain the significance and pattern of his researches into minerals. In England his initial

talk was only brief, but all copies of the newly-published Homoeopathy and Minerals were very quickly sold out. Slowly and gradually we got used to the idea of building up remedy pictures from certain core concepts relating to a single element or one of its compounds, and felt that we too, in our small way, were managing to be pioneers in the healing art of homoeopathy. The pharmacies in England, too, were beginning to get the idea, and started to order in these strange new remedies or

even make them up themselves. We, and they, thought we had arrived at a new level of understanding and practice.

But Jan remained well ahead of us, and by dint of careful observation, deep reflection and not a few flashes of intuitive insight was arriving at a vastly enhanced vision of the mineral remedies. One or two 'work in progress' lectures began to give us a clue to what was coming. His own introductory and explanatory comments to this second book

will slowly but surely bring home to us that in this present volume we have been offered truly a quantum leap in homoeopathic Materia Medica: Jan has enriched the remedy pictures and expanded our understanding in several dimensions. He has, quite simply, led us from thinking we know an isolated few of the mineral remedies to showing us the plan of the entire periodic table, so that we can see how minerals relate to each other laterally as well as vertically and how the various compound

salts enhance or modify the picture of the single element. Not only do we have theory, we also have a large number of clinical cases and quite a few quoted provings. These should go some way to answering those critics of Jan's work who say that it is based on speculation and that in his cases he changes the remedy too frequently. His remedy pictures are drawn from his own experience and that of his colleagues, but he had made clear to us that his experience is still growing and some of the

conclusions are having to be modified as time goes by.

It seems scarcely an exaggeration to claim that we are privileged to have this opportunity to participate in a piece of front-rank pioneering research, and use his remedy pictures and other insights and advice offered in the course of the book as the basis of our own further research. The more I have studied this book the more I have come to admire the thoroughness of his attention to detail and the depth and breadth of his vision

of the totality of the periodic table -or spiral- of the elements. I am sure he would like nothing better than to find he has stimulated a lively debate among thinking homoeopaths as well as offering us more insights into the nature of the creation and of humankind.

**Roger Savage - Cambridge -
September 1996**

Introduction

This book is about the elements in the periodic system and how we can use them in homoeopathy. So far we are only using a fraction of these elements and the aim of this book is to explain how we could apply the remainder of these elements. It is the story of the opening of a whole new world, the world of the periodic system, which had always brought up lots of questions in my mind: why were there so few remedies that we really

knew well, remedies like Aurum or Argentum nitricum for instance? What about Hafnium or Krypton or any of the others? They were like white patches on a map of the known world. Several of the ideas in this book need to be developed further. We need provings of many of the remedies to confirm and extend the pictures that we deduced through group analysis. We also need cured cases to confirm our pictures and to make them come alive, to 'colour them in' so to speak. But most of the

ideas had reached a stage of development where I felt justified to publish them. Many of the ideas have been tried and tested in the cases that I treated, together with my colleagues in the Homeopathisch Artsencentrum Utrecht. The reader is invited to start using them and I welcome further suggestions, comments and feedback.

The group analysis method
The method used in this book is a continuation of the group analysis method, as described in 'Homoeopathy and Minerals'

(Scholten (1993)). For a description of this method see the chapter 'Group analysis'.

How to use this book

The amount of information and the number of remedies described in this book is formidable. There is a danger that the reader may lose the red thread running through the whole. By reading the introductory chapters very carefully, several times if necessary, you will find that the structure of the book becomes more clear and the development of the themes of

the remedies more easy to grasp.

This book is not meant to be read from front to back in one sitting, like an ordinary novel, but rather to be used as a Materia Medica to consult from time to time when you meet one of these cases in practice.

One way of learning how to use this book is by taking one of your own successful cases of one of the more well known elements and comparing this to the pictures as described in this book. By looking at the themes of that series and that

stage you will begin to get a clearer picture of these themes. When you find one of the elements in a rubric that is very strong in the case you are investigating, it would be a good idea to read up on that element in the relevant chapter in this book. It may be that an element comes up very strongly in a case but doesn't quite fit the overall picture. Or it seemed like the right remedy but it didn't do very much. In those case one of the 'neighbours' in the periodic system might be more

**appropriate. For instance:
Aurum seemed to be the right
remedy but only brought a
slight amelioration. On further
investigation using the group
analysis Osmium might be
better indicated. Osmium is
also in the Gold series, but it is
situated at stage 8, whereas
Aurum is stage 11.**

**All this gets a little more
complicated once we start to
take the different combinations
into account. Then it could
prove to be a case of Aurum
muriaticum, rather than Aurum
metallicum. Taking Arsenicum**

album as an example we have to make sure that we not only look at the Arsenicum 'neighbours' but also at the Oxygen neighbours, because Arsenicum album is really Arsenicum oxide. It is very important to get a basic understanding of the themes and the concepts belonging to various series and stages. As far as the series are concerned this isn't too much of a problem. It is relatively easy to differentiate between the themes of leadership and royalty of the Gold series and

the themes of task and routine of the Ferrum series. In the chapter 'The seven series' you will find a full explanation of these themes. The difference between the various stages is more difficult to perceive. This is a problem the reader will almost certainly come up against and it is something that I am still struggling with myself. The stages are phases in a development, going from start to success to decline, and every stage has a different theme, corresponding to a particular phase in this

progress. But the theme of the remedy itself is also at a particular stage of development. At first the particular problem belonging to this theme can be solved, or compensated; later on this is no longer possible. Here we might see both sides of the same coin, the duality that is part of every remedy. And these different expressions of one theme may look very similar to the development of a theme within a given series. This 'confusion' is probably the reason that the idea of the

stages had never been discovered in homoeopathy. Let me give an example to explain what I mean. In the Titanium case in this book there was a tremendous fear of failure, so much so that the woman in question had to give up her job. We might interpret this as the loss [Stage 15] or the end [Stage 17] of her work. But she fails right at the moment that she officially [Stage 4] starts [Stage 4] her job.

It is important to listen carefully to the words a patient

uses frequently. Another example will illustrate this point. A female manager [Silver series] is being opposed by her boss. The director is transferring all her colleagues to another section in order to undermine her department [decay, Stage 12]. She puts on some soldier's combat gear [actor, Silver series] to make a declaration of war. We may see this kind of behaviour as a challenge, in which case it could indicate Stage 6, but she herself doesn't see it as a challenge, she feels that he is

taking away from her [decay, Stage 12] everything she has worked for all these years and which she deserves to be allowed to keep. She also doesn't use the word challenge, she uses the word powerless [Stage 12]. Stage 12 of the Silver series is Cadmium. We also run the risk of staring ourselves blind at the concept of the stages, without gaining a real insight into the stage itself. Studying the stages as part of a continuous cycle will bring about a greater understanding of the concepts

and why certain expressions used by a patient point to a particular stage. Another example: Stage 5, the stage of preparation, tends to get stuck in always preparing but never getting down to the real task in hand. The next stage, Stage 6, can no longer afford to postpone, they have to get into action, with all the risks attached. Hence the expression: 'have to prove what I am worth', 'must take up the challenge', 'forced to get into action'.

It is very important to carry

on asking questions until you can identify the stage someone is at. Words like 'fear of failure' or 'unsure of myself' may indicate any stage: it isn't until we delve a little deeper that the patient will tell us how he deals with these fears or insecurities. It is often necessary to offer several examples of possible reaction patterns before the patient understands what information is important to us. We might ask: 'Do you give up easily on those occasions, or will this push you to carry on, or are you inclined not even to

start when that happens?'
Questions on how they deal with criticism and compliments can also bring up much useful information. It is important to start to learn to think in themes, in order to get the most out of this book.
Individual symptoms gain a new meaning by their place within the theme. The themes also allow us to predict new symptoms. One example is the the feeling of 'being surrounded by enemies' belonging to Mercurius. In the analysis of Mercurius being the king [Gold

series] who is attacked from all sides [Stage 12] this symptom is obviously appropriate. But looking at the themes of the Gold series and Stage 12 we might find new variations on this same rubric, for instance 'aversion to revolutionaries'. Further references to the use of these variations can be found in chapter 'The seven series' and 'The eighteen stages', as well as in 'Case-taking' and 'Language'.

An example of development

An example of the methods presented in this book might

clarify a lot of points.

A manager had several minor complaints: spots on his chin, grinding of the teeth, athlete's foot, hair loss along the margin of the forehead and redness and pain in the penis. He wanted to become managing director and he had been planning the various steps of his career from a very early age onwards. At the age of 35 he had come quite a way on his road to the top in one of the ministries. Osmium seemed to be the indicated remedy but when it was repeated the

complaints came back. Further analysis was obviously called for. The theme of the Gold series was obvious: management and career. This was confirmed by the nature of his complaints: hair loss and trouble in the genital area. He hadn't reached the top yet, so he was somewhere in between Stage 1 and Stage 10. He wasn't almost at the top either, as we might expect to see in Stage 9. We had already tried Osmium, Stage 8. He had started his career in management without any hesitation or doubt, so he

was beyond Stage 4, the beginning. He had also passed the stage of preparation and wondering whether he should start or not, Stage 5. So we are down to a choice between Stage 6 and Stage 7. Stage 6 didn't seem to fit all that well: it has a certain hardness that is needed to to take on the challenge. He hadn't said anything about it being a challenge. That leaves only Stage 7, Rhenium, the stage of practising and trying things out. But he hadn't told me anything about practising, learning, feedback or co-

operation. So I had to find out more about his work and the way he deals with it. He said he needs to be structured in what he does: he wants to have an overview of what he does and how it works. When his boss becomes angry he holds himself in and doesn't answer back. Can he stand and be assertive? He is in two minds about it [Stage 5?], he doesn't want to fail, so he is quite careful. In complex or stressful situations he becomes uncertain. He feels that he isn't good enough and that he will be rejected. How

about criticism? He sees it as an opportunity to improve his performance [Stage 7]. People think he is quite modest. How about compliments? He finds them very stimulating but does not want to feel that he has deserved them. He also sees compliments as a way to stimulate other people, 'because people would rather get a compliment than a critical remark, compliments unite people [Stage 7], criticism chases them away'. He likes to have a grip on the situation. When it gets too complex he

tends to observe and try to reason it out. He is still capable of learning [Stage 7] and improving. After taking Rhenium he gradually starts to feel better and calmer. He no longer feels the need to tread carefully all the time, because he has finished some important work to everyone's satisfaction. His complaints are disappearing, he doesn't grind his teeth anymore and the redness and pain in his penis have gone. Going back to the Materia Medica we can now broaden the general picture of

Rhenium. The concept of 'overview' turns out to be an important aspect of this remedy. This patient wanted to have a general overview of what was happening. Overview means seeing [Gold series] things together [Stage 7] in the overall structure [Gold series]. The other side of this is an aversion to complex and confused situations. So we can add to the picture of Rhenium the symptom: overview, agg.-complex situations. This man also liked to bring people together, to let them co-

operate in a larger structure [Gold series] by stimulating them in their work [Stage 7]. So we can add to Rhenium: stimulating, to work together.

Relationship to 'Homoeopathy and Minerals'

In 'Homoeopathy and Minerals' I started a trend of thinking in terms of themes. In this present book I am following the same line of thought, with the addition of a new level of abstract thinking. In 'Homoeopathy and Minerals' I compared groups of remedies with a single remedy within

that group: for instance, I made a comparison between all the Natrums. In this present book I am comparing all the elements with each other, so that we can eventually predict the picture of any given remedy. The patterns are more general, covering a wider area, i.e. the whole area of the periodic system. This means that the concepts have become broader as well. There are several remedies described in this book that have never been proven or used, or even been potentised yet, remedies like Fluorine,

Natrum metallicum, Kali metallicum, Krypton, Xenon, Astatinum, Radon. The results from 'Homoeopathy and Minerals' are very encouraging. Every case described in that book is still doing very well, except just two. The second, short case of Magnesium fluoratum only had a temporary improvement. The case of Natrum iodatum is still doubtful, and other remedies were needed to move this case forward. Many homoeopaths have reported back on their on positive experiences with the

system of 'Homoeopathy and Minerals'. Many an 'old case' has been cleared up with the use of the group analysis too. Anand describes a case (1994) with many Ferrum symptoms and the characteristic 'indifference to pleasure', where he prescribed Ferrum phosphoricum. A typical aspect of this case was that the woman took on the role of 'her sister's [Phosphoricum] bodyguard [Ferrum]'. Another example was given by Chhabra (1995) who gave Natrum sulphuricum to a woman who

was suffering from acne. The prescription was based partly on a significant dream in which the woman was being offended. But she also has a long story about a boyfriend [Sulphur] who was treating her badly, who wants her company [Silicium series] but totally ignores her when they are together [Natrum]. In Allen we even find: 'dream of being insulted by a gentleman friend'.

The layout of this book

The book starts with a few introductory chapters. In 'The spiral' you will find the general

ideas that will be unfolded during the course of this book. In 'The seven series' you will find a description of the themes belonging to the horizontal rows of the periodic system and in 'The eighteen Stages' there will be an explanation of the themes of the vertical columns. 'The group analysis' and 'The blank remedy' will describe the techniques that I used. After that it will be the turn of the individual elements, in the order in which they appear in the periodic table.

Combinations of elements will be discussed after the cation, the positive ion, of that particular combination. For instance, Lithium phosphoricum will be discussed after Lithium, Natrum lacticum after Natrum etc. The chapters are numbered after the series and stages: for instance, Ferrum, the eighth element in the fourth series, is discussed in chapter '4.8'. All elements will be discussed except the Lanthanides and some of the elements of the 7th series. Combination remedies will be

described wherever there was a successful case to illustrate the remedy, and then only those remedies are mentioned that have not already been shown in 'Homoeopathy and Minerals'. One exception is Natrum Fluoratum, because we received a proving of this remedy and the general picture has been much expanded since the previous book. After the chapters on the various remedies there will be a few more chapters devoted to a further explanation of the prescribing techniques. These

consist of 'The epilogue', 'Case-taking, 'Language', 'Source of remedy pictures', 'Frequency of remedies', 'Expressions of the remedies' and 'Alternating remedies'. In 'Ten propositions' I will add ten homoeopathic ground rules. Finally there will be several pages of 'Notations', 'Literature', 'Periodic system', 'Tables and Graphs' and the 'Index'.

Layout of the chapters

The chapters on Materia Medica are divided into different headings.

Introduction

In this section the general development of the remedy through-out homoeopathic history will be described. There will be references to specific literature on the subject where relevant. It is assumed that all readers are familiar with the more general homoeopathic literature and no special mention will be made of these books. Sources of information: Allen, Clarke, Boer-cke, Hahnemann, Morrison, Phatak, Zandvoort.

Signature: here you will find information on the origin of the name, the properties and the different uses of the remedy.

Concepts: in the case of the elements these will consist of a combination of themes belonging to the stages and the series; in the case of combination remedies these will consist of the combined themes of the individual components.

Group analysis: a few lines combining the concepts into various 'catchphrases'. These phrases in themselves are often

enough to start practising with.

Picture: the next part is a general unfolding of the remedy picture in the form of a story, based on the group analysis, Materia Medica, cases and provings where relevant. This picture is subdivided into:

Expressions, Generals, Complaints and DD. This latter section is not so much meant to be read word for word, but can be used as a reference or checklist when you are working with it.

Expressions: under this heading you will find the most

important mental /emotional symptoms, often in the form of 'mind' rubrics. It will also contain information from Materia Medica, cases and provings.

Generals: contains the general symptoms of the remedy.

Complaints: this is a summing up of the complaints that taken from Materia Medica, as well as those that are deduced from the group analysis. In cases of the lesser known remedies it would be wise to use this information with caution. Of the well known remedies I have

only mentioned the most characteristic symptoms. A full description can be found in the general homoeopathic literature. I have not mentioned the source of every bit of information within the text itself, otherwise this book would become unreadable. Once again I would like to refer to 'The seven series', 'The eighteen stages', the Materia Medica, provings, cases and the 'Bibliography' as a source of further information. Symptoms that I used myself as a checklist or as confirmation

have been printed in bold type.

DD: The last part of the general picture is a differential diagnostic with other, similar remedies.

Case: the general picture will be illustrated with a case, where possible. Unfortunately there were a few elements that have not yet been prescribed. Occasionally a remedy picture will be followed by a short case only. The reason is that the remedy didn't cover the complete case and only worked on a particular aspect or layer. But there are several instances

where such a remedy was very successful in treating a specific layer. I have purposely left out cases on remedies like Niccolum and Chromium, because they have already been presented in 'Homoeopathy and Minerals'. There are also several short cases that only mention the essential pieces of information on which the prescription was based. This has been done to show how we can work and 'play' with the group analysis. It makes the material a bit more lively.

Proving: finally you will find

some information on provings of a few of the remedies.

The development of ideas

During the time that I was developing my ideas it felt as if I was going through the different stages of the Silver series, the series of creativity and science. Around the time of Christmas and New year '93/'94 I suddenly got the idea about a development in stages. It seemed so beautiful, so strange and wonderful. It was the first stage, the stage of enthusiasm, Rubidium in this case because it was a scientific

idea, so we should take the first remedy in the Silver series. After the first month of enthusiasm doubt started to creep in. Could it really be that simple? What would other homoeopaths think of it? Isn't it all a bit preposterous? This was the second stage, the stage of Strontium. In March and April I started to experiment, 'putting out' a few remedies like Yttrium, Zirconium, Niobium and Tantalum, to see what would happen. It was the investigating stage of Yttrium. In May and June I got the first

positive results back from patients and I decided that the idea was worth pursuing. It was the stage of official announcement and a definite start, the stage of Zirconium. Between July and September I worked the ideas out further and tried to find suitable concepts to describe the various stages. It was the Niobium stage of preparation and wondering how on earth I was going to put all this into some sort of order. In the autumn of '94 I started to apply the system in a methodical

way. If it was a good idea it should work all the way through! This was the Molybdenum stage of the ultimate trial. Between January and April of the following year I was busy refining the concepts and shaping the ideas into a more definite form. Theory and practice started to meet each other somewhere along the line most of the time, even if it was a little tentative at times. It was the Technetium stage of refining and smoothing out the rough edges. In June, July and August the real task began:

putting it all on paper. The burden of the enormous amount of paperwork that had to be sorted through was a heavy one. It was the Ruthenium stage, the stage of perseverance. Between September '95 and January '96 the final details needed to be filled in, and everything had to be checked and corrected where necessary. This was the Rhodium stage, the stage just before the top. And now, with the publication of the book in January '96, the curtain has been raised and the floodlights

are on: it is the stage of Palladium.

And at the same time a new cycle has started, a cycle in which the ideas of this book will be explored, tried out and tested on a larger scale, and so on.

The spiral

The periodic system consists of horizontal rows and vertical columns. We could see the columns as different stages in a continuous process of development. The rows or series can be seen as the

different levels at which the development around a specific theme takes place. For instance, the fourth row or series, starting with Kali, is called the Ferrum series and the general theme of development is around work. Kali simply starts his work without thinking about it too much, Niccolum is at the top of his development and Bromium, the last element in the series, feels that he has to let go of his work. We can find a similar development taking place in every single series.

If we take the periodic system and bend the ends round in such a way that the last element of every series joins up with the first element of the next series, we will end up with a spiral. Every series represents one circle within the spiral. This way each of the seven series becomes an episode in a larger whole of consecutive phases.

Each circle represents one series, or one row (period) in the periodic system. And each series has a specific theme, as described in the chapter 'The

seven series'.

Each circle contains the elements belonging to that series. The elements each represent a particular stage in the development of the theme of that series. Going round the circle once we go through the rise and the fall of that particular theme. The description of the different stages can be found in the chapter 'The eighteen stages'. The spiral as a whole represents an expansion, the expansion of consciousness. Together with the expansion of

consciousness we have an expansion of the overall picture. In the second circle, that of the Carbon series, the consciousness is restricted to the area of the physical body. This consciousness slowly expands to include the family, the village, the county and eventually, in the Gold series, the country and the whole world.

In the same way we see that the expansion of the spiral corresponds to increasing age. The innermost spiral, the Hydrogen series, corresponds

to the unborn child, which gradually winds its way towards the outermost spiral, the Uranium series, the series of old age.

The seven series

In this book I will use the word 'series' to describe the horizontal rows in the periodic system. Every series has its own theme, its own area of problems. The word series also indicates that there is a progressive line of development from one series to the next.

For practical reasons I have

named each series after its most characteristic element. You will be familiar with the term 'Ferrum series' from my previous book, but here I have used it in a broader context, representing all the elements of the 4th row of the periodic system, i.e. from Kali to Krypton.

The rows below Ferrum have been called Silver series and Gold series, after their most well known elements. The second series is called Carbon series, and the third Silica series.

To give you an impression of the correlation between the series I have written a brief summary below. A more extensive description will be given at the start of each chapter.

Table 1: the seven series

Series	Theme	Age	Area	Sense
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Hydrogen	Being	Foetus		
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Spaceless	Smell ?			
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Carbon I	Child	Body	Touch ?	
-----------------	--------------	-------------	----------------	--

Silicium	Other	Teenager	House	
-----------------	--------------	-----------------	--------------	--

Ferrum	Work	Adult	Village	
---------------	-------------	--------------	----------------	--

Muscle Blood

Silver Ideas Middle age Town

Speech Nerves

Gold Leadership Ripe Country

Vision Bone

Uranium Magus Old age

Universe Intuition Bone

marrow

**The Hydrogen series: Hydrogen
to Helium**

Being Incarnating

**'To be or not to be' in this
world. The theme could be
described as 'whether or not to
incarnate' in this world. The
fact that this series only has
two elements is quite symbolic**

of its general theme: there are only two possibilities, to be or not to be.

Unity Symbiosis

They experience and have a great desire for unity. This is expressed in a deep love for every living being on this earth, they feel totally at one with everything. Hydrogen experiences the world as a whole, there is no division between self and other in the same way that a foetus doesn't feel this division. But later on this sense of unity is gradually lost and they begin to feel that

they are separate from the rest of the world. It is as if their world has collapsed and they have ended up in hell. Their paradise has changed into a world of good and evil, of me and you. They feel as if they can't bridge this chasm of separation anymore and it makes them feel lost and lonely.

Conception Unborn

In the development of life this series corresponds with conception and the period of the unborn child.

The Carbon series: Lithium to Neon

I Individuality

This level represents the development as an individual and questions such as 'who am I ?'.

Value Meaning

This is immediately followed by the question 'what am I worth?', 'what is the value of the world?', 'what is the meaning of life?'.

Child

The age that corresponds to this phase of development is that of the toddler. A toddler

learns to distinguish between different things and one of the most important distinctions is the one between 'I' and the other person.

Body

In this phase the area that is being (dis)covered is only small, i.e. the body.

The Silicium series: Natrum to Argon

Family and relations

This is the level of relationships, first within the family, then gradually including other people later on.

Teenager

This is the age of the teenager. The teenager finds out about his position in relation to others, learning to define his own space and to respect that of others.

Home Neighbourhood Friends
The area increases to include their own house and the immediate neighbourhood, the environment where the child learns to relate to people outside the family. This includes his school where he starts to make friends with other children.

The Ferrum series: Kali to Krypton

Task Trade Abilities Profession

This is the level where abilities start to be developed. They have to learn to fulfil certain tasks. In order to do this they have to be schooled by another person, either a master or a teacher, a school or the parents themselves. Eventually they learn to carry out this task by themselves.

Youth Adulthood

This is the phase of becoming an adult. In our society this includes the years of puberty.

This is when they learn a certain trade at school.

Village

This is the area of the village or the tribe, as it used to be in the olden days. The individual gets to know the whole group and starts to determine his own position within this group. This position is linked to a trade he has learned, for instance being a baker or a carpenter. The area is still small enough for everybody to know everybody else, the way it happens in a village. Research has shown that it is possible to know

**about 2000 people personally,
and this is the average
population of a village.**

The Silver series: Rubidium to Xenon

Ideas Art

**The theme that belongs to this
level is Art. But there are many
other themes linked to this
series that might at first sight
have little to do with art:
advising other people,
mysticism, being a spokesman.
The central theme is the
passing on of ideas and images.
This can be done through
paintings and sculptures,**

through poetry, theatre, music, through speeches or through channelled information from other spheres.

Middle age

This level is usually developed in middle age. But the theme can be present at any age, often even in childhood.

Region County Province

The area is that of the province. The governor of the county is a representative of the king, ruling over a small area. A large town is usually the centre of such an area. It should be noted that we have

now reached a level where it is no longer possible to know everybody. This is reflected in the case of the artist who is greeted in the street by many people he has never even seen before.

Voice Hearing

Speech and hearing are two specific physical themes that belongs to the Silver series. We use speech to get our ideas across to others, we use our ears to receive the ideas.

The Gold series: Caesium to Radon

Power leadership

Power is the central theme of this level. It is all about leadership and power over other people. And leadership goes hand in hand with a feeling of responsibility for those people.

Ripe age

This is the phase of maturity, the age at which people traditionally used to, and still do, come into a position of power.

Country World

The area has now been extended to include the whole country or even the whole

world. The vision of a king has to be much broader than that of a baker: a king has to be able to see his whole country in order to plan his strategies.

Eyes

The eyes are associated with the Gold series. They are one of the main problem areas of the remedies in this series.

The Uranium series: Francium to Plutonium

Magic

These are the magicians, the people who know how to reach their goal through the power of intention and the power of

thought. They are the shamans, the prophets who guide the evolution of mankind from behind the scenes, people like Merlin and Rasputin.

Invisible power

They work with invisible forces. They work quietly in the background, unseen by most people. They know how to manifest the hidden knowledge and power deep within the subconscious mind.

Old age.

This is the time of very old age.

World Universe

There are no limits to the area on which they focus their powers. They work with the whole world and the whole universe. The themes that go with it are those of the super nations, the USA, Russia, China, India, the EEC, and specifically the United Nations.

Intuition

This series focuses on the intuition. These people are often clairvoyant, or clairaudient or they simply know what is going on.

The eighteen stages

The eighteen stages are stages in a cycle. Each cycle consists of the beginning of a project, the successful accomplishment of this project and then its eventual decline and final breakdown. It describes the rise, the success and the fall of any undertaking, project, business or kingdom.

The stages could be seen as separate moments fixed in time in this overall process. They describe the continuing process as if it consisted of different

steps that can be lifted out separately.

The stages are the same for each series, so they can be applied to all of them. We just need to bear in mind that the first few series have fewer stages, it is as if they have skipped a few. Further down the line we get progressively more stages, as if there is more differentiation between each stage of development in the later series. For further information on this I would like to refer to the chapter 'Further comments on the stages'.

I have given each stage a number instead of a name. It is easier to work with numbers than to remember 18 different names in the right sequence. Later on I added some names to describe the main characteristics of that stage.

PAGE graphic 1

**Beginning: Hydrogen Lithium
Natrum Kali Rubidium and
Caesium**

Initiative Impulsive

These are people who take the initiative to start something.

They feel they just have to make a start somewhere. Their

ideas are often highly original. It is often the amateur who starts up something totally new, who acts spontaneously on an impulse.

Instinctive Spontaneous

The actions of this first stage are often quite instinctive and spontaneous.

Simple

They are simple in the way they approach their work. They do what they have to do in a straightforward and simple manner. They don't think about it too much. They have no doubts or hesitations, they just

get on with it. They may seem a bit primitive or naive but this is because they concentrate only on what they are doing and they don't get distracted by a thousand and one other things.

Lonely Alone

They like to be alone, to go their own way. They don't exchange their ideas with others very much because they know already what they want to do and how to do it. So they can give the impression of being very closed. This lack of communication can make them

feel lonely, although they often long for a relationship. They tend to choose a relationship with one person only. That is more than enough for them to cope with, as anything else would be too confusing.

Single minded Stubborn

They do everything by themselves, in their own way. They carry out their plans with a singleminded dedication that may seem very stubborn. But this is the way it works best for them, they go at their own pace, steady but sure.

One sided Thoughtless

They don't really think before they start, they simply start and see what happens. They have made a choice and that's what they'll do. They don't allow themselves to be distracted by anything that isn't relevant to their task. They are totally fixed on what they want. They don't want to know about the other side of things. They wear blinkers and can only look straight ahead. Things are the way things are and that's it. They may appear closed because the only subject they ever talk about is what

they want to achieve. But they are not really closed, it is just that there is nothing else to say as far as they are concerned.

Naive

Because they never pause to think about what they are doing they may seem very naive. They go their own way, childlike and innocent, not bothered by other people.

Fool Simpleton

In the extreme this may lead to foolish and careless behaviour. The problem starts when their way of doing things

doesn't work anymore. They don't have the ability to reconsider their plans, so they carry on regardless, rather irrationally. They often get pitiful looks, as if they are not quite 100%.

In

The prefix that is associated with this stage is 'in-'. This often indicates a beginning: to introduce, to initiate, to induce, to incarnate, impulsive.

Symptoms

They are often very optimistic and jolly people, going through life quite happily without cares

or worries about day to day problems. In the extreme this could turn into mania. When they get the feeling that all their actions come to nothing they get depressed, they become gloomy and give up. They are unable to see what other options are open to them. The optimistic and pessimistic moods might alternate in a type of manic-depressive behaviour.

Signature

There is a constant exchange between Natrum and Kali when impulses [Stage 1] are

conducted along the nerves. We also know that the presence of Lithium and Rubidium affects this process.

DD

DD Hydrogen: Hydrogen has a special place in the periodic system. Its theme seems to fit Stage 1 but it also has characteristics that belong to Stage 10 and Stage 17. One could say that it is the only element that embraces all stages from beginning to flowering to decay.

**Finding a space: Beryllium
Magnesium Calcarea Strontium**

and Baryta

Observing

They are sensitive to being looked at and quickly feel criticised. This is the stage where they enter into a relationship with another person. They are aware that there are other people around, whereas the people in stage 1 act as if they were alone. In Stage 2 the people feel as if other people are constantly looking at them and saying things about them. Each level, i.e. each series, experiences this feeling of being looked at

in a different way. Beryllium looks at himself as if he is not himself, Magnesium feels as if he is not worth having a relationship with, Calcareo feels as if he cannot manage his task, Strontium feels as if he cannot create any form of art, and Baryta feels as if he should be king but can't do it. There is also a difference in who they think is looking at them: Beryllium is looking at himself, Magnesium feels observed by his family, Calcareo by neighbours and people from his village, who see him as being

'confused', Strontium feels the public looking at him and Baryta feels the whole world looking at him.

Evaluating

They feel the need to find out the value of things. They compare their own actions to other peoples' to find out whether their own way of doing things is good or bad. They have to compare themselves to others because they don't have their own inner frame of reference yet.

Criticising

There is a danger that the

negative side takes over, and that they only see the negative sides in themselves and others. Or they feel judged by others in a negative way and they will take this on as being the truth. They are extremely sensitive to any comments or forms of criticism. Other people only have to look at them or think of them and they will take it as a form of criticism. They easily feel judged, humiliated or hurt.

Unsure Shy Timid

The theme is that of uncertainty. They feel so unsure of themselves that they

don't dare to say or do anything. They are passive in the sense that they are convinced that there is no possibility for active participation. They can only undergo the judgment and reactions of other people. The physical expression of this passive attitude is often a certain weakness, puffiness and flaccidity of the body. Their character shows the same weak and phlegmatic traits. They are modest and like to keep themselves in the background. They appear docile and easy

going, even weak and cowardly. They dare not develop their potential, so their talent remains hidden.

Finding a space Joining the community

The root of this problem is their belief that they don't deserve to have their own space. They feel they don't qualify for their own space until they have done a good deed to deserve it. They have to work hard to find their own place. In relationships it is very important for them to know their own and their partner's

boundaries, the beginning and the end of their own space.

They find it difficult to occupy their own space. They quickly feel left out when they can't make contact with someone else. Or they feel left out because they dare not show themselves to the outside world.

Adapting Giving in

Because they don't have their own inner frame of reference they are inclined to take on other people's opinions. They adapt their behaviour to fit in with the general opinions and

rules of others. In this sense they give the impression of being very weak minded.

Passive Observing

They soon become passive, just letting things all happen around them. They give their power away and don't even realise that they probably have just as much to offer as anyone else. Other people are more outgoing and pretend that they know it all, whilst they have the feeling that they know nothing and therefore don't have the right to convey their opinions.

Protecting Covering up

They have the tendency to protect themselves and not to show who they are. That way they won't get criticised. This reaction reminds us of the oyster who hides in his shell as soon as there is a hint of danger. They need protection and their defence is passive: they hide behind a shield.

In our practice we can recognise this defensive reaction in the body language, the types of gestures or the general behaviour of a patient. We see the child hiding behind

its mother or behind a chair, the Barytas show this quite clearly, or they turn their head away from you and snuggle up to their mother. Later on these gestures become a bit more subtle, such as holding on to mother's hand, keeping a hand before their mouth, or crossing their arms in front of their chest.

Support Hardening

Apart from their need for security we also see that these people have a great desire for support: either receiving or giving support. Calcarea is the

main component of bones, the most supportive structure in our body. The need for support may turn into a gradually increasing rigidity. They build these structures to give them support in life, but if the structures become too rigid it can cause a stagnation in their development. The hardening of the shield prevents any further development, as in the case of the tortoise who has not changed for millions of years.

Two

This is the stage where the number two comes in: they

have become conscious of a duality. It is no longer a case of one person doing something, we now have a second person who is observing what the first one is doing.

DD

DD Stage 1: there is no reflection in stage one and they don't feel people looking at them yet.

DD Being looked at: The stages that follow can also have a feeling of being watched, but there it is no longer the main part of the whole problem. In those stages the predominant

feeling becomes more focused on what they could or should be doing to get things right.

Stage 2 has a passive attitude that makes them feel that people are always looking at them and it doesn't even occur to them that they could be doing something about it themselves.

DD Doubt, passive, coward: Stage 3, 4 and 5 may also have a tendency to cowardice, without the courage to persevere.

DD Stage 6 and hiding: Both stages have the theme of

hiding. But there is no real action in Stage 2, they are simply reluctant to show themselves. In Stage 6 there is definitely a lot of action, but they don't want to show what they are doing in case they fail.

Signature

Calcareo and Strontium are elements that can turn into bone and chalk, hence the word calcifying which implies hardening.

Symptoms

Physical: amel. lying on abdomen.

Comparing: Boron Aluminium Scandium Yttrium and Lanthanum

Investigating Discovering Scanning

This is the stage of investigation. These people start to look beyond themselves and begin to investigate other possibilities and ways of doing things. They want to find their own potential and how they can develop this. They are like the scouts in the army: they go out to investigate, they scan the area to get an idea of the

general situation, but they don't intend to engage in any fighting.

Discerning Comparing

They like to compare the different possibilities to see what suits them best. They learn to discern between different factors in order to make the right choice. 'Look at all things and keep the best'.

Trying

They are at the stage where they try all sorts of things. They want to get a taste of everything to see if they can use it. This is all very

tentative, like sticking a toe in the water to test the temperature.

Underestimating

They underestimate their own potential, they don't have real faith in their abilities yet. This causes them to hesitate a lot. One day they think this is best, and they next they think that is better. They're always changing their mind. This seemingly impulsive behaviour stems from an inner urge that they have to do something.

Doubt Hesitation

Because they feel so weak and

inexperienced they soon succumb to doubt. They would like to try something but they don't dare. They never have the courage to start something real, they can't make up their mind what to do. They have to do something to prove themselves, but they don't know what and how. They don't feel safe enough to make a real choice.

Changeable Unstable

When they finally do try something they are so nervous that it often goes wrong. So they will look for something

else, another project, another path. They go from one thing to the next without ever sticking to one thing and persevering with it. Their own changeability can make them feel very confused, they get caught up in their own doubts and won't know what to do anymore.

Discouraged

As soon as something goes wrong they retreat into their shell. The slightest opposition or misfortune can bring them into a state of uncertainty and confusion. And then they will give up, feeling it is better to

give up straight away because they won't succeed anyway.

They often feel they are being attacked and they don't have the courage to stick up for themselves. They are easily intimidated and discouraged.

Unofficial Uncommitted

If they get stuck in this stage they will never commit themselves to anything. They cannot make a real commitment because deep down they feel that they might not be able to do it, so they have to keep their options open and allow for an escape route.

Nothing official, no ties.

Under

The prefix un- or under is often seen in this stage. They are under age, unofficial, under the mark, too small to participate in the real thing.

Three

We also see the number three as a significant number in this stage. The electric charge of the ions in this stage is three. The act of comparison is only possible when there are three people present, i.e. the observer and two others. 'The eternal triangle' is also a theme

in this stage. We also see the root in words such as try, trial and trifle.

DD

DD Stage 2: is more passive, as they feel they are being looked at but they won't undertake anything to avoid the criticism. In stage 3 there is some action: the action is one of investigation, of trying out different possibilities. It is like the difference between the oyster and the lobster. The oyster remains in his shell, whilst the lobster investigates his environment, only to

retreat inside his shell again at the slightest hint of danger.

DD: Stage 5 also has many doubts, but their main concern is whether they will carry on with their project or not.

However, they have already chosen their particular project. People in stage 3 don't even know what they want yet. It is the difference between alternating and changing.

Establishing: Titanium

Zirconium Hafnium

Establishing

In this stage they are really starting something. It is the

stage of the establishment of a certain project, a certain task. They are just about to cross the threshold, to open the door, to cross the bridge. They have made the decision to have a go at something. The terms associated with this stage are grounding, empowering, founding, forging, establishing.

Official Foundation

The official start of the project is made known to the public, like an official statement. It is the stage where the enterprise receives public and official acknowledgement. People enter

the organisation. In the olden days it would be the stage of an initiation. Characteristic of this stage is that things often go wrong the moment someone has officially started his chosen task or project. They can become very unsure of themselves, get panicky or have a nervous breakdown just before the start of the job, or the wedding, or the journey etc.

Amazing

When they have finally started a project they are amazed that it is actually happening, and

that there is nobody who is stopping them or saying that they must do it differently. And they are even doing it right! It is much easier than they thought. They might not be able to see all the implications yet, but at least it's working. They are really surprised: 'is this all there is to it?' But the future is still veiled in a kind of mist.

Uncertain Indecisive

But what will they find at the other side? Should they go on? Isn't it a bit too dangerous to enter into foreign territory?

They start to get unsure, thinking they won't be able to handle it. They can't foresee what is going to happen and how it will look in the future. There might be some problems just around the corner that will prove to be too much. They can make mountains out of molehills until they are sure that they won't be able to cope. That makes them very indecisive. They know what they want but they don't dare to go there all by themselves. They can't rely on their talents because they don't know them

well enough; they have never been put to the test yet.

Half

This dilemma may keep them stuck in the initial stage of a project. They don't really abandon it, but they don't persevere either. They are always stuck in the beginning of something, always on the point of choosing. They only do things by halves, they don't go the whole way. We could imagine the situation of someone getting into a boat: one foot is already on board and the other foot is still on

land. He wants to start his journey, but he is torn in two. He has to make a choice. You can't have your cake and eat it.

Expressions

Dreams: threshold, porch, bridge, key.

Causes: starting a job, marriage, journey.

Complaints

Abductors, inguinal ligaments.

DD

DD Stage 3: has not started anything officially yet, he is still looking around without obligation. In stage 4 a definite choice has been made, there is

a real commitment.

DD Stage 2: is also unsure of himself but he hasn't made a choice yet. He hasn't even got the notion that he could do something about this whole situation himself.

**Preparing: Vanadium Niobium
Tantalum**

Preparations

They have a great desire to prepare things thoroughly. This thorough preparation is necessary so that they get an insight into all possible future developments. That way they can have an answer ready for

any future situation that may arise.

Front guard

They are the front runners, the ones who show what is to come. They are the ones that get the ball to the front so it can be kicked into the goal.

Proposal Doubt

They make all the plans and put forward all the proposals. They have made a start but they doubt whether they are really capable enough. They have only just started. Isn't it all a bit too much for them, are they really up to it? Will they

make it? They really want to succeed. They try to get the knack of the game but they often fail at this stage. This is natural because of their lack of experience.

There is still some doubt about their own abilities and it makes them a bit indecisive. They often wonder: 'What on earth have I started?' They consider all sorts of options but don't really have much faith in any of them. So they remain skeptical and suspicious towards any plans or suggestions. They lack confidence in themselves or

their environment.

Temporary Postponing

They are forever preparing without coming to any definite decisions. Their plans are always temporary, they are never good enough, there is always something that needs to be improved. They postpone their plans and the delay often leads to cancellation. They hum and ha and even when they do start something the chances are that they will quit somewhere along the line.

Avoiding

They prefer to avoid the real

confrontation, because they have too many doubts about their abilities. They have never put their talents to the test and their hesitation prevents them from ever putting them to the test. They never get further than a trial run.

Unrealistic

They tend to ask far too much of themselves. Their expectations are impossible to live up to, even for an experienced person. With these kinds of expectations the project is doomed to fail even before it starts. They know this

deep inside and that is why they see their task as a great mountain looming up in front of them. They are not being realistic about their own talents or about the situation itself. The task is either too ambitious for their limited capabilities, or they have overestimated their talent. It is very difficult for them to make a down to earth start and then see how far they get.

Alternating

Their attitude alternates between two extremes: one moment they want to make a

start and the next moment they want to give up. The balance goes up and down like a yoyo.

Tantalising

They feel very tortured by their inability to decide. They feel as if they will never make it, as if they will always fail.

Pre

The prefix belonging to this stage is 'pre' as in preparations, everything that precedes the real action.

DD

DD Stage 4: has also made a start with his plans, but he

hasn't thought it through yet. They start their task without much preparation.

DD Stage 3: has doubts, but they are doubts about what he will do; they are also changeable but they will change all over the place, changing their plans to something completely different.

Stage 5 has strong doubts whether he will or won't undertake his chosen task. The changeability is more an alternating state of mind between doing it or not doing

it, an alternation between two poles.

**Proving: Chromium
Molybdenum Tungsten
Challenge**

They finally take up the challenge. No more hesitation, they want to take the bull by the horns. They love challenges and even go looking for them.

Daring

They are daredevils. They will put everything at risk if need be, but they would rather accept a challenge and fail than run away from it. So they will go for it and see what happens.

Proving

They have a great need to prove themselves, to show what they can do. If someone challenges them they feel an even greater urge to do it. They have to convince themselves and others that they can do it.

Initiation

This is the theme of the initiation, the firewalk. It is not just a trial exercise but the real thing. They are being thrown into the deep end and it is up to them to prove that they can swim.

Inevitable

They do suffer from anticipatory fears. They are afraid that the task is too much for them. There is a part of them that would like to give up but they know that such an attitude won't get them anywhere. They simply have to start their project, it is inevitable. And they would rather go for this adventure and take the risk than stay behind and do nothing. They like challenges and adventures.

Force

They are rather afraid of this initiation and would really like

to to avoid the whole thing. But they know that there is no way out, they have to go through it. They have to force themselves to do it in order to overcome their fears. They either force themselves, authorizing themselves to undertake the task, they manoeuvre themselves into such a position that it looks as if others are forcing them to do it.

Hiding

Because they haven't proved what they are capable of doing yet, they don't like to show themselves in public. They first

want to know for themselves that they can do it, before they will show it to others. They don't want to talk about it, until they have passed their test. On the other hand they like some witnesses to be there to confirm that they have indeed passed the test.

DD

DD Stage 5: is more inclined to get stuck in preparations and delaying tactics. In stage 6 it is no longer possible to delay things, the project has to be started.

DD Stage 2 (hiding).

Practising: Manganum

Technetium Rhenium

Extending

The theme is extending the knowledge that has been gained so far. The first hurdles have been taken, they know they can do it in principle. But there is still a lot to be done in the way of further development and further refinements. They like to extend their knowledge and their skills.

Training Extra skills

In order to perform well they have to carry on their training, there is still a lot to be learned.

Doubt

This stage also suffers from doubt, although less strongly than in Stage 3 and 5. The doubt is not so much about what they should do or whether they should do anything at all, it is more about how they should tackle a particular task.

Learning

They enjoy learning new skills. They also like training other people, teaching them new methods of doing things or new ways of thinking. They are good teachers because they have a lot of patience. They have

created the space to develop extra skills and they like to share these with others. Their criticism is never harsh, it is only meant to show others a better way of doing things.

Feedback

In order to refine and develop their knowledge they like to have feedback. They like to have a teacher or guru who tells them whether they are doing it right or not. They are very keen on refining their methods of work and developing their potential. They don't mind criticism, as

**long as they can learn from it.
But they hate negative
criticism, as to them that is
pointless.**

Compliments

**And of course they love
positive feedback. They like to
hear that they have succeeded
in learning something new.**

**They like to receive
compliments, but even when
you point out some mistakes to
them they are glad that you
did, because from that they can
learn something too.**

Cooperation

The theme of training and

developing skills makes them eager to cooperate with others, either with a teacher or with other people who are in training. They like to do things together so everyone can learn from each other and support each other in their development.

Co

The prefix co or con is found in this stage: cooperation, compliments, consulting, consolidation, confirmation.

DD

DD Stage 6: still has to prove that they can do it, but they

are much more unsure of themselves. Stage 7 has the feeling that they can definitely do their task; all they need is some more training and some extra skills.

Perseverance: Ferrum

Ruthenium Osmium

Perseverance

The theme here is perseverance: to brace yourself and carry on with your plans. Their life consists of 'getting on with it'. And they will get there as long as they stick to their plans.

Endurance

They feel that it is a tremendous effort to carry on. They have to move that mountain of work. Fortunately they are very capable people with great powers of endurance.

Forceful

They have a tendency to force themselves and others. They don't have time for all the niceties, there is work to be done. Once they have got it into their head that their plans should have priority they tend to get very pushy and obstreperous.

Heavy Pressure

The task is big and the pressure weighs heavily on them. But they are up to it, they know how to handle such a work load.

Opposition

They hate opposition. Their task is heavy enough as it is without being opposed or contradicted by others. They confront any difficulties with openness and courage. They are full of confidence, they have done their homework and they are not afraid of confrontation. They know what they want and

are prepared to persevere with it. They don't shy away from a fight, in fact they welcome it if necessary.

They might feel that circumstances are against them. The day to day happenings in house and family are often felt as added burdens instead of welcome breaks.

They feel that they have to devote themselves completely to their task in hand. Anything else in life is only a distraction.

Calculating Planning

They are usually very good at summing up a situation. They

work out what they have to do to realise their plans. Their calculations are precise and they see clearly what is important and what is not. They have to plan this way in order to get through the enormous amount of work. They may even become politicians to achieve their goals.

Concentration

They are very concentrated on their work, totally absorbed by it, as if that is their only fulfilment in life.

Through On Per

They carry on, they break through opposition, persevere through adversity, persistence, pertinacy, they go on, work on, plough on, fight on etc.

Signature

The metals of Stage 8 are the most pressure resistant of all the metals in each individual series, Osmium having the highest resistance of them all. These metals hardly give way under pressure, which is linked to the fact that they are very dense and heavy. Osmium is the heaviest metal, the most compact.

DD

DD Stage 7: still has room for improvement and learning. In Stage 8 there is no more time for learning, there is too much work to be done.

DD Courage: This stage is the most courageous of them all: they can brave any danger. We could call them the Heroes. But we also find courage in Stages 6 to 13.

**Success is in sight: Cobaltum
Rhodium Iridium**

The final sprint

They are getting ready for the final test, it is the last run up

to reach the summit. The crown is within reach now.

Harvest

The time of harvest has come. Success is in sight. The outside world can see this too. Years of preparations and hard work are about to be rewarded.

Final presentation

They are ready to present themselves to receive the award. They look forward to being the centre of attention in their success. They know the time has come because they have the capabilities and the experience to round this off

successfully.

Finishing touches

All they have to do now is to add some finishing touches to their project, the final details to round it off. They have learned everything there was to learn, done everything that needed to be done, the only thing they haven't got yet is recognition. And they need recognition of the fact that they have succeeded. They need a signature under the contract, a diploma to say they have passed the exam.

Test

They would like to put it to the test once more, to see if there are any minor faults that need to be corrected. It is like a final rehearsal or the proof reading of a book.

Blunder

But there is still a nagging doubt whether they will succeed. Will it all go well or will there be some unforeseen circumstances that might result in failure? In spite of the fact that completion is now a mere formality, they are still afraid that something will go wrong, that they might commit

a terrible blunder, that all the work of all those years will have been for nothing.

Not quite

If they get stuck in this phase they never quite reach the summit. They nearly make it and right at the end there is always something that goes wrong. So they always just miss the completion, the crowning. This can cause them to feel hurried, as if they 'quickly' have to get through this last bit, then at least nothing can go wrong anymore. They are always second, never quite win

the first prize. They frequently use the word 'really', as if they really deserve to get something, but never quite get there.

Calling it off

Because of their fear of committing some blunder, they are inclined to call the whole thing off at the last moment. They go through every single stage of setting things up and practising it and perfecting it and at the very end they call it off. After the final rehearsal they cancel the official opening of the show, a day before the

wedding they call it off, an hour before their exams they decide not to turn up, just before the opening of their new business they decide not to go ahead with it.

Up

The mood of this stage is 'upwards', the last little push up to the top: climbing up, working up to, leading up to, hurrying up, doing up, polishing up.

DD

DD Stage 8: has the feeling that they still have to get through an awful lot of work. In

Stage 9 it is only a matter of adding the finishing touches.

Lord and master: Graphites

Silica Niccolum Palladium

Platina

Stage 10 could be seen as the middle of the cycle. As a centre point it is also the mirror for the stages, where Stage 1 and 17 are mirror images of each other, so are Stage 2 and 16 etc.

Summit Centre

This is the summit of the cycle, where everything has come to fruition. They have made it, they have achieved

what they wanted to, they have reached the top in their career, they are the first, the best.

They are the centre of attention in all that happens.

They like to be centred and they make sure that everything remains centred around the main theme. They are fully concentrated on their task.

Success Glitter

Their success makes them shine and glitter. They have won, they have become first. They can be very exuberant in their happiness, almost ecstatic.

Sure

They have made it and there is no doubt about their position now. They are secure in the knowledge that they have overcome all odds, and that nobody can take this away from them. The situation is quite clear, not a cloud on the horizon.

Independent Noble

They are very independent, lord and master in their own territory. They know what they want and what they stand for. They depend only on their own judgment. They are not easily

caught off balance, not easily touched. They are noble in their behaviour, they carry out their task with dignity, unperturbed by other people.

Self confident Haughty

They are full of self confidence, they can even be quite domineering, wanting to force their will on others. They feel far above the ordinary people because they stand at the top. In the extreme this may lead to haughtiness.

Balance

Balance is their strong point: they like to balance all the

components. They like all the members of a group or a project to work in balance, to form a stable core. They like to achieve stability, they make sure that everything is arranged firmly and securely. They stand firmly on the ground and give their opinion fair and square.

They are at the top of the cycle, they are the point of balance between the beginning and the end of a cycle. In this respect they are a mirror to the stages on either side. But the pivoting point also has another

quality i.e. instability. Being at the top they could easily flip over to one side or the other. All sorts of minor issues can then bring them out of balance.

Fixed Rigid

Becoming too fixed in their ideas is the main danger at this stage. They have a great sense of their own worth, they think they have made it in life and this may prevent them from going along with the changes of time. Their success may become their downfall because they tend to become fixed in their situation and cease to

wonder whether any adaptations or renewals might be appropriate. They stay fixed in their opinion and like to stay fixed in their position, unyielding and rigid.

This particular aspect of stage 10 is also emphasised by Sankaran in his book.

Self

The word 'self' is 'self evident' in this stage: self confidence, self importance, self satisfied.

Signature

The metals in this Stage are the most precious. Ruthenium, Rhodium, Palladium,

Argentum, Osmium, Iridium, Platina, Aurum and Mercurius are usually all called precious metals. They don't react with other chemicals very easily and they appear in nature in their pure form. These metals shine and glitter. Diamonds also glitter, so does quartz.

All elements in this stage are hard and unyielding. Diamond, which is a form of Carbon, is the hardest material on earth. Platina is very difficult to bend too. The electric charge of the ions of these metals is +4, which can be seen as the

reason for their stability. When they form a bond with other elements they share their electrons in equal proportions. Chains are also easily formed.

DD

DD Stage 9: is still uncertain whether everything will turn out all right. In Stage 10 success is assured, they don't have to do anything for it to happen, they just have to be there.

DD Self-confidence: Stage 10 is the most self confident, there is no doubt about their abilities. We see this, to a

lesser degree, in all precious metals, in stages 8,9,11,12 and 13.

Preserving: Cuprum Argentum Aurum

Holding on

The theme is holding on to that which has been achieved. They have a great sense of responsibility, more than the other metals. They tend to be rather conservative and rigid in their control, they don't discuss matters, they simply want to keep things as they are. They want to hold on to the things they have achieved,

and they also like to hold on to the methods by which they have been achieved.

Maintaining

It is quite an effort for them to maintain their position. It is as if they have taken over their position from someone else, as if they haven't achieved it by themselves, but it is up to them to keep it going.

Preserving

They try to preserve what is there, to hold on to the stock that has been built up over the years. Or they might feel that it is up to them to stock up, like

the Pharaohs in Egypt who had to stock up in the 7 years of abundance to provide for the 7 years of poverty.

Protecting

They try to protect their own achievements, but they also feel protective towards other people. Here we see their strong sense of responsibility coming out.

Possessions Wealth

Because they have built up their possessions over the years they tend to be quite wealthy. This state of wealth creates a feeling of stability

and peace.

Enjoyment Privileged

They are able really to enjoy what they have achieved. They look back with satisfaction over the years of success. They know how to enjoy their success and to appreciate the good things it has brought them.

Expansion

They can also have the feeling that they have to expand their success, not so much in the sense of making it even bigger, but more in the sense of making everything a part of it.

They like others to be a part of it, they like to share their wealth. They don't suffer from feelings of suspicion or animosity towards others.

There is no particular prefix for this stage. The general sense is: ruling, guarding, maintaining, keeping, protecting.

Signature: electricity and heat conductors

The elements that belong to this stage are the best conductors of both electricity and heat. Electricity and heat quickly spread throughout

these metals. Copper, gold and silver have always been used as a means of payment: they are metals that keep their value.

DD

DD Stage 10: has a feeling that everything is all right as it is. No effort is needed to hold on to the situation, everything happens by itself. But stage 11 has the feeling that they have to exert themselves to maintain the present situation.

DD Nitrogen and Phosphorus: In Nitrogen and Phosphorus we see a mixture of the feelings of Stage 11 through to 15. They

also have the theme of expansion. But they are most similar to Stage 15.

**Division: Zincum Cadmium
Mercurius**

**Overshooting the mark
These people also like to maintain what they have achieved, but they go too far in trying to hold on to it. They have all sorts of plans to keep things as they are and there is no stopping them. They are very conservative in their outlook and as long as everything is going according to the old plans and routines**

they feel fine. They will immediately vote against change of any form or description. They don't really listen to others, and if they do it is only to pick up ideas that they can later use in their own schemes.

It is like a farmer who has noticed that manure is good for his crops, so he thinks more manure will be even better and lots and lots of manure will undoubtedly be the best.

Exaggerating

They have a tendency to exaggerate. They are so caught

up in their own visions that they are unable to see anybody else's view of the situation. So they tend to dramatise and get things totally out of proportion. They dream that the brakes of their vehicle are failing, an expression of the sense that they can't stop.

Repetition

They like to repeat successful actions of the past. If things worked in the past they will no doubt work in the future too. They fail to look deeper into the present situation to see if there have been any changes

that require a different approach. They copy their actions of the past without thinking.

Pollution

This endless repetition can lead to a pollution of the environment. The copies keep piling up, they have become useless. Or they get used and discarded in an endless cycle of fruitless activity, where nobody bothers to look into the value of the whole process, 'it's cheap and easy, so just carry on'.

Decline Decay Division

This is the stage where decay

is just around the corner. People are picking holes in their achievements, the business threatens to fall apart. They do what they can to save the situation, but there is no getting away from the fact that everything is disintegrating all around them.

Enemies

They are beginning to meet opposition from other people who like to do things differently. Their power is being threatened. They will give the impression that they are allowing others to have

their say. But in reality this is no more than a false promise, because they keep on making the final decisions themselves, they don't give their power away at all. This is the stage of suspicion: everybody could be their enemy. They try and prevent this threat by sowing dissonance amongst their competitors: 'Divide and Rule'. Manipulation, bribery and corruption are the only methods left to keep some sort of control over matters.

Re

The prefix of this stage is re-:

they try to recapture, restore, repeat, remake, rebuild, recall.

Signature

The metals that belong to this stage are the most poisonous and the most polluting [Stage 12] of all the metals.

DD

DD: Stage 11 doesn't really feel there is any threat from outside world, he only has to take care of what he has built up. Stage 12 is the time where the outside world starts to pose a threat to his achievements. He is being attacked from all sides.

Withdrawal: Gallium Indium Thallium

Staying behind

They are lagging behind in the recent developments. They can't and won't keep up anymore. It is all going too fast. They would rather stay where they are and see what happens, they don't feel like being involved anymore.

Out grown

They have grown out of the whole thing. The project has gone on, new developments have taken place and they can't keep up anymore. They tried to

keep pace with it but had to admit they couldn't. They may even have been a bit too arrogant. It all went so well in the past that their success ran away with them and suddenly it all came crashing down again.

Nostalgia

There is a feeling of nostalgia for the good old days, when everything was still going well, when they still had talent and they could manage everything.

Out of date Stubborn

By now their methods are out of date. They were appropriate once, but the new situation

needs different skills. But they refuse to admit this; if it worked before, why shouldn't it work now? They have a one track mind and keep repeating the same old methods, like a gramophone record whose needle has got stuck. They are treading the same worn out, hollow path, the path has etched itself deep into the ground, the walls on either side obstruct their vision, so they can't see anything new and they can't get out either.

So they are stubborn, thinking they know better than all those

new people with their 'fancy ideas'. They are the ones who have tried and tested their own methods so they know what is best. There is no point in discussing the matter. They may be persuaded to voice their opinions but they really feel this is wasted on others. And they have already looked at other peoples' ideas and discarded them as being a waste of time, so why bother going over them again and again? They may occasionally pretend to listen to others, just out of kindness, but deep

**inside they consider it a
useless exercise.**

Falling behind

**Slowly but surely they fall
behind, they can't keep up and
everything falls apart. They are
like a house that has not been
kept up properly, the paint is
starting to peel off, the drains
are leaking and some of its
windows are broken.**

Withholding

**They refuse to let go of the
reins. They are afraid of losing
control so they stick to their
old fashioned point of view
with dogged determination.**

They withhold vital information in order to stay in control.

Suspicion

They become extremely suspicious and don't trust anybody. They know everything better and they'll do everything on their own. They dare not delegate tasks, so they soon get overworked, which means that they are forced to do less.

Loss of faith

Eventually they lose faith in their abilities. They are inclined to look for something or someone else to blame first.

But in the later stages they also lose faith in themselves.

Withdrawal Giving up

When everybody else's opinion is different from their own they like to withdraw. They are convinced that the others will sooner or later come round to their point of view, but they are obviously not ready yet.

Withdrawing to their own island of self opinionated safety, they feel there is no point in entering a discussion. It is a tactical move of withdrawal.

Behind

The word 'behind' is often applicable to describe this stage: they lag behind, behind the times, behind in their views, behind in their work, behind in upkeep etc.

DD

DD Stage 12: still has the feeling they should keep things intact, in spite of the threats from the outside world. In stage 13 the feeling of powerlessness starts to prevail. They can't maintain their position and have to withdraw to a smaller territory.

DD: this group is often

compared to Boron or Aluminium with regard to their chemical properties. There are many parallels. But in a discussion of the stages a comparison with Nitrogen and Phosphorus is more appropriate, because they are 'past the top' at this stage.

Formal: Germanium Stannum Plumbum

Empty Weak Drained

Everything is coming to an end now. They have lost control and can't do much more. This makes them weak and feeble, makes them feel

empty, as if all life has drained away.

Eliminated Discarded

They feel as if they are being discarded, they are being put out of action, placed on a side track. They are no more than onlookers at this stage, still there 'for the show', but their real role has come to an end. They are being eliminated under the guise of a 'gradual phasing out process'.

Diverting

While they are being put on a side track by other people, they in turn are also very good at

diverting important matters to another side track. They are masters in changing the subject and passing the buck when things get a bit too close. In a positive sense this can be seen as the ability to keep the pressure off, to even things out so they don't get out of control. This is the 'dropshot' technique: they catch a ball and play it back in such a way that all the speed has been taken out of it, it drops down dead, all energy has been absorbed. This is the talent of the people in stage 14. The

**weakness of the wrists of
Plumbum is very symbolic.**

Irresponsible

**The are inclined to hand their
responsibility over to other
people or to the apparatus.**

**They hide behind norms and
rules and don't like to be
reminded of their**

**responsibilities. All power has
been taken away from them, so
how can they be responsible?**

Indifferent

**Their attitude can appear very
indifferent. They are not
interested, they are bored, can
even seem blasé. Only the**

outer shell is left, they are not really involved. They can even be careless in their behaviour. It is like the last days of the Roman empire: a time of disillusionment and decadence. 'Après moi le deluge', 'who cares what comes after me' [Stage 15].

Formal Distant

They become very formal and distant. The outer form becomes more important than what is inside. They will attach great importance to etiquette, protocol, ceremonies and standard procedures, even

when they have no function anymore. They are conventional people, conforming to the rules. They like everything to be in order, to have its proper place.

Covering up

Then they start to cover up all their actions. Nobody is allowed to see what they are doing in case they are being made responsible.

Mask

Eventually we only see the outside, a facade, a mask. This mask makes them stiff, reserved, stoic. All you see is

an empty shell: the inside has gone. They feel like a puppet, they no longer have the power to manage their task, but they pretend that nothing is wrong. They carry on as if everything is fine, but it is only an act.

Everyone knows that it is only an act, that the real thing has gone, but they simply let it be.

Dis

There are several words with the prefix 'dis' that portray the mood of this stage: distracted, discarded, distanced, displaced, dismembered, discredited, disinterested.

DD

DD Stage 13: still has some feeling of control, albeit on a smaller scale. In stage 14 there is only the semblance of power left, it is an empty shell.

DD conservative: Stage 11, 12, 13 and 14 are all very conservative.

DD Stage 10, Carbon and Silica: This stage is often compared with Carbon and Silica with regard to its chemical properties. We can see why, as they both have a certain desire for stability, they like to keep the situation as it

is. The ions of this group can also have a charge of 4, like Carbon and Silica. But this stage is essentially different. Carbon and Silica really are at the top, whilst Stage 14 only appears to be at the top. In reality they are very close to their downfall.

**Loss: Nitrogen Phosphorus
Arsenicum Antimonium
Bismuth**

Past Loss

The power has gone and they no longer keep up the facade either. Everybody knows it is all over. They lose everything

they have built up, they feel a complete failure and they are very hurt. They feel desperate because they have to quit.

They feel everybody is letting them down: people they thought they could trust suddenly don't support them any longer. It is as if they have to face everything alone, like somebody who is facing a terrible loss, who feels that the whole world is against him, that nobody is there to support him.

Bankrupt

The business is handed over to

someone else. The last bits and pieces are being collected to be used by the new owners. It is like a bankruptcy: the stocks are counted and everything is put up for auction. The business has collapsed, the debt collector is knocking on the door.

Death

This sense of loss is expressed in their dreams and delusions. They have a great fear of death and they think about it a lot.

Superfluous

The situation is such that they have become superfluous. Their

skills are no longer needed. Or they have such an abundance that others can't digest it. This can result in overeating, or being overly concerned for others. Everything is exaggerated.

Surrender

In this stage acceptance is the only possibility, even if this means loss. Their talent is being able to surrender to the circumstances.

Handing over Sacrificing

They have to hand over everything they have built up over the years. Their challenge

is to do this whenever necessary. They are good at sacrificing, they will give a lot to others, sometimes a bit too much. They might give so much that they become a martyr.

The tactics of sacrificing are also characteristic of this stage, offering something small in order to receive something big.

Forgiving

Another theme is forgiveness. They have to learn to forgive the other person, even if they have lost everything to the

other. If they succeed in doing this they have overcome a great challenge. Forgive and forget. If they can't they will get bitter, harbouring a grudge against all those dreadful people who did such dreadful things to them.

Poison

Yet another theme is poison. They have the feeling that people are trying to get rid of them by stealthy means, for instance by trying to poison them. This makes them very suspicious: they are always on their guard, 'you never know, a

friend can soon turn into an enemy'.

Unforeseen

Any moment something could happen. Any moment their project, or their life, may come to an end. You never know when it will happen, the end always comes suddenly. They feel as if they are powerless to prevent it, as if it will just happen to them.

Refusing Contrary

In the first instance they'll refuse to believe that things have really come to an end. They'll do everything they can

to obstruct the final dismantling. They refuse to cooperate and obstruct the lawyers' instructions. They may do the most desperate things in their attempts to delay the end.

Symptoms

Fears: Alone, death, disease.

Dreams: Failure, disasters, accidents, annihilation, disfigurement, mutilation, poison, death and dying.

Stomach: pain, vomiting agg. poisoning.

DD

DD: Stage 14 still keeps up the

appearance that everything is fine. In stage 15 it really is all over.

DD decay: This stage shows the decay, the ruination and the loss most clearly.

Characteristic words are; Collapse, falling, failing, breaking, losing, sinking, ending. Stage 12 through to 17 all have to do with decline and decay.

**Remembering: Oxygen Sulphur
Selenium Tellurium Polonium
Lost**

They have lost everything, it has all been taken away from

them. There is nothing left of the old days of glory.

Everything is gone, lost, spilt, used up, ruined, all that is left are some crumpled and yellowed relics from a distant past.

Rags and tatters.

The situation is one of decomposition. The harmony has gone. The beauty of the golden age is lost and all that is left are some tattered remains. The building is in ruins, there are holes in the walls, the curtains are torn to shreds and the colours have faded. These

people may have a strong dislike of ugliness, of anything that is past its best, of things that are rotting and smelling of decay.

Expectations

They still live in hope that the old situation might come back. They expect that other people will notice their needs. They are quite open in their shortcomings and areas of need, expecting that others will be touched and feel moved to provide for them. They count on the sympathy and compassion of others to feel

sorry for the underdog. They don't openly ask for help or take what they need, relying instead on charity and compassion. They will only ask directly if it becomes obvious that other people don't realise their need. Then they may even start to beg quite openly.

They only occasionally deem it necessary to have direct contact with other people, but they can be very indignant when others don't realise their needs.

Luring Tempting

They try to lure people into

helping them, to give them those things which they were accustomed to, and whether this is based on reality or on pure fantasy is immaterial. They often have the feeling they that they don't have any rights, that they are merely being tolerated.

They are a bit like an over ripe plum. It still looks delicious and you are tempted to have a bite, but as soon as you do you realise that it is rotten inside.

Deeper

Now that the case is more or

less lost, they try to dive into the whole thing on a deeper level. They are unable to exert any direct influence, so they escape into a philosophical review of everything that has been happening. Or they may try to look at what is left at a deeper level.

Remembering

All that is left are memories. But at least you can play with those images and thoughts. So they make up endless stories about the things they used to do. They tend to live in the past, they long to relive those

days of glory. But it would be better to forgive and forget.

Fantasy Make belief

Memories are wonderful things because they are so flexible.

Anything that wasn't really all that nice can be reshaped into something much better.

Theorising and fantasising are very characteristic at this stage.

Anything that has disappeared in real life can be brought to life again in the telling of the story. So they talk a lot about the past, about all the things they lost because of other

people's faults.

These stories often become castles in the air, you can't separate truth from fantasy anymore. It is their way of boosting their self-worth a little bit, because there is precious little left of it in real life.

Reconciliation

In order to move on in their growth process they will have to learn the art of reconciliation.

Then they will be able to handle any situation and be at peace with the way things are.

Living on past resources

They live on the relics of the past. They are good at looking back and reliving all the things they have done. They like parties because it makes them forget how things are now. They look for diversions through love, music, dance and alcohol. Having a good time is all that matters now.

Lazy Neglect

Because everything is lost anyway they don't have to bother about making an effort. It is all over and there is nothing to do now. They can become indifferent and lazy.

Why should they bother? It is no use putting energy into a lost cause. They are bored and looking for distractions.

DD

DD Stage 15: is in the process of losing everything. In Stage 16 everything has been lost already and there is nothing left but memories.

DD Stage 12: is also in decline, but it is more the first sign of what is to come, a little crumbling at the edges.

In Stage 16 the rot is everywhere, neglect, rot, decay.

**The End Letting go: Fluorine
Chlorum Bromium Iodum
Astatinum**

Final End

We have come to the station at the end of the line. There's nothing more to be done, it doesn't matter anymore, whatever you do, it won't make any difference.

Letting go

Letting go is the key phrase of this stage. Even the thought of holding on to the past is a temptation that isn't really appropriate anymore. But they like to hold on because they

dare not let go. This is exactly what they have to learn. Even the thoughts of what they once had (stage 16) should now be released. Letting go is often accompanied by feelings of pain, disappointment, sadness and guilt. But as soon as they realise that letting go is really the best they can do for themselves, they will have moved a big step forwards. This is the strength of stage 17. As long as they keep fighting it they will suffer more pain and sadness.

Holding on

The opposite of letting go is holding on. They may have the feeling that they simply can't let go, or mustn't let go. So they hold on with a kind of desperation that is not natural in the overall cycle of events. It is like holding on when you are about to die and it is time to release your grip on life.

Demanding Uncontrolled

They may become very uncontrolled in their behaviour. If they have to let go of things anyway, why not let go completely ? So they might grab what they can in an

uncontrolled and inappropriate manner. Sometimes this results in unreasonable and demanding behaviour. It can even lead to aggression and criminal acts, 'it doesn't matter anymore, so what the hell'.

Climax

The general theme of the series often reaches a climax at this stage. It is the end of the story, the plot has been revealed. Fluorine defeats the dragon, and the sexuality reaches the state of orgasm. The Muriaticums reach a climax in the relationship

between mother and child.

Exiled

They feel that they are an outsider, exiled from the group. They have been a part of the group for so long, and now they suddenly have to manage on their own. But they still feel they deserve to have a place in the group with all the privileges that go with it. When people don't give them what they deserve they take it without asking.

Condemned

They may feel condemned because they have been banned

from the group: as if their exile is unconditional and final, and they don't have a chance of reprieve. If they feel that this exile was justified they also suffer from feelings of guilt. It was their own fault that led to this, that's why they are excluded from the group.

Fluorine: banned because of egotism, sex, or being who they are.

Chlorum: banned because of relationships or family.

Bromium: banned because they haven't done their job, banned by people from the

village.

Iodum: banned because of his ideas, banned from the area by the governor.

Astatinum: banned because of abuse of power, banned by the king.

Sankaran describes the characteristic feeling of this stage as the feeling of being betrayed and attacked.

Fleeing

After they have grabbed what they need they run away. They know that they haven't been all that honest, so it is best to break off all contact and flee.

They would no longer be accepted as a part of the whole anyway. They don't belong anymore, they are about to be kicked out of the house, so it is best to leave of their own free will, before things get even worse. Who knows what they will do to him if he stays?

Ex

The prefix at this stage is 'ex': exile, extravagant, expelled, excommunicated, expiry, extortion.

They often feel empty, similar to the feeling of having lost everything.

In Fluorine we see an empty person.

In Chlorum a person without a relationship.

Bromium is without work or responsibilities.

Iodum is devoid of ideas.

Symptoms

Mood: active.

Weather: warm, amel. agg. sea.

Lymph glands are hard, painful and swollen

Emaciation in spite of good appetite.

DD

DD: Stage 16 feels they can still dream about the past. At

stage 17 everything, even the thoughts of the past have to be released.

DD Hydrogen: Hydrogen sometimes has no boundaries either, but they are very idealistic, they like to keep everything intact.

**Rest: Helium Neon Argon
Krypton Xenon Radon**

We could also call this stage 0. This is a stage in between two series. It is the end of one series, therefore it is called stage 18, but it is also the stage of rest, a pause before the start of a new cycle.

Rest Inactive

They need rest, they just want to stay in one place and do nothing

Retreat Cocoon

They have a great desire to withdraw to a quiet place and be by themselves.

They don't want to have much contact with other people, they don't feel the urge to do anything at all. They go in retreat, in a monastery or a sacred place. This is a safe haven after all the troubles and dangers they have been through. They go into

hibernation and when the world starts to look attractive again they might come out again.

The word 'autism' portrays this attitude very well, particularly in the state of Helium. They like to be on their own, they don't need others, they prefer to concentrate on themselves, in their own private space.

It is the stage of the caterpillar who changes into a pupa. In this stage it looks as if nothing is happening. But a great inner transformation is taking place, for the caterpillar is changing into a butterfly.

It is similar to a state of coma, sleep, autism, catatonia, death, meditation or holiday.

Locked up

It is also possible that they feel very locked up in their isolated condition. Then their cocoon might be felt as a hindrance or a prison. They are locked up inside their house, like an autistic child. They stay within themselves and don't need others.

Helium is locked up inside himself: autism.

Neon is blocked off from his relations: mentally

handicapped.

Argon is blocked off from his work: unemployed.

Krypton is blocked off from ideas: monastery.

Xenon is blocked off from his country: asylum.

Denial Inactivity

They are in a phase of inactivity. They don't move at all. It is as if they are denying where they came from, what they have done in the past and who they were connected with. They don't know what it was like anymore, and they don't want to know either. It is all

over. But in a way they also deny their future, before they start anything they must first have some peace and quiet.

Transformation

They are all wrapped up in a protective covering. In this safe place they are able to find themselves again, to think what they will do next. They live this way so that they will not be disturbed by anything from the outside world, that is how transformation can take place. The experiences of the previous cycle are internalised and integrated. Through

meditation they can transcend the old cycle and be ready for the next one.

Free Without ties

They feel free and without any ties. They have freed themselves from all their old obligations and now they don't have any more responsibilities. They are as free as a bird in the sky. They have absorbed everything there was to learn from the previous cycle, and now they are ready to rise above it. But floating like a bird in the skies can be an excuse to escape from reality. The

tortures of everyday life may be so unbearable that they leave their bodies and 'split'.

Confusion

They may suffer from a slight feeling of confusion, as if they are floating. This is because they have no ties to bind them to their old existence, so they are slightly disorientated. The tendency to dissociate can increase this feeling of confusion. They knew there was something, but they don't know what it was anymore.

Non In

The prefix 'non' or 'in' often

describes this stage. There is a certain denial, a non-existence, an in-activity.

Symptoms

Catatonia, autism, coma.

Dizzy, lightheaded, floating.

Signature

The rare gases all remain gaseous until far below freezing point. They are the least compact. The elements immediately next to the rare gases, Stage 1 and 17, are extremely reactive, but they let go as soon as they are in solution.

It is tempting to speculate

about the relationship between the elements belonging to this stage and the different animals that form cocoons. We could imagine the caterpillar with his enormous appetite as belonging to stage 17, the cocoon as stage 18 and the butterfly, fluttering around innocently and free of cares, as stage 1.

DD

DD: Stage 17 has the feeling he must let go, but finds it very difficult, he isn't really free yet. Stage 18 has really let go of everything, there are no more

ties, there is total freedom.

DD: Opium, Cannabis indica.

The Stages

Each stage contains all other stages.

One could say that each stage contains all other stages too, because every problem eventually leads to a form of breakdown and decay. But each stage has its own particular basic feeling that differentiates it from other stages. This basic feeling is the cause of things going wrong at that particular stage, in situations that are

specific to that stage. So all stages have feelings of failure and success. All are sensitive to compliments or criticism. But the way they deal with these is different in each individual stage.

Hydrogen series

The Hydrogen series only has two stages. It shows most of the properties of stage 1, but there are also some characteristics of stage 10.

Carbon series and Silica series
The Carbon- and Silica series each have 8 stages. Stages 1, 2,

10, 16, 17 and 18 are more or less similar in both series. But Boron and Aluminium have some characteristics of their own, which look most like those of stage 3, but are really a summary of stages 3 till 9. It is mainly the odd-numbered stages that are most applicable to Boron and Aluminium. The characteristics of the even-numbered stages 4, 6 and 8 can, to a certain extent, all be found in Beryllium and Magnesium. The general state of indecision and doubt that is typical of Boron and

Aluminium finds its expression in several other remedies too, all in a slightly different way: Scandium can't decide what to do, Vanadium can't decide whether to do something or not, Manganum can't decide how to do it, and Cobaltum doubts whether he will succeed. Nitrogen and Phosphorus are most typical of stage 15, but they contain some characteristics of stages 11 to 15 as well, particularly of stages 11, 13 and 15. Oxygen and Sulphur contain several of the characteristics of the even-

numbered stages 12, 14 and 16, Sulphur having some of stage 16 -Selenium-, but also of stage 12, -Zincum- pollution, and stage 14 -Germanium- formalities and tendency to theorising.

The Gold series

This series contain 14 extra elements, the so-called Lanthanides, but they will not be discussed in this book.

Even and odd

The even-numbered stages are more static and stable. The odd-numbered stages are more changeable, dynamic and

unstable.

Charge

It seems that the electric charge that an element can take on when it bonds to form a chemical compound with other elements has something to do with its character.

Elements with similar charges have similar patterns. This can easily be seen in stage 1, where the elements have a charge of 1 and where we have characteristics such as 'single, simple and one-sided'. The graph of the elements with their different charges can be

found at the back of this book.

Stage 10 is in the middle

Although one would think that stage 9 lies exactly in between stage 1 and 18, it is really stage 10 that represents the top of the cycle. It appears that the building up process requires more effort and takes longer than the breakdown.

Elements divided into two groups

One can also divide the elements into two groups: those that like to give electrons and those that like to take electrons. The elements that

give electrons are the metals and most of them are on the left side in the periodic table. Once they have given away some of their electrons they become positively-charged ions, called cations. Those that take on electrons are the non-metals, situated on the right side in the periodic table, and once they have taken on one or more electrons they become negatively-charged ions, called anions.

This division could be compared to the Chinese system of Yang and Yin.

The table below shows some of the characteristics:

Stages 1-9

Yang

Male

Active

Energy

Size

Giving

Full

Alkaline

Reduction

Stages 11-17

Yin

Female

Passive

Space

Form

Receiving

Empty

Acid

Oxidisation

Group analysis

Group analysis

The so-called group analysis method has already been described in the book 'Homoeopathy and Minerals'. It comprises the study of a group of remedies rather than the individual remedies. For instance, we had a look the whole Natrum group, including

Natrum carbonicum, Natrum muriaticum, Natrum phosphoricum and Natrum sulphuricum. The themes and characteristics that were common to the whole group were then distilled out of the overall picture and subsequently applied to the lesser known or even unknown Natrums.

Group analysis of the periodic table

Now we will apply this method to even larger groups, that is to say to the series or horizontal rows and to the stages or

vertical columns of the periodic table. In the previous book I made a start with this in the example of the Iron group, or Iron series as it is called here. But now the group analysis will be extended to include the whole series, not only from Chromium to Zincum, but going all the way from Kali to Krypton. We will see a theme developing for each individual series as well as for each stage. Going on from there we can then take the theme of a particular series and combine it with the theme of a particular

stage to create an overall theme that is unique for that element. For instance, we can take the theme of stage 5 and combine it with the characteristics of the Silver series to find the theme of Niobium. This way of combining themes can lead to new discoveries about the properties of any one element. If we look at Ferrum for example, we find the theme of 'perseverance' of stage 8 combined with 'routine' from the Iron series, which gives us the new concept of 'discipline'

as being a part of the Ferrum picture.

Going on to the combination remedies we will see all these concepts coming up once again. Ferrum muriaticum, for instance, portrays the theme of 'a disciplined (Ferrum) mother (Muriaticum)', while we also find some of the other characteristics coming through, such as perseverance (stage 8, Ferrum) and letting go (stage 17, Muriaticum).

**Variations on the theme
Because there are many
different ways of expressing the**

same basic theme, you will find a variety of keywords and examples to describe each theme. But even there where a variation on a theme has been developed it is important to bear in mind that all variations are merely different expressions of the same central core, which could also be called an archetype.

Mind picture

For reasons I have explained in detail in 'Homoeopathy and Minerals', the main emphasis in this book will once again be on the mental and emotional

symptoms,i.e. the picture of the mind.

Projection Self

Any particular theme can be expressed both ways, i.e. projected on to the other or projected on to the self. That is why you can often put the word 'self' in front of a certain concept and thereby create a new concept. For example, the concept of 'worth' in the Carbonicums can with the addition of the word 'self' be turned into 'self-worth'. Other examples are 'love' and self-love' with the Sulphurs and

'sexuality' together with 'self-sexuality or homo-sexuality' in the Fluoratum.

Polarity Not

In the combination remedies we can add the word 'not' without any problems. The subconscious mind doesn't seem to pick up on this word, it gets ignored, so to speak. This aspect, together with the concepts of the previous paragraph, is discussed in the chapter on 'Language'.

The phenomenon in question is directly related to the polarity in each remedy. Every

remedy has the aspect of both success and failure within it. One the one hand we have qualities, on the other hand these qualities can become a pitfall. We often see these polarities (Pelt 1993) coming back in the remedy symptoms: a desire for a certain food can easily turn into aversion and vice versa.

Single elements

'Homoeopathy and Minerals' had one chapter devoted to 'Single remedies'.

The concepts belonging to these remedies were: 'all or

nothing', 'loose' and 'no integration'. It is in these single remedies that the theme of an element is most clearly revealed, untempered and unaffected by any bonds. Kali and Natrum on their own can be quite extreme for instance, whilst they are known for being quiet remedies in their various chemical combinations with other elements.

Most of the remedies discussed in this book are single remedies. So, in order to avoid repetition, the above mentioned concepts will not be

mentioned every time, the more so because the concepts themselves are so broad that they wouldn't add much detail to the overall theme. But it is nevertheless a good idea to bear them in mind and to remember that the single remedies are more open and extreme in their expression than combination remedies.

The blank remedy

This chapter has been included to show that there are many symptoms that are not useful in an analysis because they are

part of every remedy. These are symptoms such as fear and depression. This chapter is to show which sort of symptoms are common symptoms, i.e. those you can fill into any blank remedy.

When we look at a remedy we always have to decide which symptoms are common and which are specific, which will fit any remedy and which are strange, rare and peculiar to only one, or perhaps a few remedies.

In Boericke we find under 'mind' the symptom 'Anxiety

and depression'. However, this tells us nothing, because anxiety and depression can be found in any remedy.

Another example is the heading 'optimism' in the Kali's and 'pessimism' in the Natrums mentioned in 'Homoeopathy and Minerals'. It gradually dawned on me that both optimism and pessimism can be found in both Kali and Natrum, as well as in any other remedy for that matter. These are not specific symptoms.

Another example is the difference between 'friendly'

and 'hard' remedies, which I wrote about in 'Homoeopathy and Minerals' where I described Argentum, Niccolum and Vanadium as being friendly and gentle. But it has become clear that there are also hard and aggressive types who need these remedies. Smits describes Cuprum as being hard, whilst there are also many soft types of people who may be in a Cuprum state.

This chapter is about symptoms which may be seen in all remedies. Hence the title 'The blank remedy'. This

**remedy doesn't have a theme,
only common symptoms.**

Separation

**The first theme is separation.
Anything that exists does so
only because it has separated
itself from others, from the
whole.**

Desire

**The separation can cause a
desire for those things from
which one has become
separated. There can be a
desire for compensatory items.**

Aversion

**One may develop an aversion
to those things which stand in**

the way of a reunion with the object of the desire. An aversion can also develop as a reaction to the failure of getting the desired object, like 'sour grapes'.

Rejection Fear

The things to which an aversion has been developed may eventually be rejected. Thoughts on the subject will be pushed away or suppressed. If there is a confrontation one may experience fear.

Active Happy

People can be very active when they want to achieve

something, when they want to fulfil their desires. This can make them busy, hard working, optimistic, happy, hurried, impatient or restless.

Passive Gloomy

As soon as they get the feeling that their wishes cannot be fulfilled they get gloomy and depressed. They become passive. Their loss causes them great sadness. They start to feel indifferent and listless and tend just to give up.

Expressions

In the rest of this book the above mentioned symptoms

will be written under the heading 'Expression'. Most of our knowledge about remedies consists of these sorts of general symptoms.

Fears Dreams Delusions

The fears, dreams and delusions will also be described under the heading 'Expressions'. These are quite common symptoms in themselves, but the subject of their dreams etc. may be quite specific. Dreams, fears and delusions often cover the same subject. The term 'delusion' has been chosen to cover all

illusions, images, fantasies and hallucinations.

Specific symptoms may also consist of hobbies, professions or definite causes.

Complaints

Weakness

Pain

Hypertension

Hyperthermia

The Hydrogen series:

Hydrogenium and Helium.

It is a well known fact that 99% of all matter in the universe consists of these two elements. The theme that plays

a large role in this (Hydrogen) series is space.

Our earth only contains 1% Hydrogen and Helium is even rarer.

Being

The theme is: to be or not to be, to participate in this worldly existence or not. We might call it the theme of reincarnation.

True Not true

Connected to the previous theme is the issue about truth. How can we know whether something is true or not? We could say this is the theme of

knowledge.

Whole

Wholeness and totality is a concept that clearly applies to these two elements.

Space Time

Existence has not been placed within a frame of time and space yet. It is a state of just 'being', without any further definitions or frameworks.

Psychosis

If there are any problems in this area we will notice symptoms of psychosis. There is no clarity about what is true and what is not, this results in

hallucinations. Because these people are still in contact with everything that is outside them they are often clairvoyant, although they won't know what belongs to what. There is no distinction between the world and themselves, everything is one.

Unborn

In the overall development of life this phase corresponds to that of the unborn child. The unborn child does exist, but it doesn't do anything yet, it's experiences are indirect. In birds and certain other animals

this would be the phase of the unhatched egg, in plants that of the seed.

Hydrogenium

A proving of Hydrogen has recently been conducted by J. Sherr (1992). It appears to be an important remedy which looks very like Cannabis indica. Although the name Hydrogen doesn't tell us that all the acids are in fact compounds of hydrogen with another element (s), we shall see that the Hydrogen picture can be applied to all the Acidums.

The theme of Hydrogen is a desire to be one, to let all the loose parts come together into one large whole. In the 'alternative world' this is often described as 'holistic' thinking. In the scientific world we recognise this theme in the desire to bring all theories under one common law. In religion it is the one God.

This book can be seen as an expression of Hydrogen too: it shows a strong desire to gather all remedy pictures together into one a single, all encompassing structure.

Signature

The name Hydrogen means: forms (genesis) water (hydro). Water is formed by a combination of Hydrogen and Oxygen. Hydrogen is a gas and does not exist on earth in its pure form. It is a basic element of the sun and the stars and it supplies energy to the sun through a nuclear fusion process, in which another element, Helium, is born. Hydrogen gas is extremely light and it is the only element that can escape the gravitational forces of the earth.

Concepts

Stage 1

Initiative Impulsive

Instinctive

One Single Simple

Lonely Alone

Single minded

One sided Unprepared

Naive

Immature

Hydrogen series

Being

True Untrue

Whole

Space Time

Psychosis

Unborn

Group analysis

Being one: desire to be one

**Desire to be one: totally,
forever**

One truth

One whole: holism

Not being one: isolation

Simplicity: spaceless

Simplicity: timeless

Being alone: impersonal

Initiative to exist: conception

Desire to be one: symbiosis

Desire to be one: exhaustion

**Loneliness through being
separated.**

Hydrogen picture

Essence: being one and desire

to be one.

**Being one: unity
consciousness**

These people can experience the world as one total unity. Or they may have a strong desire to experience the world as such. Just like a foetus that experiences the world as a whole, there are no divisions and distinctions yet. They are one with the world and with all living beings. This feeling is expressed as a great love for everything and everybody. They may also have a feeling of being able to merge with

others. They can be quite erotic, or they may live in real symbiotic style with another being.

The desire for unity can also be expressed as strong religious feelings. They want to experience themselves and the world they live in as one whole and they will search for a religion that might fulfil this desire. They might feel very drawn to mysticism and to Buddhism. They can feel the presence of God and the unity through higher states of consciousness. These states

will make them feel very happy, they are in ecstasy, everything looks beautiful and wonderful.

**Desire to be one: now and forever totally and completely
Forever, totally, completely, they are concepts that relate to this desire for unity. They are all expressions of a feeling of oneness.**

**One truth: absolute truth
They search for truth, they want to know why things are the way they are. We can see this same desire in the world of science. Scientists are forever**

trying to combine their theories into one, all encompassing theory. Trying to find a universal theory of physics, trying to relate everything that happens in the world to one theoretical model.

These people might also display a tremendous curiosity, a wish to investigate everything and to participate in everything. That way they can try and find out how all phenomena might be related to each other. They are convinced that eventually it will be shown that everything is

interconnected and they will do everything to prove it to themselves and to the world.

Simplicity: spaceless

Their experience is one of simplicity, nothing has been put into a fixed space yet. They are here and that is all. They are still in touch with the universe. They often feel as if they are outside of their bodies, as if they are in space with the energies swirling around them. They find it difficult to judge distances, often make mistakes in size and distance. They like to be on top of a mountain to

be at one with the space above.

They can appear to be quite naive. Others often think of them as being rather simple, or vague and idealistic.

Simplicity: timeless

To them time does not exist. Everything just is. There is just the present, which is the same as eternity. They can just as easily get in touch with the distant past as with the distant future, to them it is all the same. They don't easily distinguish between past, present and future, so they are quite likely to make mistakes

in timing things. Time often moves too slowly according to them.

Not being one: isolation

After a while they start to experience separation. They feel separated from the world, estranged from their family. This can go so far that they feel that these gaps cannot be closed anymore and then they feel terribly lost and alone. It is as if their world is collapsing and they are going through hell. They can develop all sorts of fears, particularly the fear that they will never be able to

feel this unity with others, with the world and with God anymore.

It is as if they have just left paradise to incarnate into this world and suddenly they find themselves totally isolated from the universe. It is as if body and soul are separated, no longer belonging together. They often dream of halves.

This separation can express itself many ways. They may feel betrayed, rejected or abandoned. they dream about death, enemies and crimes.

Desire to be one: exhaustion

The desire of having a total experience of oneness can bring them very close to a state of exhaustion. They want to exhaust something, to get everything out of it that they can in order to experience it as fully as possible.

Or they might exhaust themselves in repeatedly trying to regain a once held feeling of unity. This can result in feelings of hurry, restlessness, enthusiasm or fanaticism.

Another area where exhaustion can manifest itself is in the object of the desire. Once this

has been emptied or exhausted the person will feel that he is separated from what was once there.

Not true: psychosis

Their inability to orientate leads to feelings of confusion and dizziness. They don't know where they are anymore. They can't seem to achieve anything anymore and they desperately start to look for something to hold on to. In extreme situations they can even become psychotic, where they don't know the difference between their own Self and

other people anymore.

Initiative to exist: conception

This phase corresponds to that of conception. It is the beginning in the development of life, the union between ovum and sperm. But they aren't aware of what is coming. One could say: 'they have no idea what they are letting themselves in for, poor things'. They often give you the feeling that they haven't been born properly yet, that they are not really there.

Expressions

Fears: accidents, going insane,

hell, death, future, any events, disease.

Dreams: defecation, animals, cats, camels, cows, suffering, eating, circus, acrobats, children, dead coming to life again, balloons, erotic, crime, danger, flying, fantastic, disgusting, heights, long jumps, religious, snow.

Delusions: separated from the world, unreal, betrayed, God, being old, being dirty, criticised, pursued, poisoned, pregnant, small.

Mood: hilarious, laughing, haste, restless, cheerful,

**singing, optimistic, peaceful,
content, unsure, stubborn,
serious, gloomy, suicidal.**

**Irritability: critical, angry,
violent, ungrounded, agg.
interruption.**

**Mental: curious,
absentminded, dreamy,
confused, mistakes, lack of
concentration, habitual,
automatism.**

Senses: sharp, sensitive.

Contact: -amel.,agg.-, reserved.

**Religion: religious, mysticism,
meditation.**

Hobbies: travelling.

Generals

Type: blond, thin.

Locality: right

Weather: agg. cold, agg. frost (2), amel. wind, amel. outside, agg. cloudy, agg. sun.

Time: agg. 5-9 am and 9 pm; full moon, annually; sudden appearance and disappearance of complaints

Desires: sour, pineapple (3), salt, fish, alcohol, carbonated drinks, sweet, tobacco, cold drinks, hashish.

Aversions: sour, warm food and drinks, coffee, tea, spices (2).

Food: agg. sour, vinegar, fruit, tea, garlic.

**Menses: intermittent, late,
dark, clots.**

Sleep: sleeplessness

**Physical: agg. exertion,
clothing, agg. light; amel. lying
down, agg. walking upstairs,
agg. touch.**

Complaints

Congenital deformities

Burning, stinging pains.

Acidosis, alkalosis.

Weakness; fever with thirst.

**Headache with sensation of
heat.**

**Aphthae and profuse saliva;
dry mouth.**

Stomach pains

Diarrhoea with sour, acrid, watery stools, which do not smell. Spurting out with much flatus. Diarrhoea from fermentation. Nappy rash. Bleeding haemorrhoids and fissures around anus.

Cystitis.

Ulcers, fistula, naevi.

Accidents and sprains.

DD: Helium, Stage 1 and 10, Palladium, Platina, Anhalonium, Cannabis indica, LSD.

DD Anhalonium: also has very strong out of body experiences, cosmic experiences with

fantastic shapes and colours.

But a typical difference is that Anhalonium has a mix up of the senses, e.g. beautiful music is experienced as a fantastic array of colours, etc.

DD Cannabis indica: can also be absentminded and dreamy and have lots of religious experiences, but this remedy has a typical tendency to play down all his symptoms and sensations, it all becomes rather hilarious. They don't have the typical feelings of unity either.

DD Blank remedy: Hydrogen

has many features of the blank remedy. The theme of separation is strongly present, but Hydrogen feels separation from everything, from the totality.

Case 1

A woman of 40 years is confused, feels only half present. She is very occupied with death and her dead father. She doesn't know it all anymore, doesn't want anything anymore. Another moment she has the feeling being born again. Nature overtakes her, the cosmic

aspect, so she wants to study anthroposophy. She wants to reflect on it, but that makes her crazy. It is as if life comes to her, enters her and she doesn't know what to do with it. She had a kind of image or dream that she was worm that was crawling into a sphere and that pictures the way how she wants to enter things. She has the desire to run away from it, to hide. She can't handle it, it is an infinite feeling. When she continues too long or too far with things she becomes chaotic. All is too extensive,

too great and she wants to give a place, to share it with others. She is very engaged with nature because nature doesn't make any demands. She wants to experience it instead of thinking about it as in the past.

She becomes very tired from these thoughts and emotions and it gives her a headache. It feels encased and vulnerable.

The pain was at first at the right side but is now at the left side of her head and is worse from coffee.

Generals

Weather: chilly, cold feet.

Desires: nuts (2), peanuts (2), cheese (2), spicy, sour, fruit (2).

Aversion: meat, coffee.

Food: agg. fat, tea, pears; amel. milk.

Menses: infrequent, every 6 till 8 weeks; nervous and irritable before menses.

Analysis

Typical words she uses are 'infinite', 'cosmic', 'born' and they are typical for Hydrogenium. This remedy also has the feeling of no boundaries, 'it enters her all'. The desire to experience things instead of think about them is

**another strong confirmation.
The image of the worm that
was crawling into a sphere is a
beautiful picture for
Hydrogenium, we can see in it
the symbols of unification,
conception en the entering of
life.**

**Further confirmations for
Hydrogenium are: confused,
chaotic, death, crazy, too far,
too long, too great, extensive,
it overtakes her, sharing, -amel.
nature, -amel. sour, -amel.
fruit, agg.- coffee.**

Reaction

One month after Hydrogenium

1M she is much more relaxed and not so much engaged anymore with death. She feels herself and can enjoy her life, her vacation and child. She can feel better, doesn't feel pressed anymore. She has the feeling as if she is reborn. All things still take a lot of energy from her because she has to do it in a new way, has to live through it in another way. She needed a lot of sleep, that gave her inspiration. She has dreamt of people she knew before and has worked problems out with them in her dreams. The headache is

much less. The next half year she gets two other doses of Hydrogenium 1M and after that these problems are gone.

Lacticum acidum

'the girl that never grows up'

Signature

Lactic acid is present in milk and in vaginal mucus. It is also a compound that accumulates in the muscles if they don't receive enough oxygen when they are being overexerted. It is the acid in the muscles that causes the feeling of weakness and heaviness.

Concepts

Acidum

Unity Symbiosis

Totalh

Eternal

Exhaustion

Lively Fresh Extrovert

Apathy

Forever True

Isolation

Lacticum

Girl

Childish

Dependent

Feminine

Group analysis

The girl that never grows up

**A real girl
The child woman
Having to fight to be allowed
to be a girl**

**Active in the role of being a
girl**

Exhausted being a girl

Isolation being a girl

The Lactic Acid picture

**Essence: the girl that never
grows up, a real girl.**

A real girl

**These people are very childish
and immature. They would
prefer to remain a child, a little
girl. This may express itself in
childish behaviour and talking**

with a high pitched little voice. Their mannerisms and way of speaking can be very put on and silly. It is the picture of the child woman.

In childhood they often love to play with dolls, dressing them, feeding them, mothering them etc. They tend cling to their mother a lot in every sense of the word.

When they grow up they have a problem because they don't like to take responsibility, they would do anything to avoid it. As long as other people explain things to them and show them

exactly what to do they'll be all right. Especially if they get a lot of praise for what they do. But as soon as they are asked to achieve something on their own they start to feel most uncomfortable. They would like to avoid these tasks, especially if they are likely to get criticised, it makes them very nervous. 'What if I make a mistake?'

Expressions

Causes: leaving home, stopping breast feeding, having to undertake new things.

Generals

**Weather: warm blooded, amel.
fresh air**

**Perspiration: profuse, under
arms, hands**

Time: agg. morning, agg. 5 pm.

**Desires: milk, porridge, sour,
buttermilk, sweet.**

Aversion: sour, sweet.

**Food: amel. sweet (3), eating
(3), agg. smoking, sweet, milk.**

Physical: agg. getting up.

Complaints

**Late potty-trained, walking,
talking**

**Vertigo, feeling as if floating,
lightheaded**

headache, amel. vomiting.

Hyperventilation: Short of breath with oppression of chest, nausea, dizziness, palpitations, fears and sensation of fainting.

Hypotension

Aphthae, profuse saliva, especially in children.

Sore throat with feeling of lump in throat.

Breasts swollen and painful, agg. before menses, agg. lactation.

Sour risings, eructations of sour mucus. Hypersalivation.

Nausea agg. morning, agg. pregnancy, amel. eating.

Hypoglycaemia: nausea, dizziness, trembling, agg. fasting, amel. eating. Diabetes. Diarrhoea, watery, sour and acrid. Nappy rash, red bottom. Legs heavy, trembling with weakness.

DD: Acidums, Lacticums, Sarcolactic acid, Muriaticums, Medorrhinum, Pulsatilla.

Case 1

A 25 year old woman presents complaints of hypoglycemia. If she waits a little too long between meals her stomach starts to rumble and grumble and she starts to feel dizzy. She

gets restless and begins to tremble, gets clammy hands and starts to sweat with a feeling as if she'll faint. This is even worse during menses. It started when she was 18, this was a difficult time in her life. her mother nagged a lot, she had no contact with her father and her brother used to vent his frustration on her. She decided to leave home.

Before she developed this hypoglycemia she suffered from hyperventilation, was afraid to go to town or meet people in case she would faint. She has

little self confidence, doesn't really know what she wants. Her moods are changeable, sometimes she gets very loud and pushy. She wonders if that is really her, or whether she does that to hide her shyness. It feels like the mask of a clown sometimes. She can also be very moody, especially before the menses.

On the one hand she is very closed and easily offended and on the other hand she can be open and flippant.

She dreams of being chased and hurt.

When she was 16 she took an overdose of aspirin once. It had all got too much, the tension at home, the divorce of her parents, the quarrels with her brother.

She frequently gets tension headaches, with a feeling as if her brain is sloshing around when shakes her head, or a feeling of being hit by hammers. Sometimes this is accompanied by nausea and vomiting. Frequent dizziness. The headache is worse from light and noise, better from cold.

She gives the impression of being very childish with a high pitched voice like that of a little girl. Her body looks like that of a child too, small and slim.

She gets a little lump on her lip when she eats fruits like apples, peaches, kiwi, nectarine, apricot or cherries. This causes itching which radiates to throat and ears and then she loses her voice.

She is afraid of violence, blood and knives.

Generals

Weather: warmblooded, cold

feet; -amel. fresh air and open windows.

Perspiration: occasionally at night.

Time: agg. 5 and 9 pm, evening.

Desires: sweets, milk, vegetables.

Aversion: fat (2), meat, fish

Food: agg. fruit, apple, peach, kiwi, nectarine, apricot, cherries.

Menses: frequent, every two weeks,; swollen abdomen and breasts before menses.

Sleep: good, on her side.

Analysis

The clear symptoms of hypoglycemia point to one the Lacticums. She is childish and dependent, very girlish. Other Lacticum characteristics: - amel. milk, -amel. sweet, warm blooded, -amel. fresh air, agg. menses, hyperventilation and easily afraid.

The open and assertive side of her points to the Acidums. besides being dependent and childish she is also quite extroverted. Other Acidum symptoms: -amel. vegetables, agg. fruit, and agg. evening.

There are also some traits that could point to the Magnesium: fear of violence, divorced parents, agg. fruit, -amel. vegetables. She did improve a lot on Magnesium muriaticum too.

Reaction

During the course of one year, after a few dose of Lactic acid 1M, she became much more independent and even tempered. The hypoglycemia has more or less gone.

Fluoricum acidum

Fluoric acid is quite a well known remedy. It probably shows the most typical Fluorine symptoms of all the Fluoratum.

Concepts

Acidum

Unity Symbiosis

Total

Eternal

Exhaustion

Lively Fresh Extrovert

Apathy

Isolation

Fluoratum

Immoral
Breaking taboos
Glamour
Property Gambling
Sex
Hard
Superficial
Narcissism
Psychopathic
Full of life
Group analysis
Exhausted life energy
Demanding total glamour
Naive psychopath
Serious gambling
**Wanting to be one with the
world of glamour**

Isolated and narcissistic
Exhausted through sex
Desire for total sexual
experience
Dependent on property
A real narcissist
Totally ruthless
Totally superficial
Picture of Fluoric acid
Essence: demanding total
glamour
Demanding total glamour
They will push anything and
anyone aside in the all
absorbing desire to shine and
glitter. They love to be the big
macho guy for everybody to

look up to. They want to draw the attention with their big car, loads of 'dosh' and a high position in glamour world. They are very ambitious, want to climb up high and earn lots of money.

**Arrogant and taking it easy
They can be very arrogant.
Once they have succeeded in getting where they want to they will make sure that others know about it. They radiate success and they want everyone to notice. But they don't like to put too much effort in reaching their goals.**

They like getting the money but it would be nice if someone just gave it too them!

And on the other hand they can't stand the arrogance of other people. They hate hierarchies and the thought that other people might have more influence or might have some power over them fills them with horror.

**Total desire for possessions
So they like money and possessions. A large estate, a fast car, perhaps or Rolls Royce or two, trendy clothes and elegant suits, and a pick of the**

most beautiful women, this is what they aspire. Anything that will show the world that they have made it. On the way to getting this they might be quite mean and misery, they are good at saving. Free gifts are very welcome. Or they might weal and deal and buy up things cheap to sell them again at a vast profit. They prefer to buy things in bulk and sell them in bulk, a minimum of effort to secure bulky profits. They like the stockmarket and short term money lending activities.

Serious gambling

Gambling is a favourite pass time. Not only do they gamble in casinos and lotteries, their whole life is one big gamble. It has to be because they like to get things the easy way. So in order to get all this money and these women and this lucrative position fast they have to take risks and gamble. In stocks and shares, in relationships in their careers. They might even become addicted to gambling.

The opposite polarity is that they easily let go of all their possessions.

Totally superficial

Their life is one of little depth. All they are interested in is the outer facade, the fast cars, the glitter, the clothes, the women. Their thinking becomes more and more superficial, they might even scoff at the idea of a deeper meaning of life.

Fast and hard

They are the 'hard and fast boys'. They also talk like that, just like a machine gun. Their clothes are trendy and well made. They are easygoing and smooth in their contact with others, but they can just as

easily drop you again when they have had enough. Others may initially find themselves flattered by their smooth talk, but subsequently find that they are talking to a brick wall as far as emotions are concerned. They can be very hard and vindictive after being hurt. They won't forget any wrong that has been done to them and they'll fight it out with that person regardless of their status or position, they are not afraid of doing battle with anyone.

Totally ruthless

In extreme situations they can become totally ruthless. They are not interested anymore in what others may think of them. They don't care about norms and values, they'll cheat and lie if it suits their purpose. They won't hide the fact either, except when it is their own interest. Any trick to cheat others of their money or their property is allowed, as long as it works. So it isn't surprising that they often end up as criminals.

A real narcissist

As a true narcissist they like

to forge ahead without any consideration for others. They have to win, by hook or by crook. Sooner or later other people catch on to what is happening and start to avoid them, so they end up lonely and isolated.

A real psychopath

From the above can be seen that they have psychopathic tendencies. Terms such as 'ruthless criminal', 'unscrupulous sex-maniac', 'absolute psychopath' could be applied to them. One of the causes of this extreme sort of

behaviour might be when they feel they have lost all dignity after, for example, an experience of incest.

Total desire for sex

They are very sexually minded. They like to talk about it a lot, usually in a derogatory way, as if the partner is merely a 'play thing'. They fall for beautiful men or women, beautiful also in the sense of the glamour of the latest fashion. They go for fashion models, long legged blondes, or rich and aloof macho's.

Exhausted life energy

Later on they may reach a state of exhaustion. Their extravagant lifestyle, the abundant night life, all that sex and alcohol can exhaust them to the point of burn-out, even at a relatively young age.

Expressions

Fear: vague (2!), unknown (!), life, strangers, future, travelling, flying, open spaces, streets, failure, disease, operations, cancer, death, poverty (2), impotency, murder.

Irritability: angry, furious, agg. loss of money.

Mood: cheerful, excited,

**active, hurried, restless,
impulsive, lively, timid, unsure,
indecisive, -amel. support,
listless, bored, meaningless,
gloomy, suicidal.**

**Mentally: quick, associating,
confused, slow, problems
orientating, problems
concentrating, forgetful,
dementia, mania.**

**Contact: easy, superficial,
talking fast, staccato.**

**Religious: magic, associating,
obsessive.**

Art: -amel. rave music.

**Causes: neglect, abuse,
violence, incest, parents**

**absent-weak- addicted, loss of
parents or protectors.**

Generals

**Locality: right sided; axillae,
groins, front neck.**

Type: blond, thin.

**Weather: warm blooded, agg.
warmth, amel. outside.**

**Time: agg. 9 pm; complaints
come and go suddenly.**

**desire: alcohol (3), spices (3),
fresh, sour.**

Aversion: sour.

Food: agg. fruit, sour.

Sleep: sleepless.

**Physical: agg. light; amel. lying
down, agg. exertion, walking up**

stairs, agg. touch; amel.

motion, rapid motion.

Complaints

Burning and stinging pains.

**Swollen glands, Pfeiffer;
abscesses, fistulae.**

Tiredness, weakness.

Aphthae, profuse saliva.

Affections of teeth, caries.

Arteriosclerosis. Varices.

**Diarrhoea, acrid, watery,
odourless stool which spurts
out with much flatus. Crohns
disease with fistula (Kramer).
Fermenting stools. Nappy rash.
Bleeding haemorrhoids with
fissures in anus.**

Vaginitis, complaints around genitalia, sexually transmitted diseases.

Cystitis, urethritis.

Arthritis with deformities, in hands. Joints and tendons very loose and mobile. Knee problems.

Bones deformed, exostoses (2).

Ulcers and fistulae and naevi.

Accidents and sprains.

**DD: Carbon series, stage 17,
Hydrogen, Acidums, carlsbad,
Lacticums, Muriaticums,
Sulphuricums, Veratrum, Agnus
castus.**

Case taken by Rienk Stuut

This is a 25 year old man who is very smartly dressed in a suit. He talks fast and rather incoherently, he shoots out short sentences as if he is firing a gun.

He is addicted to gambling, he can't stop once he is in a 'winning mood'. He feels he has to win. We wants to get to the bottom of the games he is playing.

An added bonus is that drinks are free in the casino. One day he lost so much money that he felt nauseated and revolted by his behaviour. He borrows

money from his friends and his parents, everywhere he can.

Once he feels his gambling mood coming over him he gets very restless and will use any excuse to get out of the house.

It all started when he had was unhappy at school. his teachers were irritating him, he found them too presumptuous and arrogant. he can't stand hierarchies. In the year he had to take his final exams he suddenly left school, out of sheer boredom. he also hated school, 'because all you have to do is work and you don't even

get any money for it'. he also felt frustrated around that time because he had applied for a job and didn't get it.

He used to work as a mechanic, installing car radio's and stereo systems. When he does work he often carries on without stopping. He is ambitious and would like to have his own branch.

He does it only for the money, 'when I am fed up, I won't work anymore.

He is good at bargaining and dealing, in his childhood he would trade marbles, steps etc.

He was good at saving then too, quite stingy in fact.

He is haughty and takes it easy. When he was young he like teasing his younger brother, beating him on the head with a tray, or locking him up in a suitcase, that sort of thing. He doesn't usually ask for a fight, but once he is provoked he will fight anybody, regardless of their size. He tends to hang on to past hurts, he won't forget, one day he will take revenge.

He falls for beautiful women, especially those who don't

make a fuss. One day he had a girlfriend who was homesick and he promptly finished the relationship, because he couldn't be bothered to deal with those sorts of things. He is sexually minded, which is also obvious from the sort of language he uses, he talks about 'women with large tits' and so on.

A typical dream: 'I was taking part in a dancing competition and a girl came up to me and said I had to dance with her; she was very beautiful so I said 'O.K. I don't mind dancing with

someone like you', and we won the first prize!'

Generals

Weather: warm blooded.

Desires: fried potatoes, chips, coffee, refreshing drinks, beer.

Aversion: endive.

Sleep: needs much sleep.

Analysis

The addiction to gambling is already a strong indication towards Fluorine. But there are other interesting details too.

We can see the themes of the Carbon series coming up such as money, sex, I centredness, ambition, desire to win.

The ruthlessness is typical of Fluorine too, as is the desire to obtain money without effort, the rapid speech, being neatly dressed in a suit, stinginess, desire to save, to bargain, the arrogance, free drinks in the casino, taking it easy, beautiful women and always thinking of sex. The Characteristic superficiality of Fluorine can be seen in his desire to get an insight into of a game of cards, to get to the bottom of it. In the dream we see the same themes again: a dancing competition, a beautiful girl,

winning the first prize.

But which Fluoratum to choose? We could say that the superficial tendencies were total, including all aspects of his life. This points to the Acidums. Also: he can't stop when he is in 'a winning mood', he totally exhausts himself in that respect. The tendency to fight is another indication for the acids. So we come to the remedy Fluoric acid.

Reaction

He has become much quieter since Fluoric acid 1M one month ago. He had a dream 'in

which he had won 7 million and so he immediately went out to buy a Ferrari.' One day at work he said to his secretary: 'I am going home now to my little fuckpot' and she had replied: 'Surely that is not all there is to life', and he had suddenly felt very ashamed. This was new to him, he would never have felt this shame before.

He got a new girlfriend who wasn't the usual 'wow' type, but he didn't break off the relationship as he would have done in the past, he was even a little intimidated by her. He

stopped gambling too.

Muriaticum acidum

Muriatic acid has long been known as a useful remedy, but the mental picture had not been deeply explored until recently. Using the themes of the Acidums and the Muriaticums it has now been possible to build up quite a good picture. I did not mention this remedy in my previous book because I hadn't seen a Muriatic acid case yet. Now I have and it is good to see this picture confirmed by Kees Dam

**and Yvonne Lassauw (Links
1994) and Corry Hiwat.**

Signature

**Muriatic acid is another word
for hydrochloric acid, an
extremely strong acid. It is
produced in the stomach to
help break down proteins.**

Concepts

Acidum

Unity Symbiosis

Total

Eternal

Exhaustion

Active Lively Fresh

Apathy

Isolation

Alone

Antisocial

Muriaticum

Broken relationship

Mother Child

Nurturing

Attention

Self-pity

Sorry Clinging

Sadness

Alone

Antisocial

Group analysis

Real care and nurturing.

Exhausted from caring

Desire to be one with mother.

Demanding total attention.

**Symbiosis with mother.
Dependent on mother.
An exhausted mother.
Naive self-pity.
Isolated and complaining.
Picture of muriatic acid
Essence: Real care and
nurturing.
Real care and nurturing
They like to take care of
people. They tend to sacrifice
themselves completely in this
task and they are always ready
to help others. It is as if
nothing short of total devotion
is good enough. They tend to
carry the burden of the whole**

world on their shoulders. The feeling behind this that they may be left on their own if they don't provide this service. They feel that only total devotion and nurturing will prevent their relationship coming to an end.

Exhausted from caring

Because they get so totally absorbed in taking care of things they eventually get exhausted. There is no limit to the amount of time and energy they will give to the nurturing of others, so they never have a moment to themselves. Then they want to do ten things at

once and they become chaotic and hurried. Until they are totally exhausted and then they'll become very irritable. Anything, any remark or request may be the last straw and eventually they will just droop in a chair or fall asleep in the middle of doing something.

An exhausted mother

This is a typical situation of a mother or father who will use all their energy to be a good parent. They want to be a really perfect parent and partner. This striving for perfection can make them exhausted.

Especially if there are some added difficulties such as the care of a handicapped child or a sick relative. They will overtax themselves, but their idealism won't let them do things by halves.

The situation of a premature child can cause this state, but also a miscarriage or abortion (noticed by Anton Kramer) can be the cause. They'll feel their child is not allowed to die.

Demanding total attention

The other side of this can be a tendency to demand total care from other people. As a child

these people can be very open and talkative. With their continuous chatter they demand the attention of everyone around them. They can also be quite mean, expecting help from others as soon as they are ill for instance. They'll stop taking care of themselves, expecting others to jump in and do everything for them.

**Desire to be one with mother
They like to have their mother all to themselves. They can't bear being separated from her. They'll cry and cling to her**

whenever she wants to go out. They literally hang on to her, because they feel totally dependent on her. Whenever something goes wrong, or they get criticised or scared the first thing they'll do is run to her for protection.

Their desire to be one with her may show itself in wanting to copy or offer help with everything she does. So they'll help with the washing up, they'll help with making the beds, or they'll play mothers and fathers with their dolls all day.

Naive self-pity

When things go wrong they indulge in self-pity. They start to become absorbed in their own mistakes and the mistakes of others. They can't shake the thoughts of what went wrong. Their perfectionism makes it impossible for them to get over the slightest problem. When the tiniest thing goes wrong they'll feel that nothing will ever go right again. The idealised picture of the whole has been broken and the magic has gone. They want to withdraw and sort things out

alone.

Expressions

Fears: alone, water, danger, failure, disease or death of mother and family, accidents, future, dark.

Dreams: water, sea, waves, drowning, children, mother, disease and death of mother, father, friends and relations, getting lost, home, hurried and exhausted from taking care of home and children.

Mood: sensitive, emotional, complaining, clinging, restless, hurried, impatient, apathetic.

Aggression: irritable and

aggressive.

**Mentally: lack of
concentration, exhausted.**

**Profession: homoeopath,
therapist, nurse.**

Generals

Type: Blond, thin.

**Weather: feels the cold; agg.
sun, agg.. sea.**

Perspiration: agg. stools.

**Time` : agg. 9 and 11 pm.;
complaints come and go
suddenly.**

Desire: salt, fish, sour, starch.

**Aversion: sour, sauerkraut,
citrus fruit, meat.**

Food: agg. fruit, sour.

Menses: agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses.

Sleep: difficulty falling asleep.

Physical: agg. light; amel. lying down, agg. exertion, walking up stairs, agg. pressure and touch.

Complaints

Dryness of mucus membranes.

Burning, biting pains.

Tiredness and weakness (3), which can be so strong that they'll slide down in bed, agg. lying down, amel. getting up.

Vertigo agg. lying on right side.

Migraines with nausea and vomiting, agg. light, agg. noise.

Aphthae and copious saliva. Thrush in mouth, blisters on tongue.

Mouth dry.

Headache with vomiting agg. lying down, agg. light, agg. noise.

Stomach problems agg. pregnancy.

Constipation with dry, hard stools.

Diarrhoea with pain in abdomen agg. during meals.

Stools sour, acrid, watery, odourless and spurting out with

much gas. Fermenting stools.

Nappy rash.

Bleeding haemorrhoids with fissures in anus. Crohns disease with fistula,

(observed by Kramer).

Cystitis.

Complaints following abortion.

Ulcers, fistula and naevi.

Accidents and sprains. Pain in hollow of knee.

Skin eruptions, on chest and arms, red spots, agg. sun.

DD: Hydrogen, Acidums, Silicium series, Stage 1 and 17, Carlsbad, Cocculus, Lacticums, Muriaticums, Sepia.

Case

A three year old girl is brought in by her mother because of recurrent colds. She hasn't been well for a while, she has a very snotty nose, her mouth hangs open and suffers from earache on the right side. She coughs a lot, eats little, has a slight fever and is generally miserable, clinging and irritable, with black circles under the eyes. She has had several courses of antibiotics but the troubles keep coming back.

She has pain in the hollow of

the knees, particularly around 11 pm, when she wakes up groaning with pain. Her knees have also given way once when she was walking. She didn't learn to walk until she was 17 months old. She has always suffered from profuse lachrymation.

The pregnancy was normal, the mother felt slightly sick during the first few months and had a desire for sour apples, crispy ones like Jonagolds.

The little girl is quite 'catty', she grabs things back when they are being taken from her

or from her older brothers. On the whole she is quite happy and open, not at all shy unless she gets criticised, then she creep deep into her mothers lap. She likes having stories read to her and she can spend hours playing with her dolls. She clings to her mother and follows her around the house all the time. When her mother takes her to the nursery she'll cry and cling to her mother, especially the first few times after the holidays. She is afraid of being alone in the passage after dark.

Generals

Perspiration: agg. summer, on the head.

Time: agg. 3 pm, agg. winter.

Desire: sweets, meat.

Aversion: sour, sauerkraut, citrus fruit, egg yolks, warm food.

Analysis and reaction

This story might initially remind us of Calcarea carbonica, the most frequently prescribed remedy for children. She does have the snotty nose, the aversion to egg yolk, the feeling of insecurity after criticism.

What doesn't fit so well is the combination of being open and outgoing on the one hand and the dependency on her mother on the other hand.

I gave Calcarea carbonica 1M at first and she got a cold that lasted 2 weeks and a week later she got a high fever. She was weak and lay on her mothers lap. She had thrush in her mouth, blisters on her tongue and lips and she couldn't eat for a week. She also has stomach pains and diarrhoea agg. during meals. With these added symptoms it wasn't very

hard to find the remedy:

Muriatic acid hangs on mothers lap, has aphthae and diarrhoea.

The picture of the rest of the case suddenly fits too: the close tie with her mother, the desire to be around her mother all the time, cannot bear to be separated from her mother. The playing with dolls is a sign of that same intense mother-child relationship.

**Some Acidum symptoms: -
amel. sour, crisp apples, agg.-
sour, being stingy, being open
and outgoing, aphthae,
diarrhoea.**

**And Muriaticum symptoms:
agg. 11 pm
After Muriatic acid 1M she
quickly felt better. Also
mentally much better, much
less dependent on her mother.
The diarrhoea stayed for about
3 weeks. She had a cold for a
few days as soon as she had
taken the remedy.**

Proving

**By Alex Leupen, Muriatic acid
200K, 21-10-'94.**

**Dream on the first night: I was
on a boat somewhere with a few
other people. The boat was
moored close to the shore at**

the edge of a large expanse of water, like a sea (Muriaticum). There was ice on the water. In the distance I could see another, larger boat. A little boat was sailing to and fro between these two boats to bring us the weather forecast every now and then. The forecast was more frost. I had to go ashore to go somewhere (home?) and I was afraid of black ice.

Physical symptoms (23-10): while I was typing this piece I got cramp in my left upper arm (new symptom).

Dream on the fourth night: I am riding a type of moped and I have tied a cot (muriaticum) with my 8 months old son in it (Muriaticum) to the front. I drive off, but it isn't easy, the throttle and the brakes are very hard to operate. My eldest son (Muriaticum), who is 2,5 years starts to run after us, straight across the road. He wants to come with us. I am worried that he'll be run over and I put him beside me on the seat. We drive along many roads, over bridges and under archways. At every archway we find a large

cast iron gate, as if to stop us from going any further (exhausting, Acidum) But every time we eventually manage to find a little hole to squeeze through to continue on our way.

During the fourth night I had to get out of bed several times because my youngest son (Muriaticum) was crying. In the morning we discover he has a fever.

Helium

There is no record of the remedy Helium in homoeopathic literature.

Signature

The name is derived from 'Helios' the sun and the sun God. The element was first discovered in 1868 in the spectrum of the sunlight.

It is being formed inside the sun through a fusion between hydrogen atoms, and the energy that is released during this nuclear reaction is the energy that radiates out from

the sun.

Helium is an odourless and colourless gas, just like the other rare gases, and it does not react with any other element.

It is being used to fill balloons, because it so light. Hydrogen is an even lighter gas, but it is very inflammable, as we know from the Zeppelin disaster.

When Helium is cooled down and becomes liquid (below 4 k) it acquires some very curious characteristics: it becomes super-conductive, it doesn't not have any electrical resistance

**anymore and it climbs up the
walls of containers as if it is
defying gravity.**

Concepts

Hydrogen series

Being

True Untrue

Whole

Space Time

Psychosis

Unborn

Stage 18 = 0

Rest Inactivity

Retreat Cocoon

Internal

Locked up

Transformation

Denial

Free Unbound

Confusion

Carbon series

Individual Person I

Value Meaning

Ethics: Good and Bad

Body Life Art

Possessions

Hero

I-weakness

Magic Myths

Child

Group analysis

Free, just being there.

Being in retreat.

Withdrawal of the individual:

autism.

Denial of the body.

Denial of the Self.

Inactive as a person.

Ignorant about values.

Ignorant about self-worth

**Being inactive: the unborn
child.**

The helium picture

Essence: autism.

**Withdrawal of the individual:
autism**

**Autism is a very appropriate
word for Helium. They don't
feel like entering this world.
They prefer to stay in
themselves to experience their**

own being. They are not interested in finding out about values and meaning in life. They don't feel any affinity with those matters, they simply live. They have gone through the process of incarnation, they accept they are here and they don't doubt that fact. But they don't want to be involved in the why and wherefores of their existence. Their behaviour makes is very difficult to understand for other people. You can't get a grip on them, as if they are slipping away through your

fingers each time you try and establish contact. This can be seen in autistic children. they won't let you come near. You can do what you like with them, they simply won't react. They remain locked up inside themselves, unapproachable and distant.

Psychosis

They react in a typically psychotic manner. Their sense of reality has not been developed and they don't know who they are. But the psychosis is not externalised, they don't interact with the

outside world. It is as if they only act from within themselves.

Dementia hospitalisation syndrome

This withdrawal may also take place at a later age. This may turn into something that looks like dementia. The chronic hospitalisation syndrome is a pattern that is linked to this. It can be seen particularly in psychiatric patients who, through continuous use of anti psychotic and anti-depressive medicines, may eventually become complete 'zombies', or

'vegetables', they have no conscious life of their own anymore.

Unborn rest: foetus

This is also the stage of the foetus who doesn't have to do anything. he floats around in the amniotic fluid, nice and warm. He can let his urine and stools go without any worries or efforts, no effort to eat, drink or breathe either.

Expressions

Delusions: being a king or an eagle.

Mood: light, fast, lovely, heavenly, unity, calm, stable,

content, peaceful, warm, no effort, nice, universal happiness, happy, contemplative, gloomy.

Contact: agg.- company; -amel. being alone on top of a mountain.

Complaints

Vertigo, lightheaded, as if floating.

Lying down or crawling bodily along the floor. They like to keep their body in touch with the earth, or they climb up tables and chairs like a snake.

High pitched voice, like Donald Duck.

**DD: Hydrogen, Carbon series,
Stage 18, Opium, Helleborus.**

Case

A 10 year old girl with Downs syndrome, who is more disabled than is usually the case in these children. She is autistic and it is very difficult to make contact with her. She does make some sounds, but only her mother can understand some of these.

When she sits she lets her head hang down and she rocks backwards and forwards. She prefers lying on the floor with her arms and legs stretched

out. She likes pressing her head to the ground and to cold and hard surfaces. She crawls over chairs and sofas and also likes to hang on people whom she likes, but she hardly reacts to what they do or say. She often puts her shoe in her mouth. She is a little bit like 'Houdini', she can get out of anything that constrains her.

Her eyesight is very poor, only 5-10%, the pressure in her left eye is raised and she has cataracts on both sides. She also has a squint.

Generals

Weather: cold, -amel. wind, -amel. sea.

Time: amel. at night.

Desires: coffee (3), alcohol (3), coca cola (3), chocolate (3).

Aversion: sweet.

Food: amel. alcohol.

Sleep: sleeplessness, can play all night; sleeps on stomach with her face pressed into the pillow.

Analysis

The most obvious characteristic in this case is the autism. I have treated Downs syndrome in the past for colds and snuffles and other

complaints, but no remedy ever seemed to touch their autistic tendencies. When I was studying the periodic table I thought at first that we could exclude the rare gases from my list of potentially useful remedies because they don't react with any other element. Until It suddenly struck me that the fact that 'they don't react to anything' is the very property of these gases that typifies their behaviour, and that would therefore typify the cases where they could be usefully applied, such as cases

of autism. That is why I gave this little girl Helium.

Reaction

After Helium 1M there is a gradual but very definite improvement. She begins to talk more clearly, she is no longer afraid of other children, instead she'll join them in their games. She doesn't lie on the floor so much anymore, she will often sit quietly in a chair. She lets herself be put to bed without fuss. After 6 months and a few doses of Helium she is still developing and improving. The teacher at

school is lyrical about her progress.

Carbon series: Lithium to Neon

This series is the most difficult to understand. The reason for this is that the theme is extremely general and therefore rather vague.

Concepts such as life, body, being are quite vague and could be applied to almost any problem in any remedy. This level is therefore rather difficult to separate from the other levels. The other levels all have clearly marked spheres

of action and distinct themes, but on this particular level the boundaries are more vague.

However, if we spend some time to let the ideas sink in, it will be possible to get an adequate picture of this series.

Many of the concepts described here have already been mentioned as central themes Carbon (previous book), but it now appears that they apply to the whole series as well.

Individual Person i

The most important theme of the series is the individual. The

first distinction a child learns to make is that between himself and the rest of the world. His mother helps him confirm this fact. Children gradually learn to trust in themselves, they learn that the 'I' is strong enough to tackle the world. Jung has called this process 'individuation'.

If the development of the 'I' is hampered or disturbed in any way they will develop all sorts of fears and questions about whether they are allowed to exist in this world. They will get stuck on questions like:

'Who am I?' 'Do I have the right to be here?' etc.

Another aspect of the theme regarding personality is the Persona, the mask, the part we show to the outside world. This still leaves the question who this person really is. This question plays a role in the whole theme of 'I' or 'Self', because everybody experiences an 'I', but doesn't find it easy to define what that really is.

Self-worth

The quest to find the 'I' leads to the question of self-worth. They want to know what they

are worth, what their abilities are. The sort of questions they ask themselves are: 'what am I worth, what does my life mean and what are my abilities.?'

Value meaning: good and bad

This goes together with the general theme of wanting to determine the value of life. It is not only their own value they would like to ascertain, it is also the value of everything else, so their own value can be measured against that. They search for the meaning of life, the essence of things, the core of their existence.

They measure everything in terms of good and bad. The theme plays around the good things in the world and the bad things in the world and their own place amongst this all. It is the theme of ethics: Am I really a good person? And if their sense of Self has been poorly developed you will hear them say (or think): 'I am a bad person'. At the same time they like to suppress their shadow side, the bad sides of their personality.

Body life lust

The area that is being covered

here is still relatively small, i.e. their own body. They have to discover and learn to master this aspect of themselves. That is why this level has all sorts of symptoms like, picking the nose, boring the fingers in the ears, putting everything in their mouths, sucking their thumbs.

The body has to do with vitality, life force. The vital force is most prominently present in a young child. Even though the child can hardly do anything yet, he knows very well how to survive.

The instinctive energies are very important at this stage. The primary instinctive drive is to survive, linked to the fear of death. Vitality and joyfulness are the positive sides of all this.

Eating is another important theme. A good appetite is a sign of health and vitality. A baby will start with putting everything in his mouth to find out whether it is nice and it will react with delight when it tastes good and with disgust or crying when it tastes bad. When the normal development is

disturbed the normal appetite may be distorted into addictions and the feeling of never getting enough.

Later on we get - psycho analytical terms- the anal phase, wherein the excretory processes are being explored, enjoyed and learnt to control. The control over arms and legs and body movements and the joy that goes with this power are also enjoyed at this time.

Sexuality is yet another lust that belongs to the body. It signifies the enjoyment of the body, whereby the 'I' feeling is

being enormously stimulated. Sexuality and eroticism not only represent the joys of living, it also has an even more esoteric and celebratory aspect, as can be seen in some forms of art like the Khajuraho temple in India.

Possessions giving taking Possessions is another one of the main themes of the Carbon series. They have a great desire to be master of the material things in life, to decide for themselves what to do, and when and how, with their material possessions.

Possessions can be seen as an external value in life, so we see the question of value come back once again. This theme can be found in the word 'deserve', which originally meant 'having served a valuable purpose'. These two sides, i.e. inner value and material value may harmoniously come together in a persons life, or they might work against each other. When a Carbon series element has been frustrated in their personal development they might get totally addicted to possessions, measuring their

self-worth on property and material values alone in a desperate attempt to fill the empty hole inside, forgetting that they are in danger of losing their inner values.

Giving and taking is another closely related theme, wherein we can see how someone handles material possessions. This theme reaches a peak in Oxygenium, but can also be seen in the other elements in this series.

All elements show a different aspect of giving and taking. Carbon is very balanced in this

respect, he knows how to give and how to take in a harmonious manner.

The early stages, Lithium, Beryllium and Boron find it harder to take and are more inclined to merely give. They are quite weak inside and can't stand up for themselves very well. They tend to act as if they are inferior, because their sense of self-worth is not well enough developed. The later stages, Nitrogen, Oxygen and Fluorine, are more inclined to take from a feeling that it is their right. Their sense of self-

worth would seem to be rather over developed. They come across as being arrogant and they stick up for their rights. They tend to go to the narcissistic side, with Fluorine being the absolute top, moving into psychopathic behaviour.

'I, body, value and possessions' are linked in a psychological sense. The sense of 'I' is derived from feelings in the body. value and property also have a lot in common. The body is a special form of personal property and is usually regarded as the most

precious personal possession.

Hero

The hero belongs to the Carbon series as well. He starts with the search for the meaning of things, the essence of the self, the holy grail, the enchanted princess. The hero feels he is being driven by fate, he has no choice but to fulfil this personal quest. He has to face gigantic problems and terrible fears to reach his goal. Only by acting out the great warrior will he eventually overcome his fears and rise above himself.

The story of the hero starts when he receives his first call to fulfil his quest. Suddenly and without warning he is asked to take on this task and he usually reacts with great enthusiasm. This is the first stage of Lithium.

In the second, Beryllium, stage the hero realises it isn't going to be that easy. It will all seem too much for him and he will refuse to take it on. (Campbell, 1990). In the third, Boron, stage he gets help, often in supernatural form. He is offered some magic tools and spells

which will help him overcome his fears and doubts.

So he starts out, on his way to perform this great task. This is the stage of Graphites, who accomplish his task, either shaking with fear, or with his eyes stubbornly fixed on his purpose, looking neither left nor right.

In the Nitrogen stage the hero is swallowed up by Jonah, the whale, (Campbell) and, being imprisoned and locked up in his process, will have to find a way to get out.

In the Oxygen state our hero is

nicely on his way of getting to his goal, but he is being tempted by all sorts of diversions. This is Ulysses being seduced by the Sirens. Of course it is up to the hero not to let himself be diverted from his purpose.

Finally we have the dragon who is guarding the grail, or the princess. Fluorine could be regarded as the dragon, the last stage in this series.

In the Neon stage the hero has finally succeeded. He has slain the dragon, broken the magic spell and freed the princess,

whom he also marries of course. And they lived happily ever after, like in all fairy tales.

But then the hero has to return to bring out a report (Silicium series) on his victories and he doesn't want to go. He refuses to go back and tell his fellow beings about his adventures.

**Fairy tales of magic
Thinking magic is an important theme of the Carbon series. There is very little rational thinking yet, they live in a world of fairy tales and myths. In a certain sense this**

could be called a primitive world. There is little rational control in it all. But this is also the very essence, the deeper meaning, the dynamic force of life. It contains a feeling of being all powerful, the hero who can fulfil his purpose with the aid of magic. It is the magical world of the child. The child who tries to make sense of our elusive and frightening world by way of stories of magic and mystery. They are the Tarzan and Batman stories, wherein the hero fights the bad forces with superhuman

**strength and a dose of magic.
The hero is often superman and
the heroine superwoman.**

I-weakness

**When their sense of self-worth
is not stimulated to develop
properly they become very
feeble and fearful. They feel
they are useless and worthless.
They find themselves in a world
full of threats and they are not
up to facing it. The whole world
is their enemy and a threat, but
they dare not take up the fight.
Their inability to stand up for
themselves makes them
insecure and they can't make**

decisions for themselves. Their nature of their fears is always vague. These people are afraid but they don't know what for. They are not real phobias. More an assortment of vague fears that can eventually become so strong that it rules their lives. They dare not leave the house anymore and they only feel at ease when they are at home. They can't bear to be alone. They can't work because of their fears either. Hyperventilation is one of physical expressions of this state.

They try to forcibly keep things under control as long as they can, which can result in obsessive behaviour, like checking the kitchen tap a hundred times. They simply don't trust themselves. They may get depressed and even suicidal. When they are under stress they may turn psychotic, also from the use of drugs, alcohol or marijuana, or the confrontations during psychotherapy.

We usually find a pronounced 'I' weakness to be the result of a disturbance in the

development of the child at a very early stage. The whole consciousness of being an individual person has been disturbed. The 'I' weakness expresses itself in a lack of control over impulses and little possibility of sublimation. It is accompanied by feelings of total power on the one hand, and total powerlessness on the other hand. A sort of magical train of thoughts, thoughts that go backwards and forwards between two extremes. This split occurs particularly on the subject of good and bad. They

tend to see themselves and others as either totally good, or totally bad.

Contradictory thoughts about other people are impossible for them to handle. When the other person has made done one tiny thing wrong they are immediately classified as totally bad.

In psychiatry we would call these borderline disturbances, on the border of diseases like neurosis, hysteria, schizophrenia, masochism, narcissism, dependent and antisocial personalities.

Disturbances in sexual behaviour such as promiscuity, sadism and perversions also belong in this range.

Child childish

As far as the stages of life are concerned this phase would correspond with that of the little child. A child is learning to differentiate one of the most important differentiations he can make is between himself and the other. These people are often childish in their behaviour, as if they haven't properly completed the childhood phase of life.

We often need remedies from the Carbon series for little babies and children. We know this of Borax, Calcarea carbonica and Graphites. These remedies aren't only useful for children however, they can also be of great help in adults who have a very undeveloped sense of self.

Expressions

Fears: vague, the unknown, strangers, disease, death or death of a family member or friends, loss of family and friends.

Mood: timid, unsure, doubting,

**indecisive, controlling,
obsessive, depressed, agg.
thinking he is bad, listless,
apathetic, feeling useless,
suicidal disposition.**

**Aggression: over-assertive,
fundamentalism with violence,
the ' violence of purity'.**

**Contacts: pseudo
relationships, dependent, agg.-
discussion and compromise.**

**Mental: disturbances in
consciousness, dissociating,
forgetful, lack of concentration,
chaotic, psychosis, mania;
amel. at home, amel. with
family, amel. support of farther**

**figure, agg. trifles, agg.
frustrations and challenges.**

**Causes: loss of family or
relations, neglect in childhood,
abuse, incest, absent parents,
orphans, being beaten, violated,
emotional violence, too much
praise, being spoilt.**

Complaints

**Problems in the development:
late dentition, learning to walk
and talk, late sexual
development. Or early sexual
development.**

Vertigo, lightheadedness.

Hyperventilation.

DD: composites.

DD: Muriaticums often have some problems related to the mother. But they are nevertheless quite close to their mother. In the Carbon series we do not have these close ties with the mother. It isn't a personal friendship, more a deep desire to be nurtured by the world. They are pseudo relationships with many strings of dependency.

DD Silicium series: they also like to be in contact with others, but they are really able to make those connections and in their case a real exchange

takes place. In the Carbon series the relationships are there for their own personal use and benefit.

Table 2: Carbon series

**Carbon Lithium Beryllium
Boron Carbon**

**Person changeable yielding
doubting stable**

**childish unobtrusive confused
instable**

weak willed self criticism

**Value rash unsure doubting
stable**

**unthinking giving in non
committal instable**

easily influenced comparing

rigid

self-worth changeable

criticised not quite obvious

Life spontaneous excluded

searching independent

**Possessions impulsive giving
in underestimating balanced**

Hero task refusing magic

support fulfilling

fool passive help doing

rash indecisive

**I- weakness manic chameleon
multiple hyperaesthetic**

depressed personality

emotional

**Child impulsive adapting
sympathetic self confident**

**Key symptoms agg. falling
father
agg. noise God
Nitrogen Oxygen Fluorine Neon
assertiveness claiming glamour
free
tense victim superficial
unfettered
enthusiasm selfishness
extension injustice immoral
free
sharing agg.- corruption no
more taboos
expansion
expansion indignant glamour
one whole
enjoying abused sex fleeting**

**saving begging gambling free
being stuck temptation dragon
success**

**oppressed victory becoming
one**

**hypochondria tramp narcissist
impersonal**

**no forgiveness psychopathic
cosy clinging taking unfettered
claustrophobia agg. injustice
floating**

fat

Lithium metallicum

As far as the Lithiums are concerned, all we have got is a somewhat vague picture of Lithium carbonicum. But even here we didn't really have a clear picture of its mental/emotional state. My own experiences with Lithium started with Lithium carbonicum too. This showed me its manic depressive tendencies. In a more subtle form this theme presented itself as: 'quickly starting something, quickly giving it up

and then quickly starting something else again'.

It became clear that this theme was a red thread running through all the Lithiums, such as: Lithium muriaticum, Lithium bromatum, Lithium iodatum etc. Only after several combination prescriptions did I finally prescribe Lithium metallicum one day. It seemed like a sort of threshold that I had to cross; like prescribing every type of Natrum combination without contemplating the possibility of Natrum metallicum. Once I had

prescribed Lithium metallicum the whole theme really became clear to me. It turned out to be one of the most important of all the Lithiums and will probably prove to be extremely useful in psychiatric cases.

And once again the advantages of homoeopathic prescribing became apparent: it allows us to use Lithium in its metallic form (after being potentised of course), while in allopathic medicine this pure form is too aggressive and does not get absorbed by the body. In allopathy they use lithium

carbonate or lithium citrate.

Signature

The name Lithium is derived from 'lithos' which means 'stone'. It was discovered in 1817. It is the lightest of the solid elements and it when exposed to air it quickly oxidises into black Lithium oxide. In allopathic medicine it is used against gout and manic-depressive diseases.

Some minerals that contain Lithium: amblygonite, spodumene, lepidolite, petalite, triphylite.

It is also used in batteries for

its properties of highly concentrated energy and little weight. It is also used in lightweight metal products.

Concepts

Stage 1

Initiative Impulsive

Instinctive Spontaneous

One Simple

Lonely Alone

Stubborn

Single minded Rash

Naive

Immature

Destruction

Carbon series

Individual Person I

Value Meaning Self-worth
Ethics: Good and Bad
Body Life Lust
Possessions
Hero
I-weakness
Magic Myths
Child
Group analysis
A naive person: weak willed.
An impulsive person:
changeable
Unfounded values
Unthinking: easily influenced.
A naive child: childish.
Impulsive good or bad
behaviour: manic depressive.

**A foolish hero, a heroic fool.
Picture of Lithium Metallicum
Essence: A naive person with a
weak will.**

**A naive and weak willed person
These people are at the
beginning of the road of self
discovery. They don't know
who they are, sometimes they
even don't know whether they
are here or not. Their sense of
Self has not been developed,
nor has their own will. So they
appear weak willed and
indecisive. They can spend ages
on the minutest details,
without ever finishing**

something properly. They are unsure of themselves and get upset by trifles. They are easily afraid and always worry whether they have done things right. They seem to be afraid of life itself, of everything that is unknown to them. They love to have the protection of a safe haven, a home with a strong and protective fatherly figure nearby.

They won't dare to stand up for themselves, they won't dare to take what they feel they need. Their hesitation to receive can be so strong that

they might even reject what is being offered.

**An impulsive person:
changeable**

They tend to do anything that comes up in their mind. Not because they are not interested in the wishes of others, but simply because it seems a good idea at the time. But, not surprisingly, this doesn't always turn out to be the right thing. Either the other person doesn't understand their intentions, or their remarks have nothing to do with the subject in question, or their

actions totally overshoot the mark. The result is one disappointment after another, but, forever optimistic, they'll try again. This time they'll try and do it differently. And so it goes on. It is a sort of trial and error process, through which they come across as being very changeable and unstable. They try something new, give up, try again, or they alternate between different possibilities to see if it will work this time.

Unfounded values

They want to try to prove themselves, to show to the

world what they are worth. But they don't think their actions through before they start, so they do any thing that comes up.

They can't think things through because they haven't got anything to compare them with. They wouldn't know what values to take as a measure of good or bad.

They are inclined to view everything in extremes of good and bad. And here we also see them quickly switching between the two extremes. One day they'll think the world of

someone and the next day he is a ruthless scavenger.

This is how they see themselves too, one moment they feel good about themselves and the next moment they feel they are worth nothing, deserted by God, wicked as the devil. The slightest thing may cause this switch in feelings.

**Unthinking: easily influenced
Because of their changeable moods and their weak will they are easily influenced by other people. When someone suggests something to them they**

quickly take this on because 'he is bound to know more than they do'. They will often seek help from others because they don't have any stable inner values of their own. They need an authority to tell them what is what in this world.

Naive and childish

They are like a child who needs its parents support. A child that hasn't found its own way in the world. They like to try out whatever comes up in their mind, but they do this in a helpless sort of way. The sort of way that will make others

say: 'Look, isn't it cute the way she is trying to do that'.

A foolish hero

They can be very forceful and heroic in their actions. But even then we can see the childish traits coming through. They have hardly figured out what they are fighting for, more of an impromptu idea to take on an issue. Like Don quichotte in his fight against the windmills. They aren't able to reflect on the sense and purpose of their quest, because they have difficulty in comprehending any values in

life, including their own self-worth.

This is the stage in which the hero is being given his task is, but he doesn't know what it entails yet.

Impulsively good or bad: manic depressive

In manic depressive disturbances we can find all the different themes of Lithium.

In the manic phase we have the impulsive and unthinking behaviour, the foolish way they handle their lives, their possessions and their communications with others.

In the depressive phase we see that they give, they think themselves a failure and they feel thoroughly bad. There is an alternation between feeling very good about themselves and feeling totally useless.

Expressions

Fears: vague (2!), the unknown (!), life, strangers, future, travelling, flying, crowds, streets, failure, disease, operations, cancer, death.

Irritation: overassertive, aggressive, self mutilation, accusing.

Mood: restless, excited,

impulsive (!), manic, unstable, hysterical, timid, unsure, indecisive, -amel. support, listless, meaningless, gloomy, suicidal.

Mental: associative, confused, symbolic, obsessive, slow, orientation problems, lack of concentration, forgetful, dementia, dissociated, psychosis, manic depressive psychosis (!).

Religious: magic, obsessive.

Causes: neglect, abuse, incest, parents absent addicted or weak, loss of parents or protectors.

Generals

Type: obese.

Perspiration: copious.

Time: agg. night.

Desires: drinking, coffee, tobacco.

Food: agg. fruit, chocolate.

Sleep: sleeplessness.

Physical: agg. light, agg. agg. radiation, chemotherapy.

Complaints

Arrested development

Vertical hemiopia (one sided vision!). Congenital eye problems.

Trembling of arms, jerking of muscles at night, tremor,

ataxia. Epilepsy.

**Malignant neuroleptic
syndrome.**

Salivation, taste of metal.

**Hyperthyroidism,
hypothyroidism, thyroiditis,
goitre.**

**Affections of lymph glands,
affections of thymus, lysis.**

**Cardiovascular diseases (3).
ECG abnormalities. High blood
pressure. Congenital heart
disease, abnormalities of
tricuspid valve.**

**Nausea, vomiting,
stomach pains amel. eating.
Stomach ulcer.**

Duodenal ulcer. Diarrhoea, agg. fruit, agg. chocolate, agg. night.

Sterility, insufficient milk production, miscarriages.

Kidney affections (3), calculi in kidney or urethra (3), uremia, frequent and Copious urination.

Overactive adrenals.

Arthritis, gout.

Acne, psoriasis, itching, hairloss, increased secretion of sebum, herpes, seborrhoeic eczema. Hair too thin.

DD: Carbon series, Stage 1, Crocus, Mancinella, Vanadium, Vit B12.

**DD metabolism influenced by
Lithium: Gaba, Glutamate,
Inositol, Phosphoricums.**

**DD remedies containing
Lithium: Allium cepa, Brassica,
Daucus, carota, Hyoscyamus,
Lactuca virosa and sativa, Nux
vomica, Solanum,
lycopersicum, Tabacum.**

Case

**A 34 year old woman has come
with abdominal pains. The
pains are located on the lower
right or upper right side, just
under the rib cage, and they
radiate through to the back. It
is a nagging type of pain,**

occasionally stitching and it is accompanied by nausea and tiredness. The pain is worse in the morning, worse on exercising like aerobics and worse in spring and autumn. The pain is better from lying on the left side, rubbing or putting a hot water bottle on it. No modalities from food or weather, although she doesn't feel like eating when she is in pain. It all started a few years ago when she had been looking after her boyfriend's mother for several weeks before she died. She couldn't bear to see this

**lady slowly waste away,
couldn't bear to lose her.**

**She also complains of
headaches on the right side,
radiating to the neck. It is a
feeling of tension which is
worse in the morning and it is
sometimes accompanied with
vertigo and an 'unreal' feeling,
as if she is sinking, or as if she
is being pulled away. It makes
her either hyperventilate or
hold her breath. The vertigo
also comes on its own
sometimes, suddenly without
warning, as if a button is being
pressed. It is difficult to**

concentrate properly when she has this.

She is very unsure of herself, she quickly thinks that everything will go wrong, especially when she is confronted with problems. She feels unsure of herself at work and with other people. There is nobody she feels at ease with. She is very sensitive to criticism, particularly regarding her work, whether she will be able to handle it, but she doesn't say anything. She doesn't like it when people judge her. She often has to go

home from work early, because she is too overwrought to carry on.

As a child she used to be very dependent on her parents, she used to ask them all the time: 'You won't die, will you? Because I won't want to live if you die'. She had difficulty growing up, couldn't detach her self from her parents, would have liked to stay in that protective environment. She hated it when her body started to mature and her breasts started to develop.

She is melancholic by nature

and she gets extremely upset when people die, she can't accept the fact that she has to lose someone. She was much affected by the death of a schoolteacher when she was little, and by a little boy who was run over. She is overly concerned for her cat, in case he dies.

But there are two sides to her character. There is the passive side with the tendency to withdraw and go quiet, and there is also another, very active and strong side. She can be very positive, chat to other

people quite openly and happily and then suddenly she'll feel ill at ease and go totally quiet.

She finds it hard to make decisions, particularly about big issues such as getting married or having children, she can spend hours worrying about such things. She hesitates a lot, afraid to live, afraid to take steps and accept responsibility. She can become totally fixated on some little trifle and then that has to work the way she has thought. If it goes wrong then she'll immediately despair about everything.

She is afraid of spiders, disease, death, narrow spaces and crowds.

She has a dream in which she sees her deceased mother, she'll run after her and then she suddenly sees that it is someone else. Then she wakes up with a start.

A few years ago she received psychotherapy because she felt depressed and insecure, after she had left her previous boyfriend. It wasn't that she felt unhappy with him, they had a large house with much land and a horse, but he was

always away and involved with his work and she felt he wasn't interested enough in her. Now she has a new boyfriend who is interested in her, but she finds it hard to enjoy sex with him.

When she was a child she had a squint in her left eye.

Generals

**Weather: cold type; agg. gloomy weather, agg. sun: weak; agg. damp: short of breath; she finds thunderstorms frightening and exciting,
-amel. wind and fresh air (3).
Time: agg. 11 am.**

Desires: spinach (2), potatoes (2), vegetables, fruit, eggs, drinks, water (2).

Aversions: olives (2), pork, carrots, alcohol.

Menses: before menses: tension in breasts, insecure, irritable.

Sleep: good; sometimes she suddenly feels something strange in her head and then she is wide awake straight away; sometimes afraid she'll never wake up again; sleeps on right side.

Analysis

The pronounced sense of

insecurity and the weak personality would point to a remedy in the Carbon series. She can't bear it when people die because it will throw her back onto her own resources and she can't handle that. She also had difficulty with the fact that she was growing up, she still felt too dependent and helpless (Carbon series).

The sudden mood changes are a characteristic trait of Stage 1 and so we get to the remedy Lithium. It is a bit similar to Crocus and Pulsatilla.

Also typical is the dream here

she runs after her mother, who then turns out not to be her mother at all. She doesn't know what she is doing and without thinking (stage 1) she assumes it is her mother. Then follows the sudden change (stage 1) to fright when it proves to be someone else.

Reaction

One month after Lithium metallicum 1M she is a lot better, mentally and emotionally. Less gloomy, more enjoyment in life, stronger. The fear of death is less too. She associated deep sleep with

death, but now feels that this can be nice too. She feels she is allowed to be who she is, without judging herself. At her work things go a lot better. She gets much less uptight, can see things in perspective, can go with the flow.

The stomach appear less frequently, the attacks are less severe. The headache and vertigo is much better.

Several months later these complaints are still improving.

After 9 months she has a slight relapse of her feeling of insecurity. She is moving house

**to live with her boyfriend,
which is causing a bit of stress.
A repeat dose of Lithium
metallicum quickly clears this
up.**

Lithium carbonicum

**Lithium carbonicum is the
only one of the Lithium
remedies that most people have
at least heard of.**

Concepts

Lithium

Changeable

Impulsive Naive

Manic depressive

Useless

Weak willed
Unthinking
Easily influenced
Childish
Carbonicum
Value Meaning
Self-worth Worthy
Unstable Shy
Hyper emotional
Ordinary
Rigid
Worker
Father
God
Group analysis
Changing thoughts about self-worth.

Doubts about self-worth.
Feeling useless.
Doing anything to determine self-worth.
Changing values on an impulse.
Unthinking action.
Changeable workers.
A changeable father.
A manic depressive father.
Changing fathers.
Being a changeable father.
Weak willed and shy.
Picture of Lithium Carbonicum
Essence: changing feelings of self-worth.
Changing feelings of self-worth

They don't know what they are worth. One moment they may be most enthusiastic about themselves and the next moment they feel they are useless. Their enthusiasm about the world and themselves can change from one minute to the next. They don't really know what they are worth, so when a thought enters their mind they can be totally swept away by it because they have nothing to judge it by.

In their imagination they will have seen themselves performing the most fanatics

tasks to prove what they are worth, but in practice it turns out not to be a lot more difficult. So when they don't immediately succeed in making their plans come true, their enthusiasm turns to feelings of failure and despair. They think the fact that they can't immediately turn their ideas into reality proves how weak and useless they really are.

Feeling useless

Eventually this feeling of being useless will start to predominate. They will feel continuously put down and

unappreciated. They are afraid of criticism, afraid to fail and they feel that they are being watched and their performance is below par.

The result is that they feel they don't deserve a place on this earth anymore. They withdraw because they don't count anyway.

Changing values

They need to have security and preset values, to know what is what. They have no desire to venture out into unknown territory, it would only bring confusion. And

confusion would trigger their feelings of insecurity and instability.

Changing values on an impulse
They may also change their values on an impulse. Suddenly they change their mind about what is good and bad. One moment they support one particular religion or political part, the next moment they sing the praises of a completely different or opposite movement.

Unthinking action
They are very impulsive in their actions. In their work

they'll suddenly do something completely unexpected. An idea enters their head and they immediately think that this is IT. This will prove how brilliant they are! But they don't think it through and when it appears to be not quite such a good move after all, they'll collapse into lethargy or feelings of uselessness again.

Changeable worker

Their work suffers from this changeability too. Its either all or nothing. One moment they'll be intensely hurried and industrious, the next moment

they are tired and everything comes to a halt. They start something with much enthusiasm, but after three or four times they are bored and lose interest. At the start they thought they could manage this perfectly, no problems, but when it proves to need a bit more than a couple of hours of work, they immediately feel they have failed.

Weak willed and shy

They are extremely shy. This is made worse by their feeling of weakness and helplessness. They are lonely, indecisive and

insecure. They need a strong father figure to guide them through life and advise them what to do. Someone who will tell them what things are worth, what is good and bad. This state can also alternate with a state of intense activity, even manic behaviour.

They feel confused, especially when standing (Zandvoort 1994, page 69), when they have to stand on their own two feet.

A changeable father

This state can also be cause by a very changeable father, a father who brings no stability

whatsoever to his family. For instance a father who has extreme mood swings, who approves of everything one minute and who criticises everything the next. Or a father who is changeable in his undertakings, starting something with much enthusiasm and then dropping it just like that. This will give the child no feeling of stability, nothing to hold on to.

One dream that typifies this situation is a dream wherein one half of the parental home was swept away.

A manic depressive father

An extreme variation on this theme would be where the child has a manic depressive father. At his emotional outburst make the child totally insecure. On top of that this father will often be away from home because of frequent spells in a psychiatric hospital.

Changing fathers

We could also have the situation of many different fathers. The child does not get the chance to develop a steady relationship with one person who can show him the way,

who can offer him a suitable set of values to support him in life. Every father will bring his own set of values and the child will feel tossed around these ever changing opinions.

Changeable as a father

When they become a father themselves they may turn out equally changeable. They are not up to the responsibility of being a father, because they don't know what values to give to their child. They don't know how to put across what is good and what is bad. So they tend to withdraw as a father and

perhaps get involved in another relationship and have children with another woman. Then the whole process repeats itself, because they won't know how to handle it this time either. And so it goes on.

Expressions

Fear: vague (2!), unknown (!), life, strangers, future, travelling, flying, crowds, streets, failure, disease, operations, death, cancer.

Irritation: overassertive, aggressive, self mutilation, accusing.

Mood: restless, excited,

impulsive (!), manic, unstable, hysterical, timid, unsure, helpless, crying agg. night, discouraged, indecisive, -amel. support, lonely, listless, meaningless, gloomy, despair, suicidal.

Mental: associative, confused agg. standing, symbolic, obsessive, worrying about trifles, slow, fixed ideas, collecting things without coordination, problems orientating, lack of concentration, forgetful, dementia, disassociating, psychosis, manic depressive

psychosis (!), crying agg. alone.

Religious: magic, obsessive.

**Causes: neglect, abuse,
violence, incest, parents
absent, addicted or weak, loss
of parents and protectors.**

Generals

**Type: overweight, big body and
small legs, top heavy, unstable.**

Locality: right sided.

**Weather: feels cold, amel.
heat, agg. cold, agg. damp.**

Perspiration: feet.

Time: agg. 7 pm, agg. night.

**Desires: drinks, coffee,
tobacco, sweet, ordinary food.**

Aversion: exotic, strange

recipes.

**Food: agg. fruit, chocolate,
alcohol, coffee.**

Menses: absent, infrequent.

Sleep: sleepless.

**Physical: agg. light, agg.
standing, agg. stooping, rest:
agg. exertion, climbing stairs;
agg. motion (2), amel. motion.**

Complaints

Headache above the right eye.

Headache in occiput.

Vertical hemiopia (!).

Inflammation of ears.

**Otosclerosis. Deafness amel.
noise (noise loosens the
rigidity).**

Trembling hands, muscular jerking at night.

Hyperthyroidism, goitre.

Sighing.

Cardiovascular diseases (3).

Nausea, vomiting, stomach pains amel. eating.

Diarrhoea, agg. fruit, agg. chocolate, agg. night.

Kidney problems (3), stones in kidneys, or urethra (3), uremia, frequent and copious urination.

Problems with bones: weakness, osteoporosis, fractures.

Pain at insertion point of pectoralis major; pain in middle

finger; pain in right hip and thigh, radiating to little toe.

Acne, psoriasis, itching, hairloss, increased secretion of sebaceous glands.

DD: Carbon series, stage 1, 10 and 16, Aceticums, Muriaticums, Carlsbad, Titanium, Vanadium.

Case

A 30 year old woman suffers from migraines. It starts with tension and pain in the neck, radiating to the corner of her right eye. It is a stitching type of pain. Before it starts she feels very tired. The pain is

worse at menses (3), light (2), stooping (2), coughing, damp and warm damp weather (2), sauna (3), ice-cream, lying in late, alcohol (2), relaxing in the weekend, ergotamine.

Amelioration from: rest, lying still, pressure, kneading, motion, cold applications, lying on the right side with the head turned to the left, urination, aspirin. Concomitant symptoms: cold hands and feet, pale face, sometimes nausea and vomiting, sometimes dizzy, feeling dejected and tired, aversion to company. At one

time she saw many white spots and lost the right side of her vision in both eyes. The headaches are often caused by tension, like quarrels, exams, having people to dinner, meeting new people. The migraines started when she started her practicals for her Cesar therapy studies, this was too much for her because of having to make contact with so many people.

She says her life goes from one extreme to the other, either she rushes around working very hard, or she feels incredibly

tired. She starts something with great enthusiasm, but after three or four times she loses interest. This is because she feels she isn't doing well enough. She takes things too seriously, everything has to be perfect the first time, otherwise she loses interest. She is too restless to work her way through many trials and errors, she hasn't got the discipline to see something through. She expects a lot of herself in order to prove what she is worth. But her self image doesn't fit the reality. She also

has certain obsessive traits, like having to check the locks on the doors or checking and rechecking the accounts. She is quite pessimistic and spends much time worrying about things. She needs security and hates adventures.

She feels there is no place for her in society so she withdraws from other people. She is afraid of being criticised or rejected or punished. She can't bear to work with someone in the same room, because she will constantly feel as if she is being watched.

She is afraid of the future, afraid of getting ill and not being able to manage. Afraid of getting mad from all that worrying. She doesn't express her anger, unless it has really come to a head.

She is mostly very shy, alternated with extrovert behaviour. She always used to play the clown if things got too much. So people thought that you didn't have to take much notice of her.

Her mother sent her to ballet lessons because she was too fat. Then she almost stopped

eating for a while which caused her menses to stop.

She has been living with her boyfriend for ten years but the relationship isn't very all that happy. They find it difficult to talk to each other and to share their problems. The relationship with her mother isn't very good either. She feels her mother doesn't appreciate her at all. When she was a child her mother thought her too boyish and boisterous. She felt as if she could never do anything right. She dreamt that she quarrelled with her mother

because she had achieved something and her mother denied it.

She thinks her father feels guilty because she isn't very happy. Her father used to swing between extremes too, just like her, it was always all or nothing. He would start a new hobby or a new project with tremendous enthusiasm and a few weeks later it had petered out completely.

She feels restless and hurried, she can't sit still.

She dreams that half of her parents house has been swept

away.

She often suffers from colds with sore throats, pain above the collarbones and a rough voice.

Even as a child she used to suffer from headaches.

Generals

Weather: cold, cold feet; agg. cold; agg. warm, damp weather; in childhood fear for thunderstorms.

Perspiration: copious, especially in summer.

Time: agg. 3 pm, agg. from 8 pm; agg. April and May.

Desires: fish (3), farinaceous

**(2), sweet (2), chocolate (2),
vegetables, egg, cheese.**

**Aversion: fat (2), pork chops
(2), meat, potatoes.**

Food: alcohol (2), coffee, fat.

**Menses: every 5 weeks; in the
past no menses; every other
menstrual period cramping
pain in uterus radiating to
thighs and calves. Depressed,
tearful and heavy feeling before
menses.**

**Sleep: sometimes difficult
from worrying; sleeps on right
side.**

Analysis

The vertical hemiopia on the

right side is a typical Lithium carbonicum symptom. On the strength of this symptom, and because I couldn't think of anything else, I prescribed Lithium carbonicum, although I didn't have much to go on.

Great was my surprise when it proved to work and I learned a lot about the remedy from this case. it wasn't until after she had taken the remedy that she told me the story about her father (carbonicum) and his all or nothing behaviour (Lithium). This alternation in mood made me think of the use of Lithium

in psychiatric patients with manic depressive psychoses. This gradually enabled me to build up the Lithium picture. Later on I recognised some other beautiful Lithium symptoms in this case:

agg. tension, agg. new people, hurriedness alternating with tiredness, enthusiasm alternating with disinterest, feeling she has failed, restlessness, no discipline, lack of self-worth, obsessive, controlling, gloomy, -amel. security, agg.- adventure, no place for her, fear of the future,

disease, becoming mad, shyness alternating with extrovert behaviour, menses absent, her father feels guilty, dream that half her parental home has been swept away.

Reaction

After Lithium carbonicum 1M she gradually starts to improve. The headache gets worse at first, but afterwards it gets better. She is mentally much stronger, more positive, doesn't get overwhelmed anymore. She is able to express her anger, or rather: she can no longer hold it in. She doesn't want to beat

around the bush anymore in her relationship with her boyfriend. She is not so fixed on her goals anymore, less obsessed by the future, more content to stay with what is happening now. She no longer has to cling to securities so tightly.

Lithium fluoratum

Lithium fluoratum Acidum is a formerly unknown remedy.

Concepts

Lithium

Changeable

Impulsive Naive

Manic depressive
Worthless
Weak willed
Unthinking
Easily influenced
Childish
Fluoratum
Immoral
Breaking with taboos
Glamour
Property Gambling
Sex
Hard
Superficial
Narcissistic
Psychopathic
Lively

Group analysis

**Naively entering the world of
glamour.**

**Feeling worthless in the world
of glamour.**

Changeable liveliness.

**Impulsive dealing with
possessions or property.**

To weak willed to be lively.

Naively superficial.

**Manic depressive dealing with
possessions.**

Impulsive gambling

Changing sexual contacts.

**Feeling worthless in sexual
contact.**

Childishly impulsive in

sexuality.

Impulsive ruthlessness.

An easily influenced narcissist.

Weak willed and narcissistic.

A naive psychopath.

Picture of Lithium Fluoratum

Essence: Naively entering the world of glamour.

Naively entering the world of glamour

They take their first steps in the world of glamour like an innocent child. They are fascinated by all this glitter and they would love to partake in it all. Being naive they are convinced that nothing will be

a problem for them, so they enter with great enthusiasm.

Feeling worthless in glamourland

Before long they find out that it isn't that easy after all. This is a hard world and they get ridiculed because of their innocence, they aren't up to deal with the trick of the trade in that society. So their enthusiasm wanes very fast and they withdraw feeling depressed.

**Changing liveliness
Their moods become changeable. One moment they**

are very happy and lively and ready to throw themselves into the party mood and prove what they are worth. The next moment they collapse because they can't make it. This alternation of moods can go on for a long time. Eventually the depressive phase will become more frequent. They are too weak to make it in that society, their will is simply not strong enough to compete in the world of films, television etc. They slowly fade away, they have lost the zest for life and their spontaneity which used to be

their strong point.

Impulsive in dealing with possessions

The same that went on in the world of glamour happens in the area of possessions and property. They thought they knew how to handle it, they get sudden brilliant ideas to increase their wealth and possessions. So they might go gambling on an impulse, either on the stockmarket or in the casino. Of course this is bound to go wrong at times, so it won't be long before their possessions have dwindled. The

feelings of being a failure start to come up again and they withdraw. They don't want to see anybody until they have gathered enough money and courage to try the whole thing again.

They may try to get others to join in with their ventures.

They are full of enthusiasm but have no money, so if the other person could just lend them this little bit of money they will make a fortune for them. Their enthusiasm is contagious and others may well fall for it. But when they lose once again they

have the added problems of not being able to pay back their debts.

In extreme situations they may try to get something off the ground with lies and false promises. But they are so naive that others will quickly see through this, so their plans usually fail before they have even started.

Childishly impulsive in sexuality

In their sex life we see the same theme once again. They are childish and impulsive. They change partners

frequently, although they keep their air of innocence. They may use this air of innocence and seduction to get higher up in the world of films and t.v. Or they may get used and abused because of their naivety. They love to be there with 'the big boys' and in their enthusiasm they get easily aroused.

Feeling worthless with regard to sex

Once they realise they have been taken advantage of they feel worthless, especially if they have experienced rape or

incest. They let themselves be taken for a ride, because they don't even realise what is happening, and when they do realise and want to protest it is too late.

Weak willed and narcissistic
A further development of this state is the phase where they only care about themselves. They are not interested in others any more, all they want is that they themselves should glitter and shine. But they are too weak and changeable to make this come true. One moment they want to be the

centre of attention, the next minute they collapse in feelings of uselessness.

Naive psychopath

The most extreme form is that of the childish psychopath.

Such a person could giggle while torturing another person, without even being aware of what he was doing. Their unthinking ruthlessness makes them do things to others they are totally unaware of. But this same lack of thought will cause them to fail in their actions before long.

Naively superficial

They can be very naive and superficial at the same time, one increases the other. They get thrown off balance by the tiniest things, because they don't see what is behind the surface. They are easily influenced. If someone suggests an easy way of making it to the top, especially in glamourland, they will take this hook, line and sinker, and consequently end up in all sorts of problem situations.

Expressions

Fear: vague (2!), unknown (!), life, strangers, future,

**travelling, flying, crowds,
streets, failure, disease,
operations, death, cancer, Aids,
poverty (2), impotency, murder.**

**Irritation: angry, furious, self
mutilation, criminal, agg. loss
of money.**

**Mood: cheerful, excited,
hysterical, active, hurried,
restless, impulsive, lively,
timid, unsure, indecisive, -
amel. support, bored, listless,
meaningless, gloomy, suicidal.**

**Mental: quick, associative,
confused, slow, problems
orientating, lack of
concentration, forgetful,**

dementia, mania.

**Contacts: easy, superficial,
talk fast, staccato.**

**Religious: magic, associative,
obsessive.**

**Causes: neglect, abuse,
violence, incest, parents
absent, addicted or weak, loss
of parents, family, friends.**

Generals

Type: blond, thin or obese.

Locality: right sided.

**Weather: warm, agg. heat,
amel. outside.**

Perspiration: copious.

Time: agg. 9 pm.; agg. night.

Desires: alcohol (3), liquor,

**spices (3), drinks, coffee,
tobacco.**

Aversion: sour.

Food: agg. fruit, chocolate.

**Menses: infrequent, late first
appearance.**

Sleep: sleepless.

**Physical: agg. light; amel. lying
down, agg. exertion, climbing
stairs, agg. touch, amel.
motion, violent motion; agg.
light; agg. agg. radiation,
chemotherapy.**

Complaints

Arrested development.

Tiredness and weakness.

headaches. Vertical hemiopia

(3).

**Swelling of glands, Pfeiffer;
abscesses, fistula. Sinusitis.**

Salivation: metal taste.

Affections of teeth, caries.

Hypothyroidism, goitre.

Cardiovascular diseases (3).

ECG abnormalities.

Arteriosclerosis. Varices.

**Nausea, vomiting, stomach
pains amel. eating. Stomach
ulcer.**

**Diarrhoea, agg. fruit, agg.
chocolate, agg. night.**

**Vaginitis, sexual problems,
sexual diseases.**

Sterility, insufficient milk,

miscarriages.

Kidney problems, stones in kidney or urethra (3), uremia, frequent and copious urination.

Cystitis, urethritis.

Trembling of hands, muscular jerks at night, tremor, ataxia.

Arthritis with deformities, of the hands. Hypermobility joints and tendons.

Bone problems, exostoses (2). Arthritis, gout.

Acne, psoriasis, itching, hairloss, increased sebaceous secretions, herpes on lips, seborrhoeic eczema.

Ulcers, fistula, naevi.

**DD: Carbon series, Stage 1,
Hydrogen, Acidums, Carlsbad,
Lacticums, Muriaticums,
Sulphuricums, Veratrum.**

Case

A 30 year old woman has been suffering from inflammations of the paranasal sinuses. It usually starts with a cold, large lumps of green mucus coming from the nose in the morning. She gets a pain in her head with feeling of light headedness on walking and on stooping. Antibiotics or flushing the nose with water helps for about two weeks, but then the symptoms

return.

Ten years ago she had Pfeiffer disease very severely, with jaundice and swollen and painful glands in axillae and neck, which made eating very painful. The year before that she had occasionally had bouts of hyperventilation. Tingling in hands, legs and nose, feeling weak, stiff and paralysed, with perspiration on back and head. She was very afraid at the same time, feeling lightheaded, experiencing blackouts, frequent fainting and looking as white as a sheet. It all

started when her father was very ill and everybody thought he was going to die. She suddenly realised that one day he might not be there for her anymore to lean on.

Her father had always been quite dominant. He was a businessman who had always worked hard. She finds it difficult to approach him, also when he approaches her. She feels her chest and stomach tighten. It feels as if he is holding her in a tight grip, she sometimes has a fleeting thought that this might be how

you feel after incest or sexual abuse. It makes her feel afraid and wanting to creep away.

She is very shy, but at the same time, when she feels good, she likes to be the centre of attention. When she feels bad she'll avoid meeting anyone. When she finds herself being an outsider in a group she gets very upset. She once tried to commit suicide because she felt so alone in this world. She has difficulty talking about her inner feelings, especially in front of her parents in case they'll think

less of her. She does talk to her friends, albeit with difficulty. But if she doesn't she feels she'll suffocate. She finds it hard to stand on her own two feet.

For a long time she worked as a supply teacher at different school, but this made her feel too insecure. Now she has a secretarial job but doesn't really enjoy it.

She has never had a relationship with a man, she has ever been aware of strong sexual feelings. Sometimes it bothered her that she didn't

have a boyfriend because it made her so different from the rest of the world.

Sad things deeply affect her, she has a friend who has cancer and she visits her a lot.

She often has bad dreams, that she is being chased in the dark.

During a past life therapy session she experienced one particularly traumatic event: It happened in around 1500 when she worked as a housekeeper with a very rich family. She fell in love with their son and she felt wonderfully happy. She spontaneously shared this

wonderful feeling with everyone around her. But the parents discovered their love affair and punished her by throwing her out and delivering her to a group of criminals who hadn't had a woman for a long time. Right in the middle of the town square she was raped by this gang of criminals and this ordeal killed her. She was buried by a small group of women, amongst which she recognised her mother. She feels that this incident had killed her spontaneity. She also had the feeling that the son she

**loved in that life is her father
in this present life and that her
mother then is her mother in
this life too.**

Generals

**Weather: cold, cold hands and
feet; agg. heat, her face goes
red; fear of thunder and storms.**

**Perspiration: agg. heat and
exertion.**

Time: agg. 9 pm.

**Desires: cheese, dishes from
the oven, tea, tobacco (2),
coffee, alcohol.**

Aversion: liver (2), fat, milk.

Food: agg. coffee.

Menses: pain in abdomen and

back, right sided, at the beginning of menses, with fainting, tiredness in legs and nausea; nipples painful on being touched.

Sleep: difficulty falling asleep; sleep light, on right side; wakes early.

Analysis

Although I had been treating her for years, I felt that there was a deep core problem that hadn't been touched yet. And then we got the picture of the past life regression. Here we see a clear picture of Fluorine: she was raped by a gang of

ruthless criminals. And the feeling was that all spontaneity she ever possessed was being murdered. This points to Stage 1, and particularly to Lithium because of the childish way she went about telling everyone about her love for this boy who belonged to the upper classes. Naively (Lithium) she fell in love with someone from the glamour world (Fluorine).

Her lack of self confidence in sexual matters and not knowing whether she can rely on herself also fits Lithium fluoratum. When I was reading

through her case notes again, I suddenly noticed that she had once had a migraine whereby she temporarily lost the right half of her vision. I had forgotten all about this symptom.

During the previous 6 years she had the following remedies:

**Baryta carb,
Palladium, Trombidium for
diarrhoea after a holiday in
Turkey), Agaricus, Ailanthus,
Argentum nitricum, Teucrium,
Squilla maritima, Coffea, Lac
defloratum, Valerianum,
Zincum, Cuprum, Staphysagria,**

Cotyldon, Digitalis, Graphites, Astacus, Lac caninum, Natrum fluoratum, Gambogia, Paeonia, Euphorbium, Senecio aureus, Magnesium phosphoricum, Ferrum fluoratum, Agrimonia, Laurocerasus, Magnesium fluoratum, Colchicum, Ferrum silicatum, Silver amalgamate and Cuprum phosphoricum.

Apart from the Trombidium she reacted well on Magnesium phosphoricum, in the sense that she got on much better with her sister afterwards, which had been very difficult when they were younger. As far

as the other remedies are concerned, I am not sure whether they did anything or not. Perhaps they acted slightly on one of the layers but there were always too many remaining symptoms to be sure. She did improve during those 6 years, but that could also be (partly) due to the talks we had about her problems.

Reaction

After Lithium fluoratum 1M she got a vaginal discharge with much itching, which she had last had when she was 15 years old. Then she got a

swelling of a lymph gland in the right side of her neck, which reminded her of the Pfeiffer (Fluorine) she had had. She has started to talk to her mother about her problems and about the suicide attempt, asking how her mother had felt when that happened.

She has a dream that she is the owner of a launderette; she wants to set fire to the place (cheating, Fluorine) in order to start something new (Lithium) with the insurance money; but another part of her comes down from heaven to prevent this.

She slowly starts to allow feelings to come into her life, also feelings of love and sexuality. She accepts it more as a natural part of life.

After three months she feels much stronger, as if she is really allowed to be who she is. She feels more grounded and lighter at the same time. Easier to make contact with other people. She is able to definitely choose to continue her course and studies in self development. She still feels upset occasionally when things go wrong at work, but she

doesn't experience these feelings of despair anymore, as if there is no end to it.

She had a return of old symptoms like itching under her arms, a painful menstruation with fainting, and a new symptom of a wart like growth on her left heel.

Lithium phosphoricum

This remedy is also virtually unknown.

Concepts

Lithium

Changeable

Impulsive Naive

Manic depressive

Worthless

Weak willed

Unthinking

Easily influenced

Childish

Phosphoricum

Communication

Sympathetic

Brothers

Friends Neighbours

Learning Curious

Travelling

Homesick

Group analysis

Changeable in communication.

Doing anything to

communicate.

Changeable thoughts and ideas.

Changeable in learning.

Doubting own ability to learn.

A changeable brother.

Doubting one's friends.

Changing friends.

Naive towards friends.

Worthless travels.

Feeling worthless because of homesickness.

Picture of Lithium

Phosphoricum

Essence: changeable in communication.

Changeable in communication

They are unsure of themselves, but they still like to make contact with others. This makes them throw themselves into any communication in an impulsive way. Spontaneously and rather naively do they try to make new friends. But they don't think about what they are saying, so that others often look puzzled and turn away. This makes them feel they are not good enough and they get depressed.

Changeable in learning.

This is an area where they are very changeable, one moment

they are very enthusiastic and the next moment they have lost interest in the subject. Sometimes their school results are excellent, and at other times it looks as if they haven't understood a thing. They can also suffer from blackouts. They are easily distracted when something interesting is happening somewhere else. Because their school results vary so much they feel they are no good at learning, this may be aggravated by criticism from teachers on their methods of studying. This feeling of being a

failure can also be caused if they are left handed and they are forced to learn to write with the other hand.

A changeable brother

A possible variation on the theme is having a changeable brother or sister. They just don't know where they are with regard to him or her. One moment they are getting on fine and the next moment they can't talk with him or her anymore. Or they may find themselves in the extreme situation of having a manic depressive brother. Then they

won't know at all where they stand. They may feel they are doing everything wrong, although they don't know what exactly. Such a situation at home may cause them to develop a low self image.

Changeable as a brother

They themselves can also be very changeable in their behaviour towards their brothers and sisters. They can either be very spontaneous in their interaction, or they shut themselves off completely.

Deep down they feel quite worthless so they don't dare to

show too much of themselves to other members of the family. This can be caused by various circumstances, such as having divorced parents for instance, and having lots of half brothers or sisters around so that they feel there is no solid base to rely upon: one week their half brother is there for them and the next week he is not. It can make them feel that this is happening because of their own short comings.

Changing friends

Their relationship with friends is similar to that with their

brothers. They like to make contact, they throw themselves into the friendship, but they are easily disappointed when something goes wrong. They don't see their own part in this, they are too naive to see how they come across. When their friends express some criticism or go away they feel rejected and worthless. They get depressed and don't want to know them anymore. But after a while they feel the urge for communication again so they go out once more to try and find new friends.

Feeling worthless because of homesickness

They like travel, new situations, new people to meet. They can be very impulsive in their search for new people. One day they suddenly decide they want to travel to new places again and off they go. Unfortunately they are quickly disappointed if they don't immediately find what they are looking for. They hadn't really planned it properly in the first place, so they often end up in the wrong places with the wrong people. Then they get

homesick and they feel worthless and frightened in this place that is all wrong.

Expressions

Fear: vague, unknown, life, friends, future, travelling, flying, crowds, failure, alone, dark, thunder (!), twilight, disease and death of family and friends; appearing and disappearing fast; easily frightened.

Mood: nervous, restless, discontent, excited, impulsive, manic, hysterical, depressed, listless, meaningless, timid, unsure, indecisive.

Mentally: curious, restless, lively fantasies, confusion, slowness, problems orientating, dementia, psychoses, schizophrenia, dissociations.

Contacts: -amel. company, new contacts, talks, -amel. support of a strong father figure.

Hobbies: travelling, games.

Causes: loss of friends, brothers or sisters, moving house.

Generals

Type: thin, tall, red hair, obese.

Locality: right.

Weather: cold, sensitive to

thunderstorms.

Perspiration: profuse.

Time: agg. 1 am and 9 pm.

**Desires: spices, salt, fish (3),
ice-cream, sweet, chocolate,
chicken, cold drinks (2), coffee,
tobacco.**

Aversion: salt, fish, oysters.

Food: agg. fruit, chocolate.

Menses: profuse.

**Sleep: on right side; amel.
short sleep, sleepwalking;
sleeplessness.**

**Physical: agg. motion, walking,
lying on left side; amel.
rubbing; agg. cats, odours,
wool, agg. light; agg. agg.**

radiation, chemotherapy.

Complaints

Burning pains.

Haemorrhages of bright red blood. Petechia, cerebral haemorrhage.

High fevers.

Retarded growth.

Neurological complaints, shocks, hyperventilation.

Weakness combined with nervousness.

Vertical hemiopia (!).

Migraine, pain above lateral side of right eye.

Hypothyroidism, goitre.

Cardiovascular diseases (3).

ECG abnormalities.

Trembling hands, muscular jerking at night, tremor, ataxia.

Affections of lymph glands.

Salivation; metallic taste.

Affections of lungs, bronchitis, asthma. Tuberculosis.

Vomiting agg. drinking.

Nausea, vomiting, stomach pains amel. eating. Stomach ulcer.

Diarrhoea, stinking, agg. fruit, agg. chocolate, agg. night.

Constipation, pain around the navel; sloshing feeling in abdomen.

Sterility, little milk,

miscarriages.

Kidney problems (3), stones in kidney, bladder (3), uremia, frequent and copious urination.

Bone problems, growing pains, rachitis, osteoporosis.

Arthritis, gout.

Tingling fingertips.

hairloss.

Acne, psoriasis, itching, hairloss, increased secretion of sebaceous glands, herpes, seborrhoeic eczema.

DD: Carbon series, Silicium series, Stages 1, 10, 11-15, Sulphuricums, Carlsbad, Crocus, Hydrogen, Lachesis,

Tabacum, Titanium, Vanadium, Vitamin B12.

Case

An 8 year old boy suffers from diarrhoea. The stools smell badly. He has a high temperature (40 degrees C), with vomiting and apathy. This often happens around 1 o'clock in the morning. Sometimes the diarrhoea is alternated by constipation and pains around the navel. He has a feeling as if water is sloshing in his stomach. All this is being caused by problems at school. He feels he is under a lot of

pressure. He has to learn to write with his right hand, although he is left-handed. Learning in itself is no problem for him, but he gets easily distracted. One moment he is doing very well, the next moment his performance is far below standard. He needs strict rules. he doesn't like to talk about these things because it makes him feel he isn't good enough.

He loves computer games, he is a computer 'fanatic'.

he has petechia on his cheeks and upper eyelids. His nose

gets blocked when he lies on his back and it makes him grunt like a piglet.

Analysis

The causes being learning problems at school makes us think of Phosphorus. But an added typical symptom is that he will perform very well one moment and very badly the next. This strong alternation makes us think of Stage 1, and of Lithium in particular. The alternation between having to write with the right hand, but being left handed on the whole also fits with Lithium. This

leads us to Lithium phosphoricum.

Other Phosphoricum symptoms: high fever, petechia, apathy. Other Lithium symptoms: diarrhoea alternating with constipation.

Reaction

One month after Lithium phosphoricum 1M he is much happier at school. His concentration is much better and his level of performance is much more even. His complaints have disappeared.

Lithium sulfuricum

Lithium sulphuricum is a new remedy.

Concepts

Lithium

Changeable

Impulsive Naive

Manic depressive

Weak willed

Unthinking

Easily influenced

Childish

Sulphuricum

Love

Marriage Partner

Self love Selfish

Joy Pleasant

Harmony Style

Clothing

Lazy

Ugly

Theorising

Group analysis

**Changeable in giving or
receiving love.**

A manic depressive partner.

A changeable partner.

**Jealousy from feeling of
insecurity.**

Changeable being a partner.

Changing partners.

Changeable feelings of joy.

Doing anything to be loving.

Doubting own happiness and love.

Changing opinions about harmony and style.

Inferior clothes.

Picture of Lithium Sulphuricum

Essence: Changeable in giving or receiving love.

Changeable in giving or receiving love

They are very impulsive when they start a relationship. They fall head over heels in love and they give everything they have. They are married before they know it, they have an intimate

friendship before they know the person's surname, in a manner of speaking. They act without thinking and their choice isn't always a good one. After a while they realise that they were mistaken and they don't want to have anything to do with that person anymore.

Changeable as a partner

Another possibility is that they are very changeable in their attitude towards their partner. One moment they think the world of their partner and the next moment, particularly when they receive any form of

criticism, they get very annoyed with them, and this can even turn into depression. This happens because of their extreme lack of self confidence, particularly in the field of love. They don't know how to keep the balance between giving and receiving: they have no example to go by, nothing to compare it with.

Another variation could be that they give a lot in the hope of receiving a lot later on. Their love acquires a certain value that can be used for exchange, where the rates of exchange

within the relationship can fluctuate according to their moods.

Jealousy from a sense of insecurity

They can be very jealous. Because of their own alternating moods they are inclined to think that their partners is are just as unpredictable in their love for them. So they get jealous and this is made worse by their lack of self confidence and the feeling they are not beautiful enough.

Changing partners

Sometimes they have many partners, either at the same time or one after the other. Their love is spread out all over the place and they don't know when to feel what for whom. Or they fall in and out of love at an incredible rate, separating from one partner and immediately falling for someone else again.

A changeable partner

Or they have a partner who is very changeable himself or herself, whose moods go up and down like a yo-yo, which makes their own love for them go up

and down too. Or it makes them think that they are not good enough, not beautiful or attractive or loving enough.

Sexual feelings tend to go up and down in a similar way too.

A manic depressive partner.

They are also inclined to choose a partner who has got problems. They are fascinated by the mysteriously alternating moods of their partner. Later on they discover that this is due to some deep seated problems, such as alcoholism or impotency or even manic depressive tendencies, with all

the accompanying tensions of regular visits to psychiatric hospitals etc.

Changeable feelings of joy

As has been said before, their moods are very changeable, one moment very happy, the next moment very irritable, sad or jealous. To get back to feeling good again they try to do something nice for their partner or to give them a nice present. This will temporarily make them feel happy again, but because these mood changes keep happening to them, they doubt whether they

will ever be truly happy.

Inferior clothes

They also have strongly alternating feelings about their looks. Usually they aren't very happy with their looks, being afraid that others will think them ugly. But a single compliment may make them feel that they are probably quite beautiful after all.

Their opinion about clothes changes by the minute as well. One moment they'll love one thing, the next moment something else. They'll buy a new dress on an impulse and

**when they get home they
already hate it.**

Expressions

**Fear: vague, unknown, life,
strangers, future, travelling,
flying, crowds, streets, failure,
disease, death, heights,
poverty, ugliness, dirt.**

**Dreams: clothes, partner,
marriage; nightmares agg. lying
on back, falling in water.**

**Mood: timid, unsure,
indecisive, restless, excited,
impulsive, manic, hurried,
impatient, indifferent, gloomy,
worthless, depressed, listless,
meaningless, suicidal thoughts.**

Mentally: psychoses, schizophrenia, disassociations.

Contacts: -amel. support of a strong partner.

Causes: loss of loved ones, friends or relations, insults, shame, humiliation.

Generals

Type: obese.

Locality: left (3).

Weather: warm, agg. heat, amel. open air. Hot flushes.

Perspiration: easy agg. exertion. Bad odour.

Time: agg. 5 am, agg. night.

Desires: sweet (3), alcohol, fruit, fat, fried, spices, sour,

**cold drinks, coffee, tobacco,
hashish.**

**Aversion: egg, bread, sour, agg.
alcohol.**

Food: agg. fruit, chocolate.

**Sleep: deep; sleeplessness,
frequent waking; agg. lying in
late.**

**Physical: agg.- bathing; agg.
light; agg. agg. radiation,
chemotherapy.**

Complaints

**Discharges yellow, creamy,
smelling of rotten eggs.**

**Burning (3) pains. Fullness,
heaviness, pulsations.**

Retarded growth.

**Vertical hemiopia (3!).
Affections of lymph glands.
Pain above lateral side of right
eye.**

Salivation; metallic taste.

Hypothyroidism, goitre.

Cardiovascular diseases (3).

**ECG abnormalities. Varicose
veins, heavy legs.**

**Haemorrhages and
haematoma. Palpitations.**

**Nausea, vomiting, stomach
pains amel. eating. Stomach
ulcer.**

**Diarrhoea, agg. fruit, agg.
chocolate, agg. night. Diabetes.
Sterility, little milk,**

miscarriages.

Affections of kidneys (3), stones in kidney, bladder (3), uremia, frequent and copious urination.

Pain on insertion point of pectoralis major; pain in middle finger; pain in right hip and thigh, radiating to small toe.

Trembling hands, muscular shocks at night. Tremors, ataxia.

Arthritis, gout. Stitching pain in calves.

Skin: inflammations with yellow pus, leaving scars.

Acne, psoriasis, itching,

hairloss, increased sebaceous secretions, herpes on lip, seborrhoeic eczema.

DD: Carbon series, Silicium series, Stages 1 and 16, Carlsbad, Crocus, Hyoscyamus, Lachesis, Tabacum.

Case

A 30 year old woman has epilepsy. It wakes her up at midnight, her eyes are wide open, her body is convulsing, she stops breathing and bites her tongue. There is no loss of urine. Afterwards she is confused, depressed, shaky and dizzy, and has a headache. The

epilepsy started when a relationship with a boyfriend broke up.

She often has a feeling of distention and tension in her bowels, especially if she eats too much or too fast, worse after leeks, cabbage, onion or peasoup. When she feels stressed she gets large red lumps on her skin. They are usually on the left side, often in the neck and they leave a sort of scar. She suffers from headaches, pressing outward in her forehead, worse in the sun and after exertion, better from

pressure.

She frequently changes boyfriends, going from one relationship straight into another. This is because she feels so unsure of herself, especially with regard to her looks. She feels she has too many spots and she is too fat. She gets jealous when her boyfriend so much as looks at another woman. It makes her feel she is worthless. She has many mixed feelings about sex too. Her present boyfriend is impotent and she doesn't like that. In her first marriage she

was very afraid of sex, she used to think 'Oh no, God is looking at me'

Things in that marriage didn't go very smoothly, which is why she got divorced. Afterwards she had a spell of heavy drinking and smoking hash. Then she went to live with another man, but he turned out to have an even greater drink problem.

She started to have palpitations and felt herself heading for a nervous breakdown. So she went to her sister for a break and then went

to live with her parents. There she got to know someone who lived in the same street, but he turned out to be very possessive, and wouldn't even let her voice her own opinions. But now she has a boyfriend who does stimulate her to do her own things.

She was brought up in a very protective environment, where she never had to work anything out for herself. Her parents sacrificed everything for their three daughters, and later made sure their daughters knew this too: 'Look at

everything we have done for you...' Unfortunately the other daughters aren't bringing them much happiness either, as they are both divorced as well, so all three of them are 'problem children'.

She often has feelings of guilt. She lacks self confidence. As a child they called her 'fatty' at school. She hates crowds and hectic activity around her. She likes going to lonely places like Scotland. She hates lies. She loves nature and animals.

She can be very cheerful, but this can change abruptly into

depression. She often dreams that she is crossing a hanging bridge over a raging river and when she has nearly reached the other end the bridge gives way and she falls into the water.

When she was younger she had trouble with the blood circulation in her calves: they would hurt and give her stitching pains when she was out in the sun.

Frequent urge to urinate, she has to get out of bed at least three times every night. She gets palpitations from smoking

and from hash.

Generals

Weather: cold; -amel. frosty weather; -amel. summer, heat, agg.- storm and thunder.

Time: agg. 4 pm, 1 am.

Desires: savoury, sweet.

Aversion: snails, crab, creepy things, fish, fatty meat, milk, bitter.

Food: agg. cabbage, leeks, pea soup.

Analysis

The epilepsy started after she broke up with her boyfriend.

This points to the Silicium series, and to Sulphuricum in

particular. The strong feeling of jealousy is a confirmatory symptom for Sulphuricum, with the added symptoms of having been teased at school for being fat and her anxiety about having spots.

So we have the Sulphur theme linked to another theme The question is: which?

her relationships are always changing, as she goes from one to the next. This would indicate Lithium, which leads us to the combined theme of Lithium sulphuricum.

We can see the lack of self

confidence (Lithium) about her looks (Sulphur).

Her jealousy (Sulphur) is made worse by this same lack of self confidence (Lithium). Her friend is impotent (Lithium).

Her partner (Sulphur) was an alcoholic (Lithium). She can be very cheerful (Sulphur), alternating (Lithium) with depression. Her parents gave all their love (Sulphur) to their children, but wanted some back later on (Lithium). We also see the feelings of guilt, changing sexual feelings, fear of sex and a possessive husband.

**Sulphuricum symptoms:
palpitations, circulation
problems, distension in
abdomen and bowels, -amel.
sweet.**

**Large red lumps when under
stress. Lumps on left side, in
the neck, resulting in scars.**

**Lithium symptoms: -amel.
tobacco and hash.**

Reaction

**After Lithium sulph there is a
great improvement. She feels
calmer, not so threatened,
more self acceptance, less
depression. Not so jealous
anymore, her friend may look**

at another girl and it doesn't bother her. She had a dream in which her boyfriend chose another woman. But she saw clearly that this was the result of her own jealousy, which drove him away to look for someone else.

Lithium muriaticum

Signature

Lithium muriaticum has a fatty, salty taste (Clarke, Vol. 2, page 297). But it has no clear mental picture.

Concepts

Lithium

Changeable
Impulsive Naive
Manic depressive
Worthless
Weak willed
Unthinking
Easily influenced
Childish
Muriaticum
Broken relationship
Mother Child
Care Nurturing
Attention
Mother
Self pity
Attention seeking
Sadness

Alone

Anti social

Group analysis

**Changeable from fear of a
break up of the relationship**

Impulsive care and nurturing

**Doubt whether she can be a
mother**

**Doubt whether she is being
appreciated as a mother**

A manic depressive mother.

**Asking for attention by being
changeable**

Naive self pity.

**Too weak willed to dare to ask
for attention.**

Feeling worthless accompanied

by self pity.

Unthinking and anti-social.

Picture of Lithium Muriaticum

Essence: Changeable for fear of losing relationships.

Changeable from fear of a break up of the relationship

They are very unsure of themselves and suffer from changing moods. They are afraid that the relationship with their mother, their friends or other people will come to an end. That makes them go along with whatever way the wind blows. They'll adapt to whoever they happen to be with at the

time. They might even change their thoughts and opinions in the presence of the same person. They simply don't know who they are. They don't know who they should be in order to keep someone either.

Impulsively caring and nurturing

They are inclined to start taking care of the other person in order to create a tie between them. But they do this without any forethought, just on an impulse. When it goes wrong they'll move on to the next opportunity. They are very

spontaneous and can be fun to be with when they are taking care of you.

Doubt whether they can be a good mother

They lack the self confidence to feel good about themselves as a mother. They feel they don't have a strong enough personality to be a good mother or they feel unappreciated, both as a mother and as a wife. They do whatever comes up in their head and when things go wrong they feel they'll never be any good and they get depressed.

**A manic depressive mother
Their own mother could have
been very instable too, with
mood swings between laughing
and crying, between happiness
and anger. Such a mother could
not give them any stability in
life, no base for trust and self
confidence. She was too
changeable and weak to provide
the care that a child needs.
Such a mother would try to
keep a hold on her children by
means of emotional blackmail,
with threats or with presents.
Asking for attention by being
changeable**

To avoid losing their mother or their child these people will try to get the attention in any way they can. Either by nagging, crying, acting the clown, being angry, whatever works to get the attention at that moment.

Manic depressive after break up of a relationship

If they do happen to lose a friend they go mad with grief. They feel utterly rejected and useless, to such an extent that they don't know who they are anymore. They can't bear being alone and will moan and cry all the time.

Naive self pity

They may indulge in self pity the way a child would, sitting there for hours worrying about everything that other people said to them. The most innocent remark gets turned into a major form of criticism, until they feel utterly sorry for themselves and think that they are the most stupid and the weakest person in the whole world.

Too weak willed to dare to ask for attention

Although they feel they are useless they dare not ask for

help. They are too afraid that the other person will think even less of them if they ask for attention. If they show their dependency they feel even more worthless. Comfort and sympathy aggravate their feelings.

Very low self-worth combined with self-pity

Or the opposite might happen where they feel too insecure and worthless to know who they are, therefore they need someone else to provide a sort of yardstick for them by which they can measure their own

actions. By showing how helpless and naive they are they hope that others will take pity on them and take them under their wing and not leave them behind.

Unthinking and anti social

An extreme form may be that they are very naive to the point of being anti social. They enter a relationship without thinking and they leave again without giving it any further thought either. Or they keep depending on the people who are taking care of them without ever thinking of offering anything in

return.

Expressions

Fears: alone, water, danger, vague, unknown, unexpected, life, strangers, future, travelling, flying, crowds, streets, failure, disease, death, others being able to look through them.

Dreams: water, sea, waves, drowning, children, mother, disease and death of family and relations.

Mood: timid, unsure, indecisive, sensitive, busy, ironic, emotional, complaining, attention seeking, depressed,

listless, suicidal.

Aggression: aggressive.

Contacts: -amel. care and support, talking much.

Mental: forgetful (3) names, learning, names of places, films; dementia, confusion, slow, orientation problems, psychoses, schizophrenia, dissociation.

Causes: loss of parents, family or friends.

Generals

Build: thin.

Locality: left.

Weather: slightly warm, agg. amel. sea.

Perspiration: profuse.

Time: agg. 11 pm.

**Desires: drinking, coffee,
tobacco, salt, starch.**

Aversion: meat.

**Food: agg. fruit, chocolate,
starch.**

**Menses: agg. before, during or
after menses, agg. after
pregnancy; painful and swollen
breasts before menses.**

Sleep: difficulty falling asleep.

**Physical: agg. light; agg. agg.
radiation, chemotherapy.**

Complaints

Dryness of mucus membranes.

Retarded growth.

Affections of lymph glands.
Headache with hemiopia and tingling, deafness, + weakness and fainting. Pain above lateral side of right eye. Vertical hemiopia right side. Ptosis.
Salivation; metallic taste.
Hypothyroidism, goitre.
Cardiovascular diseases (3).
ECG abnormalities.
Nausea, vomiting, stomach pains amel. eating. Stomach ulcer.
Sterility, little milk, miscarriages.
Constipation, stool hard and dry.

Diarrhoea, agg. fruit, agg. chocolate, agg. night.

Kidney malfunctions (3), stones in kidney, bladder(3), uremia, frequent and copious urination.

Arthritis and gout.

Trembling hands, muscular shocks at night.

Acne, psoriasis, itching, hairloss, increased sebaceous secretions, herpes on lips, seborrhoeic eczema.

Skin eruptions, on chest and arms, red spots, agg. sun.

DD: Carbon series, Silicium series, Stage 1 and 17,

**Hydrogen, Carlsbad, Titanium,
Vanadium.**

Case

A 25 year old woman suffers from frequent colds. Much mucus in nose, throat and ears especially in the morning and evening, worse in the winter. She also has polyps, which have been removed once by surgery.

She says she has an inferiority complex. She doesn't stick up for herself at all. She is afraid that people will notice her lack of self confidence. She tries to live up to the expectations of

other people and she agrees with everything they say in the hope of being accepted. She feels that 'if I say what I really think I'll be rejected'. She feels as if she is all blank inside: she'll say one thing to this person and something else to another person. She can't wear a mask; she feels she has to choose between people. She feels that whatever form she has was given to her by her parents, but there is nothing there that is her own. Her father used to beat her, so she doesn't like men. The image

she has of herself is very negative and certainly not feminine. Her mother was unstable: she cried a lot and got incredibly angry if something in the house got broken. Her mother used to make the children feel guilty and they all felt the constant threat hanging over them of her having to be taken to hospital for psychiatric treatment.

Her mother always wanted something back from her children, using tactics like: 'If you really loved me you would

do such and such for me'.

She is the youngest of 10 children. Her father was very dogmatic and moralistic and used to beat her brothers.

When the children were still very young he used to be very kind, but as soon as they were old enough to have their own opinion he used to beat it out of them. She herself was very easy going, she never rebelled, until she was 19 and then she ran away from home. She trained to be a nurse and worked in that profession for several years. But after a few

years it all became too much because she used to take on everyone else's problems too. She spent six months in a psychiatric hospital. She felt extremely guilty and unsure of herself, she never dared to say 'no'. She was always afraid that others would think she needed help, that she couldn't manage on her own. She was afraid of other people's sympathy or pity. She was always looking around but never said anything, afraid that others would see her and would look straight through her. She can be very

spontaneous, idealistic and sociable. But there are also moments when she is very proud and doesn't want to agree with anyone. She hates it when others call her 'that sweet little sister'.

She now works as a secretary.

Generals

Weather: easily cold and warm; amel. outside, sea, mountains.

Perspiration: agg. night, axillae, back and face.

Time: agg. 8-9 pm, agg. morning; agg. November till January.

Desires: Dutch food, potatoes,

**vegetables, meat, sweet,
yogurt, milk, buttermilk.**

**Aversion: Broad beans, kidney
beans, eggs.**

**Food: agg. egg: empty,
nauseous feeling in stomach
and abdomen; agg. starchy
food: heavy feeling in stomach.**

**Menses: pain in abdomen
during first two days of
menses.**

Sleep: good; on stomach.

Analysis

**The situation with the mood
swings of her mother made me
think of Lithium muriaticum
straight away. The mother who**

gets angry very quickly, who uses blackmail on the children and who needs frequent psychiatric treatment.

The confirming symptoms for Lithium are the inferiority complex, the lack of self confidence, a 'blank' personality, not knowing herself. Beryllium would be another possibility because she can't say 'no'. But her spontaneity points more strongly to Lithium.

She agrees (Lithium) to everything in the hope of being accepted. 'If you give your own

opinion (Lithium), you might get rejected (Muriaticum)'.

Other muriaticum symptoms: lack of feminine feelings, fear of being pitied, agg.- being dependent, sensitive to heat; amel. outside, sea, agg. starch.

Reaction

One month after Lithium muriaticum 1M she felt more cheerful and much more clearheaded, not nearly so confused when she talks about herself. She finds that she is able to phone someone to talk about her feelings, something she had never been able to do

before. The memory of the psychiatric treatment is still there, but she is better able to discern her own part in it all. She realises how difficult it was for her to make decisions for herself.

After another two months, and two doses of Lithium 1M she feels even better. The past doesn't oppress her anymore. She wants to enjoy herself and do her own thing. She has left the Bible-reading course she was attending and chosen a new one, because she likes the new one better. The people of

the old club accused her of being selfish, but she still did what she felt was right, as she has had enough of all these strict rules. She wants to live life for herself instead of living for other people, as she did for her mother.

Lithium iodatum

This is also a new remedy.

Concepts

Lithium

Changeable

Impulsive Naive

Manic depressive

Worthless

Weak willed
unthinking
Easily influenced
Childish
Iodatum
Loss of talent
Forgetful
Obsessive
Humour
Lack of idealism
Right to exist Food
Emigration Moving house
Fleeing
Prison
Group analysis
Weak willed because of loss of
right to exist.

Doubt about the place where they live.

Doing anything to get a place to live.

Impulsive ideas about emigration.

Manic depressive because of fixed ideas.

Weakness of will viewed with humour.

Fleeing because of feeling worthless.

Changing ideas about eating.

Impulsive and obsessive.

Worthless and forgetful.

Emigration after failure.

Picture of Lithium Iodatum

**Essence: weakness of will
because they have lost the
right to exist.**

**Weak willed because they have
lost the right to exist**

**Their own sense of who they
are is lacking to such an extent
that they feel they don't have
the right to exist. Sometimes a
feeling of 'I have a right to be
here' may suddenly flare up and
then they'll suddenly demand
their own space, but soon
afterwards they shrink back
and dare not take anything for
themselves anymore.**

Doubt about the place where

they live

Sometimes they don't know who they really are because they don't feel at home in their own country. They feel that they might feel much more at home in another town or another country. They often think of moving to another, faraway place, but they can't decide. And if they do decide and go, they keep wondering whether that was the right decision. They might even move backwards and forwards between two places, until they really don't know where they

belong anymore.

Changing ideas

They never have any clearly defined ideas, which is often the cause of their wavering moods. They are aware that they lack a solid base, and yet they don't want to nurture any ideals of their own. But they feel worthless, not having any ideas, so they might get obsessed with someone else's ideas, which they might exchange for yet another set of ideas at the drop of a hat.

Weakness of will viewed with humour

They can't bear to be teased, as this makes them feel even more useless. But on the other hand they have the ability to see the funny side of their own weakness and to make a joke about it that puts it all into perspective.

Emigration out of weakness

In a later stage they might feel so bad about their own weaknesses that the only solution is to emigrate. They want to go to a new country to start again and build up a strong new personality.

Expressions

Fears: heights, performing, theatre, speeches, accidents, hunger, future, doctors, going mad from inactivity, touch, approach, water, work, strangers, life, unknown, travelling, crowds, streets, failure, disease, death.

Dreams: heights, falling, failure, prison, fleeing, travelling, fire, eating, erotic, danger, dead people, being smeared with excreta, exertion, exhaustion, restless, ruins, water.

Irritability: quarrelsome, screaming, destructive, agg.

humiliation, agg. fasting, agg. being looked at, agg. being touched, agg. being held.

Mood: haughty, shy, indecisive, lively, excited, impulsive, changeable, hurried, discontented, indifferent, serious, gloomy, suicidal, self-mutilation, crying.

Mental: precise, dull, slow, absent minded, confused, forgetful of purchases, forgetful for what about to do or say, exhaustion, obsessive, lack of concentration, mad, dementia.

Contacts: agg.-; agg. conversations, agg.- answers.

**Work: -amel. (3), amel., agg.,
agg.-.**

Hobbies: walking, travelling.

**Professions: artist, painter,
writer, singer, musician,
teacher, scientist, doctor,
priest, bishop, shaman, vicar,
governor, secretary,
representative, advertising,
public relations, top sport,
comedian, clown, cartoonist.**

**Causes: disasters, war, hunger,
floods, ethnic cleansing, fires,
humiliation, hurt, being looked
at, disappointed love, neglected
child, incest, parents absent,
orphans, abuse.**

Generals

Type: thin, obese; brunette.

Locality: right, neck.

Weather: agg. warm, amel.

fresh air outside, agg. sea.

Time: agg. 5 am; agg. summer.

Desires: starch, large amounts, drinking, coffee, tobacco.

Food: agg. fasting (3), fruit, chocolate, wine: amel. eating (3).

Menses: profuse; agg. suppression of menses.

Sleep: sleepy, sleepless.

Physical: amel. agg. rest (2), amel. amel. agg. motion (2); agg. pressure: agg.- touch; agg.

light, noise, pain, impressions.

Complaints

Acrid and watery discharges.

Bruised pains, tingling.

**Weakness. Cancer. Glands
swollen and hard.**

**Headaches: in forehead,
temples, vertex, lateral side of
right eye; with vertical
hemiopia.**

**Problems with eyes:
inflammations and
disturbances in vision.**

Para-nasal sinusitis.

**Colds with watery coryza.
Hayfever.**

Thyroid problems (3!):

**enlarged, cysts, cancer,
atrophy, hypo or hyper;
metabolic rate too fast or too
slow; thin or fat.**

**Problems with voice:
hoarseness, loss of voice,
stammering.**

**Allergies, asthma, hayfever,
colds.**

Lung affections.

Hyperventilation.

Cardiovascular diseases (3).

Palpitations. Arteriosclerosis.

**Nausea, vomiting, stomach
pains amel. eating.**

**Diarrhoea agg. fruit, agg.
chocolate, agg. night.**

Problems of genitalia, testes, ovaries.

Kidney malfunctions (3), stones in kidney, bladder (3), uremia, frequent and copious urination.

Pains in neck, stiffness; whiplash. Pains in arms.

Trembling hands, muscular shocks at night.

Acne, eczema on forearms and legs, itching; hairloss, increased sebaceous secretions.

DD: Carbon series, Silver series, Stage 1 and 17, Arnica, badiaga, Carlsbad, Mancinella, Spongia, Titanium, Vanadium,

Zincum.

Case

A 40 year old man suffers from restlessness. He works for an international contact agency, writing courses. He frequently travels to South America to give courses. He loves that country. He also likes Holland very much, and he lives here with his wife and four children. But part of him feels much more at home in South America, as he feels a deeper contact with the people over there. So he keeps wondering whether he should emigrate or

not.

He feels as if he is floating sometimes, as if he isn't grounded. And he can't sit still.

He dreams of an enormous octopus sitting in the attic, waiting to catch him with its huge tentacles. He tries to run downstairs to escape, but he can't.

He has trouble with his knees: they feel wobbly and he is afraid they'll give way.

Generals

Weather: agg. gloomy (3), amel. sun (3); amel. outside, amel. sea.

Perspiration: agg. excitement.

Time: agg. evening, agg. 11 pm.

Desires: soup (3), fruit (3), fish (2), salt.

Aversion: mussels, fat, milk, alcohol.

Food: coffee, smoking, alcohol.

Analysis

The main problem is that he doesn't know whether to emigrate or not. He keeps changing his mind (Lithium), can't decide about this emigration (Iodum).

Another Lithium symptom is the fact that he feels so

ungrounded.

The dream tells us about the octopus, an animal from the sea (Iodum), whose tentacles he can't escape (Lithium, weak).

Other Iodum indications: restlessness, teaching, international contacts, amel. outside, amel. sea, -amel. fish, salt, agg.- mussels.

Reaction

After Lithium iodatum he feels quieter, he doesn't get so worked up about everything. He doesn't take it out on his wife anymore when he is under pressure. He still loves South

America but the dilemma about emigration has gone.

Beryllium metallicum

Beryllium is known to cause a disease picture that is almost identical to sarcoidosis (also called Besnier-Boeck disease).

Julian (1979, 1981) has described a proving of Beryllium.

Signature

The name Beryllium is derived from beryl, a precious stone that contains beryllium. This stone was probably named after the town Berul, a place north of

Moslur in Iraq, where it can be found. Another possibility is that its name was derived from the Greek word berullos, which means emerald. The element beryllium was first discovered in 1798.

The beryl is a transparent or whitish stone. Its chemical composition is

Be₃ Al₂ Si₆ O₁₈. There are several different varieties of this stone: emerald, with its green colouring due to the presence of Chromium, aquamarine, pink morganite containing Caesium and

Lithium, gold beryl, heliodore, gosheite, bixbite and bazzite with its blue colour due to the element Scandium. Beryllium is also found in stones like Tugtupite, bavenite, ilarite, bertrandite, helveine, euclase, chrysoberyl and fenacite. Beryl was used in the past to make glasses. The Dutch name for spectacles is 'bril'.

Beryllium salts taste sweet, hence its other name 'glucinum'.

It is stronger than steel and doesn't rust very quickly.

It is very elastic and has been

**used to manufacture springs
(yielding, adapting, Stage 2). Its
melting point is very high,
1285 degrees.**

Concepts

Stage 2

Observing

Appreciating

Criticising

Shy Uncertain

Entering Taking one's place

Joining

Yielding Adapting

Passive observing

Protecting Shielding

Excluded

Carbon series

Individual Person I
Meaning Value Self-worth
Ethics: Good and Bad
Body Life Lust
Possessions
Hero
I-weakness
Magic Myths
Child
Group analysis
Someone who is uncertain.
Dare not take their place.
Unsure about their self-worth.
Unsure about their values.
Powerless to establish their
values.
A yielding type of person.

**Adapting brings self-worth.
Feeling observed and
criticised.**

Criticised for his liveliness.

Self criticism.

**Self protection: being
unobtrusive.**

A passive hero.

**An adapting borderline case:
chameleon.**

A powerless child.

**Yielding with regard to
possessions.**

Excluded from life.

**Picture of Beryllium
Metallicum**

Essence: An uncertain and

yielding type of person.

An uncertain kind of person

They are timid and uncertain about themselves, as if they are not allowed to be who they are.

They feel weak, helpless and inferior. They don't know who they are and frequently ask themselves 'Who am I? Am I being myself?'

They feel very vulnerable and are prone to panic attacks, like 'I can't do this !'

It feels unnatural for them to be themselves, their style is cramped and they don't know how to act.

They have the same sort of difficulties when they have to make decisions: 'Do I know what I really want ? Is this what I want?'

Dare not take their place

They have difficulty defining their own space too. They would rather evade a problem than face it. They feel they will be punished or criticised if they take a stand on anything. They even have problems walking up to someone to greet them or give them a hug.

Their indecision stems from their fear of offending other

people. Taking responsibility might mean making mistakes and this they don't dare. So they prefer to leave all the decisions to 'the experts'. They need a father figure or a mentor, someone who wants to work with them and who can help them.

Uncertain about their self-worth

They usually feel inferior to other people, which is what makes them so uncertain. They think they are not up to the desired standards. Not only do they feel weak, they often feel

they are also bad, especially if people ignore them and don't take them into account.

Uncertain about values

They also feel uncertain about values in life. They haven't developed their own set of values yet. They take a look around and pick up a bit here and a bit there, but all these bits remain unintegrated and don't form a whole.

Powerless to stand up for his own values

So it becomes very difficult to stand up for their own values. Partly because they haven't got

any that they feel sure of, and partly because they find it difficult to stick up for what little they have worked out for themselves. They are afraid of stepping out of line, as they think that their parents or other authorities know much better what is good and what is bad.

**Feeling observed and criticised
They quickly have the feeling that everyone is looking at them and this often grows into feeling criticised. The most innocent remarks are taken as criticism and they feel nobody**

understands them and therefore nobody likes them. They keep fretting over remarks made days ago. Their own desires and their own life don't get a chance to mature because they spend so much time worrying over what others said about them. Every burst of enthusiasm is quickly stifled by minor criticism, every instinctive impulse to enjoy life gets squashed by their fear of their parents or other authority figures.

Real criticism is even harder to bear, and they simply don't

want to hear it. They start to defend themselves before they let it sink in what the other person is really saying. They make apologies before they have even heard half of what is being said to them. They answer as soon as someone starts to speak to them and they keep talking to avoid listening.

They are also afraid to give criticism because what you give you might also receive.

A passive and yielding type of person

To summarise their

personality you could say that their strong point is the ability to go along with whatever somebody else says, to yield to other people's wishes and to adapt to whatever the authorities decide. Anything rather than saying 'no'. So they are easy going: they'll go to great lengths to show their willingness, especially when they are being appreciated. As a therapist they'll be masters at going with the flow and adapting to the other person's initiative.

Their ability to adapt also

gives them the right to exist. Through adapting themselves to the wishes of others and carrying out these wishes they make themselves indispensable. So their self-worth is derived from going along with the expectations of other people.

This means that they have very little idea what they need for themselves. They are inclined to say that they are happy to go along, it is all right as far as they are concerned. But deep down this isn't true, deep down there is a feeling of

apathy or depression. They don't develop their own personality, because then they wouldn't be able to adapt anymore and consequently they would lose their sense of self-worth which is based on helping other people in whatever way they desire.

Self protection by being unobtrusive

They may be ashamed of themselves and want to hide themselves and all the mistakes they think they are making. The best way to hide is to be unobtrusive, to stay in

the background. So they come across as very subdued and unassuming type of people.

Self criticism

Their sense of self-worth is low and they criticise themselves all the time. Even though they are sensitive to criticism from others, they are even more harsh on themselves. They spend so much time and energy by constantly looking at how they are doing something and why they are doing it, that it paralyses all their actions. They might instinctively start to do something and then they

suddenly realise 'Oh, I am doing something', and then their evaluation process comes into action and all other activities grind to a halt.

Excluded from life

Because they don't dare to lead their own life everything becomes unreal to them. It is as if they are standing on the outside. Life seems grey and meaningless. They have run away from reality to lead their own life as much as they can. They avoid contact with others out of fear of being rejected. Although their first meeting

with someone usually goes quite well, it is at the second meeting that the brakes start to be applied and things come to a standstill.

A passive hero

The hero is present in his passive phase. The hero doesn't have the courage to take on his task, he is too afraid that he will not be able to fulfil this task, it is too big for him. But at the same he is also afraid of his own powers. He senses that deep down there is an enormous vitality and power waiting to be released, but it

feels too unreal and frightening to let go. He is afraid of all that freedom.

Magic

This state can be accompanied by a sense of magic, or perhaps superstition: 'If I don't adapt to every circumstance, the world will come to an unhappy end'. This delusion gives them a sense of power and self-worth: 'If I don't help her she will commit suicide'. This type of 'magic' thinking might even take the form of obsessive rituals, like only stepping on the white tiles on the floor, or

only taking a certain route in the street.

An adaptive borderline: chameleon.

In an extreme situation this sort of behaviour develops into a psychiatric problem. The person becomes a chameleon, an 'as if' personality. They are so extreme in their adaptation that nobody can see who they really are anymore.

**A powerless child: helpless
They look powerless and helpless. They also feel powerless and this makes them very passive in their behaviour.**

They feel small and they dream that they are a little child again. There is also a feeling of having to be a sweet little child, otherwise they will be punished. They are usually not well developed sexually either. They imagine they are not attractive because their breasts or their genitalia aren't well developed. They don't feel very masculine or feminine either, they only feel that they are the little child. But this helplessness also serves a purpose because it brings out the protective feeling in others

and so they hope that someone will support them and do all the work for them.

Expressions

Fear: vague (2!), unknown (!), life, strangers, future, travelling, flying, crowds, streets, failure, disease, operations, cancer, death.

Mood: timid, uncertain, indecisive, loud laughter, -amel. support, listless, meaningless, gloomy, suicidal.

Mental: confused, slow, orientation problems, lack of concentration, forgetful, dementia.

Religious: magic, obsessive.

Causes: neglect, abuse, incest, parents absent, addicted or weak, loss of parents and protectors.

Generals

Build: thin.

Locality: left.

Weather: agg. cold, agg. too hot, warm blooded, -amel. sun; -amel. storm, thunder and lightning,; -amel. fresh air, sea.

Perspiration: sometimes at night in bed, under arms.

Time: agg. 3 pm. amel. evening.

Desires: sour (3), salt (2), meat

**(2), hard- and soft boiled eggs
(2), lettuce, bacon, beer,
drinking (2), eating, alcohol,
drugs.**

Aversion: ginger, sweet.

**Food: agg. coffee, pancakes,
milk.**

**Menses: infrequent; tired agg.
during menses.**

Sleep: bad.

Physical: agg. exertion.

Complaints

**Bent back as if carrying a
burden, stooped head and
shoulders, walk on their toes;
desire to cross legs (!) either at
the knees or at the ankles.**

Tired, lack of energy. Dryness of skin and mucus membranes.

Lymph glands swollen in neck, axilla and groin.

Benign tumours and swellings. Headaches, jaws stiff and painful.

Retarded growth, arrested development, small breasts.

Dry and blocked nose, agg. morning, agg. milk, agg. central heating and dry air, amel. outside. Nosebleeds, old blood from back of nose.

Problems with oesophagus. Thyroid, goitre, parathyroid. Lung affection: sarcoidosis,

cancer.

**Cardiovascular diseases,
infarct. Abdominal aorta
abnormalities. Pain around
heart, constriction, feeling
there is not enough room for
the heart.**

**Stomach feels empty, -amel.
eating and drinking. Vomiting,
agg. pancakes and doughnuts.**

**Abdominal pains, as if bloated,
as if the food is not moving,
pressing against diaphragm.**

Prostate problems. Sterility.

**Kidney infections with oedema
agg. agg. throat infections.**

Pain in shoulders and neck,

radiating to thumb, mainly on the right.

Bone problems, atrophy, too supple. Pains in muscles.

Itching in back, lumbar region, and on sides. Feeling of insects crawling on medial side of calves, under knees.

Skin granuloma.

DD: Carbon series, Stage 2, Aceticums, Muriaticums.

DD: Silicium series, Natrum to Chlorum, doesn't feel good about himself either, but more unloved by family or friends.

DD: sulphur, also has problems with stooped shoulders and

doesn't feel accepted. But Sulphur feels more 'disgraced'. With Beryllium it is more a feeling inside himself, than a feeling of having fallen from grace.

DD yielding: Carcinosis, Lac caninum, other Lacs, Pulsatilla, Silica, Thuja.

Case

A 40 year old woman complains of tiredness, always tired and listless, always behind with everything. During the day she feels very gloomy, in the evening she starts to cheer up a bit. But if she goes

to bed late she feels bad again the next morning.

During a routine test a few years ago it was discovered that the bilirubine level of her blood was quite high. The tiredness is linked to a strong feeling of inferiority. She is a shy type and doesn't express herself very easily. She feels she isn't good enough, that she has no sex appeal because her breasts are too small. She feels she doesn't not live up to general standards. She also feels she isn't a good mother. She seems rather a 'grey' sort

of person, someone who always stays in the background. She hates criticism: even if a shop attendant looks a bit surly she thinks this is meant for her and gets upset. The first thing she says when I ask her to describe her character is: 'I want to know what is expected of me so I can follow that'. She is afraid of criticising or hurting others. She would rather adapt to the circumstances; doing what others ask of her makes her feel needed. She hates making decisions, and would rather leave this to others. She would

like to have a father-figure, a mentor whom she could rely on to guide her into what to do. She thinks that people whom she likes will feel rejected if she makes her own choices. She is afraid of bothering other people too much, of appearing too needy. It feels unnatural for her to stick up for herself.

She is always busy following the rules. For instance, she'll ride her bike following one particular row of tiles on the road. She is ashamed of herself and wants to hide from view, afraid of being seen and afraid

of freedom; afraid of responsibility, afraid to make mistakes and not being able to hide. She walks stooped-shouldered, as if she is carrying a burden on her back. But this burden also serves as protection: at least she can't make contact with the universe when she walks like that.

She feels as if all her emotions have to be squeezed out through a very narrow opening in a bottle and when they come out they are all distorted and chaotic.

She goes to psychotherapy

sessions, but she feels equally awkward there too. She feels as if she should let something happen but she doesn't know what, so she sits there all cramped, not knowing what to do. She likes to keep people at a distance for fear of being rejected, feeling they probably won't like her anyway. As a child she used to stand outside the circle of children playing: 'Nobody wants to play with me anyway!' She feels it is obvious that nobody wanted to play with her then, as she was such an insignificant little creature!

She did have one girl friend, but only because her mother had forced her to.

She loves arrogant and good looking men. Her own marriage isn't all that happy: she doesn't have much sexual desire.

She comes from a very strict religious family. Her father was distant and cold; he was afraid of spoiling his children. He was so hard that she thought she must be very bad otherwise he wouldn't be so cruel to her. He also taunted his children, to get them 'hardened to the world'. He used to beat them,

even with a stick, when they did something wrong, and when she was a teenager he once refused to speak to her for 3 weeks as a punishment for something or other. Every show of enthusiasm was immediately squashed at home. Her father got angry if she did something for him and in her enthusiasm made some small mistake. She was afraid of her father and always on her guard not to do anything wrong. She felt rejected and her eyes still fill with tears when she reads about 'Daddy's little girl'. She

feels 'I have to be the sweet little girl, otherwise I will be punished'.

Her mother was rather weak: she became manic depressive when she was 48; she just couldn't stand up to her husband. Her parents often had rows, and not such little ones either. She used to hold her breath, praying that it would be over soon.

Her mother used to keep the children 'small', afraid that she would lose control if she let them grow up. She was, deep down, very unsure of herself

but presented herself as someone who knew and could handle everything. But her mother used to lean on her and used to confide in her what she thought of her husband. This left her no room to develop her own personality.

She loves reading; it is a way of escape for her. When she was little she moved heaven and earth to be allowed to join a library.

She had a very significant dream: 'I was walking around carrying a very heavy man on my back. Then a knight came

along and threw a orange or pink pick-axe at this man and killed him. I felt very afraid and guilty and started to defend myself, because it had been my task to look after this man and now he was dead. But although I felt very guilty, I was also very relieved to be rid of him, because he had been a great burden. But I would never have dared to throw him off myself. I was very grateful to the knight for doing this dirty work or me. But I also realised that this burden had been a sort of protection for me, for at least I

did have to show my face to the world while I was stooping. It was strange to be standing upright again, frightening and nice at the same time. I was defending myself by pointing out the colourful attire of the attacker, as it was these colours that had misled me into thinking he was O.K. If he hadn't been wearing these colours I would have quickly taken another path, so he wouldn't have seen us, so it wasn't my fault that all this had happened!'

There are some other

complaints that she suffers from: pain in the jaws and pain in the shoulders and neck, radiating to her thumb, especially the right one. Her glands under her arms and in her neck and groins are always swollen, sometimes even painfully swollen. She has small breasts. When she drinks milk her nose blocks up. Coffee makes her tremble and pancakes make her vomit.

When she was a baby she was in hospital for three weeks because she wasn't thriving. When she was 3 she had a

**kidney infection with oedema
after a throat infection
following scarlet fever.**

**She has a lazy left eye with
strabismus, which was
corrected by surgery. When she
was 27 she broke the
relationship with her boyfriend
because he didn't appreciate
her looks, but she kept
thinking about what this
relationship had meant to her.
It made her feel even more
gloomy and indifferent for a
while.**

Generals

Weather: warm, -amel. sun; -

amel. thunder and lightening; -

amel. fresh air, sea.

Perspiration: sometimes at night in bed, under arms.

Time: agg. 1 and 3 pm.

Desires: sour (3), salt (2), bacon, meat (2), hard- and soft boiled eggs (2), lettuce.

Aversion: sauerkraut, pancakes.

Food: agg. coffee, pancakes, milk.

Menses: infrequent; tired agg. during menses.

Sleep: poor.

Analysis

The uncertainty and the fears

are the most striking symptoms. She doesn't dare to stand up for herself, she is very indecisive. She wants support from a strong father figure. She feels she is a bad person. This all points to the Carbon series.

Her answer to my question to describe her character really says it all: 'I want to know what is expected of me so I can make sure I follow those directions'.

This adaptation to the wishes of other people and this passive behaviour point to stage 2, and so we end up with Beryllium.

Her dream is also most

significant: 'I was carrying a heavy man on my back and a youth threw his orange or pink pick-axe at him and the man died. I felt afraid and guilty and started to defend myself, but I loved the colour of the pick-axe'. Here we see the trait of toiling for someone else: she is carrying someone else on her back. The youth is the hero who quickly solves the problem for her. The orange/pink pick-axe has obvious sexual undertones.

Reaction

After Beryllium metallicum 1M

her fears disappeared within a short time. She started to stick up for herself at work. She gained some important insights. It became clear to her that she was afraid of her own power, and that she had needed to keep her own strength down, because her mother wanted to keep the children small. It also became clear that she herself was being the same overprotective mother towards her eldest child. She also understood the energies of passivity and adaptability. Because of her helplessness she

was able to mobilise the help of other people. Her adaptability had allowed her to exist:

'Because you are saving the other person, you are allowed to be'. She also discovered a certain power in the attitude 'If I don't help her she will commit suicide'. Other remedies that helped her before were Magnesium muriaticum and Niccolum sulphuricum.

Case by Rienk Stuut

A woman suffers from panic attacks (Carbon series), even from minor incidents. She is always stressed and she never

stops running. She takes another woman (who she thinks is a better person) as an example for her to follow and then she'll act as if she is this other woman (Chameleon: Beryllium). She easily loses her self confidence (Carbon series), and thinks she is too fat. Her father always criticised her so she used to adapt her behaviour (Stage 2) until he was happy. In her present relationship with her boyfriend she is still using this adaptive behaviour, because she wants him to support her (Carbon

series). She constantly asks for approval. After Beryllium she suddenly feels as if she is really somebody (Carbon series). She stays with her own feelings and she even dares to confront her boyfriend at times.

Case by Willem Woutman

This is about a man who has a nervous breakdown. He has been at home for the past 9 months. He feels he is a failure and he sits and broods on the sofa for days (passive, Stage 2). He feels he has lost his way in life (Carbon series). He suffers from panic attacks (Carbon

series) and he has lost faith in other people. He used to allow his boss to lead the way for him (Stage 2). He can't decide (Stage 2 and 3) about the sale of his house and his mother takes all decisions on his behalf. After Beryllium he sells the house himself and is able to start work again.

Beryllium muriaticum

This is a new remedy.

Concepts

Beryllium

Uncertain

Yielding

Adapting
Powerless
Self criticism
Unobtrusive
Unreal
Muriaticum
Broken relations
Mother Child
Care Nurturing
Attention
Self pity
Pathetic Attention seeking
Anti social
Group analysis
Yielding out of fear of breaking
up the relationship.
Adapting to mother.

Adapting as a mother.

Powerless towards mother.

Self criticism as a mother.

An uncertain mother.

Unobtrusively nurturing.

**Too insecure to dare to ask for
pity.**

**An unreal type of person
through cares.**

Picture of Beryllium

Muriaticum

**Essence: Adapting through fear
of break up of the relationship.**

**Adapting through fear of break
up of the relationship**

**These people are very unsure
of themselves. They don't know**

how to stand up for themselves, especially because they think that the other person will leave them if they do. So they tend to ignore their own needs to please others; they come across as being kind and very easy going.

Self criticism as a mother

In their capacity of being a mother they feel a great lack of self confidence. They are afraid they can't take care of the children properly, so they are always busy trying to prove to themselves that they are capable. They have many

anxieties about the children and tend to feel that they haven't done enough. They put their own needs aside out of fear that the children might grow up to feel as insecure and fearful as they do. They run around all day for their husband and children, but they like doing this unobtrusively. They don't want to push themselves to the foreground in any way, in case it looks as if they want too much for themselves.

Adapting to mother

When they are young they feel

overawed by their mother. They are afraid of her criticism and they would rather do as she says. So they start helping her and doing little jobs around the house for her. But they don't get round to doing what they want for themselves. They devote themselves totally to the task of pleasing their mother in order not to lose her.

An uncertain mother

A variation on this theme is the situation where their mother lacks self confidence and is always criticising herself. She is always adapting

to other people's wishes until she has become a nobody and doesn't know who she is anymore. So the child would not know what a strong mother looks like, it has no example of how to stand up for itself. So it will stay stuck in the same kind of weakness.

Too insecure to dare to ask for pity

They are afraid of asking something for themselves. As soon as they ask the tiniest favour they are immediately afraid that the other person will think them a nuisance. The

thought that others might think of them as attention-seekers makes them feel even more inferior.

Unreal person

When things get even more extreme they may turn into a non-person. They have suppressed their own wishes for so long that there is nothing left of their own personality. All their own desires have been lost in their never ending care for other people.

Expressions

Fears: alone, water, danger, vague, unknown, life, strangers,

**future, travelling, flying,
crowds, streets, failure,
disease, operations, cancer,
death.**

**Dreams: water, sea, waves,
drowning, children, mother,
disease and death of friends
and family.**

**Mood: sensitive, emotional,
complaining, attention seeking,
timid, uncertain, indecisive,
obsessive, magic, ritualistic.**

Aggression: aggressive.

**Causes: loss of parents, family
or friends.**

Generals

Build: thin.

Locality: left.

Weather: warm hands and feet; agg. or amel. sea (2), agg. sun; - amel. fresh, sunny weather; fear of thunder in childhood.

Perspiration: little.

Time: agg. 7 and 11 pm.

Desires: sweet, chocolate, sour, spices, milk, coffee, vegetables, fruit, salt, starch.

Aversion: fat, egg, meat.

Food: agg. chocolate, spices.

Menses: prolonged; agg. before, during or after menses, agg. after pregnancy; painful and swollen breasts before menses; menses infrequent; tiredness

agg. during menses.

Sleep: difficulty falling asleep.

Physical: agg. exertion.

Complaints

Head stooped forward, crossing legs or feet.

Tired, lack of energy. Dryness of skin and mucus membranes.

Lymph glands swollen in neck, axilla and groin.

Retarded and stunted growth, small breasts.

Headache, starting from neck and base of the skull, radiating to forehead, like a tight cap.

Ear infections, Pain agg. pressure, stiff and painful jaws.

**Nose dry and blocked, agg.
morning, colds and sinusitis.**

Cough with mucus.

**Cardiovascular diseases,
infarct.**

**Stomach complaints, empty
feeling.**

**Constipation, stools hard and
dry.**

Prostate problems. Sterility.

**Kidney infections with oedema
agg. agg. throat infections.**

**Skin eruptions on chest and
arms, red spots, agg. sun.**

**DD: Carbon series, Silicium
series, stage 2 and 17.**

Case

A 40 year old woman has an inflammation in the left heel. It is swollen and it hurts on pressure. It has been operated on several times, but this didn't help. Walking on bare feet aggravates, shoes with special support ameliorate the problem. Walking, especially walking on tip-toe, aggravates the shooting and drawing pains. She also suffers from headaches in the neck and base of the skull, radiating to the forehead. It feels as if she is wearing a tight bathing cap. The pain is worse when she is

busy and better when she sleeps. It is worse in the beginning of the evening.

She also had an ear infection on the left side, accompanied by fever. No discharge.

Her jaws were very stiff at the same time. She still has pain in her ear on pressure. She has also suffered from a prolonged cold and sinusitis, with a cough with copious mucus, worse in the beginning of the evening. This is worse when she has to organise something in the evening, like a dinner party, when she has already had a

busy day.

She has problems with her mother, who sits on the sofa criticising her all day. She is afraid she will become just like her mother. She desperately tries to be easy going and kind. She apologizes for things that are not even her fault, like the butcher giving them a piece of meat that is a bit on the tough side. On the rare occasion that she shouts at the children she quickly catches herself: 'I'm not turning out to be like my mother, am I?' She is unsure of herself and wonders who she

really is. She is afraid of showing her weakness. She goes along on a skiing holiday although she secretly hates it. She is afraid of appearing a bore, so she puts up a brave front.

She is kindhearted and tries to please everybody. She tends to worry about the children. She does everything for her husband and children. When her children happen to look sad she immediately fears that they will have emotional problems later on in life. In everything she does in the house or with

the children she is driven by an urge to do well. She is aware of everything she missed as a child and she wants to do better.

Her mother used to be very kind towards her when she was younger. When she didn't want to go to school her mother let her stay at home. All her mother asked of her then was that she would do the shopping. Later on she realised that her mother was afraid to leave the house. This is still the case, which is why she always has to do little jobs for

her mother. She is afraid of her mother and doesn't dare to stand up for her self. All she does is try to please her mother all the time.

When she was 13 she once had a panic attack when she was being held by a much older girl. She was afraid of this fear: everything became hazy and she felt very pressurised.

Generals

Weather: warm hands and feet; amel. sea (2), agg. sun, -amel. fresh and sunny; fear of thunder in childhood.

Perspiration: little.

Time: agg. 7 pm.

Desires: sweet, chocolate, sour, spices, milk, coffee, vegetables, fruit.

Aversion: fat, eggs.

Food: agg. chocolate, spices.

Menses: prolonged, spotting after menses.

Analysis

To summarise this case we could say that she feels very uncertain about herself as a mother. She has to achieve in all areas of making a home and raising the children, and is afraid of making mistakes. This aspect strongly indicates one of

the Muriaticums.

The uncertainty, the childishness, and the lack of courage remind us of the Carbon series.

The typical way in which she puts herself aside for husband and children is very characteristic of Beryllium, which leads us to Beryllium muriaticum. She worries about the children (Muriaticum), afraid that they will develop emotional problems (Carbon series, Beryllium). She always wants to please (Beryllium) her mother (Muriaticum). Her

mother (Muriaticum) was too afraid (Beryllium) to leave the house.

Another key Beryllium symptom is: always wondering who she really is.

Muriaticum symptoms: afraid of her mother, afraid of turning into a bitchy mother, afraid of being a bore, agg. extra cares after a busy day looking after home and family, amel. sea, agg. sun. little perspiration, prolonged spotting after menses.

Reaction

One month after Beryllium

muriaticum 1M she is a lot better, more relaxed, more self confident. She feels warm and nice inside. One month after that the fear that she will turn out to be like her mother has disappeared. She is able to get angry with her children without stopping half way. Looking after herself becomes easier, she's less inclined to be angry with herself. The children also give her more feedback.

After 4 months and 4 doses of Beryllium muriaticum 1M everything feels lighter to her. No more heavy, dark feeling in

her head. She feels more relaxed in her mother's presence, although she still doesn't dare to oppose her mother's wishes.

The headache and stomach pains were gone quite quickly. The pains in her heel didn't start to get better until several months later, but now, after 9 months, they are almost gone.

Borium purum

Boron has until now only been known in the form of Natrum boratum (NaBO_3) or Borax. We also know a little bit about

Boric acid, (HBO3), but nothing is known about its homoeopathic properties in metallic form. It now appears that some of the key symptoms of Borax, namely the sensitivity to noise and the aggravation from downward motion, are in fact properties of the metal itself.

Signature

The name Boron is derived from Borax, the mineral that contains Boron in large quantities. Boron is a component of the gem stone tourmaline.

Boron looks more like carbon than like aluminium. Boron is the only element that can bond with another element into a structure of twenty equal-size planes, for instance in B12 H12. This structure of 20 planes is linked to the 5 equal-side plane structures and Boron is the 5th element in the periodic table. Like Carbon and Silicium it has a tendency to form long chains.

When Boron is mixed with steel it increases the tensile strength of the steel.

Boroncarbide-BC- is very hard

(9.9). Borax was often used in soap and water softeners.

In agriculture it is used in fertilisers and pesticides. Boron deficiency will cause hardening and dry rot in vegetables such as beetroot, and pitting in fruit such as apples.

Concepts

Stages 3-9

Investigating Exploring

Comparing Discerning

Trying

Hesitating

Changeable Unstable

Underestimating

Discouraged

**Unofficial Non committal
Confusion
Carbon series
Individual Person I
Value Meaning Self-worth
Ethics: Good and Bad
Body Life Lust
Possessions
Hero
I weakness
Magic Myths
Child
Group analysis
Confused about self.
A person who is easily
discouraged.
Doubting the Self:**

sympathetic.

Confused about self-worth.

Indecisive about personal issues.

Doubting oneself.

Doubts about life; jumpy and fearful.

Hesitating over what they will take.

A person who doesn't commit himself: falling.

Confusion about identity: no sense of self yet.

Confusion about identities: multiple personality.

I don't commit myself.

Not quite a fully developed

personality.

Picture of Boron

Essence: Confusion and doubt about identity.

**Confusion about who they are
They feel that they don't know who they are. They know by now that there is a Self somewhere, but they don't know which part it really is. Is it this part of themselves or that part ? Have they seen it at all yet? Are they seeing everything in its proper perspective?**

They keep comparing everything in order to find out

what is good and what is bad inside themselves. They have to find out whether they are a good or a bad person, but they can't do this until they know which part is their real Self.

They don't know themselves and hence they don't know what they really want. They often don't even know what they are thinking. Sometimes it feels as if their thoughts are outside themselves. This makes them confused and irritable.

They may project the confusion about themselves on to other people with questions

like: 'Who are you really?' This shows that they know that people do have a personality, but they don't know where the real person is inside that personality.

A person who is easily discouraged

They are unsure about what they should be doing and when something goes wrong they immediately feel discouraged. They tend to be rather nervous and they think their own wishes are not important. This tendency is not as strong as in Beryllium but it is still there.

Their self doubt makes them rather unstable too. Emotions are difficult to handle and even more difficult to put into words.

**Doubt about the self:
sympathetic**

Because they have so many doubts about who they are it is relatively easy for them to imagine how things feel for another person. They can sympathise with the self doubts of this other person. They know only too well what this internal struggle feels like and they suffer with them. They suffer

with the pain of drug addicts, animals, the whole world. They may find it very difficult to take what they deserve because they feel the needs of others so acutely. So they may appear very soft, like an angel.

Confused about self-worth

Their doubt about their self-worth makes them want to stay in the background. They doubt whether they are allowed to stand up for themselves and they dare not say 'no'.

Doubt about values

They are not sure about the conclusions they have reached

about the meaning of life. They definitely have their own ideas, but because they doubt the validity of these they tend to push them aside when someone else has a different idea. They prefer to avoid confrontation. So they would rather avoid places such as school for instance, where others might try to impose different values and ideas.

Doubt about life: jumpy and fearful

They feel that the world itself is not reliable enough for them to put their trust in it. So they

tend to be rather jumpy, a strong keynote of Boron. They are extremely sensitive to noise, to sudden loud noises like motorbikes, planes, fireworks. This makes them beside themselves (literally) with fear. Especially the sound of a plane flying overhead may make them fear it'll crash down on top of them any moment. But soft noises such as someone eating an apple in their vicinity may make them very irritable too.

A person who doesn't commit himself: falling

They are not standing on firm ground, there is no solid base. This is because they are so non-committal in their own values, as if they'll never know who they really are. This makes them feel as if they'll fall any minute, that they have no grip on themselves. This is the second keynote: aggravation from downward motion.

Children don't dare to walk downstairs. They hate to be in a lift going down. Babies start crying when they are being put into their cot. Toddlers are afraid to climb down from a

chair. Other more subtle forms of the same pheno-menon are travel sickness or sea sickness, or aggravations when they are at the fair, on the roundabout or the roller coaster.

**The hero preparing himself
This is the phase where the hero has decided that he will take on the challenge, only... he needs time to prepare himself. He looks around for outside help to assist him in his task. In our myths this help often comes in the form of magic potions or magic wands. These are in fact parts of their**

own personality that are personified in the form of outside helpers.

A confused child

They are childish and dependent and this is how they feel too. It is as if they can't quite grasp how things work, it all looks a bit hazy to them.

They are often absent minded and hazy themselves.

They are late in their development, late learning to talk, walk and coordinate their movements. They are sexually underdeveloped too, both physically and mentally.

Sometimes women have an aversion to breast feeding.

Confusion of identity: multiple personalities

The most extreme form of Boron is the state of having multiple personalities. They are so confused that they never stop thinking about all the different parts of themselves. Eventually every individual part will assume its own identity. In particular the so-called bad part, their shadow side, will start to lead a life of its own.

Expressions

Fear: vague (2!), unknown (!), life, strangers, future, travelling, flying, crowds, streets, failure, disease, operations, cancer, death, sounds, noise (!), lifts, planes, fairs, roundabouts, slides, roller coaster, see-saw, going down stairs, infections, contagion, going down (3!).

Delusions: voices that tell them who they are and what they should do.

Mood: timid, unsure, nervous, restless, indecisive, -amel. support, listless, meaningless, gloomy, suicidal.

Mental: obsessive, confused, slow, dissociated, orientation problems, lack of concentration, forgetful, dementia, psychosis agg. stress, delirium.

Religion: magic, obsessive.

Causes: neglect, abuse, incest, parents absent, addicted or weak, loss of parents and protectors.

Generals

Weather: agg. cold, agg. damp, agg. thunder.

Perspiration: head agg. crying?

Time: agg. 8 am.

Desires: apples (2), pears,

potatoes, sweet, cheese, bread.

Aversion: lettuce, fruit, meat, vegetables.

Food: agg. fruit, pears, bananas, wine, coffee, sour, salt, coffee.

menses: frequent, profuse, with stomach and back pains.

Sleep: long; talking during sleep, after sleep.

Physical: agg. sounds (3!), sudden, loud, irritating like somebody chewing apples, planes, motor bikes, trains, fireworks; agg. downward motion, going down stairs, lift, slide, see saw, fats,

**roundabouts, roller coaster;
agg. chlorine; amel. stools and
urination, amel. crying.**

Complaints

**Retarded development, late
walking, late talking, late being
potty trained; sexually
immature.**

Taste and smell of fungus.

**Dizziness with feeling of falling
backwards or sliding down, as if
in a lift.**

**Conjunctivitis; inverted
eyelids (2!).**

Parkinson's, epilepsy.

**Ear infections. Cods, watery,
sometimes green discharge.**

Face pale, tip of nose red.

Infections in mouth, aphthae, thrush. Salivation agg..

Fissured tongue, red and bleeding. Fungus taste.

Bronchitis, cough hard, stitching in chest. Lungs feel as if pressed in.

Anaemia.

Inflammations of the stomach (2), acidity, nausea on exertion, vomiting. Liver. Car sickness.

Diarrhoea, stools soft with mucus. Constipation.

Low oestrogen and testosterone levels. Sterility. Clitoris painful and swollen,

eczema. Atrophy of testes.

Leucorrhoea white, sticky and stringy, like egg-white.

Inflammation of breasts, pain on the opposite side from the one the baby is suckling from.

Late birth, child prefers the right breast.

Inflammations of bladder, spasms; urine contains blood and protein. Crying before urination.

Osteoporosis (3). Joint pains. Pain at tip of thumb, soles and ball of feet.

Cobweb sensation on skin. Eczema around mouth, on

**cheeks, fingers and toes,
herpes on lips. Hair tangled.
Nails drop off.**

**DD: Carbon series, Stage 3,
Aluminiums, Asarum
europeum.**

**DD plants containing Boron:
Avocado, Brassica, Citrus,
dates, Juglans regia, Lactuca
sativa, Leguminosae, Malus,
Medicago, Opium, Pyrus,
Prunus, Rutaceae, Spinicia
leracea, Vitis vinifera.**

**Complementary: Calcareas,
Vitamin D.**

**DD: Beryllium: wonders
whether he can be a real**

person, doesn't dare to stand up for himself and thinks he is only allowed to be somebody if he adapts.

Boron knows he is somebody, but he doesn't know who. He doesn't know which part of him is his real self.

DD: Alumina: is also very confused about his identity. The difference is that Alumina is more confused about his own identity in relation to other people's. Did he do this thing or did another family member do it?

The confusion in Boron is even

more fundamental: they don't know who they are, which part of themselves is their real self. Sometimes they don't even know whether they exist at all.

DD: Phosphorus: is sympathetic but not unsure of himself.

Case

A 40 year old woman suffers from depression and multiple personality syndrome. She feels that she has slipped away, she can't feel the ground under her feet anymore. She thought she was whole, but now she is not sure anymore. She feels that

everything she does is false, unreal. She is tired and desperate. She is ashamed to admit that she was working as a prostitute, although she didn't know it herself. Her neighbours alerted her to the fact that they had seen her at night prostituting herself.

She feels dirty and imagines that everyone looks down on her. She is afraid she may try to kill herself, that she'll decide to walk in front of a bus one day. She feels worthless and ungrounded. She feels she isn't good enough to give the

lectures she is supposed to give soon. On the one hand she wants to be strong, but this is only an act, so that other people won't see what is going on inside her. On the other hand she would like to be weak, like a little girl, so that other people will take all the decisions for her. She likes to hear from others that she is doing things right.

Her life has been one long tale of misery and abuse. When she was still a baby she was ill treated by her mother because she cried so much from the

many ear infections she had. From her 10th to her 18th year she was abused by her father and other men. When she was 18 she got pregnant but she miscarried. She was very upset, because she would have loved to have had a little child to care for. Her fiancée committed suicide three weeks before their wedding. The boyfriend she had after that forced her to work as a prostitute for 7 years. After all these miseries she ended up in a psychiatric hospital for 2 years. Afterwards she had many years of

psychotherapy. She thought she had dealt with all her problems and got on top of them. She had a good job and got a grip on her life again, until she heard that she was seen working as a prostitute at night.

During the psychotherapy treatment she discovered that besides having a prostitute personality, which is the most prominent, she has 5 other personalities.

For several years she had been hearing voices when she was attending a meeting. These

voices told her that she is a fake, that she makes a fuss, that she should keep her mouth shut, or leave the room. It feels as if there is a war going on in her head, that she has to fight a battle with all these opposing personalities. It makes her feel out of control, there is no integration inside her. In the past she used to mutilate herself, because 'pain provides control'.

As a child she used to sleepwalk and wake up somewhere else in the house, totally confused.

She is afraid of snakes and spiders. She likes cats and dogs. She is afraid of women. She doesn't have a relationship a the moment, she can't imagine that anyone would like to share their life with her. She dreams that her mother is fighting with her therapist, because her mother doesn't want her to start a relationship with this therapist; she tries to stop them fighting but doesn't succeed. In another dream she wants to murder everybody, even her best friends. She follows them in her car and

tries to run them over.

She generally feels very tired; this feeling starts in her stomach. She feels as if she is dragging herself through life, but she would love to be strong. She had an operation on her right ear when she was 18 and one of the nerves was cut. Now she is deaf in that ear. She wears a hearing aid in her left ear because the violent abuse of her father damaged this ear too. She suffers from hayfever in June and July, and is allergic to animals, dust and tomatoes.

Generals

Weather: cold, cold feet; -amel. sun; -amel. inside; -amel. and amel. sea.

Time: agg. 7 am; agg. June and July.

Desires: spices (3), cheese.

Aversion: meat (2), olives.

Food: agg. cucumber, tomatoes, strawberries, hazelnuts.

Analysis

One remedy that springs to mind straight away is Lac caninum: she feels dirty, worthless, has been abused, is afraid of snakes, -amel. dogs, -

**amel. spices. When I gave her
Lac caninum there was an
improvement on the emotional
level, she felt much calmer, but
it didn't touch the problem of
the multiple personalities.**

**We could call this symptom
'confusion of identities' and we
can find it in remedies such as
Alumina. In the Complete
repertory of Zandvoort we find
under 'Confusion of identity'
and 'Delusion, identity, errors
of personal identity' the
following remedies: Alum, Anh,
Androc, Ant-c, Aur, Bapt,
Camph, Cann-i, Cann-s, Cic,**

Gels, Kali-br, Lac-c, Lach, Lil-t, Med, Mosch, Myric, Naja, Nat-m, Ol-j, Petr, Phos, Plb, Pyrog, Pyrus, Raja-s, Stram, Sulph, Syph, Thuj, Val, Verat.

However, none of these remedies really fitted this case in my opinion. Alumina is the only remedy that comes near it. In a group analysis Alumina would seem to fit, but the problem in this case goes even deeper. Alumina does have the confusion about who did what, but in this woman it is the whole personality that has been affected. This fact leads us to

the Carbon series, and in particular to the third stage, the stage of confusion, being Boron.

Boron also has the very characteristic feeling that he has no firm ground under his feet.

Reaction

After Boron metallicum 1M she feels very well for a few days but then she has a relapse. She comes running for another dose which she takes four days after the first one. One month later she feels more secure; her suicidal thoughts don't run

away with her anymore. The voices and different personalities are still there. She is working on the 'prostitute personality' a lot during psycho-therapy sessions.

The following months she takes a double dose of Boron metallicum 1M every two weeks.

She writes a letter to her therapist saying good-bye and after that the prostitute personality disappears. It feels a little bit strange and empty inside, but there is also a

feeling of relief. She feels more stable, she realises that her personalities are there for a reason, so she is not so afraid anymore.

Case .

A girl (Carbon series) aged 2 suffers from bronchitis. She has a slight fever and her skin is clammy. She coughs a lot. She is clingy and wants to be carried. She is very unsure of herself (Carbon series) and can't bear unexpected events or loud noises (Boron). She hates swings and see-saws (Boron). She likes going down a slide,

but only when her mother is watching (amel. support, Carbon series). She is given Boron metallicum and her self confidence is greatly increased. Her mother says that her character has become more pronounced, she is a real little person now.

Much less fear of loud noises.

Case

A girl (Carbon series) aged 5 has eczema in the hollow of her knees and elbows and on her fingers.

She is easily frightened and clings to anybody who is near

(Carbon series) She hasn't got much courage, when she has climbed on to a climbing frame she doesn't dare to come down (Boron). She gets Boron metallicum and becomes more independent, she is able to amuse herself, she stands up for herself and finds it easier to say 'no'. The eczema has disappeared.

Graphites

The themes of Carbon are slightly different from the ones described in my previous book (Homoeopathy and Minerals).

The theme of the father is still there, but it has proved to be an almost natural consequence of our present-day society rather than an essential characteristic of the Carbonicums. One could rephrase it as the theme of 'God the father, who provides us with the values that determine good and bad'. In our culture this aspect is usually represented by the father, and in this respect the father figure is still important in the Carbonicums. The theme of the father can also be found in the

Silicatum, and there it concerns his function as head and leader of the family.

The theme of values, of the difference between good and bad, not only applies to the Carbonicums, but to the whole Carbon series as well.

Jurgen Becker (1995) has also talked about the properties of the carbon composites.

Signature

The name carbon is derived from carbo i.e. coal. In nature it can be found in graphite, diamond and coal. Graphite has a hexagonal (6) structure and it

is the 6th element.

Due to the very strong C-C bonding a carbon chain is the most easily formed chain out of all the elements. Carbon is not only the basic element in all organic life forms, it also the basic element in the petrochemical industries.

The universe contains relatively large quantities of Carbon: after Hydrogen and Helium it is the third most common element. But on earth it is quite rare: only 0.09% of the matter of the earth's crust consists of Carbon. It is,

however, the basic element in all living beings. In that sense we could call living beings 'carbon collectors'.

Carbon increases the strength and hardness of steel.

Concepts

Stage 10

Summit Centre

Success Glittering

Self-evident

Independent Noble

Self assured Haughty

Balance

Stable Unstable

Rigidity

Carbon series

Individual Person I
Values Meaning Self-worth
Ethics: Good and bad
Body Life Lust
Possessions
Hero
I-weakness
Magic Myths
Child
Group analysis
A balanced personality: stable.
A self-evident I.
Self-worth is a matter of
course: dignified.
A noble person: dignified.
An unstable person.
Not being in control of Self.

**Unstable borderlines:
sentimental, hyperaesthetic
emotional syndrome.
Self-evident values; normal.
Searching for stable values.
Rigid values.
Balanced with regard to
possessions: unselfish.
Rigidity around possessions:
selfish.
A successful life: working.
The central figure in values:
father.
The ultimate master of values:
God.
Radiating life.
The shining hero.**

Rigidity of the body.

Picture of graphites

Essence: Finding or unable to find stable values.

A balanced person: stable

These people have a very stable personality. They experience everything as a matter of course, they are who they are and that's it. 'I am O.K. the way I am'. They feel they are the centre of their own world. This side will be most prominent if they have received lots of encouragement during their childhood.

A noble person: dignified

Their sense of self-worth is well developed. They feel that in spite of all the faults they may have, they are still O.K. They radiate self confidence; it shows in their dignified behaviour. In the extreme they may even seem (or be) aristocratic.

Unstable self-worth: shy
One way the theme of self-worth may be expressed is in shyness. Their self confidence is easily shaken. 'Timidity' is a rubric (Complete repertory, page 349), wherein the Carbonicums feature most

prominently. The shyness and the dignity are two sides of the same coin. The underlying theme is self-worth and finding one's life purpose.

An unstable person

Another expression of the theme can be found in a person who is very unstable. They can't find their own centre. They are no longer master of their feelings and ideas, but become prey to outside influences. A typical symptom is that they get upset by all sorts of minor incidents. A mere trifle becomes a huge

problem to them. Like a leaf in the wind they get swept away by a thousand and one minor little things during the day.

They seem to have no stable frame of reference to measure things by, no firm set of values that gives them stability.

Their moods are changeable, they get angry, sad, fearful etc. They often cry without an obvious reason. When they visit a doctor this tendency is aggravated, mainly because they are not sure whether something is terribly wrong.

Sentimentality is a keynote

symptom. They get emotional from things that leaves others completely unperturbed. They cry when watching a sad film or when they hear a band or an organ playing (Complete repertory, 1994, page 370). But as long as they can talk about a problem they soon get over it. Advice and support from someone like their father or their doctor gives them the stability they lack in themselves. The whole problem of what is important is given to someone else to determine on their behalf.

Sometimes they look like one of those little toy people that always right themselves: 'Weebles wobble but they don't fall down.'

Unbalanced borderlines: hyper aesthetic emotional syndrome
In the extreme form it leads to a situation where all stability has been lost. They become extremely emotional and sentimental. This can be caused by grief such as the loss of one of their parents, and it may only be a temporary state. But it can also turn into a permanent state of having to

**depend on someone else
because they can't get a grip on
their emotions anymore.**

**The picture of the wobbly toy
turns into someone who is top
heavy. He is unable to stay
upright and keeps falling.**

**This side of the picture is
likely to come up if they have a
very low self image.**

Stable values: normal

**They feel a need for well
defined and unchanging values
to hold on to. They prefer these
not to be too extreme:
something quite normal and
straight forward suits them**

fine. They often use the word 'normal'. They tend not to think too deeply about life, things are the way they are and that is fine as far as they are concerned.

Searching for stable values

Their search for stable values may not always be successful. Sometimes you notice their desperate search to have the meaning and purpose of life translated into simple standards to live by.

Rigid values

They apply themselves steadily to their tasks,

undisturbed by anything or anyone. This is how they learned it should be: 'and God saw it was done well'.

'They probably adopted their parents' and grandparents' views on life and were quite happy to carry on in the same tradition. 'This is how it was always done, and this is how I will do it too'.

The danger of this line of thinking is that they may get stuck and can't adapt as times change. They would rather not listen to new ideas because it would only disturb the way

they have always done things.

**Balanced with regard to
possessions: generous**

**The way they think about their
possessions is quite balanced.**

**To them it is a natural part of
life, that there are certain
things you need in life, but it
isn't necessary to hang on to
them at all costs. They can give
and take quite easily, because
they know that there are more
important things in life.**

**('Generosity', Morrison 1988,
page 15).**

**Rigidity around possessions:
selfish**

Once again we see that that the opposite is also possible, i.e. the need to hang on to their possessions. They may even be quite selfish in this regard. They may cling to things that represent the old family traditions like a house or a farm that they have inherited, even in situations where it makes no sense to go on like that.

A successful life: work
Work is the central theme, because it is here that they find social acceptance and their own sense of what they are

worth. Work is what life is all about, or at least it gives them a firm material base.

They are solid workers like farmers or lorry drivers. They are usually quite slow but dependable: they plod on regardless.

The central figure in values: father

All previous themes can be seen as one aspect of the core theme: the father.

All issues around dignity, life purpose, work and social position can usually be brought back to problems with the

father or other authorities.

In Graphites the father is there and not there at the same time. He is often away from home, he is only there in the background. He works hard and is probably away from home a lot. He hardly gets involved in bringing up the children. The children don't know what to think of him: 'father wasn't really there, we don't know where he was or what he thinks'. This uncertainty about their own father seems to bring up uncertainties about the different values in life.

Mythology also speaks about the connection between father and the meaning of life.

Campbell (1991) says: 'Finding your father has to do with finding your own character and your purpose. There is a theory that we inherit our character from our father and our body and often our mind from our mother. The search for father is thus symbolic for the search for your own destiny'.

The ultimate value: god

Apart from the father himself we see that other authority figures play an important part

in their life: teachers, lecturers, priests and, of course, the ultimate authority - God himself. He is the key to all the values there ever were, the one who gives us our purpose here on earth. Graphites people are often very concerned about questions such as 'What are we here for? or 'Where do we go when we die?'

Radiating life

In the positive expression of their character they will be the lively type of person who radiates light to his surroundings. They know how

to inspire others in a very down to earth and simple way. They are very sociable and provide a nice, comfortable base for those around them.

The shining hero

This is the stage where the hero finally starts off on his quest. He simply takes on the task that is meant for him. He feels that it won't be a big problem. But underneath this calm there is a little nagging doubt whether he will really be able to handle it, and whether this is really the right quest for him.

Rigidity in the body

The rigidity we spoke about earlier may also manifest itself in the body, for instance in a stiffness in the muscles and joints, or in deafness caused by rigidity in the bones in the ear. This deafness is ameliorated in a noisy environment, where they 'loosen up' little. They are generally both worse and better from motion.

Expressions

Fears: vague (2!), unknown (!), life, strangers, future, travelling, flying, crowds, streets, failure, disease,

operations, cancer, death, dark.

**Mood: timid, uncertain,
indecisive, -amel. support,
listless, meaningless,
cryingagg. talking about the
complaints (!), gloomy, suicidal;
amel. at home.**

**Mental: confused, slow,
problems orientating, lack of
concentration, forgetful,
dementia.**

Religion: magic, obsessive.

**Causes: neglect, abuse, incest,
parents absent, addicted or
weak, loss of parents or
protectors.**

Generals

**Build: overweight, fat body,
thin legs, top heavy, unstable.**

Locality: right.

Perspiration: feet.

Weather: agg. 7 pm.

Desires: sweet, normal food.

**Aversion: strange, or 'foreign'
food.**

**Physical: agg. exertion,
climbing stairs: agg. movement
(2), amel. movement.**

Complaints

Pains in occiput.

Ear infections. Otosclerosis.

**Deafness amel. noise (this
loosens the rigidity).**

Colds. Asphyxia. Lung

problems from dust.

Bone problems: weakness, osteoporosis, fractures.

Eczema, behind ears, flaking and fissures.

DD Carbon series, Stage 10, Aceticums, Muriaticums, Carbos, Carboneums, Carbo mineralis, Carbo umbra (= 'miserabilis', brown coal), Kreosotum, Saccharum, Alcoholum, Lacticums, Oxalicums, Picricums, Phenol, Benzinum.

DD Boron: doesn't know who he is or who he is allowed to be. Graphites knows he is allowed

to be here and he knows who he is, but he is not sure what he is really worth and whether he can handle what he takes on.

DD Silicatum: the father is an important figure here too, but more in the role of the head of the household, the central figure in the family. In the Carbonicum the father is more a symbol for the meaning of life, the person who can give his child direction in finding his life purpose.

The shyness is equally great in both groups.

DD: Pulsatilla is also rather unstable and weepy, but the aim is to attract attention. Graphites cries because he can't assess the situation. He doesn't need company for the sake of it: he needs someone to tell him whether he is doing the right thing or not.

Pulsatilla and Graphites are complementary remedies.

DD Carbo vegetabilis: this remedy has a similar duality of rigidity and instability, but in this case it is mainly their metabolism (plants) that is disturbed and this is expressed

in an increased desire for oxygen.

DD Carbo animalis: again a similar duality of rigidity and instability, with the emphasis on the theme of displacement (animals). This is expressed in an aggravation on displacement, moving house etc. They are like a lonely cowboy who finds himself in a ghost town.

DD Adamas (=diamond): has a similar sense of insecurity, aggravated when they are unable to get a clear view on the situation.

DD Petroleum: can also be very confused and unsure about his identity, together with orientation problems.

Case

A 50 year old woman has eruptions on face and neck. In the right side of her neck she has little lumps with desquamation of the skin. The skin near the corner of her eye is red, occasionally swollen, itching and the skin feels tight, as if it had been burnt. This extends to her nose and sometimes to her ears, aggravated by wearing earrings.

The eruptions come and go. They start off as little lumps and the skin ends up feeling very rough. The sensation is hot, burning and itching. It is aggravated by sun and she is allergic to dust, cats and dogs (2). Not influenced by weather, seasons, food or flu inoculations. The eruptions started a few years ago when her mother went through terrible suffering and eventually died of cancer. Her mother had been the strong force in the family. After her mother died she cried in her

sleep for quite a while.

She is a dance teacher in a school that is run by her brother and she loves her work: it means a lot to her. She is happily married and has two children. Her husband is happy for her to have a job. To her the family comes first and she loves her children: they often go on holiday together. She is lively and cheerful and likes having fun. She is always in a good mood, sees the good in other people and is never suspicious. On the rare occasion that she gets angry

she gets very upset by her own outburst. The only time she cries is when she watches a sad film. She dreams about nice things, for instance about people who stay the night in a dance hall.

During the consultation she is very lively and she chats about herself in a relaxed manner. She wears lipstick and earrings and a bright red jersey with lots of glitter.

She is always busy, can't sit still and likes to talk. She talks about whatever comes up in her mind, she doesn't hold

back, although she says she would avoid confrontations.

She suffers from constipation when she is on a journey.

As a child she had chronic ear infections in her right ear. Her hearing on this side is slightly diminished. When she was 18 she had a skin eruption covering her whole body for two years with an allergy to dust. At the age of 22 she got Pfeiffer disease, just after she got married. She used to suffer from hoarseness and frequent colds and she had an operation on her nose to straighten the

septum.

She occasionally gets a bit wheezy with a lot of sneezing when there are cats around.

No trouble during pregnancies. She didn't breast feed, because she didn't have much milk and it was a bit inconvenient anyway because of her job.

Generals

Weather: -amel. sun, sunbathing; -amel. fresh air.

Perspiration: little.

Time: amel. evening.

Desires: sweet (2), chocolate (2), prawns (3).

Aversion: olives, ginger.

Menses: every 24 days, no pains.

Sleep: good, only needs 5 hours.

Analysis

My prescription was mainly based on her appearance. She is a straight-forward kind of person, no real problems at home or at work. You could say she is who she is and she takes things as they come. No great worries about the past, or about herself and she doesn't particularly have to prove herself either. This is typical of Graphites. The fact that the

skin complaints started after the death of her mother, who had been the driving force in the family, also points to the carbon series. She was left without support and had to manage for herself.

Other Graphites symptoms: eczema, roughness of the skin, desquamation, right sidedness, ear infection, constipation, agg. travelling, crying on seeing a sad film, talking during sleep, liveliness.

This is an example of a strong Graphites, although the unstable type is more

commonly met in our practice.

Reaction

After Graphites 1M the eczema became much worse for two days. It kept her awake for two nights, after which it gradually disappeared. She feels fine, as she already did before she came to see me.

Case

A 30 year old woman is extremely unstable (Stage 10). She can't get a grip on what she is doing, she is always worrying and analyzing. She has a problem with her ex husband because he comes and goes to

pick up their son without taking her wishes into consideration. She finds it difficult to stick to what she wants and always gives way to his arguments. She cries continuously (Graphites) during the consultation and she feels like a little child (Carbon series). After taking Graphites she feels much stronger. She is able to stand up for herself and insists on definite and concrete arrangements around the boy's visits to his father.

Lacticum acidum

Lacticums are organic compounds made up of hydrogen, carbon and oxygen.

Out of all the Lacticums Lactic acid is the only remedy that is reasonably well known, at least as far as physical symptoms are concerned.

Girl

If we had to choose one word to describe the Lacticums we could take the word 'girlish'.

This is how their parents usually describe them too.

Even in later life they keep this

girlish quality. It can also be seen in the stereotype of the 'little woman'.

Childish immature dependent
The most striking aspect of their character is the childish dependency on others. They act very childishly for their age. They have a high pitched and happy little voice.

The problems usually start when they reach an age when they have to start work or go to college, or leave home, in fact any time when they have to start taking responsibility for their own life. They want to

have continuing support, they want to hear that they are doing things right. They have a desire for compliments, but not in the same way that Palladium or Manganum needs compliments. The words that Lacticum wants to hear are more like: 'Well done little girl!' The opposite, too, may also happen, i.e. that they get upset when someone calls them a little girl or treats them like a little girl.

Female

For some reason we see more female than male Lacticums.

One possible explanation could be that Lactic acid is found in mother's milk, as well as in vaginal mucus, where it keeps the delicate acid-alkaline level in balance. Another explanation may be found in the fact that in our culture emotional behaviour like crying and acting childishly is less frowned upon in women than in men.

Hypoglycaemia

Hypoglycaemia is a prominent Lacticum symptom. There are other remedies like Sulphur and Phosphorus who have this

too, but it's not as pronounced as in the Lacticums. This symptom can be seen as a symbol of the immaturity of the Lacticums. They are like babies who need the breast every other hour. Their own metabolism is still undeveloped and they can't go for long periods without food. Lacticum babies need to be fed all through the night for a long time. Another potential problem phase is when babies have to go on to the bottle or to solid food. Their metabolism has problems adapting to this.

They often need little snacks or a quick intake of sugar in between meals, otherwise they get weak and faint and their legs give way.

Fear hyperventilation

Their dependency may lead to fear which comes out in attacks of 'hyperventilation'. It is a sort of diffuse fear: they don't know what they are afraid of. Basically they feel incapable, too immature and weak to handle things. They want the support of their family and their doctors and therapists.

Generals

Weather: agg. heat, amel. outside.

Time: agg. 5 pm.

desires: sweet, milk.

Aversion: milk; agg. fasting (3), amel. eating (2), sweet.

Complaints

Vertigo, trembling.

Mammae painful and swollen, nipples painful, agg. before menses.

Mammae insensitive and undeveloped, like a little girl's.

Problems with lactation, too little or too much milk, inflammations.

Nausea amel. eating (3).

DD: Carbon, childish, Oxygen, egotism.

DD Muriaticums: equally dependent on the mother. But Muriaticum needs more attention, they are often attention seekers. Lacticum is more dependent in the sense of: 'let's help her because she is too small to do it all on her own yet'.

DD: Lacs, Sarcolactic acid.

Nitrogenium oxygenatum

Nitrogen on its own is an unknown remedy. We only know something about its properties through compounds such as the Ammoniums and the Nitricums. The general themes of the Nitricums prove to be mostly due to the Nitrogen influence, although the Oxygen in these compounds causes them to be slightly more demanding and complaining than Nitrogen on its own. As the Ammoniums

contain no Oxygen (only Nitrogen and Hydrogen) we don't see this demanding aspect in these compounds; instead we find the idealism coming more to the foreground.

Signature

The name Nitrogen means 'forming (gen) nitrate (nitro)'. It was discovered in 1772 and 78% of the air we breathe consists of nitrogen. We would suffocate if it was 100% as we need Oxygen to convert food into sugars. Nitrogen is a very essential part of life however, because it is the base of all the

amino acids.

Nitrogen is also an essential fertiliser for the land.

Most explosives contain nitrogen too: nitroglycerine, glonoine, trinitrotoluene, gunpowder etc. Even more explosive are certain combinations of Nitrogen and starch.

Concepts

Stage 11-15

Saving Maintaining

Holding on

Continuing Spreading

Expansion fullness

Enjoying

Loss
Forgiving
Exchanging
Sharing
Carbon series
Individual Person I
Value Meaning Self-worth
Ethics: Good and Bad
Body Life Lust
Possessions
Hero
I-weakness
Magic Myths
Child
Group analysis
Expansion of the person:
assertiveness.

Spreading values: enthusiasm.
Holding on to the Self:
tension.
Expansion in the body:
congestion and tension.
Expansion beyond the body:
relaxation.
Expanding the self: relaxation.
Holding on to possessions.
Physical enjoyment: joie de
vivre.
Storing inside the body: fat.
Expanding stock: supplies.
Fear of losing life:
hypochondria.
Exchanging what is valuable.
Continuing beliefs:

unforgiving.

**Fear of lack of expansion:
claustrophobia.**

Picture of Nitrogen

Essence: assertiveness

**Expansion of the person:
assertiveness**

They feel a need to show others who they are. They have already passed the stage where they had to prove that they existed. They are now in the stage where, because they are here, they have a right to do what they want. They express themselves with ease and are open and extroverted.

This behaviour makes them look as if they are very sure of themselves, but underneath they still feel a little bit uncertain. They don't show this however. It is only in situations of disease or death in the family that you can clearly see their fears. Then you can clearly see that their self confidence is based on the support of the environment.

Expansion of self-worth

Their assertiveness stems from a feeling of doing quite well in the world. They are quite happy with the way they are

managing and they like other people to take notice and admire them for this. But when they are criticised they get very annoyed, bursting out in anger on such occasions.

**Expansion of values:
enthusiasm**

As far as values are concerned, they like to hold on to what they think is important in life. They like to make their ideas and values come true, and they go about this task with tremendous enthusiasm. They are the torch bearers, even to the point where they get a bit

too pushy.

Holding on: tension

They feel they have to go through with what they have planned and they have to carry on with what they have achieved so far. It is hard for them to ease off at times, even although they feel they would like to. This creates a feeling of tension which is also felt physically.

**Expansion within the body:
congestion**

The physical tension can lead to a feeling of congestion.

There is too much expansion

and the body is trying to hold on to it all. More and more is being piled up and the body can't let go, so it gets over-full.

This accumulation of tension in too small a space can eventually lead to explosions. That is why they burst out in a terrible fit of anger when something doesn't go the way they had planned it. It makes them very impatient.

**Enjoying who you are:
relaxation**

When they are happy with themselves and the way things are going they like to go out

and enjoy themselves. It is a feeling of satisfaction that they like to celebrate and enjoy. It is a way of giving vent to the feelings of tension. If they don't let go from time to time the tension will build up too much. When they are enjoying themselves they come across as being very self-satisfied. And they like it even better when other people can share their riches.

**Holding on to possessions:
stocking up**

They like to hold on to their possessions and to save up for

later. They must have enough money, now and in the future, to pay for all their little luxuries. So they tend to put things away for a rainy day. They always have little extras in the house, extra tins of food in case of hard times, an extra bank account just in case, and so on.

Physical enjoyment: joie de vivre

So the desire for enjoyment is a central theme of the Nitricums. They like the good things in life, going out to a restaurant for a five course

supper with a lovely vintage wine, in the company of good friends or family. After the meal they'll have coffee and brandy and a good cigar and when they get home they'll share their bed with a lovely woman and that makes life worth living.

So while they go out to have a good time, the tension goes out of their body. It is a letting go process that they need besides the element of just wanting to enjoy good health and happiness.

Storing in the body: fat

The physical expression of the extra's that they like to stock up with can be seen in the accumulation of fat. So fat is another central theme. Not only are their bodies usually quite fat, they also have a craving for fat food: butter, ham, bacon, fatty meat. Fat is a symbol of the enjoyment of the riches of the earth.

**Fear of loss of life:
hypochondria**

Coupled to the desire to enjoy life is the fear of losing all this. They are very afraid of disease and death, which can take on

extreme forms. At the slightest hint of pain or discomfort they'll immediately think that they have an incurable disease and they want their doctor to look at it straight away. They are not easily reassured and if the pain happens to come back somewhere else they are sure that this time the doctor will surely recognise that it is a very serious disease after all. They keep on worrying and can turn into real hypochondriacs. The same goes for diseases in the family. Their own complaints often start after

they have heard about an illness in the family or after the death of someone who was very close to them.

Continuing beliefs: unforgiving

They find it hard to forgive.

They feel they have the right to hold on to what they have built up (either in the form of possessions or health or in the form of values and beliefs) and when something is taken away they want to 'get their own back'. They are bad losers and they will not forgive the person whose fault it was. When a doctor fails to cure them they'll

haunt him even to the point of taking him to court for malpractice. When someone has taken some money they'll take him to court, not only for the money but also to prove they're right.

**Exchanging possessions:
sharing**

They like others to share in the enjoyment of their riches. It gives them a good feeling and they like the company. They dream about parties and social gatherings.

Fear that there is no room for expansion: claustrophobia

They need space because they need to be able to expand in every sense of the word. They have a great fear of being constricted, as we can see in their fear of narrow spaces, lifts, planes, tunnels, caves and crowded places. They'll want to remain near the exit so they can get out quickly.

**The hero has to carry on
In the Nitrogen stage the hero has ended up in the whale's stomach (Campbell 1990). He is locked up within the process and he'll have to find his own way out. He is imprisoned in a**

very narrow space and the situation is extremely tense. The whale dives deep down into the waters of the subconscious and the pressure of the emotions gets very high. The hero has to be able to withstand this pressure and to wait patiently until the whale will surface again and spit him out. Sooner or later the whale will have to return to the surface to take a breath and the hero has to trust in this process.

Expressions

Fear: narrow spaces (3!),

**tunnels, caves, shops, lifts,
planes, trains, being locked up,
enjoyment, disease (3), cancer,
heart disease, death, vague (2),
life, strangers, future,
travelling, flying, crowds,
streets, failure, insects,
spiders, snakes.**

Irritability: sudden temper.

**Mood: timid, uncertain,
indecisive, -amel. support,
hurried, restless, impatient,
listless, meaningless,
discontented, moody, gloomy,
suicidal.**

**Mental: confused, slow,
problems in orientation, lack of**

**concentration, forgetful,
dementia.**

Religion: magic, obsessive.

**Causes: neglect, abuse, incest,
parents absent, addicted or
weak, loss of parent and
protectors.**

Generals

Type: obese (3).

Locality: left.

**Weather: warm; agg. heat, agg.
inside, amel. outside, agg.
damp.**

**Time: agg. 9 am; agg. summer.
The complaints come and go
suddenly.**

Desires: fried bacon, fat, fatty

**meat, ham, cheese (3), salt,
carbonated drinks.**

**Aversion: fat (2), cheese (2),
bacon, ham, meat, beans.**

**Food: agg. cheese, fat, bacon,
beans, coffee.**

**Physical: agg. pressure,
pressure of clothes, agg. jars,
amel. car drives; agg. agg. great
changes in atmospheric
pressure.**

Complaints

Discharges are foul and putrid.

**Pains are congestive, pulsating
(3), stitching like a splinter (3!),
with swelling, heat and
redness.**

Hot flushes (3), agg. night, agg. after urination.

Nose: crusts that are difficult to dislodge and painful.

Sneezing.

**Cardiovascular diseases (3).
Angina pectoris. palpitations,
arrhythmia. Arteriosclerosis.
Claudication. Cerebral
haemorrhage.**

**Stomach pains with
distension, rumbling, flatus and
eructations. Acrid diarrhoea.**

**Inflammation in joints of
hands with congestion, swelling
and stiffness.**

Caisson's disease in divers

('the bends'), with pain in the joints and muscles. Pain in stomach with swollen abdomen. Paralysis, coma. Choking. Heart complaints. Destruction of joint tissues at the end of the long bones.

Skin: red patches, allergies.

DD: Carbon series, Stages 11 and 15.

DD Ammoniums (NH_4^+): In the Ammoniums we see much more of the idealism of Hydrogen coming through, together with its opposite, the disappointment and the grudges. Here the enjoyment is

more etheric, the enjoyment of total unity.

DD Nitricums (NO₃-): their desire is for worldly pleasures and they are more inclined to grumble and complain (Oxygen) than Nitrogen on its own.

DD: Amylum nitricum: is sometimes used as a drug because it increases the time and the intensity of an erection, one of the ways of heightening enjoyment of life.

DD Oxygen: Oxygen no longer feels that he has a right to have what he wants so he moans and complains instead. Nitrogen

does feel he has a right to get what he wants and his energy is more assertive and pushy.

DD Sulphuricums: Both groups are warm blooded and have left-side complaints, both have cardiovascular problems and feel a need to be acknowledged by others. The Sulphuricums desire acknowledgement for the part they play in the relationship, whilst the Nitricums need to feel acknowledged for who they are as a person.

Case

A 50 year old woman has pains

in her joints and hot flushes. Her hands are getting stiff and rigid. She worries about it a lot; she is getting obsessed by what will happen to her hands. She had an operation to scrape away some calcarea deposits in the proximal interphalangeal joint of her left ring finger, but the pain returned in the same place in her right index finger. She has stitching pains in the ball of her right thumb, radiating to the thumb itself. Her hands occasionally swell up and turn purple, with pulsating pains. The pains are aggravated

by cold and damp and letting her hands hang down.

The menopause started a few years ago with profuse bleeding that went on for weeks. It turned out that she had a myoma in the uterus. This is when the hot flushes started too, with perspiration mainly on the back and a pricking feeling as of needles in her arms. The hot flushes are worse at night, from 3 am till the time she gets up, also worse after urination. She has a general feeling of tension all over her body. It is making her

'mad' and irritable. She found that hormone pills help with the hot flushes but they make her feel sick.

The problems became worse after her mother and her mother-in-law died. Shortly after that her youngest daughter left home and she felt the house was too empty without her.

She is afraid of heights, spiders, frogs, narrow spaces, tunnels and caves (3), also of snakes and of being out in town at night. She is an open and uncomplicated type of woman.

She says she is easy going but she does like things to go her way, according to her husband and children. When a job needs to be done in the house, for instance a door that needs repainting, she can go on and on at her husband because she wants him to start straight away. She does worry about finances, particularly whether they will be able to afford to let their two children go to university. These worries started several years ago when her husband was made redundant. They took the

company to court and he was consequently reinstated.

She 'flies off the handle' when someone says something wrong. She gets irritable when things aren't done fast enough. She tends to be a 'worrier'.

Her husband says that she is easily offended, especially when someone criticises her housework. After her outburst she wants to make it up again. She feels 'I really do my best all the time'. She says that her self confidence isn't as great as it looks.

She feels very close to her

family, especially to her mother. In the first year after she got married she still spent 4 days a week at her parents' house.

She feels hurried when it is windy outside.

During the homoeopathic treatment she started to suffer from arrhythmia of the heart. She woke up at 1 am with terrible palpitations and pains in her chest, radiating to both arms. Her fingers were tingling and perspiration was gushing down her face. She felt as if something was stuck in her

oesophagus and she couldn't get it to go down. She had to sit up straight because lying down made her feel as if she would suffocate. She got very frightened and was taken to hospital where they diagnosed an ectopic heart rhythm.

She often dreams about her mother and about parties.

Sometimes she has a heavy, nagging, upsetting pain in her abdomen, with much rumbling and aggravation from pressure. She once had diarrhoea that was yellow, burning and sour and it went on for two whole

days. It made her feel very weak and nauseous.

Her gallbladder was removed because of gallstones. This was discovered after she had been very ill with fever and turbid, dark yellow urine. She often had nephritis in the past.

She has had two miscarriages. When she was expecting her first daughter she lost some blood in the 1st week. After the birth of her second daughter she kept bleeding for a long time. She didn't have enough milk to breast-feed her babies.

Generals

Weather: warm, agg. warmth; agg. cold, agg. damp; agg. wind (3).

Perspiration: little.

Time: agg. 1,3-5 am and after 3 pm.

Desires: bread (3), sweet (3), cheese (2), French beans, coffee.

Aversion: sprouts, cauliflower, fat, bacon, butter, broad beans.

Menses: profuse, sometimes every 3 weeks.

Sleep: bad agg. hot flushes.

Analysis

The joint pains improved on Caulophyllum, which also

helped her to accept the fact that her daughter had to leave home. But the hot flushes did not go away. After Sulphur and Carboneum sulphuratum she got the arrhythmia attacks. It was obvious that the case needed to be looked at again thoroughly.

The complaints started after the death of her mother and mother in law. This may indicate the Muriaticums or Phosphorus. The hot flushes do not fit the Phosphorus picture, but they do fit the Muriaticums in general. But there again, the

palpitations are not really characteristic of a Muriaticum. The generals fit neither of these two remedies.

So what is really characteristic in this case? First of all there is the anxiety about her disease, secondly she likes to push on till she gets her own way, and thirdly she has very strong ties with her family.

Common to these three points is the theme of self confidence, which appears to be quite strong, but which, on a closer look, turns out to be rather doubtful. She needs her family

to keep herself going. This leads us to the Carbon series and to stage 11, which is Nitrogen. Then it suddenly all fits together: the palpitations, the hot flushes, -amel. sweet, cheese (2), French beans, agg. fat, bacon, butter, broad beans, warm blooded, obese.

Reaction

One month after Nitrogenium 1M she feels better, calmer, and far less hurried. She takes things as they come, saying 'Everything will turn out all right in the end'. She feels very good inside herself. The hot

flushes disappeared very soon after a short aggravation.

Ammonium causticum

In homoeopathic language ordinary ammonia is called Ammonium causticum because of its 'caustic' action. Its chemical formula is NH_3 and when it is dissolved in water it becomes alkaline NH_4OH . The Ammoniums are made up of NH_4^+ , which behaves more or less like any other cation with a single positive charge, and a negatively charged anion. The Ammoniums have already been

described in 'Homoeopathy and Minerals'. The themes are the same as the ones discussed previously, but we now know more about the relationship between Nitrogen and Hydrogen.

Signature

To get an idea what the Ammoniums feel like just imagine yourself taking a breath of ammonia. You'll quickly shrink back and screw up your face in revulsion.

In the old days the Egyptians used to make ammonium carbonate by burning camel

dung inside tall chimneys and then scraping the residue off the walls. The word caustic means burning or biting (as in caustic soda or Natrum hydroxide) and is also used metaphorically to mean sarcastic. Another word that describes this property of the ammoniums is 'lye'. All the Hydroxides are lyes or alkali, but in homoeopathy we know very little about this group. Natrum oxide and water turns into Natrum hydroxide: $\text{Na}_2\text{O} + \text{H}_2\text{O} \rightarrow 2 \text{NaOH}$. The alkali are related to soaps,

which are considered to be a weaker form of alkali. So the alkali are associated with the hydroxides, which are the opposite of the acids (well known in homoeopathy). Acid + alkaline gives water: $H^+ + OH^- = H_2O$. The alkali are the opposites of the acids, but they are very similar in their burning and biting properties.

Concepts

Hydrogenium

Unity Symbiosis

Total Real

Eternal

Exhaustion

Active Lively Fresh
Apathy
Isolation
Nitricum
Assertiveness
Enthusiasm
Tension Congestion
Relaxation
Sociable Enjoying life
Stocks fat
Hypochondria
Unforgiving
Fear of narrow spaces
Group analysis
Total idealism: idealising
Exhausted in idealism:
disappointment.

**Exhausted through idealism:
rancour.**

**Actively unforgiving: critical.
Isolation through loss of
assertiveness.**

Unforgiving and isolated.

**Picture of Ammonium
Causticum**

**Essence: Idealism followed by
rancour.**

**Total idealism: idealising
Idealising too much often
results in disappointment. The
Ammoniums tend to make
everything bigger and better in
their minds. They are so keen
for everything to be perfect**

that they are inclined to overlook the negative sides, at least in the initial stages.

**Exhausted in idealism:
disappointment**

Sooner or later they get disappointed as the reality can't always live up to their ideals. Or rather, their ideals get such a battering from reality that in the end there is nothing left. That is when the disappointment hits them.

**Exhausted through ideals:
rancour**

Their disappointment in life turns to discontent

accompanied by bitterness and resentment. Rancour and resentment are key words in the Ammonium pathology. They harbour a deep grudge towards the object of their disappointment. From then on they won't trust anybody as far as that is concerned.

It is as if they go into something as far as they can go and when they find the bottom there is nothing left but a feeling of emptiness.

**Actively unforgiving; critical
Their resentment expresses
itself in an extremely critical**

attitude towards life. Nothing can escape their criticism. They may call it humour, but all it amounts to is a cynicism that kills everything. Their sarcasm labels everything as negative, suspect, corrupt, shitty etc.

Isolation without assertiveness: closed

But usually they keep their feelings to themselves, especially in the later stages. They simply don't understand how other people can carry on as if nothing is the matter. Can't they see that it is all lies,

that the world is totally corrupt? They don't say much but when they do it is in the form of a cutting and very cynical remark.

Expressions

Fears: vague (2!), unknown (!), life, strangers, future, travelling, flying, open spaces, crowds, failure, disease, operations, cancer, death.

Dreams: a large building (space, Hydrogen) where they get lost and can't get out of. (being stuck, Nitrogen).

Irritability: Irritable, resentful (3!), angry, cynical, sarcastic.

Mood: timid, uncertain, indecisive, -amel. support, listless, meaningless, disappointed (3), gloomy, suicidal.

Mental: confused, slow, orientation problems, lack of concentration, forgetful, dementia.

Religion: magic, obsessive.

Contacts: reserved, closed, think long before they speak, don't say much.

Causes: neglect, abuse, incest, parents absent, addicted or weak, loss of parents and protectors.

Generals

Build: obese or thin.

Weather: cold, agg. cold, agg. outside.

Time: agg. 3 am.

Desires: coffee (2), chocolate (2), sweet, salt, sour, tobacco, alcohol, beer, bread, cold drinks.

Aversion: meat, milk.

Food: amel. eating; agg. potatoes, alcohol, fasting, hot drinks.

Physical: agg. bathing, washing; amel. lying down, massage; agg. stretching.

Complaints

**Pains are biting and burning.
Discharges are acrid and can
cause ulceration. Often watery
and yellow.**

**Exhaustion. Strictures and
stenosis.**

Sinusitis. Colds.

Lung problems, emphysema.

Heart problems.

Stomach problems.

**Sciatica. Inflammation of
joints and contractions.**

**Skin and mucus membranes
bright red, swollen with
burning pains.**

**DD Nitricums: are more
focused on material pleasures.**

The Ammoniums look for a more mental or spiritual enjoyment, which shows in their idealism. They want to enjoy the ideal situations.

DD Acidums: are also aggressive, but much more openly so. The Ammoniums are more closed and express their resentment via sarcasm and cynicism.

DD Causticum: is also disappointed and embittered about the injustice of it all, but particularly about social injustice.

DD Natrums: they are closed

and can be quite gloomy too, but there is much more hurt than resentment. We can clearly see the difference when we compare Natrum carbonicum and Ammonium carbonicum: Natrum carbonicum is refined and dignified, while Ammonium carbonicum is usually full of resentment and quite blunt about it.

DD Magnesiums: can be aggressive too, but are usually more open. When they hold back their aggression it is not so much from a sense of

resentment but more because they are afraid of losing others.

DD hate and resentment:

There are some alterations we could make in the repertory under the rubric 'hatred'.

Ammonium carbonicum and Ammonium muriaticum are only printed in plain type. They could really be upgraded to italics or bold type like the other Ammoniums. And although Nitric acid is correctly graded as bold type, I do not agree with Natrum muriaticum also being there in bold type. In my opinion this is too strong

and plain type would be sufficient. Natrum muriaticum doesn't have so much hatred: it is more a remedy of sadness and bitterness.

Ammonium fluoratum

Ammonium fluoratum is a hitherto unknown remedy.

Concepts

Ammonium

Idealising

Disappointment

Resentment

Critical

Angry

Closed

Fluoratum

Immoral

Breaking taboos

Glamour

Possessions Gambling

Sex

Hard

Superficial

Narcissistic

Psychopathic

High-spirited

Group analysis

Idealising glamour.

Idealising possessions.

Idealising sexuality.

Disappointed in glamour.

Disappointed in gambling.

Sexual resentment.

Resentment about not having sex or money.

Critical and narcissistic.

Superficial and resentful.

**Picture of Ammonium
Fluoratum**

Essence: idealising glamour.

Idealising glamour

They idealise the world of glamour and glitter. They fantasise about how it would be if they were part of this scene. Then the world would know what they are really worth. If only they had enough money, if only they had a higher social

status, then they could prove who they really were.

Idealising possessions

Possessions play an important part in this whole scene. They need a large house and a fast car etc. to steal the show.

These possessions are the main ideal in their life to work towards. They think that once they have reached that they'll be happy.

Idealising sexuality

Another important aspect, linked to the whole idea of glamour, is sexuality. It is another ideal they hope to

achieve: once they have gathered enough glittering prizes all women (or men) are bound to fall for them.

**Disappointed in glamour
After a while they get disappointed because they didn't reach the position they had in mind. Life didn't give them the women and the money that they had hoped for and they are disappointed that nobody appreciates them.**

Or they did get what they wanted but all these riches still didn't bring them the happiness they had hoped for. 'Money

isn't everything' is an apt expression to describe their state.

**Disappointed in gambling
Because they like to make money the easy way they are inclined to resort to gambling. But here again they tend to idealise the opportunities and become over optimistic about the outcome. They think it will be easy and they they will know the tricks in no time. When the inevitable losses occur they are most disappointed and think that the whole world is against them.**

Resentful from lack of money and sex.

In the later stages they get quite resentful. The bitterness about all the missed opportunities leaves its mark, and they become rather bitter and sarcastic.

Ammonium fluoratum can be a useful 'in-between' remedy for people who are resentful about loss of property, through being cheated or through careless investment or gambling on the stock market or whatever other reason.

Another variation may be that

they are resentful because they don't get enough sex, for instance when they don't have a partner or when their partner is not as keen as they are, or when they have lost their partner because of their resentful behaviour.

Critical and narcissistic

On the one hand they are very critical and on the other hand they can be very narcissistic. Their critical attitude causes them to be blunt and plainly cynical in their communications. Their narcissistic attitude only

accentuates this hardness, so it gets more and more difficult to make real contact with other people. They simply don't feel what goes on in other people anymore and when they do feel something they don't know how to express it because they don't know how to break through their own sullen shell anymore.

Not only are they very resentful, their line of thinking is also quite superficial and they are unable to see that their unrealistic expectations are bound to lead to disappointment. So they end

up in a vicious circle of unrealistic expectations and resentment about unfulfilled ideals.

Expressions

Fears: vague (2), unknown (!), life, strangers, future, travelling, flying, planes, streets, failure, disease, operations, cancer, aids, death, poverty (2), impotency, murder.

Irritability: angry, furious, self mutilation, criminality, agg. loss of money.

Mood: cheerful, excited, hysterical, active, hurried, restless, impulsive, lively,

**timid, uncertain, indecisive, -
amel. support, listless, bored,
meaningless, gloomy, suicidal.**

**Mental: quick, associative,
confused, slow, orientation
problems, lack of
concentration, forgetful,
dementia, mania.**

**Contacts: lively, superficial,
quick, staccato way of talking.**

**Religion: magic, associative,
obsessive.**

**Causes: neglect, abuse, incest,
parents absent, addicted or
weak, loss of parents, family,
friends and protectors.**

Generals

Build: obese or thin.

Locality: right.

**Weather: warm, agg. heat,
amel. outside.**

Time: agg. 3 am and 9 pm.

**Desires: alcohol (3), spices (3),
fresh, sour, coffee (2),
chocolate (2), sweet, tobacco.**

**Aversion: meat, amel. eating;
agg. potatoes, alcohol.**

**Physical: amel. motion, violent
motion, agg. bathing; amel.
lying down, agg. stretching.**

Complaints

Stooped back. Bow legged.

Thin with scrawny face.

Nose dry with crusts.

Mouth feels dry with bitter taste.

Pains burning and biting.

Discharges acrid, biting, causing ulceration, frequently watery and yellow.

Exhaustion.

Headaches.

Sinusitis. Colds.

Swollen glands, abscesses, fistula.

Affections of teeth, caries.

Lung complaints, emphysema.

Heart complaints.

Stomach complaints.

Urethritis.

Vaginitis, sexual problems and

diseases.

**Arteriosclerosis with
malformation of hands.**

**Hypermobile and loose joints
and tendons.**

**Affections of bones, exostoses
(2). Bechterew's disease.**

**Sciatica. Inflammation of
joints with contraction.**

**Skin and mucus membranes
swollen, bright red and burning.**

**DD: Acidums, Nitricums,
Sulphuricums, Veratrum album.**

Case

**A 16 year old boy complains of
headaches since he started
secondary school. Worse in the**

morning on waking at 7.30 am and in the evening after 7 pm. It is also worse when he is busy, when he shouts or runs and particularly when he is studying at school. Rest and eating ameliorates the pain and heat or humid weather aggravates. Almost complete amelioration during the holidays.

he also suffers from frequent colds with a runny nose, slimy mucus, and sore throat. The pain in his throat is worse on coughing, which is caused by a tickling feeling in the throat.

He coughs up green mucus in the morning.

He hasn't been feeling well lately. He hates school, his teachers and his studies. He doesn't like those in authority and people who push him. He hardly talks to his mother nowadays, as she is always on at him to do his homework or do his share of the household tasks. Whenever she nags at him he retires to his room in a bad mood. He doesn't talk to her because he is angry about all these do's and don'ts She wants him to eat healthy food,

whereas he only wants to eat porridge.

She is afraid that he will grow up to be no good at all. He had to repeat a class already last year. But he doesn't mind at all. He would rather smoke pot with his friends and slouch on the sofa watching television. He smokes nearly every day so his school work is really suffering. He often doesn't turn up for school. When asked what he wants to do in life he says that he wants to be rich and have a large house and a big car. He thinks he will achieve

this by winning the lottery. He also likes girls, but at the moment he is too wrapped up in his own world to think of asking a girl to go out with him.

Generals

Weather: agg. hot, humid weather.

Time: agg. 7.30 am. 7 pm and 3 am.

Desires: sweet (3), porridge (3), pizza, chips, macaroni, cabbage.

Aversion: beetroot (2), spinach (2), mushrooms (2), olives (2), mashed potatoes, potato hash.

Analysis

His desire to get rich and buy a big house and a big car reminds us of Fluorine. Particularly in view of his aversion to doing any real work and his preference to achieve his goals through winning the lottery. His aversion to work is also quite obvious from his resistance to doing his homework or helping in the house.

But his surly behaviour, the aversion to talking with his mother and the tendency to shut himself up in his room is

not so much a Fluorine symptom. It fits more into the Ammonium picture, as does the aggravation at 3 am. So this leads us to the combination Ammonium fluoratum.

In this case we see the two themes existing side by side, rather than combined into a new overall picture, as we usually do.

Fluoric acid might also have been a possibility, but then we would expect to see more opennes and extroversion, and a desire to fight for his cause.

Reaction

After Ammonium fluoratum the headaches gradually ease. He also feels more positive, he talks to his mother again and she manages to convince him that finishing his studies would be a useful step towards achieving his goals. They are able to come an agreement with regard to the housework and his schoolwork. A year later he has stopped smoking hash and he has started work.

Ammonium bromatum

Ammonium bromatum has been briefly described by Clarke

and Boericke.

Concepts

Ammonium

Idealising

Resentment

Closed

Angry

Bromatum

Terminating work

Redundancy Pension

Forced labour

Guilt Fault

Passion Aggression

Psychosis

Fleeing

Anti-social

Group analysis

Idealising pensionable age

Idealising fleeing.

**Resentment about
redundancy.**

Resentment about debtors.

**Resentment about their
mistakes.**

Resentful and passionate.

Picture of Ammonium

Bromatum

**Essence: Resentment about
debtors.**

Resentment about debtors

**They resent the fact that other
people are the reason that they
are out of work. When they are
made redundant they are**

terribly upset and disappointed. They believed in an ideal world and they are most disappointed when other people don't live up to their promises. They had expected to be able to reap the rewards of their labours and now someone else isn't paying up. Now they become cynical and withdraw into a world of silence and sullenness.

Resentment about their mistakes

If they have made a mistake themselves they can become equally cynical about their own

achievements. They are very meticulous and precise in their work, as well as being very idealistic. So they don't expect things to go wrong. When it does they tend to give up and become cynical about their own capabilities. They feel like going away somewhere where nobody knows them.

Expressions

Fears: failure, criticism, contradiction, being looked at, anticipation, alone, apoplexy, dark, ghosts, water.

Dreams: futile efforts, paralysis, anger, death, heights,

fights, dead people, funerals, travelling, large buildings where they get lost and can't find the way out.

Delusions: someone looking over their shoulder, being pursued, fasting, going mad, travelling, ghosts, things jumping up and down on the ground in front of them.

Irritability: quarrelsome, angry, cynical, sarcastic.

Mood: deja-vu, confused, forgetful, imbecile.

Contacts: reserved, closed, talk little and think long beforehand.

Habits: biting nails, biting fingers.

Work: -amel. agg.-.

Generals

Build: thin, blond and blue eyed; pale.

Locality: left.

Weather: warm, amel. fresh air, amel. sea (3), agg. draught.

Time: agg. 3 am; agg. summer.

Desires: coffee(2), chocolate (2), sweet, sour, tobacco.

Aversion: milk, onion, meat.

Food: amel. eating, cold; agg. potatoes, alcohol, chocolate (3), tobacco.

Menses: pain before.

**Sleep: sleeplessness,
somnambulism.**

**Physical: agg. bathing; amel.
lying down, agg. stretching;
agg. touch, lying on left side,
dust; amel. violent motion.**

Complaints

**Pains are biting and burning.
Discharges acrid and watery.
Chorea; epilepsy beginning
with fainting and oppressed
feeling in stomach.**

**Cancer. Glands swollen,
painful or painless.**

**Fever without perspiration.
Inflammations of the eyes,
redness, painful, mucus in**

canthi.

Colds with acrid discharge and hoarseness. Air feels cold.

Mumps. Sinusitis.

Enlarged thyroid.

Hypothyroidism or hyperthyroidism.

Allergic asthma with flapping of alae nasi, constriction in throat pit. Cough, sudden, suffocating; whooping cough.

Lung complaints, emphysema.

Palpitations. Anaemia (3).

Stomach complaints (3).

Diabetes.

Swelling, inflammation or cancer of testes and ovaries.

Sciatica. Joint problems with contraction.

Skin: acne, feeling of cobweb on face, bright red, swollen and burning. Foul wounds with stinking green discharge.

DD: Carbon series, Ferrum series, Stages 1, 11, 15, 17, Badiaga, Chocolate, Hepar sulphuricum, Hydrogen, Lyssin, Medorrhinum, Spongia, Stramonium, Tuberculinum.

Case

A 40 year old man complains of numbness of the right thumb. He thinks it is because he has bitten it too much. He

has had this tendency for a long time, biting the sides of his fingers, and the outside of his thumb. When he feels tense it gets worse. He recently had a lot of stress at work. Things were going against him and he had great difficulty finishing what he had intended to. On top of that there was someone who was trying to cheat him financially. All of this made him very cross. He noticed that he was starting to mutter and grumble to himself, wondering why nothing was ever going right for him. He also became

quite restless and he couldn't sleep very well anymore.

Analysis

Biting his thumb is a key symptom of Ammonium bromatum, as it is in all the bromatums. In his case everything is aggravated because someone is trying to cheat him financially. This confirms the Bromatum element. His reaction is to get grumpy and to withdraw inside himself, both very much Ammonium symptoms.

Other Bromatum symptoms: restlessness and sleeplessness.

Reaction

After Ammonium bromatum 1M he starts to improve. He becomes happier and his marriage is improving too. A few months later the feeling in his thumb has come back.

Oxygenium

Oxygen is an interesting remedy and we don't know much about it, apart from the fact that it is present in many compound remedies. Remedies such as the Carbonicums, Nitricums, Silicatum, Phosphoricums and

Sulphuricums all contain Oxygen, although one couldn't guess from the names alone and it isn't easy to detect a specific oxygen theme in these remedies. Alumina, Silica and Arsenicum album also contain oxygen, in fact they are pure oxides, although their name once again doesn't indicate this fact.

When we analyze the remedy pictures of Alumina, Silica and Arsenicum album we see a common theme emerging, based on words like 'avarice, selfish, greed, egotism, fear of

robbers, dreams of robbers and envy'. These words, as we shall see, all play a large part in the general theme of oxygen. And although the picture may initially seem to a bit negative, we know from experience that the more we get to know a remedy, the more this initial negative impression gets balanced in a broader overall picture.

Signature

The name Oxygen means acid, 'oxy', forming, 'genesis'. The oxidisation of metals creates oxides, which are little used in

homoeopathy except in remedies such as Arsen alb. Some oxides dissolve in water to form acids. One example of such a compound is Nitric acid, which is created out of nitro-dioxide and water. Another example is carbon dioxide which dissolves in water and becomes a light acid.

Other oxides dissolve in water to become alkaline (also called causticum in homoeopathic literature). Oxides formed of metals in the left half of the periodic table, like Natrum, Kali and Calcareo, dissolve in

water and become alkaline.

Oxides from metals in the right half of the periodic table, like sulphur and nitrogen, usually turn into acids when dissolved in water.

The theme of water and fire is very much a part Oxygen.

Oxidation means a reaction with the oxygen in the air, which produces fire and heat. This burning process frees the energy which was stored up in the original substance. But oxygen and hydrogen form the substance that quenches the fire, i.e. water. The theme of

water and fire is often used symbolically to denote the theme of giving and taking, or male and female.

Oxidation is a key process in all forms of life. It is a slow internal process: there is no actual fire to be seen. It is a necessary process for remaining alive and at the same time it means the end of something, a sort of death. It is the theme of eating and being eaten, and here we see the connection with the theme of aggression.

Oxidation contains the essence

of change and transformation. The exchange is a necessary prerequisite for change and therefore experience. Note also the importance of free radicals and anti-oxidants in this respect.

16% of the air we breathe consists of oxygen gas. It is the most common element on earth: 50 % of all matter consists of oxygen.

It is a gas and therefore very elusive, in contrast to the fact that you can't do without it!

Concepts

Stage 16

Lost
Gone by
Expecting
Luring
Intensifying
Remembering
Imagining
Pacifying
Eating up
Neglecting Lazy
Using up Rotting
Provoking
Carbon series
Individual Person I
Value Meaning Self-worth
Ethical: Good and Bad
Body Life Lust

Hero

Possessions

I-weakness

Magic Myths

Child

Group analysis

**Using up resources:
selfishness.**

Indifferent to possessions.

**Living on past glory and
resources of the body**

**Living on past feelings of self-
worth: attention seeking.**

**Wanting more than is
necessary: begging, demanding
to have their own way.**

Loss of self-worth: indignant.

**Used up as a person: abuse.
Fantasising about loss of self-
worth: victim.**

Lazy person.

**Expecting to get values and
norms from others.**

**Luring with property:
corruption.**

Neglecting the body: tramp.

**Trying to lure others to give:
begging.**

**Expecting to receive
possessions: begging.**

**Rotting of body: worms and
maggots.**

Picture of Oxygen

Essence: living on property

and possessions: selfishness.

**Living on possessions:
selfishness**

Possessions are a problem to the Oxygens, in the sense that they have difficulty finding a balance between giving and taking. They are afraid of losing their possessions and they tend to hold on to them in a rather selfish way. They may even become quite mean and avaricious. They are also very afraid of thieves and robbers. 'An eye for an eye' is an expression that fits into their line of thinking.

Indifferent to possessions

The other side of this theme is a complete indifference to possessions. They are so afraid of being selfish that they don't dare to keep anything for themselves. Once again the balance between giving and taking has been lost. These people tend to withdraw from life and keep themselves to themselves. They would rather hang on to their inner qualities and not bother with the dramas of the outside world. In a positive sense they are very good at abstaining.

Living on the feeling of self-worth: attention seeking.

They expect others to see what they are worth and to act accordingly. They feel quite proud of themselves and their behaviour shows this too: they can be very demanding. Deep inside they feel they haven't been given their due and they are determined to get it. So they complain and whine, they even become aggressive in their demands. In actual fact they know that they have already had more than their share, but in order not to have to admit

this they keep complaining.

As a child they already show this tendency of wanting to have everything right now.

They can't wait and they won't stop asking.

We may also see the opposite, where they can't stand people who complain. They don't want to hear anything that even vaguely sounds like a complaint. They will not allow themselves to utter a single complaint either. 'There is nothing to complain about, you have got everything you could possibly need'.

Loss of self-worth: indignant
When they don't get what they want they can be most indignant, even if they have already got more than everybody else. Their demanding behaviour may give rise to irritation in other people. Doctors who do their best for them get exasperated when it still isn't good enough. When a doctor or a therapist finally loses his temper with them they feel very hard done by and swear never to go and see that doctor again.
Used as a person: abuse

One step further along this line leads to feelings of being abused. They feel that other people have taken away everything that was of value. It is always the other person's fault. Even if they themselves have made no effort to earn respect or to earn a living, they still feel used and abused by others.

Fantatising about loss of self-worth: victim

In extreme cases they turn into real victim types. They always complain of being hard done by. Even the most minor

incidents get blown up into 'justifiable' reasons for a serious complaint, which may express itself in their physical bodies too. These physical complaints are then all the more reason to feel victimised and are a good excuse to give up trying altogether.

They can't come to terms with the fact that life isn't always fair and that it is a good idea to make the best of it.

The positive side of Oxygen would be the courage to have a go, to get involved in life and to keep your heart pure at the

same time.

Lazy person

They get more and more lazy as they feel it is all a lost cause anyway. They either expect the world to put itself right or they feel that others should take care to do so. Their passive attitude is both a cause and an effect of all that is wrong in their life. They become nonchalant and indifferent, they lose their grip on life. If they don't get what they want, they'll try somewhere else.

Luring with possessions:

corruption

Corruption is another important theme in this remedy. In the initial stages they abhor the thought of corruption. They can't even accept small favours and little presents, because they feel it to be the beginning of the end. It is a sign of their fear to be polluted by corruption.

**In later stages we may see the opposite where they actually do get corrupted themselves: 'The whole of society has gone to ruin, so why not join them?'
Once again the balance**

between giving and taking has been lost.

**Neglecting the body: tramps
In later stages they may also start to neglect themselves, their house or their business. They will lead the life of a tramp, dressed in rags and muttering to themselves about the injustice of it all. They like to shock others with their appearance and the things they say.**

Trying to seduce others into giving: begging

Begging like a beggar eventually becomes their only

source of income. They like to play on the emotions, to hit a soft spot in others to give them something of their riches.

They ask other people to look deep into their hearts to find that love that will make them give gladly. These gifts are usually received without any signs of gratitude, because they feel it was their right to get back what had been taken away by others in the first place.

They hope to get more by playing the victim or by shocking people with the sorry state of their sick or

handicapped body.

Hero

In the Oxygen state the hero is well on his way to reaching his goal, but he is prey to traps of desire and seduction. It is the stage of Ulysses being seduced by the Sirens. Of course the challenge is to withstand these temptations and to fulfil his task. He has to be involved in the world and remain pure at the same time.

Expressions

Fears: vague (2!), unknown (!), life, strangers, thieves (3!), criminals, poverty (3), future,

**travelling, flying, crowds,
streets, failure, disease,
operations, needles, knives,
contagion (!), pollution, worms,
cancer, death; acute panic
attacks.**

**Dreams: thieves, worms,
storm, shame.**

**Irritability: critical, aggressive,
angry, wild, panicky.**

**Mood: lively, daredevil, timid,
uncertain, indecisive, -amel.
support, listless, meaningless,
easily offended, stubborn,
gloomy, suicidal.**

**Mental: confused, slow,
problems with orientation, lack**

**of concentration, forgetful,
dementia.**

**Contacts: -amel. company,
agg.- discontented people, agg.-
consolation.**

Religion: magic, obsessive.

**Causes: neglect, abuse, incest,
parents absent, addicted or
weak.**

Generals

**Weather: warmish, agg. heat,
amel. outside, agg. mountains,
agg. draught.**

**Desires: alcohol, narcotics,
fruit, warm food.**

**Food: agg. fat, cheese, butter,
pork, alcohol, wine.**

Sleep: much (2), laughing during sleep.

Physical: agg. exertion, climbing, agg. smoke, noise.

Complaints

Tiredness, low blood pressure.

Headaches, pressing, above right eye, eyebrow pressed down, agg. exertion, agg. talking, amel. rest.

Sinusitis, swelling of lymph glands.

Vertigo, blackness before the eyes.

Retrolental fibroplasia.

Blindness. Cataract.

Pressure in ears. Blocked

nose, epistaxis.

**Throat dry, tickling, agg.
talking. Loss of voice.**

**Lung complaints. Cough,
white lumps. Hyperventilation.**

Heart problems.

**Liver problems, liver
insufficiency, hepatogenic
toxemia.**

Affections of the kidneys.

Vitiligo.

**DD Carbon series, Stage 16,
Aceticums, Muriaticums,
Anacardium.**

**DD: free radicals, superoxide,
Hydroxyl, Nitric oxide,
Hydrogen peroxide, Allopurinol.**

DD: antioxidants: Glutathion, Superoxide dismutase, Vitamin C and E.

DD Causticums: they have the same feeling of being a victim of injustice, but they also have high ideals, something which is lacking in Oxygen.

DD Nitricums: Oxygen no longer feels he has the right to receive, which is why he starts to moan and complain.

Nitrogen still feels he has a right to receive his due reward, so he will be tend to be more pushy and demanding.

DD Muriaticums: these can

also have a tendency to moan and complain, but it is more meant to attract the attention than to get anything special like extra sweets or extra money or special treatment from the doctor.

DD Magnesium: the aggression is a strong characteristic in both. They both have a tendency to fight too.

DD Ferrum: on the material plane both Ferrum and Magnesium are the most important modulators of the oxidation process, tempering the intensity of the process and

slowing it down to an even pace.

Case

A 25 year old woman complains of chronic tiredness. She sleeps more than 12 hours a night and is still tired all the time. Any exertion is too much; she needs to rest a long time after she has done some exercise. The tiredness is worse in hot weather. She thinks she has low blood pressure. She would like to start to work full time, but she dare not in this state. She wonders what is the point of it

all and she feels like giving up.

She also suffers from headaches, with pressure above her right eye, 'as if an elephant is standing on it'. It feels as if her eyebrow is being pressed down. The headache is worse when she is working. All she wants is silence and other people's talk makes her cross. When she has a headache she also has pains in her neck and back and she feels irritable.

She also complains of vertigo; everything turns black at times. This is aggravated when she is busy or when others are

busy in her presence.

Her throat feels dry and she gets a tickle in it which is worse on talking. It makes her want to cough and she loses her voice. She coughs up white lumps of mucus. She feels pressure in her ears, her nose is often blocked and she gets a nosebleed from time to time. This is worse in smoky rooms, in a draught and during winter. She also suffers from sinusitis and swelling of the lymph glands.

She has a problem with relationships. Her last

boyfriend was a real mummy's boy who never never said a word. His parents accused her of coming from a difficult family and this caused her to have a nervous breakdown. This is when he finished the relationship. She tried to patch it up but she didn't succeed and since then she feels that her memory has been a lot worse.

Three years ago she got another partner, but he often makes nasty remarks about her. Their sex life is nothing to write home about either, she

says: 'this is not the right way of showing that you love someone'. She is not interested in sex anyway, it only makes her more tired. He can't satisfy her, she can only do that herself. His parents insult her and call her a slut. This started when his brother tried to seduce her one day and now everyone thinks it was her fault. She is still angry with him because he almost raped her. She never wants to meet his parents anymore either. They also accused her of being after their money.

She would like to do so much but she can't because of feeling so tired. She studied horticulture and she is now doing a course to become a model. She would like to have a job because it drives her mad being at home all day. She wants to earn some money. Everybody is putting pressure on her to start doing something. The social services don't believe that she lives on her own and threaten to stop her allowance. Even her doctor doesn't take her seriously. She likes to be on her own.

Having friends only creates obligations. She isn't a great talker and on the rare occasion that she has gone out with her best friend she (the friend) took someone else along and spent the evening chatting to this other girl instead. She used to be quiet and shy as child. She was often teased and she liked boys better than girls who did nothing but talk about boys.

She was a problem child. Her twin sister had more privileges than she did. She is just as stubborn as her father and she always quarrelled with him.

She hates the world and thinks it is unfair the way things are run, the rich get richer and the poor get poorer. Worst of all is the fact that she can't find a job and therefore doesn't have any money to do nice things.

'It is so unfair that models earn so much money and I can't even afford to go on a slimming course to become a model!'

She loves the feline species, especially panthers.

She once dreamt that she got home and the house had been burgled: her cats were lying on the balcony all beaten up and

covered in blood.

Generals

Weather: cold (2), agg.- damp, agg.- gloomy (2).

Time: agg. after 3 pm.

Desires: junk food (2), meat balls (2), chocolate (2), spices, fat, meat.

Aversion: brown beans (2), runner beans (2), coffee (2).

Food: agg. milk; profuse saliva.

Menses: stomach pain and back pain at the start of menses.

Sleep: much; on abdomen; takes more than two hours to fall asleep.

Analysis

It wasn't easy to find the right remedy. Natrum bromatum seemed indicated because she felt she was getting all the blame and she wanted to withdraw. But it only brought temporary relief. So did Ammonium fluoratum, the indications for the latter being the resentment towards her brother in law who tried to seduce her.

When we take another look at the whole picture it is clear that she feels very hard done by, not by anyone in particular,

but by the world in general. The whole world is in a mess, 'The rich get richer and the poor get poorer'. Her parents in law accuse her of being a problem child and of being a slut who is out to get the family fortune.

Appreciation, possessions and sex play a major part in this case, which would indicate the Carbon series.

She expects a lot, wants to have a nice, easy job with a large salary, but is not prepared to do an awful lot to achieve it. She doesn't like housework, she

can't be bothered to put much energy into cultivating friendships, she can't be bothered to do anything very much, there is no point as far as she is concerned.

Expectations and laziness indicate stage 16, which then leads us to Oxygen.

Her complaining attitude to life and the feeling of being misunderstood by doctors and social services also fit this picture very well. The dream about the burglary is a nice little confirmatory symptom.

Reaction

After oxygen 1M she gradually starts to get better. She thinks the feeling of depression had something to do with a memory of incest. Two months later she feels much better, she feels less empty and her boyfriend is being very supportive. She is beginning to enjoy being outside in the sun and listening to the birds. She had a dream in which she had redesigned her garden and she knew that her plants were doing very well in it.

Case

A 40 year old woman feels

depressed. She feels it has something to do with an incest incident. When she was 4 years old she crept into her parents' bed one Sunday morning and her father masturbated against her body. She felt abused (Oxygen), as if it didn't matter who she was (Carbon series). She is fascinated by tramps and she can imagine living like that herself (Oxygen).

Proving

By Jan Scholten

Dream: My brother is teasing and taunting me. I try not to respond, but it only makes

things worse. Eventually he starts to tug at me and break my things. So I have to start a fight with him. I feel that I am physically and mentally much stronger than him so I win the fight. Afterwards I go to my parents' room to discuss this endless quarrelling. My brother wants to come too, but I try to stop him because he will only continue his taunts. My father sends him out of the room. I enter the room and notice that my mother is already talking with my girlfriend about this problem. She says that

quarrels are often caused by in laws. I object and tell her that it is my own family who are doing it.

The feeling in this dream is one of anger that I have to engage in a fight, that I can't avoid it.

Dream: my brother, my mother and I were going to deliver some stuff to someone. I was loading a lot of boxes into the car and a little trailer. While I was shutting the boot of the car my brother suddenly drove off. I ran after him but after about 50 yards I stopped, thinking:

'What am I doing running after him?' So I slowed down to a walk. My brother immediately slowed down the car too, but he didn't stop until he had reached the end of the road. He got out and said with a smirk: 'Why can't you walk a bit faster?' So I slapped him. Then he said: 'Why are you doing that, how could I know that you weren't in the car yet?' I was convinced that he had known and that he had just been trying to annoy me.

Causticum

Causticum is a collective name for the hydroxides or alkaline compounds.

We have 'caustic soda' for instance, which is Natrum hydroxide. When we use the word causticum homoeopathically we actually mean one particular substance, specially prepared by Hahnemann. This preparation is alkaline in nature and although it also contains Ammonium it is different from Ammonium causticum (Leeser).

Causticums are alkaline, i.e. compounds of oxygen and hydrogen in the form of OH-. Together with an acid (H+) they will form water and salt. The causticums are very similar to the Oxidatums. They both feel they are being used and abused. But Causticum has high ideals: they actually want to fight the injustice and the abuse, to stop it happening in the rest of the world. The Oxidatums only feel that great wrong has been done to them personally and while they are very indignant about it they are

not prepared to do much about it. They are demanding without wanting to make an effort to improve the situation.

Aqua pura

Water is made up of Hydrogen and Oxygen in the formula H₂O.

Water, i.e. Hydrogen and Oxygen, and Carbon are the main components in all forms of life.

Potentising Aqua pura isn't easy, because it is difficult to find a good medium. The usual media are water, alcohol, sugar

of milk or glycerine. We obviously can't use water in this case, nor alcohol, as alcohol contains at least 4% of water too. This leads us to the question of the potentiating medium in general and which qualities to look for. Until now we have simply chosen a medium more or less at random without spending much thought on its specific properties and the consequences of using that particular substance. But is every substance really suitable to be used as a medium? And

can a remedy be potentised in any other medium except itself ? Does the medium convey some of its own properties to the remedy being potentised? These questions will crop up again when we come to the more aggressive substances such as Fluorine, Natrum metallicum and Kali metallicum.

Water has a very close relationship to life itself. Life was first created in water and the concentration of water inside every living being is still very similar to seawater. There

is a theory that human beings are naked just like the dolphins, because they have come from the sea.

Homoeopathic remedies are most frequently potentised in water. The water molecules have an electric bipolarity which can form a bridge. This bipolarity also envelops the substance that is being dissolved.

We can have a look at Aqua pura from two different view points. One is from the Hydrogen side, as hydrogen oxidatum, which brings out the

theme of idealism and egotism. Here we may find either a balance or a struggle between these two forces. The theme is: allowing yourself to be used for the sake of a higher ideal, because life is corrupt anyway.

From the other point of view we can see Aqua pura as being a Acidum causticum, the balance between acid and alkaline. The oxides combined with water can either form an acid or an alkali, depending on the type of oxide.

Group analysis

Idealism and injustice.

**Altruism and selfishness.
Universal and personal.
DD: hydrogen series, Carbon
series, Stage 1 and 16,
Acidums, Causticums, Lacs,
Aguas.**

Fluor purum

**This book will show the
Fluoratum in a slightly
different light from before. We
will look at their properties in a
broader sense and they will
therefore become easier to
recognise. The theme of
money and sex has proved to
be common to the whole**

carbon series, which makes the picture of Fluorine more positive than the one that I painted in 'Homoeopathy and Minerals'.

Fluorine is rather special in that it isn't easy to potentise. If we were to dissolve it in water it would immediately react with the water to form Fluoric acid. Other solvents would give similar problems, so it won't be easy to find a suitable medium to potentise Fluorine in its pure elemental form.

Signature

The name Fluorine is derived from 'fluo', stream. It was discovered in 1771. It is the most reactive of all the non-metallic elements and it affects every substance it comes in contact with, even metals like Platina.

There are only a few noble gases that are not affected by its aggressive action.

Fluorine is the main active component in enamel, the protective coating on our teeth. This enamel is hard, smooth and shiny. This same smooth hardness is the reason why it is

**so useful for anti-stick coatings
on saucepans. We can separate
Uranium isotopes out of
uranium fluoride, UF₆.**

Concepts

Stage 17

Exit

Letting go

Holding on

Loose Demanding

Climax

Condemning

Banned

Fleeing

Carbon series

Individual Person I

Value Meaning Self-worth

Ethics: Good and Bad
Body Life Lust
Possessions
Hero
I weakness
Magic Myths
Child
Group analysis
Letting go of values: immoral.
Letting go of values: breaking
taboos.
Holding on to self-worth:
recognition.
Holding on to the self:
glamour.
Demanding self-worth.
The end of the self.

Feeling of emptiness in the self.

Wanting to get a lot out of life.

Holding on to possessions.

Condemning physical goods: glitter, money, sex.

Taking everything that is of value.

Letting go of property: gambling.

Giving away possessions.

Holding on to the physical: sex.

Taking in order to prove self-worth: sex.

A demanding and aggressive person: hard.

**Letting go of values:
psychopathic.**

**Letting go of the essence:
superficial.**

**Letting go of the personality,
giving up.**

A fleeting personality.

Letting go of the ego: the hero.

**The demanding borderline:
narcissist.**

**Letting the body go: lust,
passion for life.**

Picture of Fluorine

**Essence: letting go of
personality and values.**

Letting go of values: immoral

They have a tendency to let go

of all the values they have had to take on board during their life so far. They feel that they can no longer live within this restrictive set of rules and norms and they would rather get rid of them.

Letting go of values: breaking taboos

Whilst letting go of values may lead to immoral behaviour, it can also have a positive side, i.e. the breaking of old taboos. These are the people who will break the taboos of the generations who have gone before them. They don't care

what other people think, they simply have to break the old stifling patterns and let in a breath of fresh air.

Holding on to the self: glamour.

They feel a great need to be respected, to build up a large personality. They usually go and look for it in the world where you are most likely to be noticed, i.e. the yuppy world. They would love to be a part of this world, as all that nice glitter makes them feel good. We find them as models or film stars or stewardesses, where

they can show off their smooth good looks. Underneath all this external glamour lies the heart of a little child, a weak personality that is in desperate need of self respect.

The end of the self

So the desire for glamour is a compensation for the opposite, a feeling deep down in themselves that they have no real personality. They have to make up for it with a smooth and shiny, but rather hard exterior.

Holding on to possessions

They like to have money,

plenty of it, and to get it fast. Possessions are their main value in life, nothing else matters to them. Money is also a means to reach their goal, i.e. buying nice clothes and jewels and fast cars to show off with. They spend their money as fast as they earn it. Possessions are used to fill up the inner emptiness.

Letting go of property

They don't like to let go of any of their possessions but at the same time they easily get bored with what they have got. As soon as they have one thing

they start to hanker after the next.

They can only let go of money when there is a chance of something more in return, as in the case of gambling, which they can even get addicted to. Or when they pay for expensive rounds of drinks in the hope of being the most popular guy at the party.

There is another side to them we sometimes see, where they give away large amounts of money without any apparent reason.

Holding on to the physical: sex

Sex can be a great way to satisfy the need for recognition. They use it to increase their feeling of self-worth. They like to flirt and they tend to go out hunting for someone to have sex with. They have many different partners as sex is not connected to emotions, it is only used to fill up the emptiness inside. But it does not give them the satisfaction they crave for. Because of the lack of emotional involvement they are left with an even greater feeling of emptiness

than before. They may also use sex to climb the social ladder.

They may have a tendency towards immoral or taboo forms of sex such as incest, homosexuality, sado masochism, sodomy or group sex.

A demanding and aggressive person: fast, hard, hurried.

Everything has to go fast. As they are fast talkers and quick on the uptake they therefore make good business men. They get on well in the service sector, in the hotel world, stock exchange etc. They

dream about business. They are smart-looking and they like parties: they are often the life and soul of these parties too.

**A demanding borderline:
narcissist**

If their personality is not well developed we get a type of narcissistic behaviour.

Narcissism is a trait that can be found in the whole carbon series, but it is particularly strong in Fluorine, because they have a tendency to take what they want without any consideration for other people. They want to show who they

are, even if it means someone else has to suffer.

They like to have people around to fill up the emptiness, but when this other person starts to state his or her own need, they quickly disappear from view. The same thing happens when the other person is a therapist who doesn't play the game according to their wishes.

**Letting go of values:
psychopathic**

When the situation becomes extreme they can get quite ruthless, almost psychopathic.

They know what they want but they don't think about the consequences of their actions and what this will mean for other people. They may lie, cheat or steal to get their way. If their conscience starts to speak they push it away so fast that they forget they even heard it. Their assertive aggressiveness may lead them into criminality, prostitution, drug dealing etc.

**Letting go of the essence:
superficial**

**They let go of all values,
including the most essential**

one, the reason for living. They no longer have any real aim in life, they don't know what is important anymore. This makes them very superficial, which can show itself in many ways, such as in dealing with relationships, money or business. They only care about things that look nice on the surface: they only choose their partners for their looks, rather than for their character.

But underneath this glossy exterior remains the longing for deeper contact. So they keep

on hunting, going from one partner to the next in search of the elusive qualities of warmth and real caring. The same hunt goes on in all areas of their life, never finding the deeper satisfaction in this world of superficiality.

A fleeing personality

They tend to escape from themselves into the material world of money and sex. Or they have the feeling they should flee in order to save their possessions, as in the case of illegally obtained goods.

Letting go of the self: the hero

This is the stage where the hero meets the dragon that is guarding the princess. He has to conquer this awesome fiery beast, and he can only do this if he can overcome his deepest fears. The hero has to let go of his own ego, for only then will he be successful in his fight. Only then will he be able to marry his perfect bride, the beautiful princess. It is a symbolic marriage, a marriage between the ego and the real Self. Here we see both sides of the Fluorine character again: the awesome dragon who

destroys everything that is good and beautiful and on the other side the princess who is the symbol of beauty itself. They are both sides of the same coin: the dragon and the princes are one and the same. We see the same theme in the tale of the princess and the frog. The frog is really a prince who needs to be woken by a kiss from the princess.

Expressions

Fears: vague (2!), unknown (!), life, strangers, future, travelling, flying, streets, failure, disease, operations,

**cancer, death, poverty (2),
murder.**

**Irritability: angry, furious, agg.
loss of money.**

**Mood: happy, excited, hurried,
restless, impulsive, lively,
timid, uncertain, indecisive, -
amel. support; listless,
meaningless, gloomy, suicidal.**

**Mental: fast, associative,
confused, slow, problems with
orientation, lack of
concentration, forgetful,
dementia, mania.**

**Contacts: easy, superficial,
talk quickly, staccato fashion.**

Religion: magic, associative,

obsessive.

Causes: neglect, abuse, incest, parents absent, addicted or weak, loss of protectors or parents.

Generals

Locality: right-sided; axilla, groin, neck.

Weather: agg. warm, because warm blooded.

Time: agg. 9 pm.

Desires: alcohol (3), spices (3), refreshing, sour.

Physical: amel. motion, violent motion.

Complaints

Lymph glands painful, hard

and swollen, abscesses and fistula.

**Affections of teeth, caries.
Laryngitis, diphtheria,
bronchitis.**

**Arteriosclerosis. Varicose
veins.**

**Inflammations of joints with
deformity of hands.**

**Hypermobile joints and
ligaments.**

**Deformity of bones, exostoses
(2).**

Urethritis.

**Infections of the vagina.
Sexually related problems,
venereal diseases.**

**DD: Carbon series, Stage 17,
Aceticums, Nitricums,
Veratrum.**

**DD: Oxygen: has the feeling
that he will eventually get what
he wants if he whines long
enough. Fluorine feels he no
longer has the right to get what
he wants, others won't let him
have anything, so he has to get
it illegally if needs be.**

**DD Nitricums. Another
comparison can be made with
the Nitricums, which are
similar to the Sulphuricums in
certain respects. The
Nitricums like a fat lifestyle,**

good food and good wine and good company. The Fluoratumms like the same things, but they are more desperate to get them. One example to show the difference between the two is the the way they drink. The Nitricums like a glass or two of good wine during supper and a little brandy with coffee afterwards. The Fluoratumms are more inclined to go for larger quantities, and preferably of the stronger stuff.

They hope that the alcohol will break the hard shell, making it

easier for them to get through to others.

A similar difference can be seen in their attitude towards sex. The Nitricums like to really enjoy it, whilst the Fluoratum go through many partners in their search for deeper contact.

DD Sulphuricums. The Fluoratum are similar to the Sulphuricums in the sense that they both warm blooded and they both like beautiful clothes. The difference is that the Fluoratum use these clothes to show off and be

noticed, whilst for the Sulphuricums it is more a matter of aesthetics, they like the feeling of wearing something nice. The Sulphuricums are also much more committed in their relationships.

Neon

Neon has not been described in homoeopathic literature yet. Sherr did a proving in 1995 but the results have not been officially published yet. The initial results however fit in well with the ideas of the group

analysis and add enriching details (such as the Down's syndrome example) to the general picture.

Signature

The name neon comes from the word 'new'. It was discovered in 1898. The gas is used in neon lights and lasers. It gives the lighting of advertising displays its reddish orange colour.

Concepts

Stage 18 is also stage 0 of the next series. Neon is the 18th stage of the Carbon series and the beginning of the Silicium

series at the same time. Neon's position is just before Natrum. See also the chapter 'Commentary on the different stages'.

Carbon series

Individual I

Value Meaning

Self-worth

Good and Bad

Body Lust

Possessions

Hero

I-weakness

Magic Myths

Stage 18 = 0

Rest Inactivity

Retreat Cocoon
Internalised
Locked up
Denial
Transformation
Transition
Free Unbound
Confusion
Silicium series
Relations
Family
The other You
Love Hate
Communication
Language Learning
Presentation Game
Puberty

House Neighbourhood
Group analysis
Resting the body.
Retreat of values.
Rising above values,
transforming.
Denial of the existence of
relations.
Not quite making contact:
Downs syndrome.
Picture of Neon
Essence: feels good, does not
need relationships.
Retreat of values
He knows he is worth
something but he does not feel
inclined to enter into a

relationship with other people yet. He would rather stay within his own world for a little while. It is as if they want to have a break from all the physical exertion, to enjoy their own values and not have to do anything.

In J. Sherr's proving one of the provers put it very nicely: 'I felt as if I was bathing in warmth and light. I lost the feeling of being isolated through being Myself. It was the most delicate and soft feeling I have ever felt in my life. My core was absolutely

still, in deep silence. There were no thoughts flying around, only pure consciousness. That what I usually thought of as belonging to myself was all around me, there was no separation. There was no 'I', although my own identity still existed. The difference was that there was no boundary. It was as if I was given everything I had always longed for, and more. As if I had asked for the sun and was given the whole universe'.

All the provers felt very good in themselves.

Freedom from good and bad
In this stage they have worked through the issue of good and bad and risen above it. They no longer have these extreme emotions and fears. The dragons and the beasts still feature in their dreams occasionally, but they are not so threatening anymore. They have left behind their fears, anxieties and greed and they are able to enjoy a well earned rest. It is as if all their sins have been forgiven, they are free of the 'original sin'.

Free in relationships

It is a sort of autistic state that may look very similar to Helium. The difference is the question of values: it not an issue for Helium, they don't care how they come across to other people. Neon does care very much about values, it gives them the opportunity to manifest their presence. They don't like to enter into relationships, they are the newcomer in the family and they don't have to do anything yet. Communication isn't necessary, as in the case of the newborn baby.

In J. Sherr's proving we see this theme coming back in various ways. The provers felt withdrawn. They preferred to be alone, not talk to anyone, not share their experiences. They like to live without a partner although the desire to have a partner did seem to crop up from time to time. One prover had a strong desire to look through keyholes. Two typical dreams about this theme: 'I knock on many doors, but nobody comes'. And 'I knock on many doors, but I walk away before anybody has a

chance to open the door'. This sounds almost like children who want to ring the doorbell and then run away and hide.

They dream about babies and newcomers. Another dream expressing the feeling of being an outsider: 'I am sitting in a theatre and all the seats are positioned at right angles to the stage'.

Free

They like to be free, not only free from other people, but free in general.

They experience a feeling of freedom in open spaces, they

dream about birds, falcons, ducks, albatrosses and mountains. This desire shows itself in the sensation of being 'spaced out', light, floating etc. They like the wind which clears the skies and can blow where it wants to. They have no other desires, they don't need food, possessions or company.

Because they don't connect with anything or anybody they can feel quite cut off, locked up in themselves and blocked off from the outside world. One prover felt as if she was in a sort of transition stage like a

menopause.

They are in the phase of transition between the inner world of the Carbon series and the world of relationships belonging to the Silicium series.

The cut-off feeling came back in dreams about deep freezers and Canadian snowshoes. Everything is cold and still, motionless and timeless.

Confusion

The sense of freedom may lead to mistakes and confusion. They feel absent-minded and timeless, which can be nice at

times, but it can also make them feel uneasy. It made the provers look around for clocks all the time. They also dreamt that events happened in reverse order, the future coming before the past. Their sense of space is also disturbed: they can be so disorientated that it is not safe for them to drive a car. They make mistakes in speaking and writing or they don't know left from right anymore etc.

The free hero

In the Neon stage the hero has succeeded in breaking the

spell, he slew the dragon and married the princess. And they lived happily ever after. But... the hero has to return to talk about his adventures and he doesn't feel like doing this. He refuses to go back. He would rather stay free than go back into society and relate to other people again.

Expressions

Dreams: ringing the bell and nobody coming to open the door; ringing the bell and running away fast.

Delusions: second day of creation, the flood, heart is

open, meditating, short legs.

Mood: light, fast, 'spacey', as if in paradise, unity, calm, stable, content, heavenly, peaceful, warm, no effort, universal happiness; gloomy, depressed, empty, motionless.

Desires: (sky)blue, even numbers, 2, 10, 20.

Aversion: sharp noises, as made by radios and televisions.

Generals

Walking upright and gracefully.

Locality: right.

Weather: cold, as if freezing; or very hot.

Time; agg. 5 pm, agg. 5 am.

Desires: nothing, oranges.

Aversion: cold drinks, bread.

Sleep: yawning (2).

Physical: agg. neon lights.

Complaints

Down's syndrome.

Headache, in temples, amel.

hot bath.

Eyes dry, tired, -amel. closing them; heaviness and numbness of eyelids, as if they have been in chlorine.

Hot face.

Colds, much mucus, itching, blocked nose.

Sore throat, scraping, amel. water and tea, rasping, as if

something stuck in it.

Low voice, deep voice.

**Respiration asthmatic, cough
agg. morning.**

**Wart on first joint of right
index finger. Urticaria.**

**DD: Stage 18, hallucinogens,
Cannabis indica, Anhalonium,
Opium.**

**DD Fluorine: has difficulty
giving up his ego and his
possessions. Neon has no
attachment to the ego
anymore: he has already
conquered it.**

**DD Silicium series: makes real
contacts, really wants to**

communicate. Neon would rather stay by himself. The marriage to the princess is more symbolic, it is an inner process. It is the marriage of opposites within the personality, an 'alchemical marriage', as Jung would call it, the merging of good and bad, male and female.

The Silicium series: Natrum to Argon

The themes that belong to this series have already been discussed under the headings of the individual elements in my previous book. In Natrum as well as in Magnesium we found the feeling of being alone to be a major theme. We also saw the theme of communication in Phosphorus, the theme of love in Sulphur and the theme of care and attention in the Muriaticums. We will now see that all these

themes belong to the Silicium series in general, although each element will highlight the general theme in its own unique way.

Relationships and family

This level is concerned with relationships, initially only within the family, later extending to include other people. In the book Homoeopathy and Minerals we first noticed that relationships play an important role in this series: in Chlorum it was the relationship with the mother, in Sulphur the relationship

with a partner, and in Phosphorus it was with brothers, sisters and friends. In Natrum we see the desire to have relationships stemming from the feeling of being alone, while In Magnesium it stems from a fear of losing people.

Here we already have the whole cycle of relationships in a nutshell: Natrum wants a relationship but feels very alone, Magnesium has relationships that are still quite weak and that are liable to disintegrate at the slightest hint of quarrelling, Phosphorus

is already past the peak and wants to extend his relationships, Sulphur has to leave the parental home to get married and Chlorum watches his child leave the family home.

That leaves only Aluminium and Silica to sort out. Where do they stand with regard to relationships? Silica has something to do with the parental home, as we can see in *Calcareo silicata* with the hard work they do for the family and the dreams they have about their dead father. In Aluminium

we discover a new aspect of the remedy by looking at it from the relationships point of view. The confusion about their identity proves to be mainly concerned with the relationships in their life: what part belongs to themselves and what part belongs to other people?

Other you

Following the development of the 'I' in the Carbon series, the time has come for the development of a relationship with someone else. This can only take place if there is

sufficient consciousness of the 'I', otherwise the person will be unable to realise the difference between self and other.

Love and hate

The theme of love and hate plays a vital role on this level. Attraction to the other is love, rejection is hate. The Sulphuricums express this theme in the form of love for their partner, in the Muriaticums it is motherly love and in the Phosphoricums brotherly love.

Communication

Of course communication is

vital at this stage. Without communication there can be no exchange and therefore no relationship. Communication can take place in many ways such in talking and writing, but also through telepathy and clairvoyance.

Sympathy is another theme that belongs to this whole series, although it is most clearly expressed in Phosphorus.

Language learning

Language is a major tool for communication. Included in this is our body language and of

course the written word. That is why talking, writing and reading are themes we frequently meet in this series. Learning in itself is also an exchange of ideas, but this aspect is only particularly important in Phosphorus.

In the process of communication there are two parts to play: 'talking' and 'listening'.

Many symptoms are to do with these two aspects: eg. 'loquacious, silent, closed, open'. Talking, i.e. the 'positive' or active part of the

process, is more pronounced in the first half of the series, in the positively charged elements, whilst listening seems to belong more to the negatively charged element in the second half of the series. Listening is a more passive and feminine process. We see it very clearly in the Muriaticums who are good listeners.

In both Natrum and Magnesium we often find the theme of communication in the form of 'a lack of'. They are often silent and closed, they have given up.

Presentation

Another form of communication is presentation. General appearance, clothes and make-up play an important role, as we can see in Silica, where it is of utmost importance in their life.

Play

Playing is another way of communicating. For children it is a way of learning how to deal with other people, learning to give and take, to work together and to enjoy each others' company. Joking is also an important form of

communication: jokes are often a play on words.

Teenager

The age that corresponds with this phase is that of the older child, the teenager. The teenager is finding out about his own position in relationship to others, taking his own space and at the same time showing due respect to other people.

Home neighbourhood

The place where all this development takes place is gradually extending from the home to the immediate neighbourhood and school,

where the child gets to know and starts to make friends with other children.

The theme of house and home is very strong in Silica.

Expressions

Mood: timid.

**Contacts: -amel. and agg.-
company, amel. agg.
consolation, -amel. love and
eroticism.**

Complaints

Perspiration: hands and feet.

Headaches

Skin: eruptions on face and hands.

DD Carbon series: here the

relationships are a means of support in the process of self development. They are not relationships in the sense that a real exchange takes place, it is more of a one-way system. In the Silicium series it is the relationship itself and the exchange that takes place that is of primary importance.

DD Ferrum series: here also we see the theme of relationship, but more in the sense of having to work together to be able to do your task. It is the task that is of prime importance.

Natrium metallicum

Natrum metallicum has not been described in homoeopathic literature, probably because nobody has managed to potentise it yet. It immediately reacts with both water and sugar as soon as it comes into contact with them.

Most of what we know about Natrum has been focused on the aspect of denial and depression. But since there are always two sides to a coin there has to be another side to this remedy. So what is it? The first

thing that comes to mind is 'optimism', but this proved to be too simple. We have to look deeper, and see what is behind the general term 'depression'. Then we find that this is really based on a denial of relationships. The term 'feeling alone' also indicates that this is probably the core of the problem. And it is further confirmed by the central role that relationships play in this whole series. Which leads us to the other side of the coin in Natrum, i.e. 'desperately searching for a relationship'.

And this aspect fits with our observations in practice.

Theoretically we would also expect Natrum to have something to do with the theme 'father', as Chlorum, at the other end of the series, is known to be strongly related to motherhood. Although the theme of fatherhood has not been confirmed in Natrum (yet), we could imagine it to be there, judging from symptoms like 'impulsive' and 'starting a relationship on an impulse and immediately withdrawing again'.

Signature

The name sodium is derived from soda, an age-old and well known cleaning agent.

The chemical formula of soda is NaHCO_3 , or Sodium bicarbonate. The Greek called it 'nitron' and the Arabs called it 'natron'.

Natrum itself was discovered in 1807. The metal is usually stored in petroleum because it oxidises too quickly when it is exposed to air. When it comes into contact with water it oxidises even more quickly, the resulting oxygen bubbles

keeping it afloat.

Concepts

Stage 1

Simple

Impulsive Spontaneous

Natural Instinctive

Naive

Unthinking Foolish

Alone

Immature

Destruction

Silicium series

Relationships Family

Other You

Love and hate

Communication

Language Learning

Presentation

Play

Teenager

Home Neighbourhood

Group analysis

Impulsive in starting a relationship: changing partners.

Innocent love.

Lack of perseverance in relationships.

Easily influenced by relationships.

Impulsive in relationships with friends.

Vulnerable in relationships.

Withdrawing from a

relationship: alone.

**Withdrawing in
communication: closed.**

Simple family.

**Not considered mature
enough.**

Remaining alone.

Alone in the house.

**Relationships get stuck in the
beginning.**

Impulsively hating or leaving.

A foolish family.

Playing alone: patience.

Picture of Natrum Metallicum

**Essence: entering a
relationship on an impulse and
being left alone.**

Entering a relationship on an impulse: changing partners

This is a side of the Natrums that we aren't very familiar with. It is the first stage, where they don't feel a sense of failure yet and where they haven't developed any complaints. They have just finished the phase of personal development and are just entering the phase of relationships.

They are inclined to throw themselves into a relationship on an impulse, without thinking beforehand whom

they would like to have a relationship with. They generally have very instinctive opinions about others. They instinctively love someone or hate someone.

Unthinking in their dealing with relationships

They have no idea about the relationship that would suit them, because they don't know anybody yet. They have no experience of what it involves and they can't analyze their own behaviour. They have no insight into their own motives and they don't understand why

things go wrong when they do.

We see this sort of thing happening in a first love. The teenager doesn't know what is happening and can behave quite outrageously. They don't know how to handle it and they may do all sorts of strange things that will only put the other person off.

They have no idea what the other person might think or feel, because they are too busy trying to make sense of their own emotions.

Another example is the sort of relationship where a woman

has fallen in love with a married man, who eventually chooses to go back to his own wife. The woman doesn't realise or, rather, she doesn't want to see, that this relationship is bound to fail.

This naive kind of behaviour makes others think of them as being rather immature. Others may find them insincere and not worth taking seriously.

Vulnerable in their relationships

They are extremely vulnerable to rejection. They are so sensitive that even the most

innocent gestures or remarks can make them feel totally dejected and discouraged. They have no sense of proportion and don't realise that this sort of sensitivity may be suffocative to their partner.

Easily influenced by relationships

They are able to adapt themselves completely to their partner's wishes, they'll do anything, as long as the other person promises not to leave them. Again we often see this happening in a relationship between a woman and a

married man, where the woman will adapt her whole life to fit in with his time schedule.

Not persevering in a relationship

Because they are so vulnerable they tend to give up easily.

They don't really persevere because they lack the strength to make a go of it. Or they feel they have no right to have friends anyway and at the slightest hint of trouble they'll say, 'See, I knew it wasn't meant to be'. So the relationship comes to an end before it has even started

properly.

**Withdrawing from
relationships**

**Eventually, after many
disappointments, they
withdraw from the whole idea
of relationships altogether.**

**They have given up hope about
the possibility of a happy
relationship, they feel that
there is a division between
themselves and the rest of the
world. But, in giving up on
relationships they deny
themselves one of their most
basic needs in life.**

This kind of attitude may be

caused by the loss of a partner or friend. They were so intent on that one person that the loss comes as a terrible shock to them. Then they give up, they simply don't want to try again.

In denying themselves the possibility of a relationship they deny their own personality as a human being. If there are no other people to have a relationship with, then it means that other people don't really exist. That also means that they themselves don't exist, which brings them

round in a full circle to where they started from.

Withdrawing from relationships: alone

So they finally end up being alone and feeling left out. They start to develop an aversion to company and consolation. But on the other hand the desire to have a relationship is still present, as well as the fear of being alone.

Sometimes they have made up their mind in the beginning and remain single and alone in the house for the duration of their lives.

**Withdrawing from talking:
closed, silent**

They keep their problems to themselves, they don't feel like talking about them with others. They feel they should bear this suffering in silence, and although they may cry about it when they are on their own they will never show it to others. It is a secret sadness they carry around with them.

Expressions

Fear: loss of relationship, death, future, people; easily frightened, agg. unexpected events.

Mood: sadness (Morrison 1988), gloomy, melancholic, pessimistic.

Mental always thinking about the past.

Art: -amel. music, soft, classical, piano music.

Causes: loss of relations, death of parents, friends or loved ones, amel. agg. arranged marriage.

Generals

Build: thin.

Weather: warm, agg. sun, agg.. sea.

Time: agg. 11 am.

Desires: salt, starch, fish.

Aversion: salt, agg. starch, milk.

Physical: agg. lying on left side.

Complaints

De-myelinisation of nerves.

Headache, agg. sun. Cerebral haemorrhage.

Hypertension.

Kidney problems.

Acidosis, alkalosis.

DD: Silicium series, Stage 1, vasopressinum.

DD: Lithiums: We see a strong similarity to the Lithiums with regard to depressive behaviour, but in the Silicium series the

focus is purely on relationships.

DD Neon: also lives on his own, but he doesn't mind this, rather, he enjoys the opportunity to go it alone, without being bothered by any form of relationship.

DD Magnesium: they keep searching for a relationship and become very bitter if they don't succeed, because they feel it is their right to have one. Natrum is able to come to terms with his loneliness, he may even cultivate it.

Natrium lacticum

'A silent girl'

Concepts

Natrum

Impulsive relationships

Changing relationships

Vulnerable

Lack of perseverance

Withdrawn

Alone Lonely

Silent Closed

Lacticum

Girl

Childish

Dependent

Feminine

Group analysis

An impulsive girl.

Impulsive towards girls.

A silent girl.

A withdrawn girl.

One single relationship as a girl.

A lonely pregnancy and lactation period.

Picture of Natrum Lacticum

Essence: a silent girl.

An impulsive girl

They can be very impulsive as a little girl. That means to say that they are typically girlish and soft on the one hand, playing with dolls etc., whilst

they can also be very impulsive on the other hand, particularly in the way they make contact with others. They just walk up to anybody to get to know them, without stopping to think whether this person would be suitable, or whether this is the right moment.

Impulsive towards girls

Another variation would be somebody who is very impulsive towards girls. They feel very attracted to girlish types and are inclined to walk straight up to them for a chat. But they don't really know how

to go about getting to know them properly. Their manner is rather awkward, so it usually doesn't come to anything.

**A single relationship as a girl
They often only want one special relationship. When they are little this is usually with the mother. They want to be with their mother all the time and they can't bear to be separated even for a single moment. This may show in their aversion to closed doors, they don't like a door to be between them.**

Or it may be the case of a

mother who only wants one special relationship and that is with her little daughter, her little girl.

A withdrawn little girl

At a later stage they begin to shut themselves off from other people because they feel that they won't succeed in making any real contact anyway. The blunders caused by their naive kind of behaviour are the cause of many an unsuccessful attempt to make contact, until they finally give up trying.

Another situation may be that they didn't get enough

attention as a child because the parents, and particularly the mother, didn't have enough time. This causes them to become quiet and withdrawn: they don't play, they don't talk, they just sit there like a silent little girl.

Expressions

Fears: alone (3), loss of relations, death, future, people; easily frightened, unexpected events.

Mood: sadness, gloomy, melancholic, pessimistic.

Mentally: always thinking about the past.

Art: -amel. music, soft, classical, piano music.

Causes: loss of relationship, death of family, friends or loved one, amel. agg. arranged marriage, mother feeling alone during pregnancy.

Generals

Build: thin.

Weather: warm, amel. outside, agg. sun, agg. amel. sea.

Time: agg. 11 am and 5 pm.

Desires: sweet (3), chocolate, egg, milk, chicken, salt, starch, fish.

Aversion: milk, agg. fasting (3), amel. eating (2), sweet, salt,

spices, buttermilk, lemon.

Food: agg. milk (3), bottle feed (3!), starch.

Menses: late first menses.

Sleep: light, wakes up at the slightest sound.

Physical: agg. lying on left side.

Complaints

Vertigo, trembling.

Headache, agg. sun, agg. milk.

Colds with swollen glands in neck.

Inflammation of breasts, breasts painful and swollen, nipples painful, agg. before menses.

Breasts small and insensitive like those of a little girl.

Lactation problems, too much or too little milk.

Nausea amel. eating (3).

Diarrhoea with abdominal pains, walks bent double with pain.

Kidney problems.

**DD Carbon series,
Carbonicums, Oxygen.**

DD Muriaticums: the dependency on the mother is similar, but the Muriaticums are usually the attention seekers, whilst the Lacticums are more endearing in their

dependency: 'Look at that sweet little child'.

DD Lacs, Sarcolactic acid.

Case

A 15 year old girl is brought in by her mother to see me. The mother tells me that the girl is becoming more and more withdrawn, she doesn't do anything or say anything anymore, she only speaks a few short words in a sort of telegram style.

She has always been a bit quiet, but it has become much worse in the last few weeks.

She doesn't participate in class

work at school anymore, she doesn't even answer questions from other children. All she wants is to hang around her mother all day, or sit on the sofa giggling with her sister. Her brother is beginning to dislike her intensely.

She is afraid to be alone and needs her mother to be near her. She doesn't want her mother to shut any doors in the house, in case she can't see her anymore. In the past she used to bang on the windows every time her mother went out. When she was a toddler

she used to grab her mother's face between her hands forcing her mother to look at her all the time. She likes sitting on her mother's lap too. When she went to playgroup for the first time she yelled and screamed and pulled her hair out and later on when she went to primary school and her mother dropped her off in the morning she wanted to be kissed a hundred times before she let her mother leave. A possible cause for all this kind of behaviour was the fact that her parents had their own business

to run and there wasn't much time for the children.

She is a very sweet child who is often the odd one out. She likes playing with dolls: she takes her dolls and the dog about for a walk together. When she was younger she used to spend whole days doing nothing, just sitting there.

She suffers from frequent colds with swollen glands in the neck. This happens after drinking milk. Milk also causes her to have foul-smelling diarrhoea with stomach pains that make her bend double.

She used to get migraines from drinking milk.

When her mother was expecting her it was the third pregnancy within a very short time. Her mother felt very alone in the place they were living, as her father worked in another town so they didn't see each other very often. The mother breast fed the baby for 5 months and this went very well, but when she changed her to bottle feeds the problems started. The child got a bad cough, starting at 6 every morning, her head swelled up

and she got dark rings under her eyes.

Now as a teenager she often eats little snacks between meals and she takes a long time chewing her food.

Generals

Weather: coldish, cold hands and feet; fear of thunderstorms.

Time: agg. 6 am.

Desires: sweet (3), chocolate, egg, milk, chicken.

Aversion: spices, buttermilk, lemon.

Food: agg. milk.

Sleep: light, wakes up from the slightest sound.

Analysis

A silent girl is a key phrase in this case, which immediately gives us a clue to the remedy Natrum (silent) Lacticum (girl). The silence is obvious: her answers are short, she hardly talks at all, she shuts herself off from friends at school. She is also a real girl, not only because of her age, but because of her overall behaviour: she likes to play with dolls and she hangs around her mother all day.

The pregnancy came too soon after the previous ones and the

mother felt very alone during this time. These are typical Natrum Lacticum symptoms. Other Lacticum symptoms: agg. milk, diarrhoea after milk, agg. changing from breast feeding to bottle feeding, -amel. sweet (3) and milk, eating snacks in between meals, agg.- buttermilk. The light sleep fits the Natrum picture.

Reaction

One month after Natrum Lacticum 1M everything is much better. She has started doing her homework again and her marks are improving. She

now plays football outside with the other children. Her colds have stopped, although she has the occasional runny nose still. Her glands have gone down, she can tolerate milk and eats fewer snacks in between meals. Her mother says that she is not nearly so emotionally dependent anymore. A year has passed since and she is still doing well.

Natrium causticum

Natrum causticum is an alkali, sometimes called caustic soda. Its homoeopathic properties are unknown so far. I will not distinguish between the oxide and the alkali for the purpose of the overall picture, as they are closely related to each other: $\text{Na}_2\text{O} + \text{H}_2\text{O} \rightarrow 2 \text{NaOH}$.

Signature

Natrum causticum is used to unblock drains. It is also used to clean wounds and to remove bacteria and fungi from glass.

Concepts

Natrum

Impulsive relationships

Changing contacts

Vulnerable

Lack of perseverance

Withdrawn

Alone Lonely

Closed Silent

Causticum

Idealism

Injustice

Indignant

Abuse

Victim

Corruption

Group analysis

**Abused due to impulsive
behaviour.**

**Indignant about being left
alone.**

Hurt by corruption.

**Being left alone because they
always ask for attention.**

A lonely victim.

A silent tramp.

**Picture of Natrum Causticum
Essence: Abused due to their
impulsive behaviour.**

**Abused because of their own
impulsive behaviour**

**They have a strong tendency
to make contact with others on
a sudden impulse.**

It is their need to be appreciated that makes them do this, but they don't stop to think beforehand whether the other person is suitable, or whether he even wants this.

This leads to situations where they get abused because of their own naive behaviour.

Indignant about being left alone

They are extremely sensitive to both rejection and lack of appreciation. They get very indignant at the slightest hint of rejection. They want to feel appreciated even in the most

everyday conversation and when the other person doesn't make a special effort to say how much he values them they immediately feel hurt. So they are bound to get disappointed many times, especially in the beginning of a relationship, when appreciation hasn't had a chance to develop yet. As soon as they feel rejected they give up on the relationship altogether.

One single person who appreciates them

They like to have one single person who shows that he or

she cares, such as a boyfriend or girlfriend who is there to take care of them, to support them and to tell them that they are being appreciated. The need to have this reaffirmed all the time stems from their own insecurity and weakness. When they hear how much they are appreciated they feel stronger and also less lonely.

Hurt by corruption

They have a strong sense of justice and easily take up the fight for a good cause. They are very sensitive to corruption, lies and 'dirty tricks'. They are

quite likely to fight things out in court, especially because they feel that nobody else will do it for them anyway. They often feel very alone in their fight for worthy causes.

Left alone because they seek attention

They have very high expectations and feel that others should give them all the attention and appreciation they deserve. When this is not immediately forthcoming they tend to moan like a spoilt child. However, this emotionally immature

behaviour puts other people off, as they feel pressurised and soon decide to leave them to their own devices.

A lonely victim

Eventually they begin to feel like a very lonely victim, like a wallflower totally ignored and left out. Nobody takes any notice of them anymore, nobody cares. They feel like a piece of dirt.

At the same time they feel that nobody needs their appreciation either, nobody is waiting for what they have to give, either in the form of love

and attention, or support, or money or whatever. This situation often comes about after the death of a partner or parents or friends.

A silent tramp

In even more extreme cases they may resort to living like a tramp. They let themselves go because they are not worth anything to anybody. Nobody cares about them, nobody is waiting for them anymore.

They get depressed and empty and feel there is no point in living. There is no hope of a better future, nothing to look

forward to. They end up doing nothing, neglecting themselves and sometimes even committing suicide.

Expressions

Fear: alone (3), loss of relations, death, future, people, insects, wasps, mosquitoes, bees, large dogs (2).

Mood: sadness, gloomy, melancholic, pessimistic, thinking of the past.

Mental: nervous tension, tired, problems concentrating.

Sexual: agg.- sex, feeling asexual.

Art: -amel. music, soft,

classical, piano.

Generals

Build: thin.

**Weather: warm, agg. heat,
amel. outside, agg. mountains,
agg.- sun, -amel. shade, agg.
amel. sea.**

**Perspiration: copious agg.
nylon and synthetic materials.**

Time: agg. 11am, agg. winter.

**Desires: salt (3), starch, bread,
fish, alcohol, sweet (3),
chocolate, egg, milk, chicken,
tobacco.**

**Aversion: salt, fish, spices,
sour, lemon.**

Food: agg. fat, cheese, butter,

**pork, milk, starch, amel.
alcohol.**

**Menses: impatient and
depressed before menses.**

**Sleep: much (2), light, wakes
up at slightest sound.**

**Physical: agg. exertion (2),
amel. rest (2), agg. smoke, agg.
lying on left side.**

Complaints

Tiredness, low B.P.

Vertigo, blackness before eyes.

Headaches, agg. sun.

**Headache, pressing, above
right eye, eyebrow feels pressed
down, agg. working, talking,
amel. rest.**

Sinusitis, swelling of lymph glands.

Strabismus with left eye turned in. Right eye short sighted, left eye far sighted and lazy.

Nose blocked, epistaxis.

Throat dry, tickling, agg. talking. Loss of voice.

Coughs up white lumps.

Retrolental fibroplasia.

Blindness.

Hyperventilation.

Liver problems, liver insufficiency, hepatogenic toxemia.

Kidney problems.

Burning of the feet.

Vitiligo.

DD: Carbon series, Silicium series, Stage 1 and 16, Causticum, Lithiums, Magnesium, Neon.

Case

A 40 year old woman has a nervous breakdown. She feels tired and depressed, and doesn't feel like doing anything. She cannot concentrate. She feels suicidal and wants to cut her wrists. Everything is worse when she has lots to do, when she has to take care of herself and when

the weather is warm and damp. When she drinks alcohol things go a little better, and it helps her through the day. She has suffered from periodic bouts of depression for 15 years.

She has no work; she is doing a course to become a librarian, but it isn't going very well because she can't concentrate. She has never had a relationship because she feels asexual and she is a lesbian.

She is a rational type of person but underneath lies an emotionally immature little child. Her father was like this

too: he had the tendency to make life as difficult as he possibly could. She feels very alone, although she says that she is very kind and loyal. She tends to 'stick to her guns', especially because nobody ever supports her. She once lodged a complaint against a woman psychiatrist and took her to court because of improper treatment. Apparently this psychiatrist had asked her G.P. for some background information without asking her first, and had called her a 'spoilt child'.

She is an only child and her parents were quite old when she was born. Her father never showed much feeling, he was only interested in school reports. He always talked school and duties. Her relationship with her mother was very good, almost 'too good'. Her mother had an aversion to sex and her father respected this. Her father used to smoke and drink a lot, especially after her mother died. She is very like her father.

She was good at school and her

father thought this was very important, although he had been a poor learner. She didn't like art or games. She felt left out because she was interested in homework. She went to dancing lessons for a while because her father told her to. She hated it because she was always a wallflower. She couldn't keep to the rhythm and she didn't like the boys. She also sweated a lot because she had to wear nylon tights and dresses. She often as if felt her feet were on fire.

She was often homesick as a

child. Her mother died when she was 20 and her father when she was 37. After that she felt as if she didn't belong anywhere.

She is afraid of heights (2), insects, wasps, mosquitoes, bees and large dogs (2).

When she was a 7 week old baby she had to go to hospital because there was something wrong with her thyroid, so she was given hormones. When she was 14 her thyroid was 100% inactive. When she was 4 she had an operation to correct her eyesight: she had a squint in

her left eye. When she was 18 she had another operation because her eye was turning towards the outside this time. She still has a squint, she is shortsighted in the right- and far sighted in the left eye. She also has a lazy left eye.

When it is sunny she keeps the curtains shut all day, because the windows face south-west. Her mood can best be described by quoting some passages from a letter she wrote to me after the first consultation: 'I feel that there is nothing to look forward to, and my situation

will never improve. I feel like a piece of dirt, nobody is interested in me. All they do in the 'Crisis centre' is to pump you full of anti depressants and then talk about what might have caused the depression. And all a psychiatrist does is to give you electric-shock treatments, then some devastating medicine, and then some talk.

I know very well what has caused my depression. What I want is one single person who will stick up for me, who will take care of me when I am

unable to do so myself, one single person who really cares whether I am alive or dead.

Other people tell me how strong I am, but that is only an excuse so they won't have to do anything. As far as they are concerned I might as well drop dead. Nobody who thinks that I should carry on living is prepared to do anything to help me do this. Nobody wants me to commit suicide, but nobody wants to be there for me either. Nobody wants to care for me until I can manage by myself again. My life is not important

to anybody. So why should it be important to me? I have nothing to look forward to, only misery. I find no pleasure in hobbies or in study or in anything. There is nothing to relieve the endless misery.

The only thing that would really help me is an unpotentised dose of arsenic. My life is meaningless. Nobody is dependent on me, either emotionally or financially. An easy death is all I desire. The only thing that would change this is if somebody were to come and put his arm around

me and tell me: 'It's you I want to live for: together with you life would be good. I will help you until you feel deep down that life is worth living again'. But this is merely an illusion. There is nobody who will do this for me. I won't be missed if you dump me on to the rubbish heap.

Generals

Weather: agg. damp heat (2), sun and sea; -amel. thundery and stormy weather; amel. outside, wind, mountains, woods (2).

Perspiration: agg. damp heat,

synthetic clothes.

Time: agg. 9 am; agg. summer and December.

Desire: milk, yogurt, alcohol (3), filleted or smoked fish like salmon.

Aversion: A hot meal that has gone cold, sour, pepper, fish (3), ginger (2), chicken, tobacco, curry, too much pepper.

Food: agg. ginger, curry, lemon juice; amel. alcohol.

Menses: restless and depressed before menses.

Sleep: wakes up at 4 am. and can't sleep again, agg. after

alcohol.

Analysis

The desperation this woman feels is very obvious, together with the feeling of extreme loneliness. This makes us think of Natrum, further confirmed by the desire to have one special person in her life.

And what does she expect from this one single person? That he will stick up for her, that he will appreciate her and that he really cares that she stays alive. These themes indicate the Carbon series. Other indications for the Carbon

series: she is an emotionally immature child, agg. death of her parents, homesickness, listlessness, asexual.

She feels as if she is merely a piece of dirt, which is typical of Oxygen.

Adding up all these different pieces we get to Natrum oxidatum which, when dissolved in water, gives Natrum causticum.

Her fights against injustice fit with the causticum element. She rebels against the impersonal treatment she gets from the psychiatrist, and from

other people who don't want to get involved.

Other confirming symptoms for Natrum: wallflower, depressed, suicidal, agg. sun, agg. warm, -amel. salt, agg.-fish.

Other Oxidatum symptoms: suicidal, listless, many fears, agg. heat, agg. damp, not wanting to eat, -amel. sweet, -amel. and amel. alcohol.

Reaction

One month after Natrum causticum 1M she feels a lot better. The utter misery has gone and although the fits of

depression still come and go. Six months later she no longer feels suicidal and she has moments when she does not feel depressed anymore. After a year she tells me that other people have started to like her because she no longer bothers them with her sob stories.

Natrium fluoratum

Natrum fluoratum is the only combination remedy that is described in both my books. I am repeating it here because there is some new information I got from a few provings that

can clarify the overall picture.

Concepts

Natrum

Impulsive relationships

Changing contacts

Vulnerable

Lack of perseverance

Withdrawing

Alone Lonely

Closed Silent

Single

Fluoratum

Immoral

Breaking taboos

Glamour

Possessions Gambling

Sex

Hard
Superficial
Narcissist
Psychopathic
Lively
Group analysis
Different contacts in the world
of glamour.
Easily hurt by glamour.
Impulsive sexual relationships.
Easily hurt in sexuality.
Withdrawn in sexuality: hidden
sex.
Lonely in sex.
Abandoned because of money.
Breaking off all contact and
withdrawing.

**A lonely psychopath.
Picture of Natrum Fluoratum
Essence: many different
contacts in order to belong.
Changing contacts in the
glamour world
They are very impulsive in
their contacts within the
glamour world. They want to
belong and be appreciated.
They like to sit in cafés and go
to nightclubs where they
usually drink a lot of alcohol
because it makes it easier to
talk to all these new people
they want to meet.
Easily hurt by the glamour**

world

They are easily hurt and soon feel they don't really belong. They soon feel very lonely in this type of society.

Impulsive sexual relationships
They are very quick at making sexual contact. They act on an impulse, partly because they don't want to be thought of as a coward, because that would mean they didn't belong anymore. They are easily aroused and they flirt and show off and go for 'quicknesses', just to prove that they have made it, or to suppress their feeling of

loneliness.

But they can also be very passionate and have a very intense sexual relationship with one special person. They like to indulge in erotic fantasies and games like bondage. A typical theme is that they can't make up their mind anymore whether they want to have sex or not. For instance, a girl will meet a boy in a cafe and she will feel that she has to go to bed with him, even though she has only just met him.

Hidden sex: incest

A very characteristic situation is that of incest, the taboo that nobody is allowed to talk about. This often happens in societies where the subject of sex is taboo altogether, where the children are not told anything about the subject so that they grow up in ignorance and confusion. The result is that they simply allow it to happen, hoping that the desire will come afterwards, or that it will at least relieve them of their deep loneliness.

Easily hurt by sex

They are easily hurt and often

feel very vulnerable about anything to do with sex.

Alone for fear of sex

They feel they can't refuse to have sex although they don't like it. That is why they would rather avoid meeting people. It is a sort of self denial. In fact they deny the possibility of having their their own say in the matter. They may also feel very alone during coition and cry afterwards.

Abandoned because of money

They are always very concerned about money because they are afraid of not

having enough. They start to keep accounts of how much they spend on others, because they are afraid that other people won't like them anymore when they have nothing left to spend. They inevitably get very disappointed when others ignore them because they have run out of money.

Breaking off all contact and withdrawing

When they have been disappointed they tend to withdraw into themselves. They feel so hurt that they will break

off all relationships without a second thought. They feel nobody cares about them anyway so they they might as well be abrupt and go and live by themselves.

Alone and hard

This behaviour seems hard, but is is a form of self protection. Another form of self protection is to get very loud and vulgar, screaming and shouting like a fishwife.

A lonely psychopath

In extreme circumstances they may start to manifest criminal behaviour, torturing others

without a second thought.

When their conscience starts to speak they suppress it so quickly that they don't have time to listen, so that it looks as if they have no conscience at all.

Expressions

Fear: vague (2), unknown, poverty (2), murder, life, strangers, future, travelling, flying, open spaces, crowds, failure, disease death.

Dreams: sex, hermaphrodites, transsexual, incest, toilet, naked, olive green circles, snakes, everything bursting

into flames.

**Mood: depressed, listless,
meaningless, obsessive,
suicidal.**

**Aggression: aggressive,
kleptomania.**

**Causes: humiliation, noise,
puberty.**

Generals

Locality: right.

**Weather: warm, agg. heat, agg.
sun, amel. outside.**

**Perspiration: cold sweat under
the arms.**

Time: agg. 11 am and 9 pm.

**Desires: salt, fish, starch,
alcohol (3), spices, fresh, sour.**

Aversion: sour (2), fish, milk, sprouts, fruit.

Sleep: on left side.

Physical: amel. motion, violent motion.

Complaints

Anaemia. Leukemia.

Lymph glands hard, painful, swollen; abscesses and fistula.

Hair very thin.

Affections of teeth, caries.

Arteriosclerosis. varicose veins.

Vaginitis; leucorrhoea yellow/green, thin, sticky, burning, agg. before menses, agg. coition; urethritis, sexual

**diseases, chlamydia,
trichomonas and gardnerella.**

**Carcinoma of cervix, sexual
complaints, retained placenta.**

**Arthritis with malformation of
hands. Hypermobility joints and
ligaments (2!).**

**Malformation of bones,
exostoses (2).**

**DD: Carbon series, Stage 16,
Aceticums, Nitricums,
Muriaticums, Sulphuricums,
Veratrum, Ferrums.**

Case

**A 35 year old woman suffers
from vaginal infections. She
has yellow/green slimy, thin**

and burning leucorrhoea. The urethra is red. The complaints are worse before the menses, the day after coition and after stress at work. Four years ago she had cancer of the cervix which was removed by cryocoagulation. Seven years ago when she was pregnant she had a chlamydia, trichomonas and gardnerella infection. But the general complaints in this area have been there since puberty. The first pregnancy went very well, with only slight nausea and anaemia. The birth was 'over like a flash' but the

placenta remained behind for a long time. During the second pregnancy she felt very sick for three months and she was afraid her baby would be born too soon. When her daughter was born 6 weeks early she felt guilty and got depressed. She also had bad after-pains. At the same time she got very disappointed with her mother who didn't come to see her until she could get a cheap rail ticket.

When she was 9 years old she had come to the conclusion that she had to do everything

on her own in life. She felt that her parents couldn't help her because they didn't understand her.

She had a very protected childhood, being brought up in a Calvinist environment with strict rules. She always had to be home by 12 o'clock. Her mother was very intimidating and used to blackmail her, which gave made her feel guilty.

Nobody ever told her about sex, the subject was totally taboo. When she was 17 she first went to bed with a boy

who was just out for a laugh, it was awful for her. She is still not keen on sex: there is always a feeling deep down of having to be on her guard in case 'she gets terribly hurt'. This is still a problem in her relationship with her husband, because she doesn't feel like sex. Her way of dealing with it is to think: 'Let's do it and get on with it, perhaps the enjoyment will come later'.

When she was 20 she left home; it was a resolute break with the old way of life. She broke off her engagement,

never touched her violin again and started to go out with many different boyfriends.

She can be very stubborn at times. When she wants something she doesn't give up. Sometimes she screams like a common fishwife when her children are going too far. She is very sensitive to noise.

Generals

Weather: cold, agg. heat; agg. gloomy weather; agg. damp, -amel. thunder, agg.- wind; amel. mountains.

Perspiration: cold sweat under arms.

Time: agg. evening, 8 pm.

Desires: sweet, chocolate, savoury, cheese, sauerkraut, carrots.

Aversion: sour (2), fish, milk, sprouts, fruit.

Menses: every 35 days; irritability and spotting beforehand.

Sleep: good, on left side.

Analysis

Sexuality plays a large role in this case. This is a pointer to the whole Carbon series, but to Fluorine in particular. The Fluorine theme is present in other aspects of her case, like

the taboos and the sudden break with taboos. She broke off her engagement and started to go out with lots of boys. The same theme of suddenly breaking with the old shows in her suddenly leaving the violin and never touching it again.

Sexually she feels blocked: she lost her virginity to someone who didn't care and it was awful. She has to be careful that she doesn't get terribly hurt. This aspect of holding back points very strongly to Natrum. It is quite remarkable that she still thinks that the

enjoyment will come eventually.

Another Natrum symptom is the feeling that she has to do everything on her own, and that nobody understands her.

Other Fluorine symptoms: screaming like a fishwife, blackmail, mother didn't come till she could get a cheap rail ticket, agg. heat, agg. 9 pm, sweat under armpits, retained placenta, yellow, green leucorrhoea, agg. before menses, agg. coition.

Natrum symptoms: sensitive to noise, irritability before

**menses, agg.-sour (2), fish,
milk, sleep on left side.**

Reaction

**One month after Natrum
fluoratum 1M she feels better
and has more energy. She feels
more warmth towards her son
who has become more open
towards her. She has started to
appreciate how nice he really
is. The leucorrhoea is less,
sometimes not even there at
all. She is less irritable before
the menses. The headache is
almost gone: it is only there
occasionally when she done a
lot of exercise.**

Proving

By Francois Weber

Dream: I am in a cosy typically Dutch sort of village where I meet a servant girl. She is wearing a low cut dress with ruffles and I feel drawn to look at her breasts [Fluorine]. Later on she comes up to my (?) room. I tell her I want to see her breasts and she says that she would like to be tied up [Natrum]. When she undresses she turns out to be half woman, half man [Fluorine]. I want to walk away but instead I go up to her quickly [Fluorine], push

the 'manly' part aside and have sex with her. I immediately feel guilty and I suddenly realise I am at home and that my wife might come in any minute so I quickly get rid of the girl.

The next day I took Natrum fluoratum C200. That night I feel very passionate and my sexual experience is very intense, with much fore- and after play and a deep feeling of love.

The day after that I took a dose of C1000. I went to Amsterdam to do some business, but I got side tracked

to a street cafe and I had sexual fantasies [Fluorine] with thoughts of erotic clothes and bondage [Natrum] about everyone who passed by. I am totally absorbed by this for about 2-3 hours and I only drink a couple of beers. I meet a colleague who also happens to be in town and who talks to me about 'Homoeopaths without Frontiers' (which is a very apt description for my state at this moment!). He says he is going to buy himself a little present. Everything seems quite bizarre. That same night I have

another dream: I have taken my wife to an all-night cafe. We are drinking quite a lot [Fluorine]. I feel a bit absent-minded. My wife is paying for the drinks and she asks for a receipt for every round she pays for. Every round cost 100 guilders I notice [Fluorine]. When we leave she stumbles down some steps and doesn't get up. I examine her ankle which is completely limp, I can twist it around to all sides without any resistance [Fluorine]. We take a taxi but there is some confusion about

her red leather coat and handbag, as if the taxi driver had stolen them [Fluorine]. We can't solve the problem and decide to walk home. The church tower shows that it is 3 in the morning. We are followed by two girls and I feel that I am flirting with them.

Second dream: A child has been murdered in our house. Everyone knows that our neighbour has done it and that it has something to do with incest [Natrum fluoratum]. She has been stabbed. Suddenly I realise that I might be the

murderer myself and I run downstairs with blood dripping from my hand, which I wipe on the white bathroom walls. It is an awful realisation which I immediately ban from my mind again [Fluorine] coming back to the belief that my neighbour has done it.

Third dream: I feel very irritable about some children who are talking loudly. I think of punishing them by stabbing their legs with a fork.

My wife's experience after Natrum fluoratum C200 under her pillow:

First dream: This is about a family member who has died and who has snakes coming out of his mouth. I don't feel anything. Afterwards everything is consumed [Stage 15 or 17] by flames. It was very beautiful (normally I am very afraid of fire).

Second dream: Something had happened to the children. One of them was lost. Eventually I found the child covered in needles like a pin cushion. It made me think of incest [Natrum fluoratum]. Also a feeling as if people stayed away

because they felt irritated by my little son.

Dream: I wake up because I hear my daughters voice (who proved to be asleep). It feels as if I have to make a choice, but I can't. I feel all the time 'I can either go left or right'.

Dream: about olive green circles.

Dream: I am going somewhere but I have chosen the wrong time. There is a funeral but nobody is showing any emotion. All the colours are muted. The coffin is being carried along a pier towards the

sea [Stage 17]. The body has to (?) be dropped into the sea.

When the coffin was opened up I thought: 'This woman has died of leukemia at the age of 37'. She had very thin hair.

Next day: I feel very lethargic, much quieter than usual.

Another of my own dreams: I am in a public toilet and there are girls standing in front of the urinal. When they see me they giggle, quickly do up their flies and walk out. Transsexual behaviour [Fluorine] again.

Natrium silicicum

Concepts

Natrum

Impulsive relationships

Changeable contacts

Vulnerable

Lack of perseverance

Withdrawn

Alone lonely

Closed silent

Silicatum

Image

Relatives

Family image

Father

At home

Timid

Stubborn monomania

Family minded

Group analysis

Changeable contacts from the example they got at home.

Impulsive in their dealing with the family.

Closed in order to protect their image.

Sitting silently at home.

Changeable moods about trifles.

Vulnerable and stubborn.

Picture of Natrum Silicatum

Essence: Changeable contacts within the family.

Changeable contacts within the family.

These people are not used to making contact with the outside world because nobody at home showed them how to do this. They do try but they easily get hurt and then they decide they would rather stay on their own. The family they have been brought up in is usually not very keen on contact with outsiders, so they don't know how to go about it and are rather awkward in their behaviour with strangers.

Closed in order to protect their

image

They don't like to talk about themselves, because they are afraid that their image will collapse if they say too much. They are afraid that anything they say about themselves will be used against them. Their image is very important to them and they try to cultivate it by hard work and serious study. They tend to be perfectionists to such a degree that they get lost in details and become obsessed by the thought of making a mistake. They also find it impossible to

consult other people and ask for advice, as they feel they have to do everything by themselves.

Quietly sitting at home

They are very shy and prefer not to talk, especially when strangers are present. Apart from their family members they hardly know anybody. They like to have one close friend, but if they happen to lose this person they don't make the effort to get to know someone else. They feel most comfortable when they are at home with their family,

although they are very quiet even at home. They also find it hard to leave home when they grow up.

**Changeable moods from trifles
They can get very upset by the slightest thing. An innocent remark made by someone in the family is enough to make them very angry, and nobody understands what they are suddenly so upset about. Here again they tend to withdraw in case other people get a wrong impression of them. They tend to hide behind their obsession with details. As long as they**

can talk about the details they don't have to show their inner feelings and they still appear to be making contact with other people.

Obstinate and vulnerable

They like to appear as if they can manage very well by themselves, as someone who is full of confidence who will handle anything that comes his way. But underneath they feel very lonely. They can't show this however and they prefer people to think of them as someone you shouldn't get too close to. Their obstinate

behaviour is purely so that they don't have to show their vulnerability.

Expressions

Fears: needles, injections, trifles, narrow spaces, not waking up anymore, failure, exams, dark, loss of relations, death, future, people, alone; easily startled, agg. noise, unexpected events.

Dreams: crystal, ice, mirrors, clairvoyant, cobwebs, needles, friends, schoolmates, family.

Mood: refined, delicate, aristocratic, artistic, sad, gloomy, melancholic,

pessimistic, thinking of the past.

Mental: forgetful agg. exams, absorbed in occupation or reading, monomania agg. trifles, precise, punctual [crystal], mathematical, perfectionists.

Contacts: sympathetic, clairvoyant, clairsentient.

Hobbies: music, particularly classical, soft piano music.

Causes: loss of parents, family, friends.

Generals

Build: thin, tall, fragile, old looking.

Locality: right.

**Weather: cold (3), blue from the cold, bluish purple nails
agg. cold, agg. cold water, agg. getting undressed, agg. cold wind; cold hands and feet (2); amel. heat; agg. draught (3), agg. outside; agg. sun.**

Perspiration: profuse, stinking foot sweat (3!), night sweats, agg. cold.

Time: agg. 11 am, agg. full moon; agg. winter, December.

Desires: egg, salt, cold food, fruit, milk, starch, fish.

Aversion: milk (2), mother's milk (3), salt, meat, broccoli.

Food: agg. fat, milk (3), starch, broccoli, alcohol, fasting.

Sleep: light, much tossing around.

Physical: agg. agg. vaccinations, radiation; amel. massage, magnetising; agg. coitus; agg. soap, agg. lying on left side.

Complaints

Pains: stitching, as if pricked by needles or splinters.

Sensation of a hair.

Discharges: thick, yellow, hard, stinking of old cheese, difficult to dislodge.

Inflammations: chronic,

obstinate, hard; abscesses.

Epilepsy, petit mal.

Headaches, from occiput to forehead, agg. sun, agg. walking.

Ear infections. Pustules in nose.

Colds, sinusitis. Swollen glands, Pfeiffer.

Teeth: caries, crooked, large incisors; agg. dentition.

Vascular problems.

Constipation with hard stools which slip back.

Kidney problems. Enuresis.

Arthritis, arthrosis. Back problems, scoliosis.

Brittle bones, not very elastic; rickets, exostoses.

Skin: thin and delicate, sensitive, fissures; agg. tips of fingers.

Wounds: heal slowly, keloids.

Boils and acne.

Eczema: itching, flaking, red, dry; occiput.

Hair: thin, brittle, grey, pronounced forelock (Geukens, seminar Wageningen).

Nails: brittle, crumbling, fungus, yellow or brown or black, ingrowing, white spots.

DD: Silicium series, Stage 1 and 10.

Case by Anton Kramer

A 20 year old woman has suffered from Pfeiffer's disease (glandular fever) for 3 months. She goes to college because she can't afford to miss any lectures, but she is really too tired and it is getting worse all the time. She cries when she thinks about not being able to finish her studies. She has a sore throat and a heavy head, especially round the eyes. She sweats a lot, mainly under her arms, worse in the cold. She has ice cold feet, worse since she got ill. It all started with

headaches which were worse when she walked. She has swollen glands.

She is in her second year of study to become a physiotherapist, but she still has parts of the first year to catch up on. She never took biology before. She wants to prove herself. She is very shy and usually waits to see what happens when she first meets some new people. When she is in a group she is always the last person to speak. She checks the door at least half a dozen times when she leaves the

house. She also checks herself all the time when she is studying: she has to be thorough and precise in everything she does. She mentions all sorts of small and unimportant details to me.

She often wakes up at 5 in the morning, panicking about getting behind with her studies.

She is afraid of thunderstorms (3), lifts (3), being alone (3), horror films and the news on T.V. , at night, dark, going to the toilet at night.

She has several moles on her neck.

She still lives with her parents and doesn't want to leave.

She appears to be a self confident woman, not to be interfered with.

Generals

Weather: cold; agg. sun, agg. heat.

Perspiration: agg. cold.

Time: agg. 4 or 5 am.

Desires: sweet, chocolate (2), cheese, salt, fish, egg, milk.

Aversion: meat.

Sleep: wakes up from noise.

Analysis

What struck me most was her resistance to talk about herself:

she wouldn't tell me what was really going on. This made me think of Natrum.

The problems with her studies could indicate the Ferrum series. The shyness could fit with Calcarea, except that she is a bit too closed for Calcarea. She also comes across as very self assured, in total contrast to this shyness.

Another striking symptom was the way she talked about all sorts of minor details that had nothing to do with the main story. This reminds us of Stage 10, and if we add the coldness

and the tendency to control we come to Silicium, which fits very well with the general complaints. So Silica and Natrum together makes Natrum silicatum. Now we see how the reluctance to leave the family home and live on her own also fits into this picture. Also the tendency to talk about details (Silica) in order not to have to talk about what is really going on (Natrum), so that her image (Silica) can remain intact.

Other Silica symptoms: fear of dark, swollen glands, cold, cold feet, profuse perspiration agg.

cold, agg.- meat.

Natrum symptoms: fear of being alone, waking from noise, agg. sun, agg. heat, -amel. salt, fish.

Reaction

She was first given Thuja 1M which aggravated the condition and made her head feel empty. Her energy also deteriorated and her sleep was worse, with palpitations. Many old symptoms got worse, for example an old inflammation of the tendon in the thumb, without amelioration.

She was then given Natrum

silicatum after which she had a general aggravation: headache, heavy eyes, couldn't open them, extreme tiredness, couldn't take any exams, stayed at home for a week.

After that she started to feel totally different. The laboratory test were much better, she was able to go to college again, she took up running. She needs less sleep and doesn't have cold feet anymore.

Natrium arsenicosum

This remedy is not very well known yet.

Concepts

Natrum

Impulsive relationships

Changing contacts

Vulnerable

Lack of perseverance

Withdrawing

Alone Lonely

Closed silent

Arsenicosum

Redundancy

Bailiff

Thieves

Avarice Poverty

Precise

Alone

Restless

Dissolution

Group analysis

**Impulsive in making contacts
otherwise it is too late.**

**Impulsively holding on to
relations for fear of being alone.**

Vulnerable and precise.

Alone like a thief in the night.

**Fear of being alone after
dissolution.**

**Silently fearful of making
mistakes.**

Fear of loneliness and poverty.

Picture of Natrum Arsenicosum

**Essence: fear of being alone
after a loss.**

**Impulsive in making contact
otherwise it is too late**

**They feel they have to make
contact otherwise things will go
wrong. There is always some
threat hanging over them,
either bankruptcy or disease or
death. They have to try and
avoid this by constantly
staying in touch with the other
person.**

**It may be a case where the
father or the husband is in**

danger of neglecting the family business. By constantly pointing out his responsibilities to him they try to make him aware of the situation and make him feel less alone. They like to make it clear that they are there for the other person, but at the same time they want it be known that they don't want to be left to their own resources either.

Another situation would be that of a person whose parent is no longer able to cope and threatens to commit suicide. That threat is always in the air

and all the person can do is to stay in touch with the parent all the time in order to avert disaster. They can't afford to make a mistake, otherwise the outcome will be disastrous.

Vulnerable and precise

They are very vulnerable and very fastidious. They don't want to show this vulnerability and try and keep up a front of responsibility and fastidiousness.

Fear of loneliness and poverty

They are very afraid of being left on their own without any money. So they are afraid of

anything that might possibly cause such a situation. This means that they keep a constant check on everything and everybody and they get extremely restless when something threatens to go wrong.

Expressions

Fear: disease, health, cancer, heart disease, death, alone (3), others, thieves (3!), burglars, poison, murder, expectations, failure, criticism, contradiction, being looked at, anticipation, constriction, loss of relations, future, people;

**easily frightened, agg.
unexpected events.**

**Dreams: futile efforts,
paralysis, robbers, thieves;
carrying a child on the beach
and suddenly being surrounded
by water.**

**Delusions: death, falling,
thieves, mistakes, neglected
his duty, crime.**

**Irritability: agg. mistakes, agg.
contradiction, agg. insult.**

**Mood: complaining, gloomy,
crying.**

**Causes: loss of job, loss of
money, burglary.**

Generals

Type: brown hair, thin.

Locality: right.

**Weather: cold (3), cold feet,
amel. heat (3), amel. sun, agg.
amel. sea.**

**Time: agg. 1 and 11 am;
periodical.**

**Desires: sweet, sour, vinegar,
fruit, lemon, refreshing,
mustard, spices, milk, coffee,
warm food, fat, salt, fish,
starch; drinks small sips.**

**Aversion: fat, meat, fish,
starch, salt.**

**Food: agg. melon, sour, fruit,
strawberries, ice-cream, milk,
starch, alcohol, spoiled food.**

**Sleep: restless, sleeplessness;
sleeps on back with hands
under head.**

**Physical: agg. lying on left
side, agg. pressure, agg. smoke.**

Complaints

Weakness, emaciation.

**Pains are burning, amel. heat
(3).**

Cancer, Leukemia, Sepsis.

Paralysis.

**Headache, feeling as of a band,
left sided, radiating to eye and
ear, agg. stooping, agg. lying
down, agg. sun. Vertigo.**

Pain in eye agg. light.

Colds; hayfever; watery, acrid

discharge; sneezing.

Asthma. Anaemia (3).

Stomach complaints. Nausea and vomiting small quantities.

Diabetes.

Diarrhoea in small quantities, frequent, foul odour, with stomach cramps; cholera.

Kidney problems. Oedema.

Syphilis.

Eczema, red, flaking, dry; psoriasis; thick skin on palms of hands and soles of feet; hair loss; problems with nails.

DD Silicium series, Ferrum series, Stages 1 and 15.

Case by Rienk Stuut

A 43 year old woman comes suffering from migraines, which started when she was still at primary school. The pain starts in her neck and comes up over the back of the head to behind her left or right eye. The feeling is as if she has a tight band around her hand, amel. band-like pressure, amel. cold, while the rest of her body wants heat. She feels cold and her feet are cold too. The pains are agg. noise (3), agg. light, agg. sun (3). It affects her eyesight and her ears start to buzz. She feels as if her head

will burst and it frightens her.

The complaints started when her parents were quarrelling a lot. This frightened her. She didn't show that she was afraid because she wanted to keep up a brave face in front of her two younger sisters. She always tried to mediate between her parents and would go from one to the other to try and soothe the fights. When she was 12 her parents got divorced and this was a relief to her. But afterwards her mother proved to be very unstable emotionally, and she even had

to stop her mother from committing suicide one day. She used to feel restless when she was at school, because she was always wondering 'what her mother was up to '.

She is tall and slim with a very refined, aristocratic sort of look. She is friendly but rather reserved. She likes to keep an eye on everything, wants to keep things under control and know what is going on. She is very conscientious and precise. When she has planned something it has to happen. Even when she is in pain she

will carry on and suppress the headaches with painkillers.

Dreams: She dreams that she is walking on the beach carrying a child in her arms, but when she turns round there is suddenly water everywhere and she gets very frightened.

Work: she used to be a dental nurse.

Weather: coldish, agg. cold, agg. heat, very tired agg. sun.

Desires: bitter (2), chicory, sweet.

Aversion: fat (2), meat.

Analysis

The most important part of

this case is the story of her childhood. She always had to be on her guard in case her mother tried to commit suicide, she had to check constantly that her mother was all right. Homoeopathically translated this means she always had to make contact (Natrum) to avoid her mother from terminating (Arsenicum) her life.

There are other ways of translating this situation but her presenting symptoms fit the above mentioned combination of elements.

Arsenicum symptoms: refined, tall, aristocratic, controlling everything, conscientious, precise, cold, agg. cold, -amel. sweet, agg.- fat and meat.

Natrum symptoms: reserved, sensation as of a band, amel. pressure, agg. heat, very tired, agg. sun, -amel. bitter.

Reaction

Following a dose of Natrum arsenicosum the migraine disappeared completely after an initial aggravation.

Afterwards she had some hayfever-like symptoms for a while. Another dose of the

remedy removed these symptoms. She doesn't feel she has to have everything under control anymore and she can leave events to take their natural course.

Natrium bromatum

Although Natrum bromatum has never been proved it is still possible to get a general idea of the remedy by means of the group analysis.

Concepts

Natrum

Impulsive relationships

Changing contacts

Vulnerable
Lack of perseverance
Withdrawn
Alone Lonely
Reserved Silent
Bromatum
Terminating work
Redundancy Pension
Forced labour
Guilt Fault
Passion Aggression
Psychosis
Fleeing
Anti-social
Group analysis
Alone with their guilt.
Depressed by their aggression.

Withdrawing when they feel guilty.

Restricting themselves to avoid guilt.

Aggression held in check.

Withdrawing when they make a mistake.

Withdrawing makes them feel guilty.

Picture of Natrum Bromatum

Essence: The feeling that they are alone and have to deal with guilt on their own.

Alone with their guilt

They very easily feel that they have made a mistake and it makes them feel guilty. They

don't express this, however, because they feel they have to solve it themselves. So they tend to bottle up these feelings and get depressed. The result is that they withdraw into themselves. The best way to avoid making mistakes and not to have to feel guilty is to avoid seeing people and to do as little as possible.

Withdrawing when they feel guilty

Another variation is that they feel guilty about their own passions and aggressions. They are ashamed of this side of

themselves and they try and restrain it so that other people won't notice it. But by trying to keep themselves in check they feel even more lonely than they were before and it leads to a state of withdrawal and depression.

Withdrawing when they make mistakes

Being a victim of incest may be the cause of their feeling of guilt. They may feel that they asked for it and that it was all their own fault. They may even feel guilty about the fact that they are so quiet and

withdrawn and they think that they are asking for trouble because they are like this. The overall feeling is that there is nobody to talk to and they have to solve these problems on their own.

Expressions

Fears: failure, criticism, opposition, looked at, anticipation, loss of relations, death, future, people; easily frightened, unexpected events.

Dreams: futile efforts, paralysis.

Causes: incest, loss of family or friends.

**Mood: gloomy, melancholic,
pessimistic; amel. or agg.
music.**

Generals

Build: thin, blond, blue eyed.

Locality: left.

**Weather: warm, amel. fresh air,
amel. sea (3), agg. draught, agg.
sun.**

**Time: agg. 11 am. agg.
summer.**

**Desires: chocolate (3), salt,
fish, starch.**

Aversion: fat, fish, salt.

**Food: agg. chocolate (3),
tobacco, milk, starch, fish, salt;
amel. eating, cold.**

Menses: pain before menses.

Sleep: somnambulism.

Physical: agg. touch, lying on left side, dust, amel. motion.

Complaints

Acrid and watery discharges.

Chorea and epilepsy.

Swollen glands, hard, painless or painful.

Fever without perspiration.

Cancer.

Headache agg. sun.

Cold with acrid discharge, hoarseness. Air feels cold.

Mumps.

Enlarged thyroid. Hypo- or hyperthyroidism.

Allergic asthma with flapping of alae nasi, constriction in throat pit. Whooping cough.

Palpitations. Anaemia (3).

Stomach problems. Diabetes.

Kidney problems. Oedema.

Swelling, inflammation and cancer of testes and ovaries.

Acne, cobweb sensation on face, eczema on neck.

Dirty wounds with green, foul smelling discharge.

DD: Silicium series, Ferrum series, Stage 1 and 17, Badiaga, Fluoratum, Medorrhinum.

DD Natrum fluoratum: Both remedies may be indicated in

cases of incest, with the feeling they have done something that was forbidden and having nobody to talk to. The difference is that Natrum bromatum has a much greater feeling of guilt, as if they were the one who asked for it themselves. Natrum fluoratum has more of a feeling of being used and being rejected by everyone.

Case by Sonja Obbink

A 25 year old woman suffers from eczema, mainly on her neck, but also extending to her jaw line and down to the chest.

Also some patches on her eyelids and in the bend of the elbows. The skin is dry, purple/red and rough and itches very much (3). The problem started when she was 14, around the time of her first menstruation.

Modalities: agg. before menses, slow improvement during menses; agg. cats (3), evening (but never in bed); agg. coffee, chocolate (3), autumn, stress, after a shower (3); amel. summer, sun (3), sea (3), cold applications (2), pregnancy. Two weeks after the birth of

her first child she got a severe aggravation, and was covered from head to foot with eczema. The itching was terrible; she scratched until her skin was bleeding all over, agg. at night: it kept her awake all night. She was treated in hospital and given some cortisone medication. She felt very divided: on the one hand she had a child which made her very happy, and on the other hand she had this terrible skin condition which made her feel very ashamed. The next two pregnancies caused no

aggravations.

Sometimes she has a headache, throbbing, pain behind her eyes, as if the eyes are being pulled back, agg. sun.

When she is tense she feels herself trembling inside, which is sometimes visible on the outside. She can't stand being tickled.

Previous history: cystitis during her primary school years. She had her tonsils removed and she has had Pfeiffer. There is a family history of eczema and asthma.

Generals

Build: tall, slim, blond hair, blue eyes.

Weather: cold, agg. dry air, agg. sun.

Desires: sweet (2), egg (3), chocolate (3), meat (2), potatoes, vegetables.

Aversion: fat, fish, bitter.

Menses: irregular (4-5 weeks). Normal flow in the beginning, clots later on. Prolonged and scanty.

Sleep: on right side.

Mental/emotional: She talks quite openly about her problems. She has one elder brother and two younger

sisters. She has always been a good girl: she considered it normal to do as she was told. Her brother did rebel against his parents and although he never got punished she simply couldn't do it herself. 'Rules are there to be obeyed'. Her father had difficulty letting her go once she was engaged. Even then she did what her father wanted her to. She still finds it difficult to talk about it because she is afraid of hurting his feelings. When she gets angry she gets depressed: she suppresses her anger straight

away and doesn't talk about it until much later, for fear of saying something wrong. She once got told off at school and felt terribly ashamed: she hated herself for it. She is also a perfectionist as far as other people are concerned:

'whatever you show to the outside world must look good'.

She has difficulty speaking in public: it makes her blush and stutter. She hates all those eyes being focused on her. She never speaks in front of a group of people. She can't say no, not to strangers, but especially not

to friends. She feels uncomfortable: 'people expect so much of you'. As long as she can make others happy she is happy herself. So she goes round pleasing everybody otherwise she feels guilty. She wants to be appreciated. She worked at the post office for a while but she got terribly worried about making mistakes, feeling she couldn't handle the responsibility. Even though she is very precise and conscientious, she was still afraid that things would go wrong. A nightmare she had

during that time: she saw lots of money and everything went wrong. She didn't do her job properly and made all sorts of mistakes, which made her panic.

Analysis

The most striking aspect of this case is the feelings of guilt and shame. This makes us think of Bromium, which is further confirmed by: eczema on the neck, amel. sea, agg. chocolate, tension with internal trembling, blue eyes, blonde, being ashamed when reprimanded and fear of

making mistakes.

But which bromatum should we choose? If we take a look at the way she deals with her guilt we notice that she hates herself for it but she doesn't show it to anybody. She keeps all her feelings to herself. This is characteristic of Natrum, which brings us to Natrum bromatum. Her reaction to other situations seems to confirm this choice: She feels depressed when she gets angry and she doesn't like saying 'no' to people because it makes her feel guilty.

Other Natrum symptoms:

**amel. sea, headache agg. sun,
agg.- fish, agg.- bitter, doesn't
like speaking in front of a
group.**

Reaction

**She was first given Calcarea
phosphorica and Calcarea
sulphurica, without result. But
a month after she was given
Natrum bromatum I could see
it had worked the moment she
walked into the room there was
an openness about her that had
not been there before. She had
had a severe bout of 'flu'
without fever: a bad cold with
green discharge; dry, hard**

cough, green sputum; sore throat agg. swallowing, loss of voice; soreness in chest and stomach, agg. every breath. The eczema did not get worse, but it also appeared on her right arm for one day, after which it disappeared again. Five to six days afterwards her skin started to heal. Since this 'flu' her skin has been exceptionally good. She only had a relapse when she started taking the pill, but shortly after that it went away again by itself.

Case by Sonja Obbink

This is about a 25 year old woman who came with all sorts of vague complaints. She was extremely tired, got very hot on the slightest exertion with much sweating and trembling in her legs. She also had headaches and pains in her back. But the main problem was depression which made her want to crawl into bed to forget about the whole world.

She frequently makes mistakes at work. She is silent and withdrawn, worse when she is criticised. The problem started 4 years ago when she went to

live on her own. This move brought some feelings to the surface which she had tried to push down for many years. It was about her stepfather who had tried to touch her up when she was 14 years old. She had been very quiet and withdrawn at the time. She lived in her own little dream world. Her stepfather saw she was having problems and tried to help her which led to to the incident in question. She still feels guilty towards him. If she hadn't been so quiet he would never have approached her like that. She

feels she is worthless and has self destructive tendencies like refusing to eat and scratching herself until it bleeds (she has a big scar on her cheek from doing this). She also feels guilty towards boys: when a boy expects more of her than just friendship and she doesn't realise this straight away she feels guilty that she has unwittingly raised his hopes in vain.

She has a relationship with a boyfriend at the moment but she is very afraid of losing him because of all these problems.

Whenever they have a quarrel they ignore each other for days before they finally talk about it and make it up again.

Past history: warts on lips, inside nose and on left index finger.

Her father died in a car accident in 1978 and she has never expressed her grief.

Generals

Build: slim, blond, blue eyes.

Weather: sun (3), amel. sea (3).

Desires: sweet (3), salt (3), chocolate (2), egg (2).

Aversion: fat (3).

Sleep: on left side, grinding

teeth.

Analysis

The main theme is that she becomes very quiet and withdrawn when she is criticised. This leads us to Natrum bromatum straight away: Natrum withdraws and Bromium feels guilty. The patient associated the feeling with an unpleasant experience with her step father when she was younger. She used to be equally silent and withdrawn at the time. She feels guilty because she thinks that her step father approached her

because she was so very quiet.

The same theme can be seen in her attitude towards boys: she feels guilty because she feels she has 'led them up the garden path'. She isn't aware of their sexual intentions and she doesn't respond.

Another typical symptom is her self destructive tendency, scratching her own face until it bleeds. Also the grinding of her teeth, which points to the suppressed aggression, another strong Natrum bromatum symptom.

Other Natrum symptoms:

**warm, depressed, silent,
withdrawn, -amel. salt, agg.-
fat, amel. sea.**

**Boron symptoms: warm, blond,
blue eyes, -amel. chocolate,
amel. sea.**

Reaction

**After Natrum bromatum she
had a slight aggravation. After
that much more energy. She
has not felt depressed since
and the headache has gone too.**

Magnesium metallicum

Jurgen Becker has done a proving with Magnesium metallicum and Hug has described a case (1994) based on this proving.

I don't need to add much to the description of Magnesium in Homoeopathy and Minerals.

The general theme around relationships was already quite clear, with the fear of loss and the fear of divorce of the parents etc. The aggression and the pacifism proved to be indicative of the second stage,

i.e. related to space. They want to find out about their own place and their place within the relationship. This process is accompanied by aggression and territorial urges.

Signature

The name is derived from Magnesia, an old city in Asia minor. Another possibility is that it is named after the Magnesia region in the province of Thessalia in Greece. The word magnet also comes from Magnesium. Magnesium was discovered in 1775 and it is the 8th most common

element on earth. In its metallic form it quickly oxidises in air and emits a shooting flash of light. It was used by photographers in the past to act like a flashbulbs, and is still being used in firebombs and light rockets.

It weighs very little and is therefore used extensively in the building of planes, rockets and racing bikes. Talcum powder is used by gymnasts because of its water absorbing properties: its chemical formula is $\text{Mg}(\text{OH})_2 \cdot 3\text{MgCO}_3 \cdot 3\text{H}_2\text{O}$.

Chlorophyll, which transforms light into energy in plants, contains Magnesium too.

Concepts

Stage 2

Observing Noticing

Comments Criticism

Appreciation

Uncertain Timid

Defining space

Adapting Giving in

Passive Powerless

Protecting

Excluded

Silicium series

Relations Family

Other You

Love and Hate

Communication

Language Learning

Presentation

Play

Teenager

Home Neighbourhood

Group analysis

What is my place within the family?

Uncertain about the group.

**Criticism towards others:
aggression.**

Fear of being criticised by others.

Uncertain in relationships.

Giving in for fear of being

hated.

Adapting to receive love.

Passive behaviour leads to love: pacifism.

Passive in relationships.

Vulnerable within the family.

Unsure about love or hate.

Picture of Magnesium

Metallicum

Essence: What is my place in relationships?

What is my place within the family?

This is the key question for Magnesium. The relationship has just been formed (in the Natrum stage) and now it is

very important to find a proper balance within this relationship. It is the age old theme of defining your territory: how can I maintain my self and my own interests and how can I make the relationship work at the same time?

Uncertain in relationships

They still feel rather uncertain about it all. They don't quite trust the durability: how can they be sure that won't all be over soon? The other person might get fed up and leave, or even die at any moment. They

feel they deserve to have a family, but they feel very vulnerable and dependent on this relationship.

Adapting in order to receive love

They are afraid of making too many demands on the other person in case he will leave. So they start to mould themselves to the other person's wishes.

They dare not stand up for themselves or get angry, instead becoming completely passive to try and hold on to the other person's love.

Fear of being criticised

Their fear of being rejected also expresses itself in a fear of being criticised. They are particularly afraid of other people's anger, because they associate this with a break up of their relationship. They feel that even the slightest hint of aggression might cause such a break up, so they feel a relationship can only survive if there is no anger or aggression whatsoever. The fear that their newly formed relationship will break apart again makes them passive: they will not tell the other person what they really

want or feel.

**Passivity leads to love:
pacifism**

The avoidance of all forms of aggression might be raised to an ideal in life. They will see aggression as the root of evil in the world and they have to avoid this at all costs. So they join the pacifist movement.

Criticising others: aggression
On the other hand they also feel they haven't fought for and defined their own space yet. They insist on establishing their own space, even if it means becoming aggressive. Or

they may get aggressive out of sheer frustration, where they feel they have had to keep down their own feelings for such a long time that they can't hold them in any longer. The relationship between aggression and territorial behaviour has been beautifully described by Lorenz. He explains the difference between aggression within the group and aggression in order to get food or to survive. He says the real aggression is the one we see between members of the same species who want to

define their own territory and it is not usually a lethal sort of aggression.

Uncertain about love or hate

The imbalance in the relationship can lead to alternating feelings of love and hate. They feel they have to stay together, but can't seem to find a proper balance. They remain unsure about their own position within the relationship and therefore feel they constantly have to keep fighting for it.

Excluded from relationships

There may come a time when

the relationship really does break up. Then they feel abandoned, unloved and neglected. This would be a typical situation of an orphan, a stepchild or an unwanted child.

Expressions

Fears: aggression (3!), criticism, abandoned, disease, death of loved ones.

Dreams: falling, dead relatives, marriage, parties, exhaustion, abandoned by relatives, water, children.

Mood: feeling forsaken, suppressing emotions.

Aggression: open or suppressed.

Desires: star patterns on clothes or earrings (Hug 1994).

Generals

Locality: right.

Weather: cold, agg. cold, amel. heat (3).

Perspiration: stains the linen.

Time: agg. 7 am (2), periodical complaints.

Desires: meat, fruit, fresh, raw, fried, sweet, vegetables, cauliflower (Sankaran 1993).

Aversion: cooked food, meat, vegetables.

Food: agg. sweet, fat.

Menses: agg. night; dark blood; stains the linen.

Sleep: wakes up unrefreshed.

Physical: amel. pressure, amel. bending double, agg. touch.

Complaints

Spasms, cramps, colics, tetanus. Constriction of brain stem.

Delirium tremens. neuralgias.

Colds and allergies.

Hyperthyroidism.

Vascular spasms, Raynaud's. Heart problems, infarcts, fibrillations.

Stomach pains, acidity. Liver and gallbladder problems (3).

Diarrhoea.

Prostate problems. Toxicosis, eclampsia.

Problems with muscles, teeth and nails. Osteoporosis.

Skin: gangrene, necrosis, emphysema; fevers (Dreisbach, page 245).

DD: Silicium series, Stage 2, Causticum, Cicuta, Colocynth, Cuprum, Staphysagria.

DD Natrum: Natrum tends to give up when a relationship isn't going as it should.

Magnesium is much more persevering: he does everything to keep it going, even

**suppressing his own aggression,
as he can't bear to let the
relationship break up.**

Magnesium lacticum

'A difficult little girl'

Concepts

Magnesium

Uncertain within relationships

Aggression

Pacifism

Excluded

Lacticum

Girl

Childish

Dependent

Feminine

Group analysis

The aggressive little girl.

Angry because you are only a girl.

Fear of being hurt as a little girl.

Avoiding loss by acting like a dependent little girl.

Girls don't fight.

A little girl who is afraid of the aggressive outside world.

Picture of Magnesium

Lacticum

Essence: a difficult little girl.

The aggressive little girl

They are often difficult

children. They feel very weak and need lots of attention, which they will try and get at any cost, even if they have to scream and shout. Any situation where they are required to grow up and act their age might provoke a whole series of complaints, for instance when they are weaned from the breast, or when the parents separate or one of the parents dies, or when they have to leave home, or when it is time to get a job.

Holding on to people by behaving like a dependent little

girl

The need for attention and support also shows in the type of games they play: little girls will love to play fathers and mothers with their dolls. Or, in cases where their parents are threatening to split up, they may act the helpless and dependent little girl who can't do without them.

Angry because you are only a girl

This is the other side of the coin: they don't want to be small and dependent any longer. And when anybody

dares to treat them like that they get very angry. They rebel if their mother doesn't allow them to grow up and they get annoyed when someone calls them 'little girl'.

Fear of the aggressive outside world, being only a little girl

They can't handle aggression very well. They feel very awkward about it, as if they are not allowed to make a fuss.

They should be quiet and content. But they still want to stand up for themselves, even although this is not allowed and even though they are afraid

of being hurt. So they tend to resort to nagging about little things. They feel they don't get what they need and they are longing to have a real go at somebody or something. They feel as if everything is against them, as if other people are always in the way and are stopping them from getting what they want. This makes them impatient and irritable.

Expressions

Fears: aggression (3), criticism, being abandoned, disease or death of loved ones.

Dreams: falling, dead relatives,

marriage, parties, exhausting, abandoned.

Mood: tendency to suppress emotions.

Desires: star patterns on clothes and earrings.

Generals

Locality: right

Weather: agg. cold, amel. heat (3), amel. fresh air.

Perspiration: profuse, axilla, hands, stains the linen.

Time: agg. 7 am, agg. 5 pm, periodical complaints.

Desires: meat, fruit, fresh and raw death, fried food, sweet, vegetables, cauliflower, milk,

porridge, sour, buttermilk.

Aversion: meat, cooked food, vegetables, sour, milk.

Food: agg. sweet, fat.

Menses: agg. night; dark blood, stains the linen; pain in breasts, nipples (2), before menses.

Sleep: unrefreshing.

Physical: amel. pressure, amel. bending double, agg. touch, agg. getting up.

Complaints

Spasms, cramps, colic, neuralgia.

Delirium tremens.

Headache, amel. vomiting.

Colds and allergies.

Hyperthyroidism.

Pain in throat with sensation of lump.

Hyperventilation: feeling suffocated with pressure on chest, nausea, vertigo, light headed, palpitations, with fears of fainting.

Hypotension. Vascular spasms, Raynaud.

Acidity with eructations of sour mucus.

Hypoglycaemia: nausea, dizzy, trembling, agg. fasting, amel. eating.

Stomach cramps, short and

violent, with diarrhoea. Stools mushy, come suddenly, all at once.

Breast feeding very painful, mother screams with pain. Inflammations of breasts, agg. touch. Painful and swollen breasts before menses.

Liver and gall bladder complaints (3).

Prostrate problems.

Heaviness and trembling of legs.

Complaints of muscles, teeth and nails.

Eczema inside elbows, hollow of knees, back of hands.

Skin: gangrene, necrosis, emphysema; fever.

DD: Carbon series, Silicium series, Stage 2, Muriaticums, Staphysagria.

Case

A 2 year old girl is brought in by her mother because she has eczema. It started behind the ear and later appeared on the back of her hand, mainly on the right, and also in the bend of knees and elbows. Sometimes she gets it on her buttocks and on the chin. They are red spots which itch a lot. It all started when she was about 6 months

old and was being weaned. The vaccinations she received around that time aggravated the problem. The eczema is agg. sea (2), agg. winter, amel. summer.

She used to have nappy rash during teething.

Her mother had been very sad during the pregnancy because her parents were getting divorced and she had to be strong to support them. She suppressed her own sadness, although she felt extremely upset that her base, her parental home was being taken

away from her.

The mother felt sick and vomited a lot during the first 3 months of the pregnancy. She desired sour (3), rhubarb (2), buttermilk, fruit, oranges and apples. The birth was 17 days overdue.

The little girl can be very demanding. When she can't fall asleep she forces her parents to stay with her. She wants a lot of attention, especially from her mother, and she always wants it 'now', immediately. The dependency on her mother also shows in the sort of things

she says: for instance when she sees a dog she'll ask 'Where is his mummy?' The worst thing that can happen to her is that the people she is used to having around aren't there.

She is very enterprising and bossy, and other children have to do as she says. She can get incredibly angry: she'll scream and thrash around on the floor and throw earth from the garden into the kitchen. She gets quite beside herself and can't seem to stop, as she admits herself afterwards: 'Mummy, I don't know how to

stop myself'.

An hour after such an outburst her eczema will start to play up again. Her moods tend to be worse before dinner, around 5 pm. She herself hates bossy children and is likely to slap them suddenly.

She can also get very angry when you call her a little girl: 'I am not little anymore, I am big!' These moods alternate with quiet spells when she plays quite happily with her dolls. She gets absorbed in her fantasies, whereby her doll plays the role of her own

mother who has to take care of her all the time.

Generals

Weather: agg. heat, -amel. and amel. outside.

Desires: fresh and crunchy food, cucumber, tomato, carrots, sour (2), gherkins, buttermilk, spices, sweet, vegetables, fruit.

Aversion: mustard, milk.

Sleep: on her back with her hands beneath her head.

Analysis

The hypoglycemia symptoms are typical of the Lacticums.

The aggravation around 5 pm

confirms this. Her reaction to the hypoglycemia is aggression, which indicates Magnesium. Very typical is her anger when you call her a little girl. When we use the group analysis to combine these symptoms we get Magnesium Lacticum: the anger (Magnesium) is provoked when you call her a little girl (Lacticum). The pregnancy gives a few more confirming symptoms: her mother's parents were getting divorced (Magnesium) and this made her feel very sad about the loss of the family home, which could

be interpreted as the feeling of no longer being able to be a little girl, dependent on the support of the family.

Magnesium symptoms: -amel. sour, -amel. fruit.

Lacticum: agg. stopping breast feeding, agg.- milk, -amel. buttermilk, amel. outside, agg. heat.

Reaction

One month after Magnesium Lacticum 1M the eczema had almost disappeared. She was emotionally much more stable. The improvement continued and she was completely better

within 3 months.

Proving

By Yvonne Lassauw

Anger [Magnesium] because she had to eat [Lacticum], irritability around eating.

She cannot express her anger [Magnesium] because she is as powerless as a little girl [Lacticum].

She is angry [Magnesium] because she cannot empty her bowels and that is why she doesn't want to eat [Lacticum].

Laughing with anger and in spite of anger, very indignant underneath.

Dream: dancing on hillsides with much laughter.

Feels exuberant, which is very difficult for the parents.

Aversion to food after the first mouthful, a preference for drinking, especially milk [Lacticum].

Itching on the inside of left knee.

agg. 5 pm [Lacticum].

Magnesium nitricum

Magnesium nitricum is an unknown homoeopathic remedy.

Signature

Magnesium nitricum is used as an agricultural fertiliser.

Concepts

Magnesium

Aggression

Pacifism

Broken relationships

Uncertain relationships

Excluded

Nitricum

Assertive

Enthusiastic

Tension Congestion

Relaxation

Enjoying life

Supply Fat

Hypochondria

Unforgiving
Fear of narrow spaces
Group analysis
Quarrels make it impossible to enjoy life.

Breaking off a relationship in order to avoid quarrels.

Assertiveness leads to quarrels.

Enjoying quarrels: sadomasochism.

Pacifism is the only thing that provides relaxation.

Aggression is a release of tension.

Picture of Magnesium Nitricum
Essence: quarrels make it

impossible to enjoy life.

Quarrels make it impossible to enjoy life

They like to build up a proper relationship because they need it to feel good about themselves. They like to enjoy the good things in life together with their partner. But because they feel so tense inside they can't help but quarrel, usually about minor issues. They don't like it and try to hold it in, but this only makes matters worse. The release of aggression usually happens at parties or other festive occasions, so that

every outing gets marred by their inability to contain their tension.

Breaking off a relationship in order to avoid quarrels

They may feel forced to break off a relationship. This happens when different relations can't get on with each other and there is always tension between one or more of them. They may decide that it is better to break with one in order to save the other. Such a situation may also come about through jealousy of their partner; You have to choose, it is either her

or me!'

**Aggression as a release of
tension**

**Their tendency to suppress
their anger leads to a feeling of
inner tension. This tension
may suddenly explode in a
terrible fit of anger. Or they
may feel an almost
uncontrollable urge to use
violence towards anyone who
puts them under pressure, the
tension in their body running
out of control.**

**Pacifism is the only way out
for them.**

They may even use pacifism as

**an idealistic cause to 'fight for'.
They go around proclaiming
that nobody should quarrel
because it leads to tension in
the world and stops people
from enjoying the beauty of
everything.**

**Enjoying quarrels: sado-
masochism**

**In extreme cases we may see
this theme expressed in the
form of sado-masochism. These
people can only enjoy things
that are associated with
violence.**

Expressions

Fears: narrow spaces (3!),

**tunnels, caves, shops, lifts,
planes, trains, cars, queues,
being locked in, fainting,
cancer, heart diseases, blood,
death, vague, unknown, life,
strangers, future, travelling,
flying, open spaces, streets,
failure, insects, spiders, snakes,
aggression (3!), criticism.**

**Dreams: falling, dead relations,
marriage, parties, exhausting,
abandoned.**

**Irritability: irritable,
sodomasochism.**

**Mood: hurried, restless,
impatient, discontented,
moody, depressed,**

hypochondria.

Desires: star (!) patterns on clothes and earrings.

Causes: loss of parents and relations.

Generals

Type: obese (3).

Locality: left.

Weather: cold, agg. cold hands, amel. outside.

Perspirations: stains the linen.

Time: agg. 7 and 9 am: agg. summer; sudden and periodical complaints.

Desires: meat, fruit, refreshing and raw food, fried food, sweet, vegetables, fried bacon, (3!), fat,

fatty meat, bacon, ham, cheese (3), salt, fizzy drinks.

Aversion: fat (2), cheese (2), bacon, ham, meat, vegetables.

Food: agg. cheese, fat, bacon, beans, coffee, sweet.

Menses: agg. night; dark blood; stains the linen.

Sleep: unrefreshing.

Physical: amel. agg. pressure, pressure of clothes, agg. jars, amel. driving, amel. bending double, agg. touch; agg. great changes in atmospheric pressure.

Complaints

The discharges are putrid and

stinking.

pains are congestive, pulsating (3), stitching as of a splinter (3!) with redness, swelling and heat.

Spasms, cramps, colic, neuralgias.

Hot flushes (3), agg. night, agg. after urination. Floating sensation.

Nose: crusts difficult to dislodge and painful. Sneezing.

Colds with fullness in head on the side he is lying on.

Allergies.

Hyperthyroidism.

Hyperventilation, feeling

suffocated.

Feeling as if the oesophagus moved towards the back.

Heart and vascular diseases (3); angina pectoris, heart cramp. Palpitations, arrhythmia.

Arteriosclerosis. Claudication. Cerebral haemorrhage.

Stomach cramps with eructations and vomiting bile.

Liver and gallbladder problems (3).

Abdominal pains with distension, much rumbling, flatus and eructations. Acrid diarrhoea.

Prostate problems.

Inflammations of joints of hands with congestion, swelling and stiffness.

Complaints of muscles, teeth and nails.

Skin: red spots, allergy, gangrene, necrosis.

DD Carbon series, Silicium series, Stage 2, Anacardium, Fluoratum, Muriaticum, Staphysagria.

Case

A 48 year old man suffers from hyperventilation. He is afraid wherever he goes, in tunnels, in cars, in traffic jams, in planes,

in shops and in school when he has to give a lecture. It feels as if the sky is going to come down on him. During his attacks he feels pain in his chest. He gets cramp in his heart, his body jerks, his hands and feet get cold, he gasps for air and it feels as if his oesophagus shoots towards his back. He feels faint when he hears about an accident or when he sees blood. He feels as if he is floating and as if the tables and chairs are moving. It all started 14 years ago when he was teaching. He suddenly

collapsed and thought he was going to die. He feels as if his heart will stop. The worst thing for him is that he feels as if something is happening in his body that he can't control, as if his body is the boss instead of him. He also has fear of heights. He is afraid that the building will collapse under him or that he will pass out.

He also has problems with his wife. Her behaviour has caused a row between him and his own family and between his in-laws. She is extremely emotional and tends to make a drama out of

every occasion, especially a festive occasion. She created an enormous row at a celebration party after an exam and another row during the christening of their grandchild. She told him he shouldn't see his own parents again because they were two minutes late for church. He finds it impossible to be spontaneous nowadays. The other day he got an attack when he was in the theatre watching a musical. It feels as if he is boiling inside, he thinks he is going to suffocate, his throat feels numb and tingling.

He gets cramp in his thighs when he cycles.

He gets occasional colds which makes his head feel blocked up, worse in the morning and worse on the side he has been lying on, agg. dust. His throat is raw and his voice hoarse. He has had problems with his vocal cords before. He completely lost his voice once. He sometimes gets cramps and stitching pains in his stomach with eructations and occasional vomiting of bile.

Generals:

Weather: slightly cold, cold

hands.

**Perspiration: occasional
profuse sweating at night.**

Time: agg. morning.

**Desires: salt, spices, sour (2),
meat, fatty meat, skins,
cheese.**

**Aversion: peanut butter (2),
fat.**

**Food: headache from spicy
food.**

Sleep: difficulty falling asleep.

Analysis

**Most typical in this case is the
fact that every enjoyable event
ends in a drama, in a huge row.
This indicates Magnesium**

**nitricum: quarrels (Magnesium)
at enjoyable events and parties
(Nitricum).**

**The Nitricum element is
further confirmed by the
subsequent inability to enjoy
life and the loss of spontaneity.**

**Other Nitricum symptoms: fear
of narrow spaces, tunnels and
shops; agg. 9 am, -amel. fat,
cheese and fatty meat.**

**Magnesium symptoms: fear of
quarrels, agg. morning, -amel.
meat, sour.**

Reaction

**The first week after
Magnesium nitricum he feels**

much more positive, more himself.

Afterwards he gets some positive dreams too: a child has fallen into a ditch and he gets her out and manages to bring her back to life.

Soon it becomes easier for him to recover from his panic attacks, he feels more in control. His body doesn't shake anymore and he generally feels better. He doesn't get so involved in the problems with his wife and family, is better able to see it all in perspective. Gradually he starts to mend all

these relationships.

This patient was later given Ruthenium (see later chapter) with good results too.

Magnesium silicatum

'A brave image'

Magnesium silicatum is also a new remedy. In the short time that I have been using it, it has proved to be very useful for teenagers who try to keep up a brave front by playing the tough guy.

Concepts

Magnesium

Uncertain relationships

Aggression

Pacifism

Excluded

Silicatum

Image

Relations, family

Family-image

Father

Home At home

Timid

Stubborn

Pointed

Family-minded

Group analysis

The aggressive, tough image.

The image of the pacifist.

Angry about separation.

Quarrels at home.

Quarrels with father.

Excluded from the family.

Pacifism and timidity.

Aggressive and sharp.

**Picture of Magnesium
Silicatum**

**Essence: The image of the
aggressive, tough boy.**

The aggressive, tough boy

**They like to present an image
of being tough. They want to be
a leader and impress people
with their bravery. They love to
show the world how aggressive
and daring they are. So they do
all sorts of dangerous things,**

like driving too fast, daring stunts on skateboards, taunting their teachers, stealing from shops. All with an air of; 'this is nothing, wait until you see the rest'. Their weak side remains carefully hidden; nobody is allowed to see this.

The image of the pacifist

Another variation is the image of the lover of peace. They like to be known as the peace maker. They can't bear aggression, they can't watch violence on TV for instance. They don't want to know about their own aggressive side

either. So they like to be known as a peace lover, but not somebody who is afraid of violence.

This kind of attitude may be formed in someone who is brought up in a family where nobody ever quarrelled, because it was not the done thing'.

Quarrels at home

The situation at home is often one of frequent quarrels between the parents or between the parents and the children. This atmosphere makes them feel very insecure, to the

extent where they start worrying about everything that is being said, in case it results in another row, or even worse, in divorce. They get so upset and angry about all this that they will do anything to try and stop it. They often vent their anger on outsiders, especially outsiders who cause strife and unrest within the family.

Quarrels with the father

Sometimes the father is the person with whom they have a particular quarrel. This makes them feel uneasy because they feel as if they have lost their

solid base in life.

Or they may have a very good relationship with their father, but they feel they have to show their tough side to the outside world, because nobody except their father is allowed to see their warmer and vulnerable side, as it wouldn't be good for their image.

Aggressive and sharp

So we sometimes only see their aggressive side, together with their sharp tongue, as they notice every tiny detail and won't fail to comment on it. They hate contradiction and

are quite capable of teasing and taunting. They show off their bravery to the point of being arrogant.

Pacifism and timidity

The other side is the timid pacifist who wants to create a gentle atmosphere at home.

They are easy going and friendly, refined and delicate, aristocratic and artistic.

Expression

Fears: aggression, criticism, abandoned, disease and death of loved ones, needles, injections, AIDS, death, poison, trifles, narrow spaces, not

waking up from sleep, failure, exams.

Dreams: crystals, ice, mirrors, clairvoyant, cobwebs, needles, friends, school friends, family, falling, dead relatives, marriage, parties, exhausting, abandoned.

Mood: refined, delicate, aristocratic, artistic, obsessive, nail biting, suppressing emotions.

Mental: forgetful agg. exams, absorbed by activities and reading, monomania agg. trifles, precise, punctual, mathematical, perfectionists.

Contacts: sympathetic, clairvoyant, clairsentient.

Desires: stars on clothes and earrings.

Causes: loss of parents, family, friends.

Generals

Build: thin, tall, fragile, old looking.

Locality; right.

Weather: cold (3), blue with cold, purple/blue nails agg.

cold, agg. cold water, agg.

undressing, agg. cold wind; cold hands and feet (2), amel.

warmth; agg. draught (3), agg. outside.

Perspiration: profuse, stinking foot sweat (3!); sweating at night, stains the linen.

Time: agg. 7 and 11 am (2), periodical complaints; agg. full moon; agg. winter, December.

Desires: meat, fruit, refreshing and raw food, fried food, sweet, vegetables, egg, salt, cold food, fruit, milk.

Aversion: milk (2), mothers milk (2), salt, meat, broccoli, alcohol, cooked food, vegetables, chicory.

Food: agg. fat, chocolate, mayonnaise, milk (3), broccoli, alcohol, fasting, sweet, fat.

Menses: agg. night; dark blood; stains the linen.

Sleep: light, tossing around; wakes up unrefreshed; grinding teeth.

Physical: agg. agg. vaccinations, radiation; amel. massage, magnetising; agg. coitus; agg. soap; amel. pressure, amel. bending double, agg. touch.

Complaints

Pains: stitching, as from needles or splinters. Sensation as of a hair in different places.

Discharges: thick, yellow, smelling of old cheese, difficult

to dislodge.

Epilepsy, petit mal. delirium tremens.

Spasms, cramps, colic, neuralgias.

Inflammations: chronic, stubborn, hard; abscesses.

Headache from the occiput spreading to forehead.

Ear infections. Pustules inside the nose.

Colds, sinusitis. Swelling of glands, allergies.

Teeth: caries, crooked, large incisors; agg. dentition.

Hyperthyroidism.

Vascular complaints. Vascular

spasms, Raynaud's.

**Liver and gallbladder problems
(3).**

**Constipation with hard stools
which slip back.**

Enuresis.

**Arthritis. Back problems,
scoliosis.**

**Bones brittle, not elastic;
rickets; exostoses.**

Prostate problems.

**Complaints in muscles, teeth,
nails.**

**Wounds heal slowly, leaving
scars or keloids.**

Boils and acne.

Eczema, itching, scaling, red,

dry; on occiput.

**Hair thin, brittle, grey,
forelock pronounced.**

**Nails brittle, crumbling,
fungus, yellow, brown or black,
ingrowing, white spots.**

**Skin thin, delicate, sensitive,
fissured; fingertips; gangrene,
necrosis, emphysema; fever.**

**DD Silicium series, Stage 2 and
10, Ammonium carbonicum,
Anacardium, Lycopodium,
Staphysagria.**

**DD Ammonium carbonicum: is
also a good remedy for
teenagers, but is much more
concerned with idealism and**

revenge.

DD Anacardium: feels more hurt or slighted. Feels he is not worth anything and therefore gets aggressive. Magnesium silicatum is aggressive to show how daring and brave he is.

Case

An 18 year old boy has come because he has many fears. He is afraid of many things, especially diseases. He is so afraid of AIDS that he weighs himself at least twice a week to check that he hasn't lost any weight. He is afraid of death and of committing suicide. He

is also afraid of what happens after death. During these fears he gets a tight feeling of a band around his chest. He often wakes up at night between 2 and 4, with great fear and sweating.

He used to smoke hash occasionally, but lately he doesn't feel very well afterwards. Recently he freaked out when he felt extremely afraid for 3 hours, thinking he had been poisoned and feeling as if he was floating.

He loves warmth and tenderness. He likes his father

to put his arms around him and he sometimes crawls into bed next to his father. But he doesn't want his friends to know about this, nor about the fact that he is often so afraid. He has built up a sort of leadership image with them where he is the one with the most bravado. He is the one who dares to drive his moped at 30 miles per hour within inches of the oncoming traffic, he is the one who is constantly showing how brave he is. He admits to me that it is actually quite tiring to keep up this

front all the time.

He loves being aggressive: it gives him a kick. He likes to tease his sister. He is very strong and can floor somebody with one well aimed blow. he loves horror films

His parents aren't very happy together, they often fight. He gets very angry when they talk about divorce: he also gets angry when other people try to cause trouble between his parents.

He isn't doing very well at school, he can't concentrate. He is so restless that he has

been given permission to get up and go for a walk around the school when he needs to.

He suffers from severe acne, with blackheads on his chin and cheeks, agg. fat and chocolate. He occasionally gets a shooting pain in his left forehead, as of a metal bar.

He has been biting his nails ever since he can remember.

Generals

Weather: agg. cold (2), agg. damp. His fingers and toes go numb and blue with cold.

Perspiration: feet at night. Stinking, biting foot sweat in

the past.

Time: agg. morning.

Desires: starch, spices, sweet, fish, fruit.

Aversion: meat, chicory, aubergine, boiled potatoes.

Food: agg. fat, chips, mayonnaise, agg. chocolate.

Sleep: needs at least 8 hours; used to grind teeth.

Analysis

This is a typical picture of a teenager. But how do we treat this? We could give Medorrhinum or Lycopodium or Thuja, but I didn't think these would do very much. If we take

a look at the central theme we see that everything revolves around his brave image which has to be preserved at any cost. The brave and aggressive part belongs to Magnesium, while the image part belongs to Silicatum.

Other Magnesium symptoms: agg. morning, -amel. fruit; agg.-meat, chicory, boiled potatoes, desire for horror films.

Silica symptoms: agg. cold, stinking foot sweat, warts, acne, stitching pains, grinding of teeth, nail biting and his obvious need for fatherly

support.

Reaction

One day after Magnesium silicatum 1M his anger gets worse and it stays like that for 5 days. After that he starts to feel better. The fear and the restlessness are getting less and he is not so intent on proving himself. His feet don't smell anymore. It is now two years later and he is still doing very well.

I had given him Silica 5 years previously, without any success. He had also had Thuja, which made his warts

disappear, but did little else. I had also given him Belladonna, Tarentula, Lyssinum, Mercurius and Staphysagria in the past, because of his aggressive behaviour, but there was little change on any of these remedies, except on Belladonna, which improved his acute attacks of headache and aggression, but brought no lasting change.

Aluminium metallicum

The most important aluminium compound known in homoeopathy is not pure aluminium, but Alumina or aluminium oxide: $Al_2 O_3 \cdot 3H_2O$.

Signature

The name is derived from alumen or alum. It was discovered in 1872 and it is the most common metal and the third most common element on earth (7,5%). Aluminium is found in earth and clay.

The metal is very light and is used in aluminium foil and in

aircraft. It is often used as a component in steel to bind the oxygen and to make it light in weight. Bearings usually contain magnesium, silicium, cuprum, zincum and zirconium (the latter is particularly used in spacecraft).

Concepts

Stage 3-9

Investigating Exploring

Differentiating Comparing

Trying out

Hesitating

Changeable Unstable

Underestimating

Discouraged Suppressed

**Unofficial Noncommittal
Confusion
Silicium series
Relationships family
Other You
Love Hate
Communication
Language Learning
presentation
Play
Teenager
Home Neighbourhood
Group analysis
Confusion in relationships;
confusion about roles.
Indecisive about who he is in
relation to others.**

Confusion about who he is and who the other person is: confusion identity.

Doubt in relationships.

Doubt whether they belong to the family.

Doubt whether they are exercising their own will or that of the group: mis-guided.

Confusion in groups.

Doubt about the relationship they want to have: triangular relationships.

Searching for contact and relationships.

Confusion in relation to others.

Doubt from the other person in relationships.

Picture of Aluminium metallicum

Essence: confusion about who he is and who the other person is.

Confusion within the relationship; confusion about roles

They feel they have managed to find their own place and they deserve to have this place, but there are still several points that aren't clear to them. They wonder whether they really want this

relationship. They also wonder how to proceed. How much of themselves should they give to this relationship? What is left of them since they have given themselves to this relationship?

Confusion about identity within the relationship

They are confused about their own position in relation to the other person. They know they are in a relationship but they don't know where their own identity and responsibility end and the other person's begins. They ask themselves questions

like: 'Was it really me who did this?' or 'Am I being myself at the moment?' This is the well known rubric 'Confusion about identity'. Another typical symptom is that they don't recognise themselves when they look in the mirror. They look at themselves in surprise and think: 'Is that really me?' The confusion about where they end and the other person begins is sometimes so strong that it stops them from taking responsibility for their own actions.

Doubt whether it is their own

will or the will of the group

Out of a desire to belong to the group they often do whatever the other person wants, thereby ignoring their own wishes. They carry out a task as requested by a family member or a peer group and later on they discover that it was probably not such a good idea. They feel uncomfortable about it and start to ask themselves whether it was really them who carried out this request: 'After all it was the group who asked them to do this, so isn't it the groups

responsibility?' We find this in the repertory under the rubrics 'Delusion other speaks', 'Delusion other hears', 'Delusion consciousness belongs to another', 'Delusion head belongs to another' and 'Errors about identity'.

It is a very important remedy for people who did wrong during the war, who did things that did not agree with their own morals, but 'Befehl ist befehl'; also for people who spend their life thinking they have committed a crime.

These people might talk about

themselves in an impersonal way, as if they are talking about someone else, using the words 'you' or 'one' instead of 'I'.

Doubt about which relationship to choose: triangles.

They doubt whether they have chosen the right partner or the right relationship. They keep on searching to try and find out whether another relationship wouldn't be more suitable. This creates complicated triangular relationships with all the confusion and doubt that goes

with these. Who should they choose? Whose ideas should they follow? Should they listen to their boss or to their colleague? Should they choose for their wife or for their sister. They can never make up their minds, always afraid to make the wrong choice and regret it later.

Doubt from the other person in the relationship

All this wavering and hesitation eventually makes their partner unsure about the whole relationship too. The partner thought that a

commitment had been made but now it all looks very unstable and he doesn't know what to think of it anymore.

Doubt whether they belong to the family

A similar doubt may exist with regard to the family. They know they are part of the family but they don't really feel at ease, as if they can't really be themselves, as if they have to give part of themselves away for the sake of the whole group.

This theme may emerge within a very strict or religious family, where everybody has to obey

the rules. Or we may see it in religious sects where there is a strong regime of discipline and obedience to authority. Nobody can be themselves, they have to do as they are told. A similar situation exists in the army, where they are forced to do things they would never dream of doing themselves.

Expressions

Fears: knives, blood, insanity, own impulses.

Mood: timid, adapting, complaining, moaning, hurried, slow to act and speak, depressed, suicidal.

Delusions: time going too fast, parts of body belong to someone else, being a criminal, insanity, having no friends, ghosts, killing, marriage, mistake about own identity agg. looking in the mirror.

Aggression: impulsively aggressive agg. seeing knives or blood.

Mental: absent minded, confused, doubting, overwhelmed, as if in a fog, wandering, being lost, mistakes and faults, dementia.

Causes: executing other

peoples' commands, loss of relations, agg. being hurried or pushed.

Generals

Weather: agg. dry, amel. damp.

Perspiration: little or none.

Time: agg. 9 am; agg. winter.

Desire: dry food, rice, starch, coffee.

Aversion: meat, beer.

Food: agg. potatoes, milk, artificial food, warm drinks, agg. tobacco.

Menses: too early, short, little, pale; tiredness afterwards.

Sleep: agg. waking.

Physical: -amel. lying down,

agg. coitus.

Complaints

**Feeling of numbness and
cobwebs. Constriction.**

Discharges little, watery, acrid.

Dryness.

Paralysis (3), ascending.

**Vertigo agg. closing eyes,
tendency to fall forwards.**

Liver. Pancreas.

**Constipation (3), hard, dry
stools, no urging or frequent
urging.**

**Stools have to be removed by
artificial means.**

Testes, ovaries. Leucorrhoea.

Kidneys.

Muscles.

Skin eruptions, itching agg. heat; dry and rough skin with cracks, itches until it bleeds.

DD: Boron: These remedies may appear very similar, as both have 'Confusion about identity'.

Boron has a similar sort of confusion with regard to himself. But his confusion is more to do with his own personality. He asks himself: 'Who am I? Am I worth anything?' Alumina has more confusion about himself in relation to the other person: 'Did I really do this myself, or

did the other person do it?'

DD Magnesium: feels more abandoned, has to fight more to keep the relationship going.

Aluminium knows he can have the relationship but he feels he has to sacrifice too much of himself.

Case

A 40 year old woman has been coming for treatment for the last 4 years, with a gradual improvement of her overall condition. Now she has come complaining of stomach pains. They are nearly always there and her stomach feels empty,

as if it being squeezed and there isn't enough room. She once had a bout of vomiting whereby it felt as if her intestines were coming out. This revolted her so much that she could hardly swallow anything for the next few days. She still has difficulty swallowing her food and it is quite painful. The pain is worse from wine and the smell of tobacco makes her stomach contract. She can tolerate warm food better than cold. She likes pasta and fish and has an aversion to dry food.

She has had problems with a neighbour lately. He was angry with her because of a letter he had received which he thought had been sent by her. She has assured him it wasn't her, but he remained angry and threatened her: 'If it turns out to have been written by you I'll come and rape you'. At a birthday party with her other neighbours they advised her not to speak to this neighbour anymore, but this is difficult for her because their children often play together and she often looks after his little

daughter. She feels she has adapted too much to other peoples' wishes and isn't allowed to be who she really is.

In her relationship with friends the same sort of problem occurs. She feels she has to adapt to their wishes too much. These friends think that she is still depressed, which she used to be in the past, but this was a long time ago. The other day an old friend told her it was better if she didn't come to his birthday when lots of other people would be there; it would be better if she came separately

on another day. He told her a complicated story but the gist of it was that he didn't want her there with the others. She hated being approached in such a indirect way.

Her childhood situation was very similar too. It was always a matter of adapting to parents, sisters and other family members. There was never a clear indication or code about the space you were allowed to take within the family. She always complied out of fear that she would not be accepted, or that she would be thought

strange or mad. She had to adapt to the image which was expected of her, otherwise they wouldn't love her. But now the anger and the resistance is brewing up inside her and she wants to take her own space.

During past life therapy she experienced the same feelings of there not being enough room for herself. She was only a woman and there was really no room for her in society.

She also gets feelings of pressure in her forehead. When questioned about her stools she says that they are usually quite

thin. When questioned about hurry she answers that she is always feels hurried around 9 am.

Analysis

The theme of not being allowed to take up her own space runs through her whole life. It happens with her neighbours, her friends and her family, even in past lives. It is the relationship theme of the Silica series. She has always done what others wanted of her (stage 3), which could be viewed as a confusion about her identity within relationships.

She feels that she is not allowed to be herself. She had to live up to the expectations of other people (stage 3), otherwise she wouldn't be loved (Silicium series).

This theme of having to adapt and comply may look like stage 2, but in this case there is the added factor that she feels it is wrong: she wants to be herself but she doesn't dare.

Symptoms confirming Aluminium: hurried, vague and indirect stories, agg. 9 am., - amel. pasta, agg. dry food, cramping stomach pains,

swallowing difficult or impossible. The thin stools are the opposite of what we would expect in Aluminium.

There is no reason to look for an Aluminium combination because the whole picture fits Aluminium, hence the prescription: Aluminium metallicum.

Reaction

A month after she took Aluminium metallicum 1M she reports that a lot has happened. The tension has gone out of the relationship with her ex-boyfriend and they

are able to communicate about their daughter without any problems. She started a new relationship which was very stormy in the beginning, because she was afraid she would lose herself. But this time she managed to talk about her fears, which brought back the peace.

She has also taken a good look at a relationship with an old friend and now realises that this relationship was much too non- committal. She is able to choose for herself much more than before. Occasionally she

feels a bit frightened by the space she is taking, because she has been confined within a small space for so many years.

Friends have suddenly started to invite her for little outings.

She had a healing sessions in which she discovered that she never had any real contact with her father. This made her cry for several days, but afterwards she felt much less dependent on her father's opinions.

She is different in the way she moves within the neighbourhood. She now does her own thing and feels free to

do so.

A few months later she woke up one night feeling very disorientated. She didn't know where she was and it frightened her. She had also developed diarrhoea again after a holiday. A repeat dose of Aluminium metallicum cleared up both problems.

Alumina

Alumina is the most well known Aluminium compound in homoeopathy.

Signature

Alumina is another word for

aluminium oxide, or Al₂O₃. It is the main component of ordinary clay. As a gemstone it is called corundum, sapphire or ruby, depending on its colour. The red ruby derives its colour from the nickel component.

Concepts

Aluminium

Confusion of roles

Confusion of identity

Misleading

Triangular relationships

Bewildered

Mistake

Oxydatum

Selfishness

Demanding

Indignant

Abused

Victim

Lazy

Corruption

Begging Tramp

Group analysis

Confusion leads to abuse.

**Confusion of role with regard
to the victim.**

**Identification with the
aggressor.**

**Identity crisis through
selfishness.**

Indignant about being misled.

Abused in triangular

relationships.

Bewildered by corruption.

Misled by cadgers.

Doubt about self-worth.

Picture of Aluminium

Oxydatum

Essence: confusion leads to abuse.

Confusion leads to abuse

They want to belong to the group, and they know that they have a place within the group, only they aren't sure which one. They don't know what they can and can't do. They are afraid of taking up so much space that others want to get

rid of them again. So they start to adapt, taking on the ideas and the customs of other people until they are no longer sure of what they want for themselves. They get confused about their own part within the whole and others soon notice this. This makes them an easy prey for manipulation. They get enticed to do things which they regret later on.

Identity crisis through selfishness

They get into a sort of identity crisis because of their doubts. They feel that they are being

too selfish whenever they follow their own desires. They feel they should continually adapt themselves to the wishes of the group, or the family, or the religious sect etc. But they lose themselves in the process and they need to start to find themselves again.

Abused in triangular relationships

The confusion is particularly strong in relationships with more than one person. Here they completely lose sight of their own wishes and always feel they are being too selfish.

They become a victim of the interplay of other peoples desires and get totally lost.

**Indignant about being misled
Later on they regret that they followed other people's wishes so blindly. When they find out what really happened they feel misled and can't understand that other people should want to be so manipulative. They would never dream of doing this themselves: they are far more inclined to adapt, so they can't understand how others could be so selfish. They feel indignant, hurt and abused.**

Bewildered by corruption
They are always so full of good intentions that they are totally unprepared for corruption. They already think that they are doing wrong when they merely try and put across their own ideas, with the best intentions, let alone that they would dream of purposely cheating the whole group. They always go to great lengths to explain every action they undertake that might deviate slightly from the general code of behaviour. So are completely bewildered when other people

try and manipulate the group to their own advantage.

Confusion of role with regard to the victim

They may also get confused about who is the victim. An extreme example is in wartime, where the soldiers identify with their victims to such an extent that they start to feel guilty and wonder who is really the guilty person.

Another variation is that of a hostage who starts to identify with the cause that his captor is fighting for. He loses sight of his own position and own own

interests and starts to side with his aggressor and his motives.

The other aspect of such a situation is that it may be in his own best interest to become good mates with his captor.

Misled by cadgers

They are quite gullible. Their doubt about their own ideas and motives makes them an easy prey for people who want to get something out of them. Some of them may have good, some of them may have bad intentions.

Expressions

Fears: vague, unknown,

**thieves, burglars, corruption,
life, strangers, future,
travelling, flying, open spaces,
streets, failure, disease, death,
knives, blood, own impulses,
insanity. Acute panic attacks.**

Dreams: thieves, worms.

**Mood: timid, adapting,
complaining, moaning,
groaning, hurried, slow acting
and answering, depressed,
suicidal.**

**Delusions: time goes too fast,
body or parts of body belong to
someone else, being a criminal,
insanity, without friends,
ghosts, death, marriage,**

**mistake about identity agg.
looking in a mirror, worms,
cockroaches, thieves.**

**Aggression: impulsively
aggressive agg., seeing knives
or blood.**

**Mental: absent minded,
confused, doubts, bewildered,
as if in a fog, wandering,
getting lost, mistakes, slow,
cannot connect different facts,
dementia. Left handed
(Sankaran, 1994)**

**Causes: acts on someone else's
command, loss of relations,
being beaten, agg. being
hurried or pushed.**

Generals

Weather: warm, agg. heat; agg. dry weather, amel. damp; agg. mountains.

Perspiration: little or none.

Time: agg. 9 am; agg. winter.

Desires: potatoes, dry food, rice, starchy, coffee, alcohol (3).

Aversion: potatoes, meat, beer.

Food: agg. potatoes, milk; artificial food; warm drinks, tobacco, fat, cheese, butter, pork.

Menses: too early, short, little, pale; tiredness afterwards.

Sleep: much (2), agg. waking.

**Physical: -amel. lying down,
agg. coitus; agg. exertion, agg.
smoke.**

Complaints

**Feeling of numbness and
cobwebs. Constriction.**

**Discharges scanty, thin and
acid. Dryness.**

Paralysis (3), ascending.

Tiredness, low blood pressure.

**Headache, pressing, above
right eye, eyebrow feels pushed
down, agg. working, talking,
amel. rest.**

**Sinusitis, swelling of lymph
glands.**

Vertigo, falling, agg. closing

**eyes, tendency to fall forwards,
black outs.**

Pressure in ears.

Nose blocked, epistaxis.

**Throat dry, tickling, agg.
talking. Loss of voice.**

Coughs up white lumps.

Retrolental fibroplasia.

Blindness.

Hyperventilation.

**Liver problems, liver function
decreased, hepatogenic
toxemia.**

**Constipation (3), stools hard
and dry, no urging or very
much urging.**

Stools have to be removed

artificially.

Testes, ovaries. Leucorrhoea.

Kidneys.

Muscles.

**Skin eruptions; dryness,
peeling, redness with cracks;
itching (3) agg. heat, scratches
until it bleeds. Vitiligo.**

**DD Silicium series, Carbon
series, Stage 3 and 16, Boron,
Ferrums, Fluoratum,
Magnesiums, Nitricums, Silica.**

Case

**A 50 year old man comes with
eczema on his face, chest,
scrotum and hollow of knees. It
is particularly bad in his face,**

dry, itching and red. The itching gets worse from dust, egg yolk, strawberries, birds and cats.

He is also allergic to mites and chocolate, heat of bed, perspiration, wool, autumn and hot showers also aggravate the condition. Amelioration from rest and lukewarm showers.

The eczema has flared up again lately after a few relatively trouble free years. It started when he was at secondary school. He wanted to take a course that would enable him to go to university, but he

didn't make it because he was told it was too difficult for him. He still regrets this. He felt unsure of himself and found it difficult to choose what he wanted. He spent a long time finding out who he really was.

His mother was so overprotective that he could hardly develop his own will. He was brought up according to strict religious rules and he felt that God always saw everything, every single mistake. He felt he had to be able to justify all his actions.

He used to work as a

physiotherapist and nowadays he counsels people in groups. He loves this work, he is very good with words. He hates people who take on a leading role without having the qualifications.

Generals

Weather: agg. sun; it burns him to the point of blisters; agg.- draught; -amel. sea.

Desires: sweet, meat, fish, starch, cheese.

Aversion: buttermilk(3), sherry.

Food: agg. chocolate, onion, sauerkraut, beans (2).

Analysis

The eczema started during a period of inner searching, when he had to find who he really was. This is a symptom of both Boron and Aluminium. He did what others wanted him to do: they told him he couldn't take a degree course at school, so he didn't. This would point to Aluminium. Aluminium is further confirmed by the fact that his mother was over protective so that he couldn't develop his own will and he became very unsure of himself. He also felt he had to justify

his actions. The complaint of dry and intensely itching eczema is also typical of Aluminium. But which Aluminium should we choose? He regrets that he followed other people's advice, as he feels it wasn't in his best interest. This points to Oxydatum, which leads us to Aluminium oxydatum, i.e. Alumina.

Reaction

One month after Alumina 1M the eczema is a lot better. There were several relapses during this time, but now the

skin feels a lot softer. He himself feels more at ease, more relaxed. After 6 months there is a relapse of the eczema, which disappears after another dose of Alumina.

Aluminium phosphoricum

Concepts

Aluminium

Confusion of roles

Confusion of identity

Misleading

Triangular relationships

Bewildered

Mistake

Phosphoricum
Communication
Sympathetic
Brothers
Friends Neighbours
Learning Curious
Travelling
Homesickness
Group analysis
Confusion of identity with
regard to friends.
Misled by friends.
Misled through sympathy.
Triangular relationships with
brothers and sisters.
Confusion whether he is
himself or whether he is like

his friends.

Confusion whether his ideas are his own.

Bewildered by learning and travelling.

Bewildered by homesickness.

Picture of Aluminium

Phosphoricum

Essence: Confusion of identity with regard to his friends.

Confusion of identity with regard to his friends

They are inclined to go along with what their friends do and think. They want to belong to the group so they continually check whether they are acting

the same way as their friends. Eventually they are not sure anymore who they are and what they want. This situation gets worse when others - brothers, sisters or friends- are putting pressure on them. They get utterly confused and start to feel lost in their own environment, as if they don't know where they belong anymore.

Misled by friends

The tendency to adapt may become so extreme that they start to do things that they don't agree with. They feel they

are being misled by all the advice and the pressure that is being put upon them. Then they feel guilty about what they have done, but at the same time they are not sure who is to blame. Is it their fault or their brother's or sister's fault?

**Misled through sympathy
They are extremely sympathetic, which makes them more prone to forget themselves and their own emotions and to please others. They suppress their own feelings if they get the slightest**

hint that others might get upset about them. This creates confusion within themselves because they don't know how to proceed in life and which friends to choose.

Triangular relationships with brothers and sisters

They may end up in all sorts of strange relationships. They may be brought up in a family where the parents are in the habit of playing one child off against the other. Or they may be forced by one friend to do something that harms another friend.

Confusion whether his ideas are really his own

They get confused about their own ideas and what they have learned. Whose idea is it in the end? Or their parents may say to them that they are always copying their friends. They get very put off by this thought.

They start to slow down in their thinking because they are spending half the time wondering whether it is their own thought or somebody else's.

They can also get very confused when someone takes

on one of their ideas and starts to work it out further. Whose idea was it to start with: was it their own?

Another form of confusion can be that they don't know whether they are a boy or a girl. They adapt to a brother or sister or to a parent to the extent where they are not sure of their own sex anymore.

Bewildered by study and travelling

Sometimes things get too much at school. They get overwhelmed by all the information and can't get it

clear in their mind anymore.

The same thing may happen when they are travelling: they absorb so many new impressions that they are dazzled by them. Another possibility is that they get confused because they are homesick. They don't know where they belong anymore. They have all these new impressions and at the same time there are the old contacts and friendships that they are missing.

Expressions

Fear: alone, dark, thunder (!),

twilight, future, disease or death of family and friends, knives, blood, insanity, own impulses; fear comes and goes suddenly; easily frightened.

Delusions; time goes too fast, parts of body belong to someone else, insanity, without friends, ghosts, death, marriage, mistake about own identity agg. looking in the mirror.

Mood: nervous, restless, discontented, timid, yielding, complaining, moaning and groaning, hurried, slow to act and answer, apathetic,

**depressed agg. confusion,
frequent crying, suicidal.**

**Aggression: impulsively
aggressive agg. seeing knives or
blood.**

**Mental: curious, restless, lively
fantasy, absentminded,
confused, hesitating,
bewildered, as if in a fog,
wandering, lost, mistakes,
dementia, sees things as
separate parts, work,
relationships, friends.**

**Contacts: open, -amel.
company, new contacts,
conversations, erotic.**

Hobbies: travelling, games.

Causes: acting on some else's behest, loss of relations, agg. being hurried or pushed.

Generals

Build: thin, tall, red hair.

Locality: right.

Weather: cold; sensitive to thunderstorms; agg. dry weather, amel. damp.

Perspiration: little or none.

Time: agg. 9 am and 9 pm; agg. winter.

Desire: dry food, rice, starch, coffee, spices, fish, salt.

Aversion: meat, beer, salt, fish, oysters.

Food: agg. potatoes, milk;

**artificial food; warm drinks,
agg. tobacco.**

**Menses: too early, short,
profuse, pale: tiredness after.**

**Sleep: on right side; amel.
short sleep, somnambulism,
agg. waking.**

**Physical: agg. motion, walking,
lying on left side; amel.
rubbing; agg. cats, smells, wool,
-amel. lying down, agg. coition.**

Complaints

**Burning pains. feeling of
numbness and cobwebs.**

Constriction.

**Discharges watery, scanty,
acid. Dryness.**

Haemorrhages of bright red blood. Cerebral haemorrhage, petechia.

Paralysis (3), ascending.

Shocks, hyperventilation.

Weakness and nervousness.

Vertigo, falling, agg. closing eyes, tendency to fall forwards.

Migraines.

Lung complaints, bronchitis, asthma, tuberculosis.

Vomiting agg. drinking.

Constipation (3), dry, hard stools, no urging or great urging. Stool has to be removed by artificial means. Diarrhoea.

Liver. Pancreas. Diabetes.

Testes, ovaries. Leucorrhoea.

Kidneys.

Muscles.

**Bone problems, growing pains,
rickets, osteoporosis.**

**Tingling fingertips. Loss of
hair.**

**Skin eruptions; dry, peeling,
rough skin with cracks; itching
(3), scratching until it bleeds.**

**DD: Silica series, Carbon
series, Stage 3, 11 and 15,
Boron, Lachesis.**

Case by Rienk Stuut

**A 28 year old woman has many
vague complaints, but she
doesn't know what has caused**

them. She has some spots, which started when she moved house 4 months ago and which are gradually getting worse. She is also putting on weight: she has gone from 62 to 68 kilos since she stopped smoking 6 months ago. It feels strange to her to weigh 68 kilos. She also has pains in her throat with a feeling of rawness.

She has been trying to decide what she wants to do, who she is and how she wants to spend her life. She is very creative: she is a fashion designer and

she has her own shop, which she wants to build up into a top designers studio. She really wants to push her career, but she's got stuck half way and has developed an aversion to all this trying to achieve. This is partly because of the pressure she has always felt from her parents, which has made her confused. When she wonders what her parents think of her and what they expect of her the answer is always: achieving the best. She feels at a loose end and she cries a lot. She thinks about her situation a lot and

wonders who is to blame. She feels she can't get on with her career until she has sorted out her emotions. She is not satisfied about her self or her work, although it looked very promising in the beginning. When she first opened her studio she was very active with the promotional aspects, very flash and glittery. But it hurts her every time a client walks out of the shop having bought one of her creations. Now she just makes beautiful clothes and waits until someone happens to buy something, she

doesn't push it anymore.

Her parents are quite superficial, her father having very few interests in life. Her mother is locked up in her own frustrations, she used to have difficulty accepting her own physical needs and desires, but she seems very pleasant. Her mother couldn't accept that she had a daughter, she had only wanted to have sons. Her mother didn't give her much warmth and didn't teach her how to be a woman.

She was quite a happy child, and could have been even

happier if it hadn't been so tiring to be happy in a dull family. She acts as if she is very open, but she hasn't expressed the sadness that she felt as a child. She learned to keep down part of her emotions because she couldn't express them with parents who weren't happy with her.

She doesn't know who she is and she wants to find out. She sees everything as separate part of life: her work, her relationship, her friends, they are all loose bits instead of a whole.

She has had cystitis frequently since she was 4. It started with bedwetting. She then spent 5 weeks in hospital because her urethra was being widened.

When she finally was allowed home her mother was out and hadn't arranged any special homecoming celebration.

She always took into account what her 4 elder brothers thought of things. If one of them said: 'You look strange' she believed it. She not only measured her behaviour to what her parents and teachers expected of her, she also

followed and got hurt by everything her brothers said. She learned to behave like a boy and denied her feminine side.

When she was 24 she had a hernia in her left groin.

Fears: spiders (3!) (in the past this was a way to vent all her tension); horror films, thunder.

Generals

Desires: pasta (3), tomato sauce (2), rice (2), fish, crab (2), game (2), spices (3), Indonesian (4), sour (3), sour fruit (3), savoury.

Aversion: fruit, potatoes (3),

fat, heavy, mashed, sweet (3).

**Food: agg. sweet,
chocolate:cystitis.**

Analysis

She has many vague complaints and feels strange. She doesn't know very well who she is, which would point to Boron or Aluminium. She sees her relationship, her work and her friends as separate parts in her life, which means it is the relationship side of her life that makes her confused. This is more Aluminium. Further confirmation for Aluminium is the feeling of being lost

through pressure by her parents to achieve. Once again it is the family who are playing a large role in her confused state. There is also confusion about her feminine side, because her parents didn't want to have a daughter. Also typical is the fact that her mother wasn't there to welcome her when she got home from hospital: there was no real feeling of home.

But which Aluminium should we choose? She was very much influenced by her parents, which might indicate

Muriaticum or Silicatum. But she also allowed herself to be led by her brothers, adjusting her behaviour to what friends at school and brothers thought and did. This is more Phosphorus and so we get Aluminium phosphoricum.

Other Phosphoricum symptoms: fear of thunderstorms, -amel. fish, crab, spices, Indonesian.

Other Aluminium symptoms:- amel. pasta, rice, agg.- potatoes (3).

Reaction

After Alumina phosphorica she

developed a sore throat with swollen tonsils and a feeling as if her throat was being squeezed. She felt restless with palpitations. She held her fists clenched for several days, looking confused and angry, making violent punching movements. Her stomach felt tight and she held her breath. She felt bad whenever she had to express something, even if it was only a sigh.

She dreamed a lot; about sitting on a galloping horse, about being in a fast train, about her grandmother and her

friends. They were merely fragments, not a whole story, more a feeling of 'Yes, I remember that time'.

After that she starts to feel different, as if her position in the world is somehow different. She becomes more emotional and allows herself to cry from time to time. She thought a lot about all the unhappy events of the past, something she has never dared before. She likes the strong and sometimes violent reactions that are coming up from time to time, it is part of finding out who she

really is and what suits her: a career or simply being creative?

She is more open to special requests from her clients. She takes more time to make decisions: in the past she always wanted everything to happen right now.

After two months she feels very good. Her head no longer feels like a grey woolly ball, the way it used to. She is going to close her shop and work from home, and be less professional in her aims.

Her body is changing too,

becoming softer and rounder, more feminine. She wants to combine work with having children, something she never dared admit to before. She allows herself the time to feel what it is like to be pregnant and she is able to see her mother through different eyes.

Aluminium sulfuricum

Aluminium sulphuricum is a new remedy.

Concepts

Aluminium

Confusion about roles

Confusion of identity

Misleading
Triangular relationships
Bewildered
Mistake
Sulphuricum
Love
Marriage Partner
Self love Selfishness
Jealousy
Joyful Pleasant
Harmony Aesthetic
Clothes
Lazy
Ugly
Theorising
Group analysis
Confusion of roles with their

lover.

Confusion of identity with their partner.

Confusion about who is who within the marriage.

Triangular love relationships.

Confusion about who makes the decisions in the marriage.

The partner makes all the decisions.

Bewildered by jealousy.

Theorising in a confused manner.

Mistakes lead to disharmony.

Confused whether they are beautiful or ugly.

Picture of Aluminium

Sulphuricum

Essence: confusion of roles with their loved one.

Confusion of roles with the loved one

They like their contact with their lover to be really meaningful. They want there to be a mutual feeling of understanding and acceptance. But they feel that they have to put their own interests aside and adapt to the other person's feelings, otherwise there would be too many differences and the relationship wouldn't work. They also want to understand

their partner on a very deep level, which is another reason why they go to great lengths to try and imagine what he thinks and feels. But they tend to take this a bit too far so that they lose sight of their own feelings. Then they get confused about whose feelings are whose.

They are also inclined to leave all the decisions to their partner.

Another situation where such a confusion may occur is in a relationship where their lover is not only their lover but also their doctor, therapist, teacher,

boss.

Confusion of identity with their partner

When the situation gets very extreme they may end up in an identity crisis. They are so much in love that they want to be totally at one with their partner. They try and achieve this by taking on all his thoughts and feelings, they hear what he hears, they see what he sees, they start to act the same way he acts. It may even go as far as psychosis, where they start to hear voices telling them what to do.

Triangular love relationships
They tend to find themselves
in relationship triangles, for
instance by falling in love while
they are married. This creates a
lot of confusion, as they no
longer know whom they really
love, and they tend to get stuck
in a state where they simply
can't make up their mind. Or
they fall in love with a married
man or woman and end up in a
similar confusion about
whether this person really loves
them.

Bewildered by jealousy
The confusion about their

relationships can make them very jealous. This jealousy may become so overwhelming that it in itself becomes a cause for confusion. They are not sure whether it is they or their lover who is the most jealous. They are afraid of this jealousy and try to hide it in case it breaks up the relationship.

Theorising in confusion

They may get swept along by their fantasy, seeing things that aren't there, imagining hidden meanings and getting totally confused by the most innocent remarks and actions

of their lover. They may even lose track of time and space.

Confused whether they are beautiful or ugly

They may also be confused about anything to do with beauty. They don't know what harmony means and they take on other people's ideas about it, which makes it difficult to decide from moment to moment what they really feel about something. One moment they think it is nice, the moment they are not so sure anymore. They may feel the same way about their own

body.

Expressions

Fears: knives, blood, own impulses, insanity, shadowy figures behind them, flying, lifts, falling, falling asleep, exams, violence, being swept away, heights, poverty, ugliness, dirt.

Dreams: clothes, partner, marriage; nightmares agg. lying on back.

Mood: timid, yielding, complaining, moaning, groaning, hurried, impatient, indifferent, slow in acting and answering, gloomy, depressed,

suicidal.

**Delusions: time goes too fast, parts of body belong to someone else, being a criminal, having no friends, ghosts, death, marriage, mistakes about own identity
agg. looking in mirror.**

Aggression: impulsively aggressive agg., seeing knives or blood.

Mental: absent minded, confused, doubting, bewildered, as if in a fog, wandering, getting lost, mistakes, dementia.

Causes: loss of loved ones,

friends or relations, insults, humiliation, disgrace, acting on request of loved one, agg. being hurried or pressurised.

Generals

Locality: left.

Weather: cold, agg. dry weather, amel. damp; amel. open air; hot flushes.

Perspiration: little, agg. exertion; bad odour.

Time: agg. 5 and 9 am; agg. winter.

Desires: potatoes, pasta, dry food, rice, starch, coffee, sweet (3), alcohol, fruit, fat, fried, spices, sour, cold drinks.

Aversion: meat, beer, egg, sour.

Food: agg. potatoes, milk; artificial food; warm drinks, tobacco, alcohol.

Menses: too early, short, scanty, pale; tiredness afterwards; activity, hurry, desire to clean before menses.

Sleep: sleeplessness; agg. waking, difficulty waking, deep sleep; frequent waking; agg. lying in.

Physical: -amel. lying down, agg. coition, agg.- bathing.

Complaints

Burning (3) pains. Full, heavy,

pulsating feeling. Numbness and cobwebs. Constriction.

Discharges watery, thick, yellow, smelling of rotten eggs, little and acrid. Dryness.

Paralysis (3), ascending.

Vertigo, falling., tendency to fall forwards.

Liver, pancreas.

Heart and vascular diseases.

Varicose veins, heavy legs.

Haemorrhages and haematoma.

Constipation (3), hard, dry stools, no urging or much urging. Stool has to be removed artificially.

Testes, ovaries, leucorrhoea.

Kidneys.

Muscles.

Skin eruptions; dry (3), with yellow pus, red, peeling, rough skin with cracks; itching (3) agg. heat, has to scratch until it bleeds.

White spots on nails.

DD: Silica series, Carbon series, Stage 3 and 16, Boron, Hyoscyamus, Lachesis.

Case by Rienk Stuut

A 30 year old woman became psychotic one year after her final exams at school.

Before she became psychotic she made a sculpture of a

teacher she didn't get on with. She did this in an attempt to make him understand her instead of the other way round. She had been working very hard and became more and more rushed, until she ended up in a psychotic state. She was very fanatic, wanting to prove that the things she felt were really happening; she felt that everything was connected. She was very hyper, didn't sleep, experienced everything as very new and exciting. She lost all sense of time and she started hearing voices which

told her to do things. She had delusions that everything was connected to everything else.

She was also very much in love with another teacher and wanted to marry him. They did have an affair but he was also married, with 3 children. She allowed herself to be totally influenced by him, and copied him in everything she did. His remarks always took on a special meaning: she always felt hidden messages in them.

She still dreams about this teacher, feeling they are still connected in some way. She

still feels his influence in the way she works, as if she thinks like him. She had a dream in which she felt that he was sitting on the back of her bike, although she knew it wasn't really true.

She has done a lot of sculptures, mainly with clay. Later on she started painting too. In her work she always feels hurried; she tends to lose herself and doesn't stop, especially before her menses.

When she arrives somewhere after a journey she often feels she isn't really there yet. She

wakes up in Switzerland, for instance, feeling she is still sitting in the train. It is as if her spirit travels more slowly than her body.

She is afraid of flying and of lifts. She wants to stay on the earth, and is afraid of falling. She gets jumpy, and feels there are ghosts behind her. She sometimes gets paralysed with fear, for instance when she has to take an exam. She is afraid of the moment of falling asleep. She is also afraid of violence, with the fear of being wiped out.

She has white spots on her nails.

Generals

Weather: cold, cold hands and feet.

Time: agg. morning.

Desires: potatoes, pasta, spaghetti.

Aversion: meat.

menses: active, hurried, wants to tidy up the house before menses.

Sleep: it takes two hours for her to wake up properly.

Analysis

Both during and after the psychosis she was very

**influenced by her boyfriend,
and saw everything the way he
did. This points to Aluminium
(seeing things through someone
else's eyes) sulphuricum (the
lover). Her boyfriend's
(Sulphuricum) remark took on a
double meaning (Aluminium).
She had a dream in which she
felt her teacher/lover
(Sulphuricum) was sitting on
the back of the bike with her,
although she knew this wasn't
really true (Aluminium). On top
of all this there is a confusion
of roles: her teacher is also her
lover.**

**Other Aluminium symptoms:
psychosis, wanting to be
understood, hurried, sees
everything connected, busy, no
sleep, no sense of time,
commanding voices, sculptures
made of clay, loses herself, her
spirit travels more slowly than
her body, fear of falling, ghosts,
jumpy, being wiped out, cold,
agg. morning and waking, -
amel. potatoes, pasta, agg.-
meat.**

Reaction

**One month after Alumina
sulphuricum everything is
much better. She sleeps better,**

**and wakes up more easily.
When she went on holiday she felt she was really there from the first moment onwards. She dreamt that she wanted to reach her teacher and couldn't. This made her very angry. She has many angry dreams. She feels more connected to the here and now. She is less afraid when swimming, no longer afraid of being dragged down. Her emotions are beginning to feel more as if they originate from her. Just after she took the remedy she had the sensation as if she had been**

working with clay for weeks. The white spots on her nails disappeared within two days.

A year later some of the problems came back. She started to get lost within a new relationship, but this time she was able to spot what was happening. Another dose of Aluminium sulphuricum worked straight away with good results.

Silicium metallicum

'The family, the cornerstone of society'.

Once again it is quite remarkable that the pure element Silicium is not known in homoeopathy. We only know the oxide, silicium oxide or Si O₂, which we call Silica.

In Silicium we see the paradox between flexibility and rigidity very clearly. On the one hand we find the hardness of stone in the mental picture of rigidity and monomania. On the other hand we find the flexibility in

**the physical picture of supple
connective tissues.**

Signature

**The name is derived from
silex, sandstone. It was
discovered in 1823 and it is the
second most common element
on earth, forming one quarter
of the earth's crust. Silicium is
chemically closely related to
Carbon, which is right above it
in the periodic table. They are
the same stage in different
series.**

**Sand consist mainly of
silicium oxide and is used in
the manufacture of glass and**

cement. Most durable structures in the world are made of stone and cement, materials which contain large proportions of silicium.

It is a semi-conductor and is used in transistors and computer chips, devices that process and conduct information. It also gets used in solar energy cells.

Silicium improves the elastic properties of steel.

Concepts

Stage 10

Summit

Success

Noble
Centre
Stable
Shining Glittering
Obvious
Independent
Rigidity
Silicium series
Relations
Family
Other You
Love Hate
Communication
Language Learning
Presentation
Play
Teenager

Home Neighbourhood

Group analysis

Trying to appear noble in front of your relations: image.

Obvious relationships: family ties.

Having a successful family: family image.

A noble group: family image.

The master of the family: father.

Stable point in the neighbourhood: home.

The centre of all relationships: home.

A balanced group.

An unstable group.

**Not being master of the group.
Not being master of oneself
within a group: timid.**

Unequal group values.

Balanced relation; normal.

**Rigidity within relationships:
stubborn.**

**Rigidity in relationships: too
much tied to the family.**

**Picture of Silicium Metallicum
Essence: obvious relationships:
family ties.**

**Obvious relationships: family
ties**

**Relationships are a matter of
course. Things happen the way
they do within a close family,**

you don't have to do anything special, your family is just there. Even when the family splits up and goes their different ways, the blood ties will always remain.

**The relationship is obvious
The attitude they have towards other relationships is also very matter of course. The communication between them is easy: they don't have to make any special effort to make the relationship work, they simply have to be there for each other.**

A noble image to keep up

They feel they have to keep up an image of a certain nobility. Sankaran (1991) has already pointed out how important reputation and fame is to the Silicium personality. They want to be respected for their achievements and for their appearance: their good name and reputation have to be kept up at all times.

**Having a successful family:
family image**

Besides their own image there is the family image, which is at least as important. The family home usually plays an

important role in the first part of their lives. They also make use of the good name of the family to improve their chances later in life. The opportunities seem just to land on their plate without their having to make any special effort.

The master of the family
The father as lord and master of the family is another important theme. These people need the support of a strong father, who tells them how to maintain their position in society and be sure of the

respect of their peers. 'The family as the cornerstone of society' describes the essence of this theme. A stable family environment can teach a child to become a stable adult in a balanced relationship with the rest of the world. The parents in such a family are always there, as a matter of course.

Stable point within the neighbourhood: home

The parental home is the stable base from where the teenager will start to spread his wings. It is something you can always fall back on, a real

haven. The physical structure of the home is also important. It has to be a strong, stable home built of stone, cement and concrete (Silicium) so that it can be there for a very long time.

Unstable group values

The other extreme may be an unstable family home, where there is nothing to fall back on. They miss the sense of security of a safe haven. This same situation may occur later in life if they have no steady home to go back to. Or they may feel insecure because the ley lines

around their home make them feel disorientated and unstable.

Not in charge of himself within the group: timid

The instability may show itself in relationships too. There is nothing to build on, no fixed point of reference. They are yielding and easily influenced. They want to find a stable point and they allow themselves to be led by others in the hope of finding this stability. They don't doubt the other person's ability to lead the way. They are timid and dare not express themselves within the group in

case their image gets damaged. They would rather look for support from their parents or teachers.

They tend to be kind and pleasant and well mannered because they want to be liked. They are so sensitive that they may easily cry when criticised. They can also cry when they receive sympathy, because they take this as a criticism of their own lack of stability.

**Rigidity in relationships:
stubborn**

Their behaviour can also go the other way, where they

become extremely stubborn. They feel they have to be able to be themselves no matter what, while they still want to hold on to their position within the group. They feel they shouldn't have to creep and crawl in order to be part of it. They are so sure of themselves that they always stick to their own opinions. They are not afraid to say publicly what they think and they don't tolerate much opposition, acting as if they were the leader of the group. This courage can be very challenging to the rest of the

group. It can even turn into arrogance.

This stubborn streak, coupled to their perfectionism and precision, can also turn into monomania. Then they become hard and cold, obsessed by trifles and extremely critical. Their clothes may display the same sort of fastidiousness and precision.

Rigidity in relationship: too much tied to the family

If they are the head of the family their rigidity may leave a mark on the whole household. They insist that everybody

obeys the rules, leaving little individual freedom to their children and partner. Their insistence on everyone obeying the rules is often the result of their fear that the family image will be damaged if someone steps out of line.

Expressions

Fears: needles, injections, trifles, narrow spaces, not waking up from sleep, failure, exams.

Dreams: crystal, ice, mirrors, clairvoyant, cobwebs, needles, friends, schoolmates, family, teeth.

Mood: refined, delicate, aristocratic, artistic.

Mental: forgetful agg. exams, absorbed by occupation and reading, monomania agg. trifles, precise, punctual [crystal], mathematical, perfectionists.

Contacts: sympathetic, clairvoyant, clairsentient.

Causes: loss of parents, family, friends.

Generals

Build: thin, tall, fragile, looking old.

Weather: cold (3), blue with cold, Bluish purple nails agg.

cold, cold water, agg. getting undressed; amel. heat; agg. draught (3), agg. outside.

Perspiration: profuse, foot sweat stinking (3!); night sweats.

Time: agg. 11 am; agg. full moon; agg. winter, December.

Desires: egg, salt, warm food, fruit, milk.

Aversion: milk (3), mothers milk (3), salt, meat, broccoli, cauliflower.

Food: agg. fat, milk (3), broccoli, alcohol, fasting.

Sleep: light, much tossing and turning.

**Physical: agg. agg.
vaccinations, radiation; amel.
massage, magnetising; agg.
coition; agg. soap.**

Complaints

**Pains: stitching, as of splinters
or needles. Sensation as of a
hair.**

**Discharges: thick, yellow,
hard, smelling of old cheese,
difficult to dislodge.**

**Inflammations: chronic,
obstinate, hard. Abscesses.**

**Epilepsy, petit mal. Retarded
growth.**

**Headache from occiput,
spreading to forehead. Large**

head.

Slow closure of fontanelles.

Ear infections.

Colds, sinusitis. Swelling of glands.

Teeth: caries, crooked, large incisors; agg. dentition.

Lung complaints, silicosis agg. miners, cancer.

Vascular diseases.

Arteriosclerosis.

Constipation with hard stools which slip back.

Enuresis. Kidney stones.

Arthritis. Large joints. Back pains, scoliosis.

Bones brittle, little elasticity;

rickets, exostoses.

**Skin thin and delicate,
sensitive, cracks; fingertips.**

**Wounds heal slowly, leaving
scars; keloids. Complaints in
collagen tissue.**

**Boils, acne. Eczema, itching,
peeling, red, dry; on occiput.**

**Hair thin, brittle, grey,
sticking up at the front.**

**(Geukens, seminar
Wageningen).**

**Nails brittle, fungus, yellow to
blackish/brown, ingrowing,
with white spots.**

**DD Silicium series, Stage 10,
Argentum, Aurum, Baryta's,**

**Fluoratum, Carcinosis,
Causticum, Hepar sulphuricum,
Lycopodium, Nitricum,
Psorinum, Pulsatilla,
Staphysagria, Thuja,
Tuberculinum, Zincum.**

**DD Silicium-containing plants:
Equisetum, grains and grasses,
Triticum, Bamboo, Urtica
urens, Medicago.**

**DD Silica: has certain traits of
selfishness and feeling abused.
They are afraid of not getting
enough, as can be seen in their
fear of poverty and thieves.
Silicium is more refined, but
they are very similar, as the**

case written below will illustrate. It is quite likely that we have often given Silica in cases where Silicium would have been more appropriate.

DD Carbonicums: the father figure also plays an important role in their life, but In the Carbonicums it is more the father who is the provider of norms and values. In the Siliciums it is the father as the head of the household, the leader of the family (business).

DD Aluminium: Aluminium doubts whether he is in the right relationship: does he

belong or doesn't he? In Silicium the relationship is a matter of course, even if wonders from time to time whether others see it like that too.

DD image: many other remedy also have a theme around self image. But in each case this image is linked to other factors. The Ferrum person wants to have a good image with regard to his work, in the Argentum series the image is linked to their artistic creations, the Natrums feel they have to make contact with

others before they can feel good. In Silicium the image they present to others is in itself the most important issue, not the fact whether they have to do something first to establish this.

DD houses: the Carbon series is more concerned with rooms and personal space. It is interesting to note that human houses are made of Silicium compounds, whereas animals who carry their house around with them have houses made of (calcareo) carbonate. The Ferrum series is concerned

with work space. The Silver series is associated with large buildings such as theatres and concert halls, while the Gold series is associated with even bigger buildings such as large office blocks, banks' head offices and skyscrapers.

Case

A 15 year old girl suffers from eczema. It is very itchy and the skin on top of her head, behind her ears and along the hairline on the back of her head is flaky. It is a dry form of eczema. The skin is red with whitish-yellow flakes peeling

off. It gets worse from soap and shampoo and it is worse in the winter. It started when a girl friend of hers suddenly didn't want to see her anymore. She wanted to know why her friend was behaving in this way. At one point she felt that the whole class was against her. Talking about it with her parents made her feel better. She is very unsure of herself and needs a lot of reassurance. She wants to be liked and she wants to feel she belongs in her class at school. She gets very upset by the thought that

others might find her a 'sissy'. But she doesn't want to creep, she just wants to be herself. She doesn't want to be influenced.

She doesn't give the impression of being very timid, she knows what she wants and she doesn't hesitate to give her opinions during the consultation. She likes discussion time at school, she gets actively involved. She is quite intense in the way she lives. She can get totally absorbed in a book and forget the world around her.

She is quite a cheerful girl and she is very sympathetic when someone else is upset.

She quarrels a lot with her brother from time to time.

She can be very sharp, occasionally violent, especially when she feels she is under attack.

She likes sports, tennis and hockey. She is ambitious in hockey and wants to reach the top team.

She is a great perfectionist, and wants to be very good in whatever she does. She plays the flute and used to play the

piano as well.

When she was younger she had frequent colds in the winter; later on her tonsils were removed. She often had high fevers with delirium and great fears, and she wanted to sit on her mother's lap during these attacks.

She often had a dream that a cobweb with a needle in the middle came towards her and then went away again. When she woke from this dream it felt as if the room was coming towards her and then receding again.

She frequently dreams of snakes coming towards her or eating her cat. Or she dreams about her school friends and her family.

Generals

Weather: cold (3), blue with cold, purple/blue nails agg. cold, agg. cold water.

Perspiration: agg. night and being too hot.

Time: agg. december.

Desires: nasi, bami (Indonesian food), lettuce, tomatoes, chocolate, fruit, milk.

Aversion: broccoli (3), endive (2), cauliflower, french beans.

**Food: agg. broccoli (3), agg.
alcohol: nausea.**

**Sleep: much tossing and
turning.**

Analysis

The eczema started after her friend didn't want to see her anymore and she had the feeling that the whole class was against her. This indicates the Silicium series.

Her reaction was a feeling of insecurity, but she didn't want to do anything special to change it. She simply wants to be herself and she doesn't want to coax to be allowed to be part

of the group, she doesn't want to be influenced by the others.

This is typical of stage 10, the stage of equilibrium, which brings us to Silicium itself. Her uncertainty and the amelioration from talking to her parents further confirms this element. The complaints of itching and flaky eczema on the occiput also fit this remedy. The dream she had during the fevers was very interesting: a web with a needle (silicium) in the middle (stage 10) comes towards her.

There is no reason to chose

one of the Silicatum in this case. There is also no reason to choose Silica, because there are no clear indication for an Oxydatum.

Other Silicium symptoms: perfectionist, sympathetic, dreams about classmates and family, cold (3), blue/purple nails agg. cold, agg. winter, agg. alcohol.

Reaction

One month after Silicium metallicum 1M the eczema has improved a lot. She feels better in herself, and everything is going smoothly. She doesn't

have many worries anymore and she feels more relaxed. She is less concerned about what other people in the class think of her. There are three girls within the class whom she has become good friends with. The following year everything continues to go well.

Silicea terra

Silica is a very well known remedy. Its chemical name is Silicium oxide, or quartz.

Many people have written about this remedy, amongst them Sankaran and Vithoulkas,

who have described different types of Silica. The group analysis can help us tie all these different aspects together.

Signature

Sand consists mainly of silicium oxide and is the basic material for glass and cement. Most houses in the world are made of stone, concrete, cement and natural stone, all of which contain large or very large amounts of Silicium.

Quartz is colourless and is Silica in its purest form. But there are many coloured forms

too, such as amethyst, smoky quartz, rose quartz and citrine. There are also various forms of crypto-crystalline quartz such as onyx, opal, agate and heliotrope.

Concepts

Silicium

Image

Blood relations, family

Family image

Father

Home At home

Timid Fragile

Obstinate

Family minded

Oxidatum

Selfishness

Demanding

Indignant

Abused

Victim

Lazy

Corrupt

Beggar tramp

Group analysis

Fragility gets abused.

Relations create problems with giving and taking.

Abused by your family.

The victim image.

Using your family for your own gain.

Demanding attention from

your father.

Father is a victim.

A selfish family.

**The family image should not
be polluted.**

Timid and lazy.

Obstinate and indignant.

Picture of Silica

Essence: fragility gets abused.

Fragility gets abused

**They feel very fragile and are
inclined to feel that others will
abuse this. As soon as another
person voices his opinion or
sticks up for his own cause
they feel neglected and
humiliated. Criticism makes**

them feel even worse, causing them to cry or get very angry. And when others show them sympathy they feel humiliated because they believe it is done out of pity for their weakness.

Relationships cause problems in giving and and taking

They have difficulty finding the right balance between give and take and they feel it could easily disturb their relationship with family and friends. If they take too much the others might think them too selfish and if they give too much and don't stick up for themselves

the others may think them too soft.

Abused by the family

They often feel that they have to put aside their own wishes for the sake of the family. The rules at home are too strict, there is no space for what they want for themselves. There is little privacy and little time for their own hobbies. There is no balance between private and family matters. But they don't feel safe enough to stand on their own feet and that is why they allow this situation to continue, for fear of losing the

family altogether.

Victim within the family

It may be that one of their family members is severely ill or handicapped and therefore needing a lot of extra care and attention. Then they feel that they should help their family to take care of this person, that they can't just leave and let others do the job. A family should stick together in such circumstances. But they may feel unhappy and abused, especially if the 'victim' is unkind to them and doesn't seem very grateful.

Another situation may be where the family uses them to keep up their image, for instance by forcing them to take up a study that doesn't interest them but which 'looks good' to the outside world.

The victim image

They may start to cultivate this image of being a victim. They'll show the world how good they are, how much they give without asking anything in return. This then becomes a means in itself, and their self-worth and their image become dependent on this role. But

underneath they feel worthless, as if they don't deserve to ask anything for themselves.

Using the family for your own gain

They may also use their family for their own purposes. They start to lean on their father, always depending on his advice and his support. They let themselves be carried like a prince or princess on a throne.

Or they may impose their own rules on the household, their own desire for stability driving them to enforce a strict regime of order and punctuality on

every single member of the family. It feels as if their image will collapse if everybody doesn't strictly follow the rules.

A selfish family

Because the family image is so important, it may be difficult for them to accept if there are any irregularities, for instance a brother who is handicapped, a sister who hasn't finished her studies, a child who is a drug addict, etc. If it becomes too embarrassing or they feel too many fingers pointed at them from the outside world, they will withdraw and shut off the

outside world altogether. Their only focus becomes the family, as here they are safe and if they stick together they don't need anybody else anyway. They become totally family orientated and society ceases to exist for them.

Timid and lazy

They can be very shy, especially when they first meet someone. But they also want to be liked so they will behave in a kind and pleasant manner, without going to the other extreme of actively putting themselves out to be kind.

They are too lazy to make much effort to ingratiate themselves with other people. Obstinate and indignant They can also be extremely obstinate and independent, where they go their own way and won't tolerate any contradiction. Advice is something they don't want to hear, their attitude has become cold and hard. In order to maintain their image they will highlight one facet of their character and stubbornly persevere with their plans, almost in a sort of monomania.

They can appear arrogant but also courageous and daring.

Expressions

Fears: needles, injections, trifles, narrow spaces, not waking up, failure, exams, heights, vague, unknown, thieves, burglars, corruption, life, strangers, future, travelling, flying, open spaces, crowds, disease, death. Acute panic attacks.

Dreams: crystal, ice, mirrors, clairvoyant, cobwebs, needles, friends, school friends, family, thieves, worms, Sahara sand being criss-crossed with sticks.

Mood: refined, delicate, aristocratic, artistic.

Mental: forgetful agg. exams, absorbed by rifles and reading, Monomania agg. trifles, precise, punctual [crystal], mathematical, perfectionist, confusion, slowness, dementia.

Contacts: sympathetic, clairsentient, clairvoyant.

Causes: loss of parents, family, friends.

Generals

Build: thin, tall, fragile, looking old.

Locality: right.

Weather: cold (3), blue with

cold, blue/purple nails agg.

cold, agg. cold water, agg.

undressing, agg. cold wind; cold hands and feet (2); amel. heat; agg. draught (3), agg. outside.

Perspiration: profuse, stinking foot sweat (3!); night sweats.

Time: agg. 11 am; agg. full moon; agg. winter, December.

Desires: egg, salt, cold food, fruit, milk, alcohol.

Aversion: milk (2), mothers milk (3), salt, meat, broccoli.

Food: agg. fat, milk (3), cheese, butter, pork, broccoli, alcohol, fasting.

Sleep: much (2), light, much

tossing and turning.

Physical: agg. agg.

vaccinations, radiation; amel.

massage, magnetising; agg.

coition; agg. soap; agg.

exertion, agg. smoke.

Complaints

**Pains: stitching, as of splinters
or needles. Sensation as of a
hair.**

**Discharges: thick, yellow,
hard, smelling of old cheese,
difficult to dislodge.**

Tiredness, low blood pressure

**Inflammations: chronic,
obstinate, hard. Abscesses.**

Epilepsy, petit mal.

Vertigo, black spots before the eyes.

Headache from occiput, spreading to forehead. Large head.

Headache, pressing, above right eye, eyebrow being pressed down, agg. working, talking, amel. rest.

Ear infections. Pustules in nose.

Colds, sinusitis. Swelling of glands.

Retrolental fibroplasia.

Blindness.

Nose blocked, epistaxis.

Teeth: caries, crooked, large

incisors; agg. dentition.

Throat dry, tickling, agg. talking. Loss of voice.

Coughs up white lumps.

Hyperventilation.

Liver complaints, liver insufficiency, hepatogenic toxemia.

Vascular diseases.

Constipation with hard stools which slip back.

Enuresis.

Arthritis. Back pains, scoliosis.

Bones brittle, little elasticity; rickets, exostoses.

Skin thin and delicate, sensitive, cracks; fingertips.

Wounds heal slowly, leaving scars; keloids. Boils, acne, Vitiligo.

Eczema, itching, peeling, red, dry; on occiput.

Hair thin, brittle, grey, sticking up at the front.

(Geukens, seminar Wageningen).

Nails brittle, fungus, yellow to blackish/brown, ingrowing, with white spots.

DD Carbon series, Silicium series, Stage 10 and 16, Muriaticums, Argentum, Aurum, Baryta's, Fluoratum, Carcinosis, Causticum, Hepar

**sulphuricum, Lycopodium,
Nitricums, Psorinum, Pulsatilla,
Staphysagria, Thuja,
Tuberculinum, Zincum.**

Case

A 55 year old woman has come for a consultation because of headaches and sinusitis. The complaints start after a cold wind and she also feels extremely cold during these times. When the weather is cold and damp she has to wrap up from head to toe, even covering her eyes. Draught and pressure aggravate the pains, light and sound doesn't affect

them.

She has had 5 pregnancies, the third one ending in a miscarriage with much bleeding and vomiting. The first delivery took more than 12 hours. They thought she was going to die and were thinking of giving her a caesarean, but eventually decided on a forceps delivery. Her fourth child was born mentally retarded and it took her (the mother) a long time to recover her strength after this birth, she remained weak and cold for ages.

She used to suffer from

migraines in the past.

She is quite clumsy, and used to fall down a lot as a child.

She is impulsive, can suddenly decide to do something completely different, to go out cycling for the day and things like that. She is very independent. Has fear of heights.

She is divorced because they were incompatible, although they stayed together for a long time, because the catholic church doesn't encourage divorce. She still worries about him sometimes.

As a child she used to be thin and shy. During the war she was undernourished.

Her menses used to be very profuse, coming back every three weeks. She also had stomach pains and swollen feet and ankles before and during menses. Eventually she decided to have a hysterectomy.

Dream: that she is walking arm in arm with king Baudoin of Belgium.

Generals

Weather: agg. cold (2), agg. cold wind (3); agg. damp, amel. mountain air, agg. sea air, agg.

storm.

Desires: sweet (2), fruit, cheese, vegetables, carrots.

Aversion: milk (2), cabbage (2), sour, meat, egg, alcohol.

Food: agg. lettuce: pain in left side.

Sleep: bad agg. full moon; on right side, curled up.

Analysis

Looking at the physical complaints the extreme sensitivity to cold is the most striking symptom: complaints start after exposure to cold wind and draught, she has to wrap up including her eyes. If

we combine this with the thinness and the timidity in the past we have a complete Silica picture.

If we apply the group analysis the other factors also fall into place. Her child (Silicium) turned out to be mentally retarded (Oxidatum) and she remained cold for a long time(Silicium). She carried on her marriage with a rigid determination (Silicium) in spite of the fact that she didn't feel happy with it (Oxidatum). Her dream of walking arm in arm with king Baudoin makes

us think of the picture of a princess.

Other Silicium symptoms: independent, thin, shy, agg. cold, agg. cold wind (3); agg. damp, -amel. sweet (2), fruit, agg.- milk, meat, agg. full moon.

Oxidatum symptoms: malnourishment.

Reaction

Two days after Silica 1M the headache increases and it stays for 5 days. After that the complaints gradually disappear, the pressure is much less. She can now cycle without a scarf

around her neck. She feels better, has more energy and does more during a day.

Phosphorus

'Any communication is better than no communication'

'Alle Menschen werden Bruder'

Signature

The name is derived from the Greek word 'phosphorus', bringer of light. It was discovered in 1669.

It exists in three different forms: red, white and black. The white form glows in the dark, but it is quite unstable

and turns from white to yellow to red under the influence of light.

Phosphorus ignites very easily, which is why it is used in matches.

Phosphates, in the form of ATP, adenosine triphosphates, are important carriers of energy within the body.

Phosphates also play an important role within the nervous system.

Concepts

Stage 11-15

Containing Preserving

Holding on

**Spreading Continuing
Expansion Full
Enjoying
Loss
Forgiving
Exchange
Sharing
Silicium series
Relationships
Family
Other You
Love Hate
Communication
Language learning
Presentation Game
Teenager
Home Neighbourhood**

Group analysis

**Enjoying the communication:
communicative.**

**Exchange within relationships:
communication.**

Preserving relationships.

**Enjoying relationships:
friends.**

**Sharing within the family:
brothers.**

**Exchanging with others:
diffusion.**

Exchanging love.

**Expansion of love:
sympathetic.**

**Holding on to the
neighbourhood: homesickness.**

Preserving within the house.

Sharing relationships.

**Exchanging with others:
learning.**

Fear of loss of relationships.

Picture of phosphorus

**Essence: spreading the word,
communication.**

Preserving relationships

**They have a great desire to
have many relationships and
they are sure that they will
succeed, because they find it
easy to make contact with
others. But they also like to
preserve these contacts, so
they put a lot of energy into**

them. They like company and hate to be alone.

You could imagine the original situation of Phosphorus being that of a person who suddenly finds himself in a completely unknown society, for instance a survivor of a shipwreck who lands in a strange country. He then has two options: either he withdraws and tries to fend for himself, or he tries to be adopted within this new culture. In order to do the latter he has to make contact with these new people as soon as possible. He has to find out

how they think and feel and act, so that he can learn to think and feel and act the same way. So it is a matter of learning a new language, learning new customs, learning how to work with new tools etc. He has to be continuously open to new information, but also to the way these people feel, so that he can understand them and take over their norms and values. He also has to make friends in order to feel secure within this new society.

**Enjoying the communication:
communicative**

They can really enjoy communication: they love talking and exchanging ideas. They are very open and talk with ease about their inner feelings. They also have the capacity to feel the other person's feelings. They tend to lean over towards them during a conversation and show and encourage a feeling of trust.

**Expansion of love:
sympathetic**

Because they are so sympathetic to the other person's feelings they can easily take over their pains as

well. It is as if they suffer with them. They like to share their love and they resonate with other people which makes the other person feel comforted and understood. They can even resonate with feelings or problems that they read in a magazine: they truly belong in the rubric 'sympathetic'.

**Exchanging with others:
diffusion**

Sometimes they are too open to impressions, as if their boundaries are diffuse (Vithoulkas) and all impressions can move freely in and out.

They may even have clairvoyant dreams and sensations. The communication can be so open that they no longer know which thoughts and feelings belong to themselves.

The feelings they have absorbed don't usually stay for very long. As soon as they meet someone else they start to resonate with this new person. Their fears are also quite short lived: they are easily frightened, especially when they hear about a disease, but they are also easily reassured.

**Sharing within the family:
brothers**

When the family expands with a later addition they are quite happy too. Their contact with brothers and sisters is easy, since they accept them as equals and like to communicate with them.

**Enjoying relationships: friends
They have a lot of friends and they easily make friends too, even with people they have only just met. People like their sympathetic attitude and neighbours and acquaintances soon become good friends.**

They are not at all jealous about their contacts, as they like everyone to get to know everyone else and become friends with each other, 'the more the merrier'.

**Exchanging with others:
learning and language**

Another aspect of communication is language, with all its facets of listening, speaking, writing and reading. This is directly connected to learning and thinking. Learning and thinking happens mainly through the medium of language. It is an exchange of

information, rather than a form of achievement.

Phosphoricums often have problems at school, and the mental exertion can become too much. They get exhausted and confused by all this studying and finally become apathetic, with blackouts and spells of complete indifference.

These problems often take appear during puberty, when a growing body demands its share of energy too.

Extending communication: curiosity and travelling

Curiosity is connected to the

desire to learn. There is a great desire for variation and new things. Travelling is a way of fulfilling this desire: you meet something new every day, not only new places, but also new people to communicate with. Their interests are broad and varied, but very much concerned with culture.

Loss of relationships

They are afraid of losing their relations and try and avoid this by getting to know as many people as possible. If they lose too many friends they get exhausted. They had invested

so much energy in these friendships that together with the friend part of themselves has gone too. This can make them indifferent towards the rest of their friends and family. They get an aversion to people and conversation. They feel alone and deserted. This is expressed in the delusion of being alone, marooned on an island, like Robinson Crusoe.

Loss of love

Disappointment in love is one of the most important causes of problems and disease in Phosphorus. They miss the fact

that they can't talk with their loved one anymore. It is not so much that they miss the passion, it is much more the acute loss of contact with the other person that causes the suffering.

**Holding on to friends:
homesickness**

Another typical symptom is homesickness. The homesickness is once again caused by the loss of contact. They lost their neighbours and their friends and they long to see them again. They long for the neighbourhood and the

house where their family has always lived.

Expressions

Fears: alone, dark, thunder (!), twilight, future, disease and death of family and friends; easily frightened and easily reassured; jumpy.

Mood: nervous, restless, discontented.

Mental: curious, restless, lively fantasy.

Contacts: -amel. company, new contacts, conversations, eroticism.

Hobbies: travelling, games.

Generals

Build: thin, tall, red-haired.

Locality: right.

Weather: cold, sensitive to thunderstorms.

Time: agg. 9 pm.

Desires: spices, salt, fish (3), ice-cream, sweet, chocolate, chicken, cold drinks (2).

Aversion: salt, fish, oysters.

Menses: profuse.

Sleep: on right side; amel. short sleep, somnambulism.

Physical: agg. motion, walking, lying on left side; amel.

rubbing; agg. cats, smells, wool.

Complaints

Burning pains.

Haemorrhages of bright red blood. Cerebral haemorrhage, petechia.

Hair loss.

Neurological complaints, shocks, chorea, neuralgias, paralysis. Weakness with nervousness.

Migraine.

Lung complaints, bronchitis, asthma, hyperventilation.

Tuberculosis.

Vomiting agg. drinking.

Liver complaints. Diabetes.

Diarrhoea, kidney stones.

Bone problems, growing pains, rickets, osteoporosis.

Tingling finger tips.

DD Silicium series, Stages 11-15, Hyoscyamus.

DD Silicium: likes things the way they are, doesn't feel an urge to change it. Phosphorus also takes the relationship for granted, but he does want to make an effort. He likes to extend his relationships and share with others much more than Silicium.

DD Lachesis: Phosphorus doesn't talk in monologues like Lachesis does. They are able to stop and listen and are therefore not in the rubric

'loquacious'.

DD Calcarea phosphorica: also has the headaches in school children. Kali-p has exhaustion from study as well; Mag-p may get very sleepy from studying.

Case

A 65 year old woman comes with all sorts of complaints, the most important one being a pain on the lateral side of her left knee. It is a nagging sort of pain that radiates upwards towards her buttocks and downwards to her ankle and the top of her foot. She also gets a sudden swelling in her knee

sometimes, with a pulsating, burning hot pain, which is ameliorated by rest and cold wet towels soaked in vinegar.

She has suffered from chilblains on hands, and sometimes feet, all her life. Her fingers go cold, white and numb.

She had gallstone colic in the past which made her crawl around the bed with pain. The pain below her ribs radiated to back, neck, teeth and ears. This was accompanied by a dry mouth and desire for carbonated drinks.

She also mentions several other complaints. Her ears itch at times. She used to have piles, especially during and after her pregnancies. She has chalky nails on all toes. She gets frequent colds with a barking cough at night and much perspiration. She often has pain in her shoulder and she has tennis elbow, worse from over-exertion and bad posture. She has pain in the joints of her fingers and thumbs.

As a child she used to have frequent tonsillitis, especially

after being out in cold wind. When she was 16 she had jaundice. During the war she had foot and mouth disease, which made her feel very ill and permanently damaged her teeth.

She is married to a rather dominant man, which stops her from fully developing herself. He won't let her out of his sight, so she can never get away on her own.

She easily makes friends and keeps her friends for a long time. She is happy and easy to please, and people often ask

her for advice. She talks quite openly during the consultation, she seems friendly and sympathetic.

She is also quite firm in her decisions. She gets worried about the children, during thunderstorms and when they have to travel by plane. She herself is afraid of flying.

Generals

Weather: -amel. sun; fear of thunder (3); -amel. woods, -amel. sea.

Perspiration: little.

Desires: fish (2), vegetables (2), garlic (2), spices (2), grapes (2),

sweet, chocolate.

Aversion: meat (2), sour.

Analysis

There is a great variety of complaints in this case, which doesn't make it easy to find a remedy. It is easier to look at her type and then take a few key notes.

She is of the type that easily makes friends, she is open and sympathetic, which we know to be a Phosphorus characteristic.

She likes to talk and she gives good advice to others. She also has a strong fear of thunder and anxiety about the children,

all Phosphorus symptoms.

Other confirming symptoms: burning hot pain, numb finger tips, -amel. fish, spices, chocolate; profuse bleeding during menses, sleep on the right side.

Reaction

One month after Phosphorus 1M the pain in her knee is much better, and the feeling in her leg has returned as well. Her toenails are better, the pain in her joints is less. After she took the remedy she felt as if it was travelling round her body trying to find all the

places where there was something wrong. Two days after the remedy she had pain in her gall bladder, after which her neck was very stiff for a few days.

On the whole she feels much better, as if she has got a new skin. Everything feels more supple and refreshed, her head too. She is more adventurous.

During the course of the next 7 years she had another 6 doses of Phosphorus 1M, which helped a lot every time. In between she took some other remedies which also did a lot of

**good: Calcarea sulphurica,
Plantago major and
Valerianum.**

Sulphur

Sulphur is one of the biggest and most frequently prescribed remedies in homoeopathy. Its symptomatology is huge: the repertory mentions Sulphur more often than any other remedy. In the course of the last few years, however, I have found myself prescribing it less and less and when I looked over old Sulphur cases I realised that in only 20% of these cases

had Sulphur been the correct remedy. In the others the initial reaction had been good, but in the long term it proved to have been merely palliative. A much deeper result was often achieved later on with remedies such as Oxygenium, the Oxidatums, Selenium, Tellurium, Zincum sulphuricum and many other Sulphuricums. The theme of the partner, the wife or husband, as mentioned in 'Homoeopathy and Minerals' is still important, but it has now been somewhat moderated by other aspects. It has become

clear that in different cultures, such as India for instance, where the marriage plays a much more dominant role in people's lives, the theme of the partner might be more fitting with the Muriaticum picture.

Signature

The original meaning of the word Sulphur is difficult to find. The name was already mentioned in the Bible. The Sanskrit name for Sulphur is 'shulbari', meaning 'enemy of copper'.

Sulphur is extensively used in all sorts of products, such as

**matches, insecticides and
rubber tyres.**

Concepts

Stage 16

Loss Decay

Living on reserves

Expectation Hope

Memory Fantasy

Indifferent Lazy

Neglect

Seducing Tempting

Used up Rotting

Silicium series

Relationships

Family

Other You

Love Hate

Communication

Language Learning

Presentation Game

Teenager

Home neighbourhood

Group analysis

**Seduced into a relationship:
partner.**

**Deepening of a relationship:
marriage.**

**Expecting everything from a
relationship: partner.**

**Fear of losing oneself in the
relationship.**

**Hoping the other person will
love you.**

Seduced by love: happiness,

satisfaction.

**Seduced into a relationship:
aesthetics.**

**Seduction through
presentation: clothes.**

Loss of presentation: ugly.

**Living on a relationship:
selfishness.**

Demanding from relations.

Indifference towards relations.

neglecting relations: selfish.

Lazy in relationships.

A game of fantasy: theorising.

**Neglected by their relations:
jealousy.**

Loss of friends.

Living on old family values.

Loss of family: arranged marriage.

Loss of parental home: arranged marriage.

Deepening of knowledge through conversations.

Picture of Sulphur

Essence: seduction of relations: partner.

Seducing into a relationship: partner

They feel they have a right to have a relationship, but although this right used to be taken for granted they are now in a state where they have to do something for it. They have

to ask for it or seduce the other person into agreeing to give them their love.

Seduced into love: marriage

The most typical situation is that of two people who are married. They have a mutual understanding of giving and taking, which has to be balanced. If it isn't, they get into problems because one of them lives too much on the efforts of the other, or one expects too much of the other.

Seduced into a relationship

One method to get someone to start a relationship with you is

to try and seduce him or her. So they start to give the other person little presents, flowers, jewels, perfume etc. These presents are usually things that will make their loved one feel even more beautiful. They hope that this will put them into a good mood and make them consider starting a relationship.

Seducing through appearance: clothes.

Another possibility is that they start to pay a lot of attention to their appearance, dressing up in beautiful clothes and

parading in front of their loved one to try and impress them. They love beauty and harmony and order, beautiful colours and nice smells, flowers and perfumes. They hate ugliness and things that smell bad: these literally revolt them.

Love and beauty have always been linked, as for instance in the Goddess Venus and in sayings like: 'Cherishing beauty is the key to opening the heart' and 'Beauty is inseparable from love' (Tulku).

Seduced by love

They like parties and dancing,

places where it is easy to make contact. But on a general level they like the atmosphere of happiness and festivities. They enjoy having an amiable and peaceful atmosphere around them, wherein love and harmony can develop and blossom. They may act as a benefactor, helping others with love.

Indifferent towards relations
The other side of the coin is that they may neglect their relationship. They feel it is fine the way it is and they don't have to make any effort to

maintain or improve it. They become lazy and indifferent, the time they bought little presents is long gone and they don't care about their appearance anymore. They simply don't understand that their partner would like some attention from time to time. It is difficult for them to give love the place it deserves. They become self centred and expect their partner to make all the effort. They can be so self satisfied that they even like their own slovenly appearance. This is found in the well known

rubric: 'delusion old rags are beautiful'.

**Neglected in the relationship:
jealousy**

But they get very jealous if their partner starts to go somewhere else to try and get some love. They feel they have a right to receive all the love their partner has to give. They sometimes even get jealous before there is any hint of their partner looking for someone else. Any contact between their partner and another person is seen as a threat. A glance at a beautiful man or woman, a

meaningful look is enough to send them into a fit of jealousy. They start to claim their partner for themselves and in extreme circumstances forbid him or her to talk to anyone else.

Loss of presentation: ugly

The jealousy gets stronger the more they feel they are not so attractive anymore themselves. A mere trifle, like a little wart on the face or a stain on their suit can make them think they are not attractive anymore. Or they may feel in general that they have lost their looks and

they are just plain ugly nowadays.

Loss of loss

If they have lost a loved one, either by their own selfish behaviour, or through other circumstances, they feel terribly alone. They may feel that they were not meant to have a happy love life and feel hopeless of ever getting it again. Or they are so disappointed that they feel abused and decide to spend the rest of their life alone. They begin to neglect themselves, becoming too lazy to bathe and

take care of their body and their clothes. If nobody loves them anyway they'll show them what real slovenliness looks like. It ends in dirt, disorder and chaos.

**A game of fantasy: theorising
They are inclined to fantasise about life. How it works and what people do and why. They like pondering about all sorts of things, their family, friends, loved ones etc. But their ponderings have a slightly nostalgic tinge. They like to think about how it used to be and how it could have been.**

Sometimes their fantasies run away with them and they lose all sense of reality. But they can also philosophise about elemental issues and try to increase their knowledge by deep conversations.

Loss of family: arranged marriage

We can also see a marriage as a loss of the parental home and family. A distance is created between yourself and your own family. It is a form of letting go of the old, in order to be accepted into the new family of your partner.

Expressions

Fears: heights, poverty, ugliness, dirt.

Dreams: clothes, partner, marriage; nightmares agg. lying on the back.

Mood: hasty, impatient, indifferent, gloomy.

Causes: loss of loved ones, friends or relations, insults, humiliation, shame.

Generals

Locality: left (3).

Weather: warm, agg. heat, amel. open air; hot flushes.

Perspiration: easy, agg. exertion. Stinking.

Time: agg. 5 am.

Desires: sweet (3), alcohol, fruit, fat, fried, spices, sour, cold drinks.

Aversion: egg, bread, sour.

Food: agg. sweet, sugar, alcohol, egg, pepper.

Sleep: deep: frequent waking; agg. sleeping late; snoring.

Physical: agg.- bathing.

Complaints

Discharges creamy, yellow, stinking of rotten eggs (the smell of rotten eggs is chemically caused by hydrogen sulphide).

Burning (3) pains. Full, heavy,

pulsating feelings.

Infections around orifices like mouth, ears, nose, anus, urethra, with itching and burning.

Heart and vascular diseases.

Varicose veins, heavy legs.

Haemorrhages and haematoma.

Diarrhoea. Diabetes.

Skin: inflammations with yellow pus.

DD Silicium series, Stage 16, Hyoscyamus, Lachesis.

DD Phosphorus: wants to make contact with many people on a more superficial level. Sulphur likes to have a deeper contact

with fewer people or with one person, as in a marriage.

Case

A 50 year old man suffers from eczema, particularly on his chest and scrotum. It itches terribly and he has to scratch until it bleeds. The itching changes place from one spot to the other. He also gets it on the palms of his hands, fingers and upper arm. It is worse at night and from heat and sweat. Also worse from being nervous and drinking beer.

He is not married but has been in a relationship with a widow

for the last six months, which is going very well. Until a few years ago he lived with his brother and sister.

He is a nervous type of person and can't stand criticism. He had a nervous breakdown when he got too much criticism at work. He likes to give rather than receive. He gets very tense when he doesn't succeed in things.

He has had back pains for 30 years. The pain is cutting and it radiates from his right hip to his groin and thigh.

He also has itching and,

occasionally, bleeding piles.

Generals

Weather: warm; agg. heat.

**Perspiration: profuse, agg.
night, agg. nervous.**

Time: amel. evening.

**Desires: sweet, salt, spices (2),
meat, cheese.**

Aversion: fat, milk, endive.

Sleep: on left side.

Analysis

**The theme of spending his life
without a partner would
indicate Sulphur. Sulphur is
also well known as the most
important remedy for eczema.
Other Sulphur symptoms: agg.**

criticism, scratching until the skin bleeds, itching changing place, agg. heat, sweating, agg. beer, bleeding and itching piles, warm blooded; profuse perspiration, -amel. sweet, salt, spices, meat, cheese.

Reaction

After Sulphur 1M he has an aggravation of the eczema that lasts a week. After that it starts to reduce and after a month it is 50% less. He feels better in general and sweats much less. During the next six months his problems diminish until they have almost disappeared.

Case by Alex Leupen

A 50 year old woman suffers from hot flushes [Sulphur] with profuse perspiration. She hates it because every time she has dressed up nicely her clothes get spoiled [Sulphur] by these damp patches of sweat [Sulphur]. It upsets her so much she could cry, because clothes are extremely important to her. She works as a sales woman in a fashion shop.

Chlorum

The themes of Chlorum are still the same as the ones I described in 'Homoeopathy and Minerals' but the context has changed slightly in the light of some new information. The Chlorum compounds are called Muriaticums in homoeopathy and the word has the same root as 'mare' (sea) and 'mother'.

Signature

The name is derived from the word chloros, which means yellow-green. Chlorum is a yellow-green gas which

**dissolves quite easily in water.
It was discovered in 1774.**

**It is a highly corrosive gas,
although slightly less
aggressive than Fluorine. We
use it in substances such as
bleach, stain removers and
disinfectants (in swimming
pools) and in various salts,
plastics such as PVC and in
insecticides.**

**Its biological properties are
quite neutral: it is an element
that regulates the electrolyte
balance [like a mother who
makes sure that everything
stays in balance without asking**

anything for it in return].

Concepts

Stage 17

Letting go

Holding on

End

Need Taking

Demands Aggression

Climax

Condemned

Renounced

Fleeing

Silicium series

Relations

Family

Other You

Love Hate

Communication

Language Learning

Presentation Play

Teenager

Home Neighbourhood

Group analysis

**Letting go of relationships:
splitting up.**

**Holding on to relationships:
mother-child.**

**Condemned to a relationship:
symbiosis, mother-child,**

**Letting go of everything for
the sake of someone else:
mother.**

**Relationship with someone
who needs you: care, nurturing.**

**Maintaining contact:
attention.**

**Demanding communication:
self pity.**

**Fear that the other person will
end the relationship.**

End of relationship: sadness.

**Letting go of relationships:
anti social.**

**Letting go of relationship with
family: alone.**

**Condemned to not having a
relationship.**

**Renounced by the family:
foundling.**

**Fleeing from relations and
family.**

**Aggressive self-pity.
Picture of chlorum
Essence: letting go of
relationships: splitting up.
Letting go of relationship
Their relationship with others
isn't very good. The
relationship has always been
there, but they know that it
has come to an end and they
have to let go. It is inevitable
that all things come to an end
sooner or later, but they have a
tendency to want to postpone
the moment. They feel the
right time hasn't come yet and
they are not ready to sever the**

bond.

**Holding on to relationship:
mother-child**

A typical situation is that of a mother and child. It is a relationship that has to end one day, when the child has grown up and should go his own way. But up until that time the relationship is inevitable and very strong. The child has to hold on to his mother in order to survive, sometimes in the most literal sense of the word. The mother is also 'condemned' to this relationship; she can't escape from the situation

without endangering the life of her child.

**Letting go of everything for the sake of someone else:
mother**

A mother is also inclined to let go of everything for the sake of her child, especially when her child is in danger. She is constantly tuned in to the needs of her child: when the child cries at night she is there before anyone else has even noticed.

Relationships with needy people: care, nurturing

They tend to look for people in

need. This way they make sure that the other person will not easily let go, because their need will make them want to hang on to the relationship. Care and nurturing is an important theme here. They like helping other people and create a bond based on the care they provide.

Another possibility is that they need a lot of care and attention themselves and use this fact to create a bond. This is a natural sort of situation when a child is very small and he needs his mother all the time, but it may

continue if the child acts helpless and dependent for many years.

Holding on to communication: attention

Attention is another central theme. They need and demand a lot of attention. Attention is something to bask in, like a cat who sits on exactly that piece of newspaper that you are trying to read.

Or they may give a lot of attention, again to keep the communication going.

Demanding communication: self-pity

They can be very demanding in their relationships, like a baby who cries insistently when he is hungry. They are afraid of losing the other person and try to avoid this by continuously holding their attention.

When the relationship does get broken they feel extremely sad and bitter. But they don't talk about it, although their bitterness is more than obvious from their behaviour. Their air of self-pity is designed to attract the other person's attention and persuade him or her to put an arm around their

shoulder and make it up again.

**The end of a relationship:
sadness**

They may find themselves in a situation where they have lost a child, a relative or a friend.

They are very afraid of such a thing happening, very afraid of disease and death and being left behind. They feel emotionally abandoned and dare not go on in life on their own.

Or they dare not leave home when they have grown up, so they remain with their family indefinitely.

Letting go of relations and family: alone

They feel they have nobody left in the world and are condemned to spend the rest of their days in loneliness and bitterness. They can spend endless hours brooding about how it used to be and how it would have been if the other person was still there. They cannot let go of their love, nor of their hate. They become introverted and keep staring at their own navel, so to speak. Others are not important anymore, and they avoid

contact with the rest of their friends and family. A baby in an incubator is an example of a human being who has been emotionally abandoned.

Letting go of relations: anti-social

In extreme situations they might stop seeing other people even when there is no valid reason. Their behaviour becomes anti-social and they don't take other people's feelings into consideration.

An example of such a situation is that of a foundling, where a mother has put the baby in a

basket and left it on a doorstep somewhere. The antisocial conditions of the society she lives in may have forced the mother to go to this extreme, such as if she would lose her job and her income if she has a child, or if she is an unmarried mother and the customs of the country make it impossible for her to keep the child.

Expressions

Fears: alone, water, danger.

Dreams: water, sea, waves, drowning, children, mother, disease, death of friends or family.

Mood: sensitive, emotional, demanding, complaining.

Aggression: aggressive.

Generals

Build: thin.

Locality: left.

Weather: slightly warm, agg. amel. sea.

Time: agg. 11 pm.

Desires: salt, fish, starch.

Aversion: meat.

Menses: agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses.

Sleep: difficulty falling asleep.

Complaints

Dry mucus membranes.

Oedema.

Colds with watery discharge.

Constipation, hard, dry stools.

Skin eruptions, on face, chest, arms, red spots, agg. sun.

Ulcers, vesicles on lips; herpes.

DD Silicium series, Stage 17.

DD Sulphur: here the emphasis is more on the expectations within the relationship. They expect to get love and attention, but may find it lacking. The Muriaticums have a more demanding nature, they simply take.

DD Oxygeniums: see

Oxygenium.

Argon

Argon is an unknown remedy.

Signature

The name argon means not (an) working (ergon), or 'inactive', as it is an inert gas and does not react with other elements. It was discovered in 1894. Air contains about 1% argon.

The gas is used in lightbulbs, because it doesn't corrode the metals. The steel industry uses it for its manufacturing processes for the same reason.

**Tubelights, lasers and geiger
counters also contain argon.**

Concepts

Silicium series

Relations

Family

Other You

Love Hate

Communication

Language Learning

Presentation

Play

Teenager

Home

Neighbourhood

Stage 18 = 0

Rest Inactivity

Retreat Cocoon
Internalised
Locked up
Denial
Transformation
Transition
Free Unbound
Confusion
Ferrum series
Task Work Duty
Job
Ability Perfectionism
Routine Order Rules
Control Exam
Observed Criticised
Failure Guilt Crime
Persecuted Tried

Adult

Village

Group analysis

Letting the relationships rest.

Not bound by relations.

Denial of work and duty.

**Not being able to work:
handicapped.**

Free of work: holiday.

Free of work: jobless.

Picture of Argon

Essence: not taking on work.

Letting the relationship rest

**They enjoy their relationships
because they feel they don't
have to make any effort. They
can enjoy what they did in the**

past within their relationship, but for the moment they can give it a rest. They do have contact with their various relations, but they don't do anything special, they let things take their own course.

Not bound by relationships

They feel happy and carefree.

They don't have to do a lot for their relations and they also leave others free to do what they want. They don't expect anything special from them either. It is all very free and easy going. It also means there is a sense of superficiality, they

are a bit noncommittal, they don't really get involved with anyone on a deeper level.

Denial of work and duty

They don't want to have anything to do with work or duty. It is as if they even deny the existence of duty. Not that they fight against it, they simply deny that it is even there. Responsibility is a word they don't know: they flutter through life like a butterfly. An example of such a situation is when they have received a large inheritance and they don't have to work for the rest

of their lives. Or when they marry someone who is very rich, so that they will never have to think about money and work again.

Free of work: holidays

Holidays form a normal break in a life of work and duty. It is a time of retreat, to recuperate your strength, ready for the next year. In the case of jobless people this period of retreat is no longer temporary, it is a permanent state.

Expressions

Mood: happy, cheerful, not influenced by negative

circumstances.

Complaints

Light-headedness, floating feeling.

DD: Silicium series, Ferrum series, Stage 18.

The Ferrum series: Kali to Krypton

Strictly speaking it would be more correct to call this the Copper series, since Cuprum belongs to stage 11, like Silver and Gold, after which the two subsequent series are named. But because I have called the fourth series the Ferrum series

in my last book, I decided to stick with this name. My initial thoughts about this Ferrum series have since been further developed, particularly with respect to the different stages. That is why we will take a second look at some of the previously mentioned remedies, not only to expand on the old ideas, but also to include some information about the new combinations that have been discovered in the meantime.

Task work duty

The central theme of the

Ferrum series is the individual task. This theme already presents itself very clearly in the first element of the series, i.e. Kali. The other elements have a similar feeling of having to fulfil their task. The strong drive to work hard is well known in Calcarea. They feel very responsible and want to fulfil their task as best they can.

The task is not only a task, it is also a duty, there is a certain element of force behind it, as if they had been ordered by some else to do it. This forceful

element is characteristic of all the metals, but the sense of task is typical of the Ferrum series.

Trade craft civil servant

These people are the ones who carry out the tasks. They may have a trade, like being a baker, a butcher, a carpenter, but they can also be the government official who follows his orders to the letter. The division of tasks in society is an important theme. Everybody gets a task in which he can specialise, as in a beehive or a colony of ants, where every individual has a

specific task.

Skills technique perfectionism

In order to carry out their task they have to have certain skills, which they have to learn through a form of training.

They want to develop their skills so that they can become craftsmen and enjoy the fruit of their labours. They like to develop their craft to perfection. Their sense of duty increases the drive to precision and perfectionism. They also like others to notice that they are acquitting themselves of their task in the best possible

way.

Usefulness practicality

Of course there is also the practical aspect of their task: they have to earn a living. That is why they tend to judge everything according to whether it is useful or not.

They are very practical in their approach to work, very pragmatic.

Order rules

The sort of work they like doing is very routine orientated. They are the craftsmen who repeat the same actions hour after hour.

They like everything to be in order, to divide things into little boxes, so you know where everything is. They need to have things well defined and bound by rules and regulations. [The Dutch are very good at this!]. This desire for order is an expression of their underlying anxiety: 'Am I doing well enough?' We see this very strongly in Arsenicum album with his extreme fastidiousness and in Cuprum metallicum with his spasmodic rituals.

Control rigidity

Control is another key phrase

of the Ferrum series. They feel they have to keep checking all the time to see whether things are up to standard. This control may result in a suppression of feelings, as Vithoulkas has already described in Kali carbonicum. It can even lead to rigidity. Or the exact opposite may occur, and they may feel that they will be controlled by other people. The beginning stages in this series are more flexible and still able to change their routine. But the later stages are much more conservative and use this

control to make sure that everything remains the same as it always was.

Observed criticised

The feeling of being observed or criticised is a theme that belongs to the whole Ferrum series. It is most prominent in stage 2, where we find Calcarea, the remedy we know to be extremely sensitive to being observed.

Criticism is another sensitive issue and we find problems related to either giving or receiving criticism. Every remedy in this series has its

own way of handling criticism, whilst the opposite, i.e. the handling of compliments, is also part of this whole theme.

The beginning stages of the series are more timid and inclined to withdraw into their shell. In the end stages we see more anger in reaction to criticism, because they feel that by now they are wise enough themselves to know how things should be done.

Exam

A typical example of an aggravating influence is exam time. This is when their

knowledge and expertise is going to be put to the test. They will be judged by their superiors, the Silver series and the Gold series. The exam itself is symbolised by Niccolum, at the top in the Ferrum cycle. Zincum, stage 12, two stages beyond Niccolum, represents the retakes. Cobaltum, stage 9 just before Niccolum, represents the anxious moments just before the exam. Failure fault guilt crime

The sense of duty can easily lead to a fear that they can't fulfil their task. This fear can

be so strong that they consider the most minor mistakes as a complete failure. In a later stage it may provoke feelings of guilt. Not only have they failed, but they know they could and should have done better, so they are also guilty. The feeling of guilt can in extreme situations take the form of a sensation as if they have committed a crime.

The sense of failure comes back in their dreams. They dream of falling, of unsuccessful efforts, of being criticised, of missing the train,

of forgetting their passport, of failing their exam etc. The physical expression is often a feeling of tiredness, with or without anaemia, and even paralysis.

In the beginning stages of the Ferrum series the failure often takes place before they have even started: they just miss the train (Cobaltum), they are searching for their luggage (Scandium), they have to learn too much for the exam (Manganum). In the end stages the failure comes to light afterwards: they failed an exam

in the past (Zincum), they get swept away (Gallium), they are being obstructed, guilt (Bromium).

Pursued tried police

The more mistakes they make, the more restless they become. They feel hurried and they try even harder to avoid mistakes. Later on the guilt grows stronger, resulting in the feeling that they have committed a crime. This makes them feel persecuted, as if the police are hot on their heels, the law is just about to catch up with them. A typical

symptom in the Ferrum series is the restless legs, partly caused by the feeling they have to get into action to perform their task, and partly caused by their sense of having to run because they have failed.

Adolescence

The phase belonging to this series is that of young adulthood. Adolescence is the time of attending college, a time of learning and exams. It is the time of choosing the direction you want to go in, choosing your profession and under-going the training.

Village

The area that plays a large role at this stage is the village. In former times it used to be the tribe. It is the community in which everyone has his own function, but everyone still knows everyone else.

In a village everyone has his own trade and through this trade he earns a living and receives acknowledgement for his contribution to the community.

Expressions

Fears: failure, criticism, opposition, observed,

anticipation.

**Dreams: fruitless efforts,
paralysis.**

Mental: perfectionism.

Complaints

Cancer.

Anaemia (3).

Diabetes.

Stomach problems.

Muscle problems.

Paralysis.

DD

DD: Silver series. The Silver series also has a task, but a more independent one. Both series may have jobs related to science, but the Ferrum series

are the technicians and laboratory assistants, whilst the Silver series are the inventors.

This is clearly related to the issue of order. The Ferrum series doesn't like to venture beyond the well trodden path, he likes to stick to the rules, whilst the Silver series thinks regularity is a 'swear-word'.

DD Gold series: In the Gold series everything is a lot heavier. They also feel responsible, but this goes far beyond their own task. They also feel responsible for other

people, the people they have to lead. They feel responsible for whole groups, for organisations, businesses and whole villages, whilst the Ferrum series feels mainly concerned with his individual task. They have to carry out the task that has been given to them and they have to do it well.

DD control: This is an important issue in the Ferrum series. They want to control their own work and they also feel controlled by their superiors. The Carbon series may have a desire to control

things, but more as a means to suppress their fears. The Silicium series may also show a tendency to control, but more directed towards the family or friends. The Gold series controls others to get them to work for their own organisation.

Kalium metallicum

Kali metallicum has not been potentised yet, because, just like Natrum, it reacts immediately with both water and sugar. This rather violent aspect of Kali, as we shall see

below, is not very well known, possibly because so far we have only studied the various Kali salts, not the metal itself.

The themes of Kali are not essentially different from the ones described in 'Homoeopathy and Minerals', although the optimistic aspect was perhaps a little over-emphasised, while its depressive tendencies are in fact just as strong as in the Natrums. This depressive tendency could be partly explained by the pressures of our present day society, where

work and duty are more valued than making personal contact: 'don't talk, just do'.

Kali was also considered to be a closed remedy. But here we can also discern some different nuances. In the final stages they are definitely closed, but in the beginning stages they only appear closed. The fact that their answers are not very forthcoming is not because they are closed, but because to them things are just the way they are. It is all purely a matter of fact and they are not used to thinking deeply about

their thoughts and feelings.

While I was teaching in India I discovered that they consider the central themes of Kali to be 'the family', 'fear of disease' and 'alone'. The theme of duty had not been so obvious. But in India the duty towards the family is considered to be the most important duty and is rather taken for granted.

Furthermore the themes of 'fear of disease' and 'alone' have been derived from Kali carbonicum and we now know that they are both very strong Carbonicum symptoms.

Similarly the irritability towards the family in Kali-c can be seen as a form of falling back on the family, where the family element is also a Carbonicum symptom. They have outgrown their family and relations and have started work, but when things go wrong at work they can always fall back on the family. The irritability towards the family is more a secondary symptom, a reaction to the problems they are experiencing while finding a place in the larger community, the village.

Signature

The word Kali is derived from the Arabic 'kaly', meaning ash. Another name for Kali is Potassium, from pot-ash, the remains of burned vegetable matter.

This ash contains large amounts of Kali. It was discovered in 1807.

It is the 7th most common element on earth and it is slightly radioactive. Kali is used in the manufacture of glass that is difficult to melt. In many products that contain Kali its presence is not actually

determinant for the properties of the product. For instance, in gunpowder (Kali nitrate) the effect of the substance is largely due to the properties of nitrate rather than Kali.

It is also a component in artificial fertilisers.

Kali is found mainly inside the cells, whereas Natrum is not.

The presence of these two elements on opposite sides of the cell membrane plays a role in the conduction of nerve impulses.

Concepts

Stage 1

Initiative

Instinctive Spontaneous

Simple

Stubborn

Not thought through

Naive

Not quite mature

Destruction

Ferrum series

Duty Work Task

Craftsman Official

Ability Perfectionism

Useful Practical

Control Exam

Observed Criticised

Failure Guilt Crime

Persecuted Tried

Adult

Village

Group analysis

Simply doing your work.

Simply doing your duty: a matter of principle.

Fulfilling your task without thinking.

Impulsively carrying out your orders.

Only doing what lies within your duties.

Simply maintaining order.

Impulses lead to failure.

Naively following your own routines: rigid.

Naively carrying out your task.

Alternating between working and not working.

Routinely doing your task without thinking.

Picture of Kali Metallicum

Essence: simply doing your work and your duty.

Simply doing your work

Their duty mainly consists of carrying out their task. They are very conscientious and take on their task in a rather naive sort of way. They work hard and are very capable, the builders of society. They are practical and pragmatic and work at a steady pace: not

really workaholics, more steady plodders.

Doing your duty without thinking: a matter of principle.

These are people with strong principles. They have fixed rules and they like to stick to them. They are reliable, stable, self assured, serious and responsible: in short, you can depend on them, 'he is a man of his word'.

Carrying out the task on their own

They are people you shouldn't interfere with. They take on a certain task and get on with it,

they will decide for themselves how to go about it. They prefer to work alone and stoically follow their own routines. They don't want their family or friends to interfere. They have left the family stage (Silicium) behind and they will turn against them if they are disturbed.

**Simply maintaining order:
control**

In order to be able to live according to their principles they have to keep every single part of their life under control, particularly their emotions.

They prefer a routine based existence and dislike new and unexpected events. The artistic and playful side hardly gets a look in. They may appear materialistic, but it is more a down to earth type of pragmatism than plain selfishness.

**Naively following routines:
rigidity**

After a while the principles and the control may start to take over and they are no longer able to reflect on their own actions. All that matters is that the job gets done. They

don't want to discuss their principles with others either, they gradually get more and more closed, dogmatic, moralistic and conservative. And although they are sensitive to criticism, they tend to brush it aside because nobody seems to understand that they simply have to carry out their task.

Impulses lead to failure

Their impulsive optimism can lead to great successes, but it can also lead to failure. They stick to their chosen plan and if this happens to be not very carefully thought through it

inevitably leads to failure.

Expressions

**Fears: failure, criticism,
opposition, observed,
anticipation, alone, felt in
stomach.**

**Dreams: futile efforts,
paralysis.**

**Mood: gloomy, tired,
apathetic, agg. exertion and
exhaustion.**

**Aggression: irritable towards
their family.**

**Profession: grocer, civil
servant, manager, policeman,
judge, clerk, translator,
bookkeeper, accountant.**

Generals

Build: slightly overweight, robust, stout.

Weather: cold, agg. cold (2), agg. damp, agg. draught (3).

Time: agg. 3 am.(3)

Desires: sweet.

Aversion: meat, eating.

Food: agg. eating.

Menses: profuse; frequent or late: agg. menses.

Sleep: sleepless agg. 3 am.

Physical: agg. coitus, agg. touch, exertion, agg. amel. motion, amel. sitting bent forward, agg. tickling (2!).

Complaints

Stitching pains (3), sometimes sharp, drawing.

Discharges profuse, yellow to yellow/green.

Cancer. Weakness, anaemia (3). Paralysis.

Oedema, ankles, eyelids medial upper (3!).

Colds, sinusitis.

Asthma agg. 3 am, amel. sitting and agg. lying down.

Pneumonia with stitching pains in pleura.

Heart affections, sudden stoppage, palpitations, high B.P. , low B.P. , arteriosclerosis, anaemia.

Stomach affections, stomach pains, ulcers. Fear felt in stomach.

Diabetes.

Kidney affections, copious urine.

Profuse, creamy yellow leucorrhoea.

Back pains with sciatica, agg. pressure, agg. lying on painful side, agg. menses.

Hip complaints.

Skin: eczema, pustules.

DD Ferrum series, Stage 1.

DD Argon: doesn't have to do anything, has no duties.

DD Natrum: are slightly more

closed and depressed, but this in itself is not a distinguishing feature between the two. The essential difference appears to be more related to the problem area in their life: in Kali it is has to do with tasks and work, in Natrum it has to do with relationships.

Kalium silicicum

Kali silicatum has been described by both Boericke and Kent. Kent's description may give the impression that he has done a proving with it, but apparently he simply based his

**description on his knowledge of
the individual properties of
both Kali and Silica.**

Concepts

Kali

Duty

Principles

Work

Rigid

Alone

Closed

Silicatum

Image

Family

Family-image

Father

Home At home

Timid Fragile
Obstinate
Family orientated
Group analysis
Your duty is your image.
Duties towards the family.
Only concerned about the
family image.
A family of principles.
Duties towards your father.
Family tasks.
Closed because you don't want
to show your image.
Rigid obstinacy.
Picture of Kali Silicatum
Essence: being duty bound to
keep up your own or your

family's image.

Your duty is your image

They feel duty bound to work very hard to keep up their image. They think that other people's opinion about them depends on how hard they work, so it is important to keep at it.

Only concerned about the family image

Second on their list of priorities is the family image. They also feel duty bound to keep the family name high. Their own wishes and desires come second to the duty

towards the family, especially the duty towards the father as the head of the family.

A family of principles

They often come from a family with strict principles, or a well-to-do family that has a good name to keep up.

Family tasks

Perhaps their family has a business which they automatically inherit. In that case they have to carry on the business because the family income depends on it.

Rigid obstinacy

In extreme cases they may get

very rigid and stubborn. It is no use talking to them, as whatever you may say they stick to their principles. They prefer to avoid the subject altogether because it gets everybody up in arms and this is not their intention.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, alone, felt in the stomach, needles, injections, trifles, narrow spaces, not waking from sleep, exams.

Dreams: crystal, ice, mirrors, clairvoyant, cobwebs, needles,

**friends, schoolmates, family,
futile efforts, paralysis.**

**Mood: gloomy after exertion or
exhaustion.**

**Mental: precise, punctual,
mathematical, agg. trifles,
forgetful, absorbed; refined,
delicate, aristocratic, artistic.**

**Causes: loss of parents,
friends, family.**

**Professions: grocer, civil
servant, manager, police
officer, judge, clerk, translator,
accountant.**

Generals

Locality: right.

Weather: cold (3), blue with

**cold, purple/blue nails agg.
cold, agg. cold water, agg.
undressing, amel. heat, agg.
draught (3), agg. outside, -amel.
warmth, -amel. sun.**

**Perspiration: profuse, stinking
foot sweat (3!); night sweat.**

**Time: agg. 3 and 11 am; agg.
full moon, agg. winter,
December.**

**Desires: egg, warm, salt, fruit,
milk, chocolate, sweet.**

**Aversion: milk (3), mothers
milk (3), salt, meat, broccoli,
cauliflower.**

**Food: agg. fat, milk 93),
broccoli, alcohol, fasting.**

Menses: copious, frequent or late, agg. menses.

Sleep: light, sleepless agg. 3 am.; under blankets.

Physical: agg. agg.

vaccinations, radiation; amel.

massage, magnetising; agg.

coitus; agg. soap, agg. touch,

exertion, agg. amel. motion,

amel. sitting bent forward, agg.

tickling (2!).

Complaints

Stitching pains (3), as from

needles or splinters, sharp,

drawing.

Sensation of hair.

Discharges: copious, thick,

yellow, hard, smelling of old cheese, difficult to dislodge.

Migraines. Epilepsy, petit mal. Oedema, ankles, eyelids, medial upper side. (!).

Colds, sinusitis. Glandular swellings. Ear infections.

Teeth: caries, crooked, large incisors; agg. dentition.

Pneumonia. Asthma agg. 3 am, amel. sitting, agg. lying down.

Affections of the heart, high B.P. anaemia.

Stomach pains, ulcers.

Constipation with hard stools which slip back.

Kidney affections, copious

urine. Enuresis.

Back pains, sciatica, agg. pressure, agg. lying on painful side, agg. menses. Hip problems.

Arthritis, scoliosis.

Bones brittle, little elasticity; rickets; exostoses.

Skin thin, delicate, sensitive, cracks; fingertips.

Wounds heal slowly, keloids. Boils, acne.

Hair thin, brittle, breaks easily, grey.

Nails brittle, break easily, fungus, yellow, brown, black, ingrowing, with white spots.

DD Silicium series, Ferrum series, Stage 1 and 10, Lycopodium.

DD Silica: is more nervous and anxious, feels abused by others. Kali silicatum has more calm perseverance.

Kalium arsenicosum

Vithoulkas has talked about Kali arsenicosum in relation to its fear of heart disease, but he hasn't said much about the rest of the mental symptoms. The first case I will present below is an old case, based in Vithoulkas' picture, with little

**reference to the group analysis,
because I did not know what to
look for at that time. The
second case includes the group
analysis, based on the type of
questions I had learned to ask
by then.**

Concepts

Kali

Duty

Principles

Work

Rigidity

Alone

Closed

Arsenicum

Redundancy

Bailiff

Thieves

Avarice Poverty

Precise

Alone

Restless

Dissolution

Group analysis

**Doing your duty to avoid
redundancy.**

Working as a bailiff.

Rigid and precise.

**Failure comes stealthily and
unannounced.**

**Doing your duty in cases of
bankruptcy.**

Restlessly doing your duty.

Keeping quiet about your fear of making mistakes.

Picture of Kali Arsenicosum

Essence: doing your duty to avoid redundancy.

Doing your duty to avoid being made redundant

They feel they always have to do their duty, otherwise things will go very wrong. They never stop, they can't afford to rest, afraid to risk their job or their career. They are equally precise regarding their health, as if they don't take care, things might go very wrong. Their body may dissolve, just as their

job may dissolve. They are scrupulous in their observation of the smallest symptoms, in case it is the first sign of 'something serious'. It is their duty to warn the doctor, but if he says there is nothing to worry about, they feel he hasn't taken it seriously and he hasn't done his duty.

Work as a bailiff

Their job often revolves around a kind of termination. They may choose to become a doctor, where the the theme of work is around life and death. Or they become lawyers, where

they can make judgments around redundancies, inheritances or bankruptcies, or they work as a bailiff where the termination of an era of possession is the central theme.

Rigid and precise

It is their duty to work in a controlled and precise manner. If they make a mistake it may result in someone being wrongly condemned to pay a fine or give up his job. If they are not extremely conscientious as a doctor they might miss the first signs of a

fatal disease. They don't tolerate mistakes, either in themselves or in others. And mistakes always happen at the most unexpected moments, usually when their attention has been momentarily diverted.

Expressions

Fears: disease, health, felt in the stomach, cancer, heart disease (3!), death, alone (3), others, family, thieves, burglars, poison, murdered, expectations, failure, criticism, opposition, observed, anticipation, constriction; nervous.

**Dreams: futile efforts,
paralysis, thieves, burglars.**

**Delusions: dead people, falling,
thieves, mistakes, crime.**

**Irritability: agg. mistakes, agg.
contradictions, agg. insult.**

**Mood: complaining, gloomy,
agg. exertion, crying.**

**Professions: grocer, civil
servant, manager, police
officer, clerk, judge, translator,
accountant.**

**Causes: loss of job, loss of
money, burglary.**

Generals

Type: dark, robust.

Locality: right.

Weather: cold (3), amel. heat (3), agg. draught.

Time: agg. 1 and 3 am (3); periodical, every 2 or 3 weeks.

Desires: sweet, sour, vinegar, fruit, lemon, refreshing food, mustard, spices, milk, coffee, warm food, fat; drinks in small sips.

Aversion: fat, meat.

Food: agg. melon, sour, fruit, strawberry, ice-cream, alcohol, spoiled food.

Menses: profuse, frequent or late; agg. menses.

Sleep: restless, sleepless, agg. 1 to 4 am.

Physical: agg. coition, agg. touch, exertion, agg. amel. motion, amel. sitting bent forwards, agg. tickling (2!).

Complaints

Weakness, emaciation. Cancer. Leukemia. Sepsis.

Stitching pains (3), burning, amel. heat (3).

Discharges copious, watery, acrid, yellow to green.

Oedema, ankles, eyelids, medial upper side (3!).

Headache, left, radiating to eye and ear, agg. stooping, agg. lying down. vertigo.

Pain in eyes agg. light.

Colds, hay fever; watery, acrid discharge; sneezing, sinusitis.

Asthma agg. 3 am, amel. sitting and agg. lying down.

Pneumonia with stitching pains in pleura.

Affection of heart, pains 93) and fears, palpitations, high B.P. , arteriosclerosis, sudden stoppage of heart, low B.P. , anaemia.

Affections of stomach, pain, ulcers. fear felt in stomach.

Nausea and vomiting, little and often. Diabetes.

Diarrhoea, little and often, foul odour, with cramps; cholera.

Kidney affections, urine profuse. Syphilis.

Back ache with sciatica (3), agg. pressure, agg. lying on painful side, agg. menses.

Hip problems.

Eczema, red, scaling, dry, pustules; psoriasis; thick skin on palms of hands and foot soles. Hair-loss, problems with nails.

DD: Ferrum series, Stage 1 and 15.

Case

A 35 year old man has pains in his chest. He feels there may be something wrong with his heart

and it makes him anxious. He has had it checked with a specialist several times, but they can't find anything wrong. From the age of 20 onwards he felt that his heart might give up suddenly. The complaints are worse after he has worked long and hard, but during work he feels better. The pains and fears are worse at 3 in the morning. The pain is paralysing, in the middle of his chest, but not radiating out to any other parts. It usually lasts half an hour. It makes him feel 'it's my turn now'. His blood

pressure is slightly raised.

Other complaints: the skin on his scalp is scaly, with some red patches. He used to stutter as a child.

He has always worked hard, busy making sure he would get somewhere in life.

When he was a student he allowed himself little time for play, he went through university 'at the rate of knots' and he is now a magistrate in the courts.

He likes his work but the pressure is rather high, made worse by the fact that he is

very precise and can't tolerate mistakes. He is very restless, can't sit still and do nothing. He is not impatient or easily angered.

He is happily married and has three children.

He is a member of the church council, which means he has the added burden of guiding his fellow parishioners on matters of faith. He didn't volunteer for this job, but he feels it is his duty to do it well.

Generals

Type: dark.

Weather: slightly coldish, -

amel. heat and sun.

perspiration: after exertion, on head and neck.

Desires: coffee (3), meat (2), milk (2).

Aversion: cheese (2), endive.

Sleep: good, on abdomen.

Analysis

The fear of heart disease as he describes it is typical of Kali arsenicosum (Vithoulkas). Apart from this important keynote it is interesting to see aspects of both Kali and Arsenicum coming up. He has always worked hard, and finished his studies in no time. All he did

was work, allowing no time for a break (Kali and Arsenicum). He is restless (Arsenicum), but controlled (Kali). His job as a magistrate fits this theme beautifully, although I regret that I didn't ask further questions about his motivation and the way he handled his daily duties.

Confirming Kali symptoms: agg. 3 am, B.P. raised, cold.

Arsenicum symptoms: precise, restless, fear of death, eczema, red and scaly, dark type, cold, -amel. coffee, milk, meat, agg. winter.

Reaction

After Kali arsenicosum 1M he had a headache for several days. Afterwards he feels better, less pain in his chest and much calmer. One month later no more pain in his chest.

Case by Rienk Stuut

A 65 year old woman has had rheumatic pains for the last 8 years, with positive rheumatism test results. She has burning pains in her hands and neck after exertion and often at night. She was the only child of an already elderly mother. She spent 3 years in a

Japanese prisoner of war camp with her mother. She was always afraid that her sickly mother would die [Stage 15, Arsenicum]. In the camp she always looked after her mother [duty, Ferrum series], afraid that she would lose her [stage 15, Arsenicum]. She accepted the fact that she had to do this as a matter of course [stage 1]. Once they were freed the situation got worse because they never knew what the Indonesian people would do with them, and they were threatened all the time. She

**continually had to control
[Ferrum series] her fear
[Arsenicum] so as not to attract
the attention. When they were
finally back in Holland nobody
in the family understood what
they had gone through and she
couldn't talk about it with
anyone. She never sleeps well,
usually waking up at 4
am.[Kali]. It is best when she
goes to bed at the same time
every night [punctual,
Arsenicum]. She is slightly
obsessive about work. Work
[Ferrum series] has to be{Kali]
finished, in case I suddenly get**

ill or die [Stage 15, Arsenicum].

She used to worry that something would happen to the children. She doesn't like to waste time [Ferrum series].

Every week she makes a schedule [Ferrum series] about what to eat on which day and she always buys enough food to last a week, afraid there won't be enough [Arsenicum]. She always cooks too much, but never throws anything away.

After Kali arsenicosum the rheumatic complaints gradually disappear and the test results become negative. She sleeps

better, she dreams about suppressed feelings of guilt. She decides to do something about this in her daily life. She has phoned some old friends whom she had lost contact with after a quarrel a long time ago. Later on she got a bout of cystitis, an old symptom she had had before the war.

Calcarea metallicum

Calcarea metallica has not been potentised yet for the same reasons that Kali and Natrum haven't been potentised yet, i.e. they are

too highly reactive. The themes of Calcarea are not very different from the ones described in 'Homoeopathy and Minerals' except for the theme 'work', which has not been mentioned previously. On top of this we can now say that the themes I described under the heading of Calcarea are in fact applicable to Stage 2 in general. This aspect had not been clear before, probably due to the fact that most of our knowledge about Calcarea had previously been deduced from our knowledge of Calcarea

carbonica, where Carbonicum plays an equally important role, and whose influence we were not able to separate out from the overall picture until now.

Signature

The name is derived from the Latin 'calx', which means chalk. It gets used in building materials such as cement, concrete and plaster.

The pure metal is used as a reduction agent in chemical processes to free other metals from their chemical compounds.

Concepts

Stage 2

Observing

Appreciating

Criticising

Shy Unsure

Finding your niche

Joining ranks

Adapting Yielding

Passively observing

Protecting

Covering

Ferrum series

Task Work Duty

Craft Use

Ability Perfectionism

Routine Order Rules

Control Exam

Observed Criticised

Failure Guilt Crime

Persecuted

Adult

Village

Group analysis

Unsure about their task.

**Wanting to be watched doing
their work.**

**Feeling watched in the way he
works.**

**Uncertain when he receives
criticism.**

Uncertain during exams.

**Passively carrying out their
task: normal.**

Uncertainty makes them check

everything.

Only feels safe when he can perform his task.

Protects himself with routines.

Passivity leads to failure.

Determining your position in the village.

Picture of Calcarea Metallica

Essence: uncertain about their task.

Uncertain about their task

They feel it is not enough to have the right principles. They can't just go and do something, they should be tested on their ability to perform the task.

We could see it as a the next

step after stage 1, where there is only action. In stage 2 they suddenly get the feeling 'I am doing something and others are observing me'. The reaction is that they want to make sure they are doing it properly.

Wanting to be watched when they perform their task

Apart from the aspect of wanting to make sure they do things properly, they also like to be watched out of a sense of 'Look at me, I am taking part too!' (Flip Stehouwer, personal comment). In stage 1 they simply do, in stage 2 they want

to be seen doing it.

**Observed in the way they
function**

The central theme in Calcarea, however, is the fear what other people will think of them. So their fear is that the way they perform their task will be criticised. They feel they are always being watched, especially by the people from the village, the people they know personally. The feeling of 'being observed' is typical of the whole Ferrum series, and it is typical of Stage 2, which makes Calcarea the single most

important element in this rubric.

This kind of attitude can easily be passed on from parent to child. For instance, when a child is misbehaving in a doctor's waiting room, the mother will get annoyed and start to feel embarrassed. She feels that all the other people are looking at her with disapproval: 'Look at that woman, she can't even control her child for five minutes'. She will try and do what she can to keep the child quiet, so she might say: 'What will all these

people think of you behaving like that?' If she does this sort of thing often enough the child will pick up a feeling of uncertainty, always wondering what the people around will think of him. And so the theme gets passed on from mother (or father) to child.

Passively performing their task
A typical way of protecting yourself from curious looks is to act very normal. So these people will try to be as normal as possible, doing nothing out of the way to attract the attention unduly. This way

they can be seen and at the same time not seen. It is a sort of camouflage. Simply performing their task gives them a sense of security.

In extreme cases they might feel so unsure about themselves that they don't dare to do any work. They become totally passive, believing it is impossible to carry out a normal job.

Uncertain when they receive criticism

The fear that others will not think them good enough shows itself in an extreme sensitivity

to criticism. On the one hand they like to be watched, and on the other hand they are very afraid that their performance is not up to standard. When they have to take an exam they suddenly don't know anything for certain anymore. They don't answer back when someone criticises them, they will merely protect themselves and try and hide their mistakes.

An example of an original situation where such an extreme sensitivity could have started is when they are being criticised in public. They feel

that if criticism is due at all, it should always be discussed behind closed doors.

They hardly ever criticise someone else, they simply don't feel up to it, except perhaps to very close family or friends. And if they do it is usually in the form of 'Aren't you being a bit too outrageous?' They hate to attract attention and if their family or friends act a bit outrageously they feel acutely embarrassed.

Protecting yourself through routines

They tend to withdraw and surround themselves with a protective layer, in the way an oyster hides in his shell. This is a passive form of defence. They tend to wait and see, rather than go for it. This doesn't mean to say that they might not work very hard. It simply means that their way of defence is passive and this tendency is reflected in their physical appearance and the type of complaints. The child will sit on his mother's lap and bury his face in her chest, not wanting to look at the doctor.

Later on these gestures become more subtle, such as holding a hand in front of their mouth, or crossing the arms.

Passivity leads to failure

The greatest risk is that this passive behaviour might lead to failure. They don't dare react and in unusual situations this can cause problems. Their ability to adapt is not sufficient to maintain their position in an unusual or threatening situation.

Expressions

Fears: being abnormal, loss, disease, poverty, future,

mistakes, anticipation, being watched by the village, judged on their values; heights, failure, criticism, opposition.

Dreams: futile efforts, paralysis.

Mental: perfectionist.

Generals

Type: fat and weak.

Locality: left.

Weather: cold, agg. damp, agg. cold.

Perspiration: on back of head and neck.

Time: agg. 3 pm.

Desires: sweet (2), egg (2) soft boiled, milk.

Menses: profuse.

Sleep: on abdomen.

Physical: amel. lying on abdomen.

Complaints

Cancer.

Paralysis.

Swollen glands, thyroid.

Hypothyroidism.

Heart complaints, hypertrophy.

Myoma.

Anaemia (3).

Stomach problems. Diabetes.

Kidneys.

DD Ferrum series, Stage 2.

DD Kali: simply does what he

considers to be his duty, the task he has taken on. They don't think about it very much. Calcareo does think about the way he works, he is suddenly conscious of the fact that both he himself and others are able to watch his performance, and he wonders what the outcome of this observation will be.

Calcareo lactica

'The afterthought'

Calcareo lactica is a new remedy.

Concepts

Calcareo

Uncertain

Observed

Sensitive to criticism

What do others think

Protecting

Withdrawing

Lactica

Girl

Childish

Dependent

Feminine

Group analysis

An uncertain little girl.

**Your are only a girl: you don't
count.**

Others think she is only a girl.

Seen as the little girl: the

**youngest child,'the
afterthought'.**

**Others think she is still
dependent.**

**Doesn't want others to see that
she feels like a frightened little
girl.**

**Withdraws into her little girl
state.**

**Picture of Calcarea Lactica
Essence: an uncertain little
girl.**

**An uncertain little girl
They feel very uncertain, as if
they are still a little girl and
don't really count. They won't
be asked to partake in the real**

business, the grown up world. If they promise to be good they will be allowed to sit and watch quietly, but they shouldn't enter the discussion because they are not old enough.

This sort of situation can come about when the youngest child in the family is an afterthought and a little girl on top of that. The parents and the older children are discussing some important issue, but she is not allowed to join in because she is too young. As the years go by the age difference doesn't get any less, so the situation

remains the same and the pattern is fixed. Even though she has grown up in the meantime and is quite old enough to have her say, she is still seen as the little sister who should keep her mouth shut.

Others think her only a little girl

They can't stand being seen as the little girl. They get very annoyed when others give her a little pat on the shoulder, saying 'don't worry little one, everything will be all right', but they don't show that it upsets

them.

Withdraws into her little girl state

But somewhere deep inside they really feel like a little girl who is weak and small and afraid to participate in the big wide world. They don't like to show this weakness however and prefer to give the impression that they are quite happy to remain in the background because they are not particularly interested in airing their views anyway.

Expressions

Fears: being abnormal, loss,

**disease, poverty, future,
mistakes, anticipation-pation,
being watched by the village,
judged on their values, heights,
failure, criticism, opposition,
anticipation.**

**Dreams: futile efforts,
paralysis.**

Mental: perfectionists.

Generals

Type: fat and weak.

Locality: left.

**Weather: cold, agg. damp, agg.
cold; agg. heat, amel. outside.**

**Perspiration: on back of head
and neck.**

Time: agg. 3 and 5 pm.

Desires: sweet(2), egg (2), milk.

Aversion: milk.

**Food: agg. fasting (3), amel.
eating (2), sweet.**

Menses: profuse.

Sleep: on abdomen.

**Physical: amel. lying on
abdomen.**

Complaints

Cancer. Anaemia (3).

Paralysis.

**Swollen glands, tonsils,
thyroid.**

Hypothyroidism.

**Hypoglycemia (3!). Vertigo.
Trembling.**

Headache, nervous, with

oedema of eyelids, lips or hands.

Colds, runny nose, agg. contact with children who have colds.

Bronchitis, hyperventilation. Breasts insensitive and small, like a little girl's, painful, swollen, painful nipples, agg. before menses. Lactation problems, too much or too little milk, inflammation of breast.

Affections of stomach. Diabetes. nausea amel. eating (3), agg. pregnancy (3). Myoma.

Urticaria.

DD Ferrum series, Carbon series, Oxygenium, Muriaticums, Lacs, Sarcolacticum acidum.

Case

Both these cases are quite short, because they only represent one layer. I have not seen a case yet where Calcarea lactica covered the whole picture.

A 35 year old woman complains of hypoglycemia [Lacticum] and tiredness agg. exertion. She is the youngest child, being born years after

the other 3 children [Calcarea lactica]. She desires sweets, sweet [Calcarea] and sour and has an aversion to milk and buttermilk. She says that milk feels like lead in her stomach [Lactica]. She is very sensitive to criticism [Ferrum series], she allows herself to be led [Stage 2] by other people's wishes and hates it when she can't keep up with others.

Case

A 35 year old woman feels she is a still little girl [Lactica]. Since her childhood she felt that she really didn't count, her

4 older sisters didn't ever take her seriously, because she was so much younger than them [Calcarea lactica]. They called her 'titch' or 'sis' [Lactica], and it still irritates her when other people treat her like a little girl, or pat her on the head. She gets a headache if she doesn't eat on time [Lactica]. She likes fruit [Lactica], sweet [Calcarea] and chocolate and has an aversion to milk [Lactica] and slimy food (3). She doesn't feel very well around 5 pm [Lactica], she is warm blooded [Lactica], and feels better at the seaside

and outside [Lactica]. During her pregnancies she felt sick, worse in the morning after breakfast. She didn't have enough milk to breast feed two of her children.

Calcarea silicata

Calcarea silicata was not very well known until a few years ago. It was mostly prescribed on its keynote: dreams of talking to deceased persons. Sankaran (1994) has done further research on this remedy, including a proving.

Signature

Calcarea silicate and calcarea aluminate together cause the hardening of concrete.

Concepts

Calcarea

Uncertain

Observed

Sensitive to criticism

What do others think

Protecting

Withdrawing

Silicata

Image

Relations Family

Family image

Father

Home At home

Timid Fragile
Stubborn
Family minded
Group analysis
Unsure about his image.
Unsure about the family image.
Adapting his work for the sake
of his family.
Working for his home.
Using the family for
protecting.
Withdrawing to his home.
Passive and obstinate.
Picture of Calcareo Silicata
Essence: unsure about his
image.
Unsure about his image

They are very unsure about their image, afraid of appearing too weak. They feel vulnerable and are afraid that the people in the village will harm them with their criticism. They tend to adapt their behaviour to that of the current values. They are afraid that people will think that they can't handle their own business, that they are not in control or that they do things that are considered improper.

**Unsure about the family image
They are equally unsure about the family image. They like to**

think that their family is well respected because it gives them a feeling of safety and support. They don't like it when their family gets criticised, but rather than try and contradict it they will try and avoid it in the first place. So they will make sure that nobody in the family does anything that can be taken against them.

Adapting his work for the sake of his family

They work very hard for their families, trying to provide a sense of security and a strong financial base. If they can buy a

nice house they can be sure that the community will respect them. The type of work they choose is usually nothing out of the ordinary, they don't like to attract attention with something unusual. If you work hard you not only provide your family with a secure income, you also make sure that people will not question your capabilities.

**Using the family for protection
They are inclined to keep themselves well away from the public gaze, safe within the family, supported by parents,**

grandparents and other wise people. They don't want to be seen and talked about.

They are also anxious about losing the safety of their family and their home. If a family member dies they will dream about them, as if they were still there. They may even talk to them when they are awake, as it gives them comfort to believe they can still discuss the daily business with them. They particularly need this sort of support from their dead father.

Sensitive to criticism from the

family

They are particularly sensitive to criticism from their own family. Even harmless teasing they find difficult to take. It makes them feel that they might not belong anymore, that their safe haven might be lost. They may also have a fear of being shunned by the rest of their family, perhaps because they have a difficult child or they have done something that is a bit out of the ordinary.

Passive and stubborn

On the one hand they are very passive, doing only what is

generally accepted and approved, afraid of being the odd one out. On the other hand they can be extremely stubborn. And although they may appear to be easy going and adaptive, once they have something in their head you can't make them change their mind, particularly when it has something to do with the family.

Expressions

Fears: being abnormal, family, loss, disease, needles, injections, poverty (3), future, new and unknown things,

anticipation, heights, mistakes, failure, criticism, exams, opposition, observed, being watched by the village, being judged on their values, trifles, narrow spaces, not waking from sleep.

Dreams: deceased relatives (3!), futile efforts, paralysis, disease, crystal, ice, mirrors, clairvoyant, cobwebs, needles, friends, family, fire, murder, insult.

Delusions: dead relatives, disease, old, wrinkled women.

Mental: precise, punctual, mathematical, forgetful of what

they have just read or said, absorbed, clairvoyant, lack of concentration, mistakes in spelling and talking.

Type: refined, delicate, aristocratic.

Irritability: agg. consolation, agg. exertion, agg. coition.

Contacts: sympathetic, adaptive, shy, agg.- talking.

Causes: loss of parents, family, friends, criticism.

Generals

Build: thin, fragile, weak, looking old.

Weather: cold (3), blue with cold, blue/purple nails agg.

cold, cold water, cold wind, agg. undressing, amel. heat, agg. draught(3), agg. outside.

Perspiration: profuse, stinking foot sweat (3!), night sweat, on back of head and neck, palms of hands.

Time: agg. 11 am and 3 pm; agg. full moon; agg. winter, December.

Desires: egg (2), salt, warm food, fresh, vegetables, fruit, milk, lasagna, pizza, sweet (2), buttermilk.

Aversion: milk (3), cheese, mothers milk (3), salt, meat, broccoli, cauliflower.

**Food: agg. fat, milk (3),
broccoli, alcohol, fasting.**

Menses: profuse.

**Sleep: light, much tossing, on
abdomen.**

**Physical: agg. agg.
vaccinations, radiation; amel.
massage, magnetising; agg.
coition; agg. soap; amel. lying
on abdomen.**

Complaints

**Pains: stitching as of needles
or splinters. Hair sensations.**

**Discharges: thick, yellow,
hard, stinking of old cheese,
difficult to dislodge.**

Inflammations: chronic,

stubborn, hard; abscesses.

Cancer.

**Epilepsy agg. exciting things
and emotions, petit mal.**

Paralysis.

Vertigo, unsteady walk.

**Headache from occiput to
forehead.**

**Ear infections agg. swimming,
amel. rubbing, amel. boring
finger in ear.**

Swollen glands, thyroid.

Hypothyroidism.

Colds, sinusitis.

**Teeth: caries, crooked, large
incisors; agg. dentition.**

Vascular diseases. Anaemia (3).

**Stomach complaints. Diabetes.
Constipation with hard stools
that slip back.**

**Stomach pains agg. fasting;
diarrhoea agg. fat.**

Myoma.

Enuresis.

Arthritis, joints of fingers.

**Back pains, scoliosis. Bones
brittle, no elasticity; rickets;
exostoses.**

**Skin thin, delicate, sensitive,
cracks, fingertips.**

**Inflammation of rims; spots,
boils, acne, eczema, itching,
scaling, red, dry; on occiput,
face; wounds heal slowly,**

leaving scars. Keloids.

Hair thin and brittle, grey.

**Nails brittle, breaking, fungus,
yellow, brown, black,
ingrowing, white spots.**

**DD Silicium series, Ferrum
series, Stage 2 and 10.**

Case

**An 11 year old girl has all sorts
of infections. She has in
particular frequent ear
infection, mainly right sided.
She gets an earache after
swimming, ameliorated by
rubbing and by boring her
finger in her ear. At night in
bed her ears itch, worse after**

cold wind and loud noises. She also has a barking cough in the evening around 9 pm and after midnight. The rim of her nails are infected, agg. left ring finger. She has some spots around her vagina on the right side.

She gets a stomach ache if she doesn't eat regularly. This gets worse when she is being teased by boys at school, or when her father is not nice to her. She is very sensitive to criticism and hates it when her family does something silly. She would hate to think that other people

might find her stupid, or her bike stupid, or her family stupid. She often feels ashamed of her brothers' rude behaviour; she thinks they are 'thick'. She dreamed that her whole family, apart from her, died after they had eaten something poisonous.

She can be very shy and doesn't like to be the centre of attention. She does like company and she is quite cheerful. She is very agile and clever at gymnastics. She is sensitive to atmospheres, and knows beforehand what her

parents are going to say. She hates it when her parents quarrel or when they are angry with her.

Generals

Weather: agg. cold wind.

Perspiration: little.

Desires: lasagna, pizza, sweet, egg, fruit, buttermilk.

Aversion: cheesecake, cauliflower (2), milk.

Analysis

Most typical is her fear that others might think that she has stupid parents. This in itself strongly indicates Calcarea (what people think) silicatum

(family). There are further confirmations for this remedy: She is ashamed (Calcarea) of the rude behaviour of her brothers (this could also be Phosphorus, but in this case the brothers represent the whole family [Silicatum]). She is sensitive to criticism (Calcarea), when her family(Silicatum) does something stupid.

Other Calcarea symptoms: shy, agg. being teased at school, cold, -amel. sweet, egg.

Silicium symptoms: agg. when her father annoys her, dream

that her family had died, infection of ears, rim of nails, spots, agg. cold wind, knows beforehand what her parents are going to say, agg.- cheese, milk.

Reaction

After Calcarea silicata 1M everything gets better quite quickly. The infections disappear and she feels stronger inside. She doesn't mind others commenting on her family anymore. After six months she needed a repeat does because of a slight relapse.

Case by Rienk Stuut

A 49 year old woman wants to stop the anti-epilepsy medicines she has been taking since she was 11. When she has an attack she faints and thrashes her arms and legs around; afterwards she feels very tired. The first time it happened was during a school trip when she got out of the bus, surprised by the beautiful landscape. Later on she got it in class when she was excited because she knew the right answer to a question. Around the age of 33 she had spell of

frequent attacks. This was at the time she first met a girl friend, which she was very happy about, although she was also afraid of losing her again. She had never had time for relationships because she had been helping in her parents chemist's shop since she left school. Later on she took over the shop, but it took all her time to keep it a profitable business. She was very close to both her parents. They are dead now, but she still dreams about them occasionally, and in these dreams they are still alive and

she can talk with them. She even finds herself talking to them when she is awake sometimes as she misses their support very much. Sometimes she dreams that her girl friend is very ill.

On the whole she can't deal with stress very well. Especially in situations where someone she loves is ill or dying. She finds it impossible to look them up in hospital or to attend a funeral. Apart from the epilepsy, she has some strange drawing, contracting sensation in her forehead lately. She also

has a slipped disc in her neck, frequent infections at the roots of her teeth, stiffness in the joints of her fingers and wrists and eczema after swimming.

In 1974 she had a hernia operation on the left side. It took her an abnormally long time to recover. During this time her sisters sold her shop and she hasn't worked since then. Two years after that she had both her breasts amputated because she suffered from increasingly large and painful cysts, worse before the menses. She felt very frightened at the

time because her mother had died of breast cancer. In 1980 she had a hysterectomy because of myoma and cysts.

She feels cold but can't tolerate heat, especially not from the sun.

Analysis

The dreams in which she talks with her dead parents are very typical of Calcarea silicata. We can also understand why she dreams about them, she badly needs the support (Silicium) of her parents (Calcarea). She worked hard (Ferrum series) in the family business (Silicium)

and was not sure (Calcareo) how to keep it going financially. The fear of loss of her parents and friend through disease also belongs to the Silicium series. Sankaran (1994) says that Calcareo silicata could be the son of not very well-to-do parents, who is expected to do more than he is really capable of.

Other Calcareo silicata symptoms: disease through (over)work, fear of disease, death, financial worries, little self confidence, epilepsy, cold, cysts in breasts, myoma.

Reaction

Since the first dose of Calcarea silicata her EEG showed no sign of abnormal activity anymore, so she was able to stop the medication. Her self confidence has clearly increased. She is still a bit anxious about her health, because she returns from time to time with minor complaints like eczema after swimming, itching in the ears, frequent urination, etc.

After several repeat doses of Calcarea silicata she noticed that she found it much easier to speak in public. She had

never really dared to do this before, because she was afraid of people looking at her (Calcareo) and perhaps thinking that she was not good enough (image, Silicium).

Scandium metallicum

Scandium metallicum is an unknown remedy.

Signature

The name is derived from 'Scandinavia' because the substance was discovered by someone from Scandinavia in 1879. The word 'scan' may or may not be related to

Scandium, but at least it gives a very accurate description of the main theme of this stage: looking and comparing.

It stimulates the germination of seeds. It would also be useful in different alloys, as it is lighter than aluminium and has a much higher melting point.

Concepts

Stage 3

Investigating

Comparing Scanning

Trying

Hesitating Doubting

Changeable Unstable

Underestimating

Discouraged
Unofficial Non-committal
Confusion
Ferrum series
Task Work Duty
Craft Use
Ability Perfectionism
Routine Order Rules
Control Exams
Observed Criticised
Failure Guilt Crime
Persecuted Tried
Adult
Village
Group analysis
Doubt about which task would
be suitable.

Trials are experienced as failures.

Indecisive because of being too perfectionistic.

Small set backs are experienced as persecution.

Exploring work: going from one job to another.

**Picture of Scandium
Metallicum**

Essence: not knowing which task to choose.

Wondering which task would suit them

They do want to carry out a task, but they feel they are not ready yet. They haven't got

enough experience and they don't even know what they would like to do, which task would suit them best. This makes them indecisive, especially because they feel they have to be perfect right from the start.

Trials are experienced as failure

They wonder how on earth to go about things. When they finally have a go at something they get very nervous, and then it goes wrong sometimes. This makes them more hesitant to try again. They don't really

trust compliments either, because they feel that what they are doing amounts to nothing, that they aren't really doing anything useful yet.

Small setbacks are experienced as persecution

These are the people that try many things but persevere at nothing. Their fear of failure makes them give up before they have given things a chance, which in itself leads to failure. So they end up in a vicious circle.

The slightest mishap or opposition makes them feel

**insecure, as if they will never
succeed anyway.**

Expressions

**Fears: failure, falling,
criticism, opposition, observed,
anticipation.**

**Dreams: failure, falling, futile
efforts, paralysis.**

Delusions: being empty.

Generals

Weather: cold.

Complaints

Cancer. Infections.

Paralysis.

Headache.

Eye problems.

Mouth problems, aphthae,

blisters on tongue.

Throat.

Anaemia (3).

**Stomach pains, bad digestion,
inflammation of stomach.**

Diabetes.

Bowels.

**DD Ferrum series, Stage 3,
Barytas.**

**DD Calcareo: is more passive,
tries to be normal. Scandium
likes to experiment, wants to
have a taste of everything, but
crawls back inside his shell as
soon as things threaten to go
wrong. If Calcareo represents
the oyster, then Scandium**

represents the little crab.

DD Barytas: are equally inclined to belittle themselves and feel belittled. They can't make decisions, like Scandium, but they are more passive, they feel ridiculed from the start. Scandium still has a go to see if he can do it.

Case

A 24 year old woman comes with various complaints. She has a pain in her lower back, agg. lifting things, agg. digging, agg. in the morning; she often sits bent forward, amel. bending her lower back forward.

One leg (the left one) is shorter than the other.

She gets a migraine type of headaches with nausea and pulsations. It starts in the back and spreads to the front, agg. worries, tension, being busy, agg. heat, agg. 1st day of menses, agg. light, agg. behind eyes and worse when she wonders: 'will I be able to cope?';

amel. hard pressure on base of skull and eye sockets, amel. putting her head under the pillow, amel. holding her head.

She also has eczema with

peeling on fingertips and palm of right hand. Accumulation of mucus and feeling of a lump in her throat, as if something is stuck and she has to keep swallowing, agg. talking about it, agg. thinking of sad things. Sneezing.

She has had Glandular fever and received some treatment for her liver from an iridologist.

She had some 'luxury' treatment from a psychotherapist in the past because she felt so unsure of herself.

She feels depressed since she

had a few setbacks. She has been dismissed from a course in creative gardening with the message that she was negative in her approach. Things hadn't gone well because she felt like a peasant between the 'snobs', whilst before she had been the snob between the peasants at agricultural college. She feels that everyone got the wrong impression of her. She felt like a beautiful flower buried under a heap of rubbish. Her teachers didn't see it that way and said that she was 'disturbed'. On the last day before the holidays

they told her that she shouldn't come back next year. This was a 'little bit' of a blow for her: she felt a complete failure.

She went back home to live with her father and took on various jobs. She got sacked from a shoe shop after 5 weeks because she was 'unsuitable'. She herself thought she was doing quite well, even though she had already decided that this wasn't her kind of job because she didn't agree with the hard-selling strategy. She had already thought of handing in her notice but they beat her

to it. 'So I was really having a sort of little dip, kind of'. She used this kind of expressions frequently during the consultation: 'little this, little that, sort of, kind of' etc.

She became more and more unsure of herself: 'Perhaps I wasn't such a nice person when I was young' and 'I am not like that, am I?'

She can't decide what to wear, she can't decide what to put in her sandwich, she can't decide which colour jumper to buy so she comes home empty handed. Suddenly everything

seems a major obstacle.

She always feels caught between different people: in the past it was between her parents, who were divorced. Later on between friends when they were quarrelling. Whose side should she be on? Also between her mother and her grandparents. She was the one who had to tell the grandparents when it was discovered that her mother had cancer. She was always hanging somewhere in between. Whenever she was ill it was never a really severe illness:

she only had seven little spots when she had chickenpox. 'This is quite awful really, best not to think about it otherwise I could get quite depressed'.

She feels she has failed. Her parents were very happy when she was born, as they had been longing for a child. But she didn't get top marks at school and her father was rather disappointed. In the beginning she did well and then she had good hopes for the future. 'But now look at me, useless what is the point of being me at all?' She doesn't have any real

ambition, like a job where she is appreciated or a nice house to live in or animals to care for. She is very disappointed with herself. She used to think 'Later, when I am grown up I will...'. 'But now I am grown up and what do I have to show for it? Nobody wants to be like me!'

She feels things just happen to her. In her relationship with boys she can never find a happy medium. One minute she is engaged in an innocent conversation and the next minute she is kissing, and then

she thinks: 'Shit, it's happened again, I can't go back now, I should have said 'no' before'. She is very open and people like to share their problems with her, 'but I don't think you can see what I am like deep inside'.

She can be very enthusiastic, which can be wrongly interpreted by 'male beings'.

So she has decided to be very plain and blunt towards them.

She likes to get compliments, but when someone says something nice she doesn't trust it and tends to say

something nasty in reply. She is indecisive and has broken up with her boyfriend twice. What should she do? Go out into the big wide world or stay at home with parents, boyfriend and job? She feels people have a wrong impression of her, that they think she is empty headed and without compassion for her fellow beings. They probably think this because she doesn't make clear what she means and she often acts bluntly. She doesn't feel well in herself. She used to do a lot of sports which she enjoyed very much, also for

the company. Now she has lost interest. She has put on weight, 'so I look like a sort of fat pig'. She hates herself, for her looks and for the fact that she just lolls in front of the telly eating crisps. 'I never used to be like this'.

Generals

Weather: cold, cold hands.

Perspiration: under arms (2) and on hands agg. tension.

Time: agg. 3 pm.

Desires: Italian (3), spices (3), cheese (3), salt, milk (2).

Aversion: ginger (3), olives (2), fish, fried liver (2).

**Menses: great loss of blood
with back- and stomach pains.**

Sleep: lovely.

Analysis

**She tries all sorts of studies,
has a taste and then gives up.
Tries many things, succeeds in
nothing, which is the theme of
Scandium. It is definitely the
Ferrum series because it
concerns work and study. The
creative gardening could point
to the Silver series, but in this
case it is just one in a long list
of other studies. The indecision
is another prominent aspect in
this case. She simply can't**

choose, not even what clothes to wear in the morning. This is further confirmation for Scandium being the right remedy.

Reaction

After Scandium 1M she becomes more cheerful and less susceptible to minor upsets.

The headache has gone; the backache is there from time to time, but not so severe.

Decisions are easier to make: she has chosen to stay with her boyfriend. 'No point in putting off a decision forever, for the moment I have chosen to be

with him'. 'Now I can walk through town with my head high, I look around and feel good'. 'I feel I am alive again'. She started to sort out her belongings, throwing away what is old, sorting out what she wants to keep, getting things in order. She painted her shed bright yellow. She has plans for a new course and a new job. 'In the past everything happened by itself. Things sorted themselves out without me having to do anything. Now that I am grown up I realise that this can't go on, it simply

doesn't happen like that, I will have to put in some effort myself. But now I really feel I want to do that'.

Three months later she suddenly got the offer of two jobs. She hesitated slightly which one to take, but eventually chose the one she liked best.

Titanium metallicum

Titanium is briefly mentioned in Boericke and Clarke.

Signature

Titanium was discovered in 1791 and is the 9th most

common element on earth. The name is derived from the Greek 'Titans', the descendants of Uranos and the first real kings on earth. The Titanic was named after this element, and, as we all know, it went down on its first official journey. In Shakespeare's 'A Midsummernights Dream' Queen Titania wanders around lost in the woods and in her dreams.

The largest moon of Saturn is called Titan. Titan has a greenish sheen and it is very strong and elastic. Its structure

is hexagonal, becoming cubic when heated above 800 degrees, after which it diffuses with Iron. The metal is very light, corrosion resistant, has a high tensile strength and doesn't get metal fatigue, which makes it very useful for the construction of aircraft engines. It increases the strength and the magnetic properties of steel at high temperatures. White titan dioxide gets used as a colouring agent. Nitinol is an alloy of titan and nickel; when bent and heated it reshapes (Ferrum

series, Niccolum) into its original (Titanium) form. Baryta titanate, Ba TiO₄ and leadzirconate titanate Pb₂ZrO₄TiO₄ are piezo-electric, which means they produce an electric current under pressure. It is almost as resistant to corrosion as Platina.

Concepts

Stage 4

Establishing

Opening Beginning

Position Official

Joining in

Deciding

Amazing

Half

Ferrum series

Task Work Duty

Craft Use

Ability Perfectionism

Routine Order Rules

Control Exams

Observed Criticised

Failure Guilt Crime

Persecuted

Adult

Village

Group analysis

**They have to start with their
task.**

Failure at the start of a job.

Beginning means failing.

**Just about to make a mistake.
Indecisive from fear of failure.
Starting with control every
time.**

**Surprised that others don't
think he is a failure.**

**Unsure about what awaits
them after the start.**

**The task looks like a mountain
of work: titanic labour.**

**Picture of Titanium
Metallicum**

**Essence: Uncertainty and fear
of failure at the start of their
task.**

**They have to make a start with
their task**

Their basic feeling is that they have to make a start. They have to cross the bridge, but they feel very tense about taking the first step.

Unsure about what awaits them after they have started
Of course they are not sure what they will find on the other side of the bridge. They can't see into the future and they feel it might all be more than they can handle. In their imagination they blow it up into enormous proportions, until they are too scared to go through with it. 'Should I take

the step, isn't it too dangerous?', are questions constantly on their mind.

**Failure at the start of a job
Even at the start they are convinced they will make a mess of it. They have never proved their worth: everything up to now has only been a trial, without any real responsibilities involved. And now things are for real, which means they are on their own, which means they bound to make mistakes.**

They almost talk themselves into failure.

Typical of this phase is that they often collapse when they have just taken on a new job or when they have just had promotion. They get so nervous that they can't see their way ahead anymore and they have to quit.

Indecision from fear of failure

Their fear of failure makes them indecisive. As soon as they have chosen, the doubt starts to creep in 'Will I be able to manage?' They are most surprised when others tell them they are doing well.

They can get into a panic at

the thought of what lies ahead, thinking they have made the wrong choice: 'I should never have done this'.

Even minor decisions are difficult: what to wear, what to eat, what to drink? etc.

The inability to make a decision can become totally paralysing, and eventually everything comes to a standstill. They can't get out of bed in the morning, don't know what to do during the day, nothing seems interesting anymore. At night they can't sleep from worrying: 'How can I

get out of this?' Their thoughts drive them mad.

Starting with control every time

Because they want to do well they start by checking everything a hundred times.

But here they get stuck in the same theme: 'before I can move on, I had better check once more'. And so they start all over again, which means they never get down to the actual business. At school they are the slowest pupil in the class, checking and rechecking every answer, which takes forever.

Expressions

Fears: failure, criticism, opposition, observed, anticipation.

Dreams: futile efforts, paralysis, persecuted by people or monsters, dragons or lions; being taken prisoner; tools and vehicles get broken or stolen; falling down stairs, being shot.

Delusions: ordinary objects take on strange shapes like ghosts or other weird creatures.

Mood: empty, aimless, dead, despairing.

Generals

Locality: right.

**Weather: cold, agg. warm,
amel. outside (2).**

Time: agg. 7 am.

**Desires: fruit (2), apples, pear,
kiwi, grapes, oranges, sweet (2).**

Aversion: sour, milk, eating.

Food: agg. oranges.

**Sleep: needs much; on right
side; somnambulism.**

**Physical: agg. reading, bright
light (2).**

Complaints

Cancer.

Paralysis.

**Migraine with bright
glimmering and spots before
eyes, vertical hemiopia [!, half,**

Stage 4]. Headache starting from neck, accompanied by nausea, vertigo, fainting, dry mouth, trembling and numbness of hands, diarrhoea and irritability.

Vertigo, feeling unsteady, falling forwards, fainting, agg. eyes closed.

Eye problems, difficulty reading and studying, letters start to tremble, spots before letters, glimmerings, hemiopia, agg. bright light, agg. exerting eyes. Objects appear small and far away.

Colds, dry mouth.

Anaemia (3).

Stomach problems, nausea.

Diabetes.

Premature ejaculation.

**Kidney diseases, Brights
disease.**

**Skin complaints, eczema,
lupus.**

**DD: Ferrum series, Stage 2 and
4, Lithiums, Tellurium.**

**DD plants containing titanium:
Malus.**

**DD Scandium: has a little taste
of everything, without
committing himself. Titanium
knows what he wants, he
chooses to do it and wants to**

make an official start.

Case

A 25 year old woman has had a nervous breakdown, which started a few weeks ago, when she became very unsure of herself. She had finished teacher training college and had started a job as a teacher. She was looking forward to it and started with great enthusiasm, feeling very good about it. But a few months later she started to feel unsure of herself. When she was preparing lessons she would suddenly get into a panic,

thinking 'I can't do it'. She developed a tremendous fear of failure and finally had to leave, although others assured her she was a good teacher. After she had stopped she initially felt relieved, but now she doesn't do anything anymore. She can't get out of bed in the morning, she is not interested in anything, and she can't sleep at night because she can't stop thinking: 'What should I do? How can I get out this?' It is driving her mad. She feels dead and empty inside. She is at her wits' end and feel totally

helpless, also very frightened when someone criticises her. She comes across as a frightened, helpless little bird. She can't decide what to do, what sort of job might suit her instead. She panics when she thinks about the future. She can't even decide what to do from day to day, what to wear, what to eat etc. It takes her a full minute to decide whether to have tea or coffee. The prospect of yet another day to fill makes her despair. When she does make a decision she thinks it is the wrong one: 'Oh,

I shouldn't have done that!

Her fear of failure also comes back in her dreams. She dreams of being pursued by other people, of being burgled, or being shot. As a child she often dreamed that she fell down the stairs, going down faster and faster. Or that there was a strange monster in the room which turned out to be only a crumpled-up jumper on a chair. After waking up everything looked very small and far away. She also sleep walked in the past.

She now has a migraine which

she used to have in the past. It starts with pains in her neck which radiate to her forehead. She sees spots and glimmering things in front of her eyes; the headache is worse from eyestrain like studying or reading or looking at a bright light. Other complaints: nausea, dry mouth and trembling and numbness in the hands; vertigo with a feeling of unsteadiness, agg. closing her eyes. Sometimes she has a stomach upset and has frequent diarrhoea. The complaints are agg. 7 am, agg.

**alone, amel. evening, amel.
outside, agg. heat, amel. sea.
She wakes up at 5 am and can't
sleep again because of thoughts
going round and round her
head.**

Generals

**Weather: cold, agg. heat, amel.
outside (2), amel. sea.**

Time: agg. 7 am.

**Desires: vegetables, fruit (2),
pears (2), grapes(2), kiwi(2),
oranges (2), fish, cheese.**

**Food: agg. oranges: cracks in
tongue.**

**Menses: occasional irritability
during.**

Sleep: much, 10 hours, on right side.

Analysis

The central theme is the tremendous fear of failure, which indicates a metal. Her profession is a teacher, she is performing a function within a larger work force, which leads us to a metal in the Ferrum series. She is at the beginning of her career when she collapses; she panics as soon as she wants to make a proper start. The theme of 'beginning' belongs to stage 4, which brings us to Titanium.

The difficulty she experiences trying to make a decision is typical of Stage 4: it is a paralysing sort of fear, which prevents them from doing anything and leads to endless postponing.

Confirming symptoms for Titanium: -amel. fruit, migraine with eye problems.

A DD with Calcarea carbonica should be mentioned, because of her uncertainty and the typical symptom of the monster which turned out to be a piece of clothing. But in this case it is not the feeling of

being observed that is the main problem, it is more the tremendous uncertainty and the inability to make decisions. Both these symptoms are more typical of Titanium.

Reaction

One month after Titanium 1M she feels a lot better. The improvement was gradual, with several ups and downs. She doesn't feel so dead inside anymore, and she has started to take an interest in life again. She is better able to make decisions again, although she is still unsure what to do with her

job and it still makes her panic to think about it. But eating and sleeping are much better.

After a repeat of Titanium 1M she gradually feels like starting some sort of job again. The headache came back after 6 weeks and lasted a fortnight.

She has no more problems with being on her own.

Titanium sulfuricum

Titanium sulphuricum is a new remedy.

Concepts

Titanium

Beginning

Uncertain
Indecisive
Half
Official
Sulphuricum
Love
Marriage Partner
Egotism
Jealousy
Joy Satisfaction
Harmony Aesthetic
Clothes
Lazy
Ugly
Theorising
Group analysis
Starting a relationship.

Uncertain whether to start a real relationship.

Fear they will not be able to handle the relationship.

Half hearted within the relationship.

Indecisive about clothes.

Feeling they have to initiate the fun.

Delaying out of fear of being jealous.

Picture of Titanium

Sulphuricum

Essence: uncertain whether to start a real relationship.

Starting a relationship

Their basic feeling is that they

should really make a start, make a commitment in the relationship. They are about to choose whether to get married or not, but they can't make up their mind.

Uncertainty whether to really start the relationship

They can't make up their mind because they are not sure what marriage will bring them and whether they will be able to handle it. Their uncertainty can paralyse all actions, so that they tend to give up before they have started. They no longer make an effort to get a

partner. They might even neglect themselves, walking around unwashed and in shabby clothes. They do want a partner, because they feel life is very empty without one. But they don't know what to do to get one and keep one and all this worrying and thinking about it drives them mad.

Fear they will not be able to handle a relationship

They feel totally unprepared for marriage, and they have no idea what lies in store for them. They think they are bound to make mistakes

because they have never had a relationship before. Going out with a boy- or girlfriend had always been purely on a 'no ties' basis, but this time it might be the real thing. Will they know what to do? Will they get jealous? Will they have fights? There are no end of problems they manage to create in their mind. The fear gets particularly out of hand when it is their partner who is proposing marriage. Suddenly all their anxieties come flooding in at once and they decline rather than give it a

chance.

**Delaying out of fear of getting
jealous**

**Their indecision is based on
fear of failure. They can get
into a panic if the other person
puts them under pressure to
make up their mind. They want
to delay as long as they can,
because they feel they are not
ready. And if they decide and it
turns out to be the wrong
choice they will regret it later.**

A half hearted relationship

**And so they tend to be rather
half hearted in their
relationships. They may have a**

partner but live on their own, or any other variety of a LAT relationship ('Living Apart Together'). Or they might start a relationship with a married man.

Checking their feelings time and again

They like their relationship to be really happy, so they want to make sure they are doing the best they can. This makes them check their own behaviour all the time. 'Have I been kind enough today?' 'Do I really love her enough?' 'Was there anything in my behaviour

that wasn't very nice?' etc. It can all go a bit too far.

Checking their partner's feelings time and again

Or they may direct their attention to their partner and check whether he or she really loves them enough. 'Is there enough love in our marriage/' 'Do you really love me?' They can get very jealous if they get the feeling that their partner is a bit half hearted about it all.

Feeling they have to initiate the fun

Another variation on this theme is the feeling that they

are always the ones who have to start the fun. They are the ones who must bring happiness into the life of their partner, while the partner just waits for it to happen. But they hesitate to start because they are not sure whether their kindness is real. Perhaps they have some other 'not so nice' feelings inside too and they don't want to do things by halves. They had better wait until they are sure their love is 100% real.

Indecisive about clothes

Another expression of the theme is in the area of clothes

and beauty. They like to be well dressed and look beautiful. And they are fine as far as casual clothes are concerned. But as soon as they have to choose something very smart they start to doubt whether they have real taste. At official occasions they wonder whether they have chosen the right suit or the right dress. 'Is this really suitable for the occasion?' Rather than go through this doubt they prefer not to go to those official kinds of occasions anymore.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, exams, job interview, heights, poverty, ugliness, dirt.

**Dreams: futile efforts, paralysis, marriage, nightmares
agg. lying on back.**

Mood: hurried, impatient, gloomy, indifferent.

Causes: loss of loved ones, friends or relations, insults, humiliation, shame.

Generals

Locality: left.

Weather: sensitive to both cold and heat, agg. heat, amel.

outside (2); hot flushes.

Perspiration: easy, agg. exertion, stinking.

Time: agg. 5 and 7 am

Desires: fruit (2), apples, pears, kiwi, grapes, oranges, sweet (3), alcohol, fat, fried, spices, sour, cold drinks.

Aversion: sour, milk, egg, bread.

Food: agg. oranges, alcohol.

Sleep: needs much; on right side, somnambulism; agg. lying in late.

Physical: agg. reading, bright lights; agg.- bathing.

Complaints

**Discharges creamy, yellow,
smelling of rotten eggs.**

**Burning (3) pains. Full, heavy,
pulsating feelings.**

Cancer. Paralysis.

**Migraines with glittering and
spots before eyes, vertical
hemiopia (!).**

**Headache starting from neck,
with nausea, vertigo, fainting,
dry mouth, numb and
trembling hands, diarrhoea and
irritability.**

**Vertigo, unsteady feeling in
legs, falling forwards, fainting,
agg. closing eyes.**

Eye complaints: difficulty

**reading or studying, letters
tremble, spots before eyes,
shimmering, half sided
blindness, agg. bright lights,
agg. eye strain. Objects appear
small and far away.**

Colds. Dry mouth.

**Heart and vascular diseases.
varicose veins, heavy legs.**

**Haemorrhages and
haematomas. Anaemia (3).**

Stomach problems. Diabetes.

Diarrhoea.

Kidneys. Bright's disease.

**Skin problems, eczema, lupus,
infections with yellow pus.**

DD: Silicium series, Ferrum

**series, Stage 2, 4 and 16,
Lithiums, Malus, Tellurium.**

Case

A 44 year old woman suffers from migraines. They start with flashes of light which can make her panic. Then the pain starts in her neck, radiating to the left side and settling above her left eye. She loses the left side of her field of vision. The pains are pressing and accompanied by nausea, sometimes with vomiting, and profuse perspiration. The pain is agg. from reflected sunlight, flashing lights, stress at work,

**before menses, agg. 3 pm,
sleeping late; amel. wearing
sunglasses**

The migraines started 10 years ago. She had a boyfriend and they were very much in love. He wanted to get married, but she didn't because she felt herself too inexperienced and she was afraid of sex. She felt she wasn't ready for marriage. Many years later her friend married someone else and then she suddenly regretted that she had let the opportunity slip by. Some time later she met him again and

they started to have an affair because they still loved each other. She wants to marry him, but now he doesn't want to because he doesn't want to leave his children. Now she can't decide whether to carry on with this relationship or not.

She is a perfectionist, wants to do everything well and hates it when other people do things by halves. She needs to have a sense of security: she is not the type who will change her job on her own accord, for instance. She is quiet and reserved, and

has never told anyone about her boyfriend. She gets on well with other people, is not easily upset, but when she is upset she is quite radical in her decisions.

She was brought up with little freedom, as her parents were narrow minded and kept an eye on her all the time. They used to tease and ridicule her, especially if she had been out: 'Who is your boyfriend then?' They would make funny faces about it and although they didn't mean to be nasty she always felt extremely

embarrassed.

**She is afraid of heights,
fainting, crowded streets and
walking to the front in church.**

**She also has tennis elbow in
her left arm and some vaginal
discharge.**

Generals

**Weather: too hot or too cold, -
amel. outside, amel.
mountains.**

Perspiration: none.

Time: agg. 3 pm.

**Desires: fruit, apples, cheese,
meat.**

Aversion: onions, garlic, sour.

Food: agg. alcohol: head feels

hot.

menses: profuse, myoma.

Sleep: awake around 4 am agg. thinking about work, agg. lying in late.

Analysis

The vertical hemiopia reminds us of Titanium or Lithium.

The incident that took place around the start of the migraines had to do with her relationship, which points to Sulphuricum. What was happening in this relationship? The relationship was fine until the time when she had to make a commitment. The official

start, the question of marriage, was what made her feel so indecisive. She didn't dare to commit herself in case she couldn't handle it. Later on she started a relationship with the same person, but this time it was in secret, only half and half. The uncertainty, the delay, the indecision and the half heartedness point to stage 4, to Titanium. So when we join the two themes together we get Titanium sulphuricum.

Other Titanium symptoms: - amel. fruit, -amel. apples, hemiopia, flashing lights,

migraines, agg. bright light, -amel. outside. Sulphuricum symptoms: easily heated, agg. lying in late, -amel. fruit, she was teased about boyfriends in childhood.

Reaction

One month after Titanium sulphuricum 1M she generally feels better, more energetic and more stable. She finds she doesn't think about the relationship problems so much; she has decided to carry on but feels less intense about it, and will wait and see what happens. If he chooses to be with her

that's fine; if not, she'll break it off. She has had no more migraines. In the course of the next 18 months she had 4 repeat doses of Titanium sulphuricum 1M.

Vanadium metallicum

Vanadium is briefly described in Boericke and Clarke.

Signature

The name Vanadium is derived from the Nordic goddess 'Vanadis'. Vanadis is very similar to Venus, the Roman goddess of love and beauty. The person who discovered this

metal chose the name Vanadium because its salt compounds are so beautifully coloured. It was discovered in 1830. The name also reminds us of the Latin word 'vanitas', meaning emptiness or vanity. [postponing-stage 5].

Vanadium gets used to increase the hardness other metals so that they don't bend so easily. Tools and keys are often made of iron-vanadium alloys. When added to steel, together with Chromium, it increases the shock absorbency properties.

It also increases the elastic properties of steel and makes it easier to cut.

When Vanadium is being processed it releases yellow vapour.

Concepts

Stage 5

Preparing

Advance guard

Proposal Doubt

Postponing

Reservation Evasive

Premature

Alternating

Tantalising Torturing

Ferrum series

Task Work Duty

Craft Use

Ability Perfectionist

Routine Order Rules

Control Exam

Observed Criticised

Failure Guilt Crime

Pursued Tried

Adult

Village

Group analysis

**Hesitating to put their abilities
into practice.**

**Tortured by the idea that they
can fail.**

**Alternately working and not
working.**

Postponing their task.
**Tortured by their
perfectionism.**
Evading their task.
**Success alternating with
failure.**
**Strength alternating with
weakness.**
Preparations for the job.
Picture of Vanadium
**Essence: Hesitating to put
their abilities into practice.**
**Hesitating to put their abilities
into practice**
**Although they have made a
choice about what they are
going to do, they still keep**

wondering whether this is what they really want. They make plans and they feel a strong urge to do well, but in the back of their mind there is always the question: 'Will I manage?' This continuous doubt is very strong, and manifests itself in all areas of their life: 'Did I choose the right profession?' 'Am I intelligent enough, good enough, beautiful enough?'

Tortured by their fear of failure

Always this nagging doubt: 'I probably won't make it'. Always the same theme that they will

probably make mistakes, be blamed, fail their mission etc. It also comes back in their dreams where they just miss the train, or can't find the telephone. They don't want to take responsibility for their choice because they feel they will fail anyway. And when they do fail they feel very guilty.

The cause usually lies in the way they have been brought up. Their father is successful and very strict. The child gets the message that he must do everything he can to please other people, particularly his

parents. He should be good and kind and successful. The child doesn't dare to resist and tries his best to live up to this picture of the perfect child. They don't even know what or who they are doing it for, they are just trying to be good and successful. Inevitably they lose connection with who they are and what they want for themselves. The message of 'be successful' may have been slightly ambiguous in itself, in the sense of 'but don't you dare be more successful than your father!'

**Tortured by their
perfectionism**

Their goals are usually very high, a bit too high! They want to be good, even perfect, and want to achieve something big. But their ideals are almost impossible to live up to. They never feel they have done enough; they can't find a realistic goal to work towards.

Success alternating with failure

'Success' and 'failure' are two key phrases they use a lot. It is typical of Vanadium that success and failure follow each

other in rapid succession. They want to be successful, so they start off with great dedication which leads to initial successes. But their goals are impossibly high, coupled with a deep-down feeling that they cannot or should not succeed, so sooner or later this success is followed by failure.

They may also be afraid to succeed, because if you succeed your next goal should be even higher and this could prove to be too much.

Evading their task

When they think they can't

reach the goal they have in mind they may give up altogether. If they can't succeed anyway they might as well sabotage the whole job and fail properly. Throwing all their old principles overboard they will turn round and make a complete mess of it.

But knowing that they have really spoilt it now, the old urge to succeed begins to play up again. And so it goes on in a vicious circle. Once they realise the sort of pattern they are in, rather than breaking it they may feel it is not worth

carrying on. Any success leads to failure again, so why bother?

Alternately working and not working

The same theme can be seen in their job, alternately working and not working. One day they will be on time, the next day they are late. Nothing ever reaches a conclusion; the job is always postponed to the next day.

Strength alternating with weakness

Another duality you often hear them talking about is 'strength' and 'weakness'. They feel they

have to be strong, but they are afraid of doing things wrong and therefore turn out to be weak. This lack of self confidence makes them indecisive. Their very high ideals are bound to lead to failure anyway, like the junkie who wants to stop taking drugs but feels that he can't suddenly stop, so he won't try.

They are usually a bit weak and nervous. They are easily influenced and don't quite know what to do. They would rather not grow up so as not to have to take responsibilities.

The other side of this picture is someone who is very stubborn and carries on regardless with his plans. It is usually the small unimportant things they want to push through. It gives them a feeling of strength. They might get into the habit of thinking up little rules about the things they should and should not do. It gives them some sort of grip on the situation.

**Postponing their task
They want to prepare
thoroughly for the task ahead.
They often feel they haven't**

done enough ground work, they haven't looked at all possible angles of the job yet. So before they make a start they had better look at the whole thing once more. In other words, the job gets postponed. You could say that this means they have failed, but on the other hand you can't fail if you haven't even started, so once again we have this duality.

Alternating control: anorexia-bulimia

There is a strong tendency towards anorexia and bulimia. Here we find the same themes

again: feeling good when you have succeeded, feeling bad and guilty after a binge. The binges are a way of compensating for the lack of warmth and support. The same goes for other addictions they may have.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, being late, missing the boat, arteriosclerosis, cockroaches.

Dreams: being late, missing the train, futile efforts, paralysis.

Mood: alternating, happy on success, gloomy on failure; soft, yielding, easily influenced, easy crying; hard, -amel. control, obstinate agg. trifles, restless.

Mental: manic depressive psychosis, anorexia alternating with bulimia.

Contacts: warmth, company.

Generals

Build: blond.

Locality: right.

Weather: cold, cold hands and feet. Raynaud's syndrome.

Time: agg. 7 am.

Desires: liquorice, sweet.

**Menses: little or none; agg.
before menses; agg. ovulation.**

Complaints

Retarded growth. Cancer.

Paralysis.

Anaemia (3).

Eye problems.

**Teeth problems; tongue
discolouration green (!).**

**Tonsillitis and sore throats,
coughing up small, greenish-
yellow, bitter mucus. Thyroid
problems.**

**Pneumonia, bronchitis,
dyspnoea, tiredness, weakness,
sore chest; colds with sneezing
(Dreisbach).**

**Stomach and bowel affections.
Degeneration of liver and
cancer. Diabetes. Disturbed fat
and glucose metabolism.**

**Constipation. Diarrhoea.
Pain in ovaries. Lactation
problems.**

**Sciatica, osteoporosis.
Restless, itching legs.**

Warts.

**DD: Ferrum series, Stage 5,
Anacardium, Baryta
carbonicum, Carcinosis,
Hypophysinum anterior,
Ignatia, Lithiums, Lycopodium,
Pulsatilla, Thuja.**

DD Titanium: has only just

started and doesn't really know what awaits him. Vanadium has more idea of what awaits him and he is afraid; he begins with extensive preparations and postpones the real task.

DD remedies containing Vanadium: Anethum graveolens, Petroselinum, Piper nigrum, Raphanus, mushrooms, seaweed.

DD substances that influence the metabolism: Phosphoricums, Cystine, Cysteine, Glutathion, Glucose, Vitamin C and E, Saccharum officinale.

Case by Anton Kramer

A 3 year old girl is a bad eater [Vanadium]. Her growth is obviously retarded [Vanadium] both in height and in weight. She regularly receives artificial feeding. Her mother had decided during the pregnancy that she should eat healthier food and had adopted a strict regime [Ferrum series] for the sake of her unborn child. But she hadn't enjoyed it at all. China didn't help this little girl, but Vanadium did. Her eating pattern became quite normal.

Chromium metallicum

Chromium metallicum has already been discussed in 'Homoeopathy and Minerals'.

Some aspects have been added to this picture, especially positive ones.

Signature

The name is derived from the Greek word 'chromos' meaning 'colour'. Chromium compounds often have beautiful bright colours, ruby being one of them.

The metal gets used to put a shiny coating around other

substances and to increase the hardness of steel.

Chromium makes steel easier to cut and at the same time more resistant to corrosion and erosion.

The strongest steel contains 4% carbon, nickel and chromium. Chromium makes it tougher, harder and easier to flatten.

Concepts

Stage 6

Challenge

Daring

Proving

Initiation

Inevitable

Force

Hiding

Ferrum series

Task Work Duty

Craft Use

Ability Perfectionism

Routine Order Rules

Control Exams

Observed Criticised

Failure Guilt Crime

Pursued Tried

Adult

Village

Group analysis

Initiation into a task.

Afraid that others will see that

**he can't prove himself:
embarrassed.**

**Only having the courage when
others aren't looking: discreet.**

**Must do something but is
afraid to fail: careful.**

**Must prove he has the courage
to take on the task: tough.**

**Must carry on with the task,
even if he makes mistakes.**

Forced control.

B.A. examination.

**Picture of Chromium
Metallicum**

**Essence: afraid that others will
see that he can't prove himself:
embarrassed.**

Afraid that others will see that he can't prove himself

The key word for Chromium is embarrassment. They feel observed, which is typical of the whole Ferrum series. And they feel ashamed, particularly when something goes wrong, and they carry on regardless. This carrying on regardless is typical of Stage 6: they have to start something or carry on with what they are doing, even if something goes wrong.

They may get very embarrassed if others can see that they are making mistakes.

Or they may get embarrassed for others when they are making mistakes. They are undergoing a sort of initiation, as if they are being thrown to the wolves, and they have to get on with it, whether they like it or not.

They only have the courage to do when if others aren't watching: discreet

Their fear of embarrassing situations makes them very discreet. They don't show what they are doing and they don't like to talk about mistakes, even the mistakes of others.

Small mistakes may be felt as serious crimes.

They try to cover things up and 'keeping up appearances' is most important.

The whole theme of 'Keeping up appearances' is beautifully portrayed in the English television series of the same title.

As long as nobody is looking they can have a try at their task.

Eventually they might get so involved in keeping up the appearance that everything is fine that nothing else gets

done.

In conversations with other people they tend to gloss over any problems or they will simply change the subject.

They can talk for hours about some minor and innocent details to prevent anybody from inquiring after any possible problems.

The theme may also be expressed in desire to polish in the most literal sense of the word. Everything has to look bright and shiny.

They must do something but are afraid to fail: careful

They feel as if they are crossing a dodgy bridge for the first time, so it is best to be very careful, slowly putting one foot in front of the other, being careful not to slip.

This same kind of caution may be expressed in the way they talk. They are afraid of saying the wrong thing, so their words are carefully measured and their stories full of useless detail. They keep beating around the bush, afraid of committing a blunder.

They must prove they have the courage to take on their task

But their fear doesn't stop them from doing what they have to do. There is no way they can get out of it, so they might as well carry on. Even if they make mistakes to start with, they can't turn back anymore. They feel committed and they persevere once they have started.

This perseverance will become even stronger when they are challenged. If someone suggests they might not be up to the job, they suddenly become even more determined: 'Just wait and see, I'll show

you!'

This tough and foolhardy attitude shows itself in the physical body as well, in the form of tough and sticky discharges.

Forced control

The force that is driving them on may also come from outside. Someone else may have ordered them to take on a certain task and there is no way they can get out of it.

B.a. @examination

They feel put to the test, but it is only a preliminary test. They don't have to know everything

yet, but it is nevertheless their first serious trial.

Expressions

Fears: failure, criticism, opposition, observed, anticipation.

Dreams: futile efforts, paralysis, poisoned, innocent of a crime.

Mood: uncertain, feeling no longer beautiful and attractive, depressed, suicidal thoughts, not daring to talk about these.

Mental: confused, forgetful, hazy.

Generals

Build: obese.

Locality: right.

Weather: cold.

Time: agg. 5 am.

Desires: beer, sweet, drinking.

Food: agg. wheat.

Sleep: unrefreshing.

Complaints

**Discharges thick,
tough, stringy, sticky, green and
yellow (3!).**

**Pains changing place or in one
spot. Boring, scraping pains.**

**Cancer. Paralysis. Collapse,
coma.**

Ear infections.

Sinusitis.

Heart diseases,

**arteriosclerosis, anaemia (3).
Pain under the heart. Hyper-
cholesterolaemia.**

**Stomach complaints, vomiting
blue or green.**

**Affections of pancreas,
diabetes. Cystic fibrosis.**

**Diarrhoea, green or bluish;
flatus.**

**Affections of kidneys: blood
and albumin in urine.**

Sciatica.

Itching.

**DD: Ferrum series, Stage 2 and
6, Calcarea's, Fluoratum,
Sulphur.**

DD Vanadium: can hesitate

and postpone indefinitely.

Chromium knows he can delay no longer. He has to take up the challenge, even if he has no idea how to go about it.

DD plants containing Chromium: Poceae, Leguminosae, mushrooms (cham-pignons), Tabacum.

Chromium sulphuricum

Chromium sulphuricum is briefly mentioned in Boericke.

Concepts

Chromium

Embarrassment

Discreet

Keeping up appearances

Careful

Tough

Sticky

Slimy

Sulphuricum

Love

Marriage Partner

Egotism

Jealousy

Joy Satisfaction

Harmony

Clothes

Lazy

Ugly

Theorising

Group analysis

**Embarrassed about love.
Embarrassed about their
partner.**

**Discreetly dealing with
jealousy.**

**Hiding egotism behind a nice
facade.**

Harmony is only a facade.

The challenge of aesthetics.

Embarrassed about their looks.

**Fear of showing the ugly side
of things.**

Discreetly theorising.

**Picture of Chromium
Sulphuricum**

**Essence: embarrassed about
love.**

Embarrassed about love

They feel embarrassed about the love they feel for someone. They feel they might make a fool of themselves if they fall in love head over heels. So rather than giving in to these feelings, they hide them, even from their loved one.

Or: they want to be loved, but they are too afraid to ask for it. This desire for acknowledgement is all far too embarrassing.

Embarrassed about their partner.

They feel embarrassed about

their partner. It may be that their parents think this boy- or girlfriend is not suitable, not decent enough etc. Or it may be that they had sex before marriage and the whole neighbourhood knows about it and they feel acutely embarrassed. Or perhaps their partner has a different religion or has some mental illness in the family, or any other circumstances that had better remain hidden.

Discreetly dealing with jealousy

They are very discreet in the

way they handle any problems within the relationship.

Adultery or jealousy should be kept quiet, in case the whole neighbourhood would get to know about it.

Or they are afraid they will lose their partner if they openly admit their adultery.

Egotism hidden behind a nice facade

They are inclined to hide their selfish tendency behind a smooth facade. They only show the good side, but nobody knows who they really are.

They avoid anything that could

be construed negatively, no vices, no quarrels, no drugs etc. They dare not get depressed or annoyed in case people might think them selfish.

They tend to gloss things over, carefully choosing their words to avoid the 'nitty-gritty'.

Their often come from a very prim and proper family, where the harmony was usually only a very thin layer of veneer.

**Embarrassed about their looks
Their fear of showing anything that is ugly extends to their own appearance too. They are very ashamed of things like**

**eczema, overweight,
menstruation, being pregnant,
giving birth, breast feeding.**

**They feel these things are too
'animal like' and should remain
hidden. They are also worried
that their clothes aren't nice
enough, so to avoid any
embarrassment they dress very
properly and conservatively.**

Discreetly theorising

**All problems are handled
discreetly. If anything needs to
be discussed they will do this
in an analytical way. They take
a hypothetical example and will
discuss the pro's and con's in**

general, without ever letting on what it is really all about.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, heights, poverty, ugliness, dirt.

**Dreams: futile efforts, paralysis, marriage, nightmares
agg. lying on back.**

Mental: long winded, details.

Mood: uncertain, hasty, impatient, gloomy, indifferent.

Causes: loss of loved ones, friends or family, insults, shame, humiliation.

Generals

Build: obese.

Locality: left(3).

**Weather: warm, agg. heat,
amel. open air. Hot flushes.**

**Perspiration: easy agg.
exertion. Stinking.**

Time: agg. 5 am (3).

**Desires: sweet (3), liquorice,
fruit, fat, fried, spices, sour,
cold drinks, alcohol, beer.**

**Aversion: egg, bread, sour,
coffee.**

**Food: agg. wheat, alcohol,
sauerkraut, meat, coffee.**

**Sleep: deep; frequent waking;
unrefreshed; agg. sleeping late.**

Physical: agg.- bathing.

Complaints

Discharges thick and stringy, green/yellow, creamy, stinking of rotten eggs.

Burning (3) pains. Full, heavy, pulsating feeling. Pains jumping from one spot to another, or in one single spot. Boring, scraping pains.

Cancer.

Paralysis in infants. Ataxia.

Ear infections.

Sinusitis. Enlarged thyroid.

Heart and vascular diseases.

Cramps in heart. Varicose veins, heavy legs.

Anaemia. Haemorrhages and

haematoma. Palpitations.

Stomach pains, nausea.

**Affections of pancreas,
diabetes. Flatus.**

Diarrhoea.

**Cystitis, feeling as if the
kidneys were blown up,
bursting.**

**Enlarged prostate; herpes on
penis.**

Sciatica, Bechterew's disease.

**Skin: infections with yellow
pus. Itching.**

**DD: Silicium series, Ferrum
series, Stage 6 and 16, Calcarea
sulphurica, Chininum
sulphuricum, Fluoratum.**

Case

A 28 year old woman suffers from leucorrhoea, which she feels very embarrassed about. It drives her to despair and she wants to forget about it because she is so ashamed. It itches very much, especially in the evening on going to bed and in the morning between 4 and 5 am. She wakes up scratching and her vagina burns as if she has been stung by stinging nettles, feeling very raw. The discharge is white, sometimes yellow and smells quite strongly. She has often

had this in the autumn. The first time she had it was when she went to live with her boyfriend. Her mother had difficulties accepting this, because 'you shouldn't have sex before marriage'.

And the fact that she did have sex was one thing, but the fact that she was going to live with him so that the whole town would know about it was even worse.

Her mother had always been very keen on keeping up a nice front. Nobody was allowed to look inside her house, but

everything looked spic and span from the outside. Her mother never wanted her to take friends home on the spur of the moment. Such things should be announced long beforehand, so her mother could 'prepare herself'.

She has frequent infections of her earlobes where they have been pierced for her earrings. Her neck is very sensitive to draughts. Sometimes she has aphthae. And she also suffers from anaemia at times.

As a child she used to have frequent sore throats, starting

with a cold, then a dry throat with difficulty swallowing and very red and inflamed tonsils and finally a terrible rasping pain in her throat. Also loss of voice, fever, shivering, sweating and sore muscles in her whole body.

The pain was agg. swallowing, amel. soft liquorice, agg. salty liquorice, agg. smoking.

Her upbringing was a bit ambiguous, as on the one hand it was quite normal to walk around naked, but on the other hand nobody ever talked about sex.

She quickly feels guilty, afraid she will get the blame.

She is afraid of becoming too dependent on her boyfriend.

Generals

Weather: cold, -amel. thunder and storm, -amel. fresh air and wind.

Perspiration: occasionally at night.

Time: 5 am. Bad mood in the morning.

Desires: sweets, liquorice, chocolate, fruit, lettuce, butter.

Aversion: fried food (2), sour.

Food: agg. coffee, meat, sauerkraut.

menses: back pains, stomach pains, feeling bad for first few days.

Sleep: lovely, on back or right side.

Analysis

The 'cause' of the leucorrhoea is the fact that she goes to live with her boyfriend and everybody can see they are having sex although they are not married yet.

The relationship indicates Sulphuricum, and the nice appearance that needs to be kept up indicates Chromium. So we get Chromium

sulphuricum.

The leucorrhoea symptoms and its modalities are very typical too: she must scratch (Sulphur), it is worse at 5 am (Chromium and Sulphur), she feels embarrassed (Chromium), the itching is terrible (Sulphur) and the throat feels raw (Chromium).

After Chromium sulphuricum she had a return of old symptoms which were typical of this remedy: problems with her clothes, feeling ugly, feeling she has to conform, feeling she has to dress nicely.

The other symptoms in this case are not all that typical. Carcinosis would have been another possibility: strict upbringing, -amel. chocolate and fruit, frequent throat infections.

Reaction

First she was given Carcinosis, which made her feel much better mentally and emotionally, but did little for the leucorrhoea, which went away for a short while and then came back even worse.

After Chromium sulphuricum 1M she felt slightly depressed

and weepy for a few weeks. She recognised this feeling from when she was a teenager, when she didn't know what to do with herself because she felt so unsure. She felt that she was ugly and always said the wrong things and that everybody was ignoring her. There was a conflict around clothes, because her mother never let her choose her own clothes. She wanted to wear jeans but her mother wouldn't let her because they weren't decent enough. She hated the conservative kind of dresses

her mother used to make her wear.

After this spell of depression she started to feel much better, becoming sunny and happy. And the leucorrhoea disappeared.

Chromium muriaticum

Chromium muriaticum is a new remedy.

Concepts

Chromium

Embarrassment

Discreet

Keeping up appearances

Careful

Tough Sticky

Slimy

Muriaticum

Broken relationship

Mother Child

Care Nurturing

Attention

Mother

Self pity

Attention seeking

Sadness

Alone

Anti-social

Group analysis

Embarrassed about caring.

Caring is a challenge.

A discreet mother.

Keeping up appearances in front of your mother.

Keeping up appearances on behalf of your mother.

Careful in the way you deal with attention.

Discreet care.

Being ashamed of self-pity.

Picture of Chromium

Muriaticum

Essence: embarrassed about care.

Keeping up appearances in front of your mother

They feel embarrassed about their own mistakes or those of their mother. And they like to

keep things hidden from others. They often like to keep things hidden from their mother too, keeping up the appearance that everything is fine.

A discreet mother

This situation can come about if they have a mother who never talks about herself or her failures, who always remains discreet. She will have urged her children never to share their inner secrets with anyone. And so her own fear of embarrassment gets passed on to the next generation.

Long winded

They can get terribly long winded in their stories, going into all sorts of unimportant details but always hedging around the main point. They are also very good at glossing things over.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, alone, water, danger.

Dreams: futile efforts, paralysis, water, sea, waves, drowning children, mother, disease and death of friends

and relations.

Contacts: uncertain

**Mood: sensitive, emotional,
self-pity, depressive,
irritability.**

Generals

Build: obese or thin.

Locality: left.

**Weather: slightly warm, agg.
amel. sea.**

Time: agg. 5 am and 23 pm.

**Desires: beer, sweet, drinking,
salt, starch, fish.**

Aversion: meat.

Food: agg. wheat, fish, salt.

**Menses: irregular, too early or
late, too much or little, agg.**

**during day, amel. lying down,;
agg. before, during or after
menses, agg. after pregnancy;
swollen and painful breasts
before menses.**

**Sleep: difficulty getting
asleep; unrefreshed.**

Complaints

**Discharges thick and stringy,
green and yellow. Mucus
membranes dry. Oedema.**

**Pain changing and in one
single spot. Boring, changing
pain.**

Cancer.

Paralysis.

Ear infections.

Colds. Sinusitis.

Anaemia (3).

**Stomach complaints. Diabetes.
Flatus.**

Affections of pancreas.

**Constipation, stools hard and
dry. Abdominal pains.**

Sciatica. Bechterew.

**Skin eruptions, on chest and
arms, red spots, agg. sun.**

**DD: Silicium series, Ferrum
series, Stage 6 and 17, Calcarea
muriatica, Fluoratum,
Muriaticum.**

Case

**A 50 year old woman suffers
from hot flushes. She gets hot**

and sweaty, her head becomes red and hot especially when she exerts herself doing household chores, ironing etc. It affects her sleep, because she also gets palpitations with it. It gets worse when she spends a night in her parents' house. She goes to her parents every so often to take care of her mother who has Parkinson's and who is in a nursing home during the week but comes home for the weekends. The hot flushes are not worse from alcohol. Lately she has found it hard to cope with opposition and criticism.

Her youngest daughter has started puberty and criticises everything all day, especially the state the house is in. This makes her feel guilty, as if she isn't good enough and isn't doing enough. It makes her feel inferior.

She often feels bloated, with her abdomen swollen and much flatus. Sometimes she gets bleeding piles. When she is nervous she gets palpitations and pain in her stomach, better from putting her hand on her stomach.

She is the eldest of 9 children.

She had to help bringing up the younger ones, and she always had to be neat and tidy and set a good example. Her parents were strict but nice. Her mother cared for her children with humour, but didn't show much warmth. Now she hates housework, she would rather read a book. Sometimes the work gets on top of her and makes her feel tired and powerless.

Her father was strict but just. Religion was very important and they went to church 7 days a week. She is reserved and

doesn't like to share her likes and dislikes. She is easily hurt by criticism and she feels uncomfortable in strange situations.

She has a slight prolapse of the womb, and coition is rather painful. She suffers from colds with watery coryza. Changes in temperature make her cough and she has a bad, metallic taste in her mouth. Sometimes she has little ulcers on the inside of her bottom lip. She is quite hoarse and cannot sing. She has some slight loss of urine when she sneezes.

She dreams of being pursued and not being able to get away because her legs are glued to the spot. She also dreams about her children, that her youngest daughter runs away from home, or that she herself abandons her daughter.

Her face is quite tight and she talks slowly and with hesitation.

She has some eczema on her hands, on the palms, agg. left hand and little finger, also some oedema of fingers, ankles and stomach.

Generals

Weather: cold with hot flushes.

**Perspiration: everywhere, agg.
hot flushes.**

**Time: agg. in the morning on
waking.**

**Desires: sweet (2), cheese, fat,
bacon, soup.**

**Aversion: fat on meat, sour,
cabbage.**

Food: agg. cabbage.

Analysis

**There are a few Muriaticum
symptoms: she has an
aggravation from housework
and from caring for her mother.**

**She considers this to be her
task although she gets a lot of**

criticism, which points to the Ferrum series. But which element in the Ferrum series?

If we look at her childhood we see that she had to behave nicely, she had to be neat and tidy and give a good example. This could be Niccolum, but Chromium is more likely because she is very closed and has the feeling she is not doing enough. And so we get Chromium muriaticum.

There are other confirmations for this remedy: her daughter (Muriaticum) criticises her for not keeping the house tidy

(Chromium). As a child she had to be behave nicely (Chromium) to set an example for the other children (Muriaticum). Her mother cared (Muriaticum) for the children, but didn't show much warmth (Ferrum series). She dreams of being pursued (Ferrum series), but she can't escape because her legs are stuck (Stage 6, being forced).

Other Chromium symptoms: feeling inferior, reserved, tight face, halting speech, agg. criticism, agg. unknown situations, metallic taste.

Muriaticum symptoms: dreams

that her daughter is running away, dreams of abandoning her daughter, prolapsed womb, ulcers on the lips, left sidedness, oedema, hot flushes, watery coryza, loss of urine agg. sneezing, agg.- sour.

Reaction

Initially she was given Calcarea muriatica, which seemed to help with the hot flushes for a while, but it didn't hold. After Chromium muriaticum 1M she becomes more stable and less inclined to be depressed. She is now able to listen to criticism and

decide whether it is justified and whether she can do something about it. Six months later the hot flushes are as good as gone and she doesn't sweat so much when it is hot.

Manganum-act. + -c.

(old abbr.)

In the literature on Manganum it is usually Manganum acetate that is being described, rather than the pure metal.

Manganum has already been discussed in 'Homoeopathy and Minerals', but we can now see it in a wider context. A. Vrijlandt

has also contributed a great deal to the overall picture of this remedy.

Signature

Manganum is, just like Magnesium, derived from 'Magnesia', a part of the Greek province Thessalia. 'Magnes' or magnet has the same root and Manganum contains pyrosylit which has magnetic properties. It was discovered in 1774.

The electric charge it can take on varies from 1+ to 2+, 3+, 4+, 5+ or 7+. Kali-permanganate, KMnO_4 , is a reductor.

The colours of the compounds

can vary enormously and are used in paints and to colour glass, pottery and porcelain. Tiles and stones get their brown colour from MnO_2 .

Manganum is the second most common substance in the earth's crust after ferrum. It reacts with many other elements. It increases the strength of steel, makes it easier to weld (joining) and at the same time less breakable. It increases the pliability of steel too. An alloy of copper and Manganum is used to make 'silent' cogwheels.

Manganum makes bones more pliable and less brittle.

Concepts

Stage 7

Fine tuning

Training Practice

Doubts

Learning Teaching

Feedback

Compliments

Cooperation

Helping

Ferrum series

Task Work Duty

Craft Use

Ability Perfection

Routine Order Rules

Control Exam
Observed Criticised
Failure Guilt Crime
Pursued
Adult
Village
Group analysis
Fine tuning your abilities.
Feedback on your abilities.
Taught by professionals: help.
Likes compliments to know
they haven't done it wrong.
Help in checking things over.
Practising for the exam.
Criticism gives a feeling of
failure.
Feeling pursued by criticism.

Picture of Manganum Metallicum

Essence: training for the task.

Fine tuning your abilities

The theme is extension. The first hesitating steps have been taken and they know in theory what they are capable of. But in order to get really good at it they have to train a lot. They want to do this training because they like to extend their knowledge and their abilities. To achieve this they need a lot of feedback. They need a teacher or guru who tells them what they are doing

right and what they are doing wrong. They like it best when someone tells them they are doing it right, as it makes them feel satisfied they have learned something.

Teaching how it is done: help
The main characteristic of Manganum is their desire to help. They are very kind and love to please others. They also adapt easily to other people. This desire to help is more than a desire, it is a need that has to be fulfilled otherwise they get very restless.

They are very sensitive people,

sensitive to music and art as well. If they feel depressed they can feel better or worse depending on the type of music that is being played. They are often clairvoyant, their sensitivity making them understand how other people feel and they intuitively know what they should do to help. They often took care of others from an early age onwards, relieving their parents of the burden of bringing up the family.

Desire for compliments

Sensitive people who like to

please others and who hope they will be acknowledged for what they do.

They like others to notice how much they do and they like to be complimented on their efforts. Compliments put them at ease: they know they have done well and they can relax now. Criticism makes them feel very indignant (DD Staph, Colocynth). They may dream about a reconciliation, because it will keep bothering them until it is solved. This shows in the frown on their forehead or the bitter expression on their

face. It is a state of hurt and indignation that makes them want to avoid company altogether. Vrijlandt gives a typical example of a Manganum woman who has given a party and who won't rest until she gets a thank-you phone call from her guests the next day, saying they had a wonderful time. The same theme of pleasing others but wanting to be praised for her efforts.

Constructive criticism

'I can tolerate criticism as long as it is constructive'. This is the answer they will give you if

you ask them how they react to criticism.

If the criticism is purely destructive they get very bitter. They did so much and it still isn't enough. They tried so hard to please everybody and look what they get! This is the stage indicated by the rubric: 'Embittered mood, implacable, for a long time having a grudge against who offended him' (Allen), and 'Irreconcilable and long continued resentment against those who injure him' (Hering). They can be quite critical themselves too,

**although always in a mild form,
because they mean it to be
constructive.**

Expressions

**Fears: failure, criticism,
opposition, observed,
anticipation, future, fantasies,
accidents, imaginary problems,
insanity, death, agonising.**

**Dreams: failure, falling, futile
efforts, paralysis, soldiers,
being shot down,
reconciliation, unprepared for
exams, being told their train
ticket is invalid (Sankaran
1993), accidents, doctors,
humiliation, danger.**

Delusion: head is very big.

Mood: kind, cheerful, laughing, phlegmatic, serious, discontent, gloomy agg. music, being talked to, talking, agg. trifles.

Mental: everything is an effort, mistakes in talking, clairvoyant, difficulty concentrating, dull, difficulty learning, bad memory.

Contacts: shy, sensitive, agg. crowds and company.

Desires: music, Moonlight sonata by Beethoven (Sankaran 1993).

Generals

Build: big eyes.

Weather: cold, agg. damp cold, agg. mist, agg. wind, agg. storm, changes in temperature, agg. outside, amel. inside.

Time: agg. 5 pm.

Desires: tomatoes.

Aversion: tomatoes, eating.

Food: agg. tomatoes, agg. cold food, ice-cream, ammoniums.

Menses: little, late, early, short, watery; agg. menopause.

Sleep: unrefreshed.

Physical: agg. touch, shaking.

Complaints

Band and bubble sensations.

Anaemia. Weak and pale. Hot

flushes.

Cancer. Emaciation, swollen glands (mesenteric glands).

Neurological complaints:

Parkinson's. Patient walks backwards. Ataxia, myasthenia, Gilles de Tourette, epilepsy, paralysis, dyskinesia, rapid and alternating movements are difficult, lack of coordination between eyes and limbs.

Vertigo.

Headache with feeling of heaviness. Pain stitching, pressing, as from needles, boring, drawing. vertigo.

Eyes:pain, agg. reading.

Redness, inflammation. Eyelids inflamed and swollen. Sees red spots.

Ear problems (3); everything happens around the ears, earache agg. wind amel. earplugs. Sensation of earplugs or wind in ears. Pain agg. motion, talking, laughing, swallowing.

Tinnitus and deafness agg. cold. Ears burning and itching. Ears blocked with loss of hearing amel. blowing nose. Discharge stinking.

Nose blocked with yellow, green, bloody, crumbly

discharge.

Toothache with restlessness.

Throat (3): laryngitis, hoarseness agg. speaking and singing. Much scraping. Cough agg. boring in ear, agg. cold, singing, talking, laughing, breathing deep. Pain in throat radiating to ear.

Hayfever, bronchitis, asthma.

Anaemia, microcystic.

Palpitations. Arteriosclerosis.

Clotting functions disturbed.

Stomach problems. Diabetes, hypoglycemia. Metabolism of carbohydrates, cholesterol, mucopolysaccharides, amino

acids disturbed. Liver problems.

Connective tissue affections.

Blood clotting problems.

**Colic amel. bending double,
diarrhoea. Pains around navel,
contracting. Jaundice with
congested liver, gallstones.**

**Affections of pancreas,
diabetes. Cramps and prolapse
of anus. Stools irregular.**

Flatus.

**Menses too late, scanty and
irregular; sterility. Prolapse.**

Leucorrhoea.

Kidneys.

**Inflammation of joints and
gout. Arthritis with creaking of**

joints agg. cold and damp.

Connective tissue and cartilage problems: pains in bones and surface of bones, nails weak, slow healing of wounds and bones, walks on toes because of pain in heels.

Osteoporosis. Feet painful, can't find shoes to fit (Vrijlandt). Burning soles. Growing pains in tibia. Stiffness in neck.

Knee problems, meniscus. Eczema, little vesicles, bleeding cracks and infiltration. psoriasis. Purple ulcers. Wounds get inflamed

**and are slow to heal. Urticaria.
Red hair.**

**Ingrowing hairs on legs,
causing inflammation with
stitching, burning and itching.**

**DD Ferrum series, Stage 6,
Argentum, Arnica, Asarum
(bells), Carcinosin, Dopaminum,
Graphites, Lachesis,
Phosphorus, Picric acid,
Psorinum, Rhus tox, Ruta,
Silica, Sulphur.**

**DD Chromium: are afraid of a
challenge, afraid to do
something stupid. Manganum
has already started and knows
he is bound to make some**

mistakes, but he will learn from them. They are more confident that they will succeed eventually.

Manganum nitricum

Manganum nitricum is a new remedy.

Concepts

Manganum

Learning

Fine tuning

Training Practice

Helping

Feedback

Compliments

Criticised

Nitricum
Assertive
Enthusiasm
Tension Congestion
Relaxation
Enjoying
Sociable
Group analysis
Learning and enjoying.
Working in a sociable
environment.
Practising your assertiveness.
Learning from a sense of
idealism.
Practising creates tension.
Helping from a sense of
idealism.

Helping others to relax.

Helping each other creates a sociable atmosphere.

Compliments enable them to enjoy themselves.

Criticism stops them from enjoying themselves.

Picture of Manganum Nitricum

Essence: they like to learn and to enjoy themselves.

Helping each other creates a sociable atmosphere

They like to work but the atmosphere has to be sociable.

They can't just work without play. They like to sing or have a bit of music while they work.

They enjoy helping others out if they get into trouble, because they want everybody to have a good time at work.

Practising creates tension

They like to learn and practise, but not if there is pressure behind it. There has to be time for relaxation, a nice chat and a laugh. There also has to be time for a relaxing holiday every now and then.

Practising their assertiveness

They like to perform well, to show what they are worth, to show that they count. That is why they practise extra hard.

Criticism stops them from enjoying themselves

Because they want to be perfect in what they do, they tend to put pressure on themselves to be very precise. So on the one hand they want to be able to relax and on the other hand they want to make sure that they won't be criticised. Criticism has to be constructive, otherwise they feel miserable. Compliments are very welcome: they enables them to really enjoy their work.

Helping from a sense of idealism

They tend to help others because they are idealistic. When they are having a good time they want to share it with others and they can do this by offering to help them.

Expressions

Fears: narrow spaces (3), tunnels, caves, shops, lifts, planes, trains, being locked up, enjoyment, disease (3), cancer, heart disease, death, vague, unknown, life, strangers, future, travelling, crowds, failure, insects, snakes, criticism, opposition, observed, anticipation, dentist,

injections, blood, giving birth.

**Dreams: futile efforts,
paralysis.**

Mental: perfectionists.

**Mood: discontented, moody,
gloomy.**

**Causes: loss of parents,
protectors, relatives; neglect;
criticism.**

Generals

Type: obese (3).

Locality: left.

**Temperature: cold; agg. heat,
agg. inside, amel. outside, agg.
damp, agg. wind (3), agg. storm,
temperature changes.**

Time: agg. 9 am and 5 pm; agg.

winter. Complaints come and go suddenly.

Desires: fried bacon (3!), fat, ham, cheese(3), salt, carbonated drinks, tomatoes.

Aversion: fat (2), cheese (2), bacon, ham, meat, beans, broad beans, tomatoes.

Food: agg. cheese, fat, bacon, beans, coffee, tomatoes, cold food, ice cream.

Menses: little, late, early, watery; agg. menopause.

Sleep: unrefreshed.

Physical: agg. touch, shaking, pressure, pressure of clothes, agg. jars, amel. car rides, agg.

agg. great changes in atmospheric pressure.

Complaints

Pains are congestive, pulsating (3), stitching, as of a splinter (3!), redness, swelling and heat.

Neurological: paralysis, Parkinson's, ataxia, myasthenia, Gilles de Tourette.

Headaches, very severe. Pain stitching, pressing, as of needles, boring, drawing.

Vertigo.

Ear problems (3): pain agg. wind (3!), amel. ear plugs or hat (3!), agg. movement, talking, laughing, swallowing. Sensation

of plugs or wind in ear.

Tinnitus and deafness.

Hayfever and asthma.

**Throat: laryngitis, hoarseness
(3), agg. talking and singing.**

**Much irritating scraping of
throat. Cough agg. boring in
ear, agg. cold, talking, singing,
laughing agg. deep inspiration.**

Sore throat, radiating to ear.

**Heart and vascular diseases
(3); angina pectoris.**

Palpitations, arrhythmia.

Arteriosclerosis. Claudicatio.

Cerebral haemorrhage. High

B.P. Anaemia (3), pernicious.

Weak, pale. Hot flushes (3),

agg. night,agg. after urinating.

Hypercholesterolaemia.

Stomach problems. Diabetes.

**Stomach pains with
distension, rumbling, flatus,
belching. Diarrhoea biting.**

**Colic amel. bending double,
diarrhoea. Drawing pain around
navel. Indigestion. jaundice
with congested liver,
gallstones. Affections of
pancreas, diabetes. Anal
cramps and prolapse. Stools
irregular.**

**Menses, late, scanty, irregular,
sterility. Prolapse, leucorrhoea.
Inflammation of joints,**

**arthritis, gout, creaking joints.
cartilage, periosteum, bones;
hands, feet, back; congestion,
swelling, stiffness; agg. cold,
damp, agg. touch, pressure,
pressure of clothes. Lumbar
back pains agg. stooping, agg.
sitting bent forwards.**

Burning soles.

**Weak nails, slow healing of
wounds and bones.**

**Skin: red spots, allergy,
eczema with vesicles, bleeding
cracks. Purple ulcers. Urticaria.**

**DD: Carbon series, Ferrum
series, Stage 7, 11 and 15,
Argentum, Arnica, Carcinodin,**

Graphites, Phosphorus, Picric acid, Rhus tox, Ruta, Silica, Sulphur.

Case

A 31 year old woman has high blood pressure, 145 over 110. She has no complaints. She isn't sure whether her cholesterol level is too high. The specialist has told her to take some medicines for her blood pressure but she doesn't want to.

She has started to measure her blood pressure herself and discovered that it is much higher when she is at work. She

feels very responsible and tends to rectify mistakes made by others. If something isn't going right she won't rest until she has sorted out why. She has had cystitis several times in the past two years with frequent urination and burning of the labia. Everything is worse from tight clothes. She has taken antibiotics four or five times already.

She has pains in her lower back, worse on stooping and difficulty getting up after sitting down. The pain is worse on wrong movements, working

in the garden, sitting bent forwards, and in the morning. She has earache when she walks in the wind, better from putting cotton wool in her ears.

She has an administrative job in a wholesale business and she finds it very boring. She doesn't like her boss because he has no time for some small talk or a bit of fun, it is always 'strictly business'. She complains about him at home, saying he never compliments her for the work she does.

She likes having a good time, having visitors and talking with

people. She wants to create a nice sociable atmosphere at work, but it is very hard. She always feels much better when she is on holiday. When she is cleaning the house she sings and keeps the door open. She is prepared to change if someone tells her she is not doing things right.

Her childhood was good, she played a lot with her younger brother. She used to like it when visitors came, because she was allowed to play outside till late. Her father was a bit unreasonable at times about

getting home late and going on holiday. She had to help in the house but she didn't like it.

She wants to have children but is afraid of giving birth. She would prefer to have a caesarean, because the child 'has to come out somehow, you can't go back at that stage!' She is afraid of blood, injections and the dentist.

Generals

Weather: cold (2), agg. cold; agg. heat; agg.- gloomy weather, -amel. sun(2), -amel. fresh air.

Perspiration: agg. exertion.

**Time: agg. November,
December.**

**Desires: sweet (2), fat (2),
chocolate.**

**Aversion: broad beans (3),
sprouts, old cheese (2),
sauerkraut.**

**Food: agg. raw leeks and
onion, rollmops.**

**Sleep: good, sometimes
restless; on her back.**

Analysis

**Her earache in the wind, better
from cotton wool, is typical of
Manganum. Her character fits
too: she feels responsible,
rectifies other people's**

mistakes. When she is criticised she is prepared to change. But Manganum didn't do very much.

The high blood pressure obviously has something to do with her work. She wants to have compliments (Manganum), but she also wants to have a good time. This is an indication for Nitricum, further confirmed by her need for a good social life, receiving visitors and the amelioration during the holidays.

Other symptoms that could fit Manganum nitricum: singing

**with the door open (Nitricum)
during housework (Manganum),
having to help (Manganum), but
not feeling like it because she
prefers to play outside
(Nitricum).**

**Other Manganum symptoms:
cold; agg. gloomy weather, -
amel. sun (2).**

**Nitricum symptoms:
anticipation fears about child
birth: 'the child has to come
out, you can't go back'. Also the
high B.P. , high cholesterol,
fear of blood, dentist,
injections, agg. heat, -amel.
fresh air, -amel. fat, agg.- broad**

beans, old cheese, agg. rollmop.

Reaction

After Manganum metallicum 1M she gets a slight improvement, feels more calm, but still much back ache and still the occasional cystitis.

Two repeat doses give some further improvement, but the blood pressure doesn't go down.

One month after Manganum nitricum 1M everything is a lot better. Less pain in the back, less problem with her bladder and a normal blood pressure from time to time. She is trying to get another job. She had a

dream about somebody being chased and running away, whilst before she always dreamt that it was her who was being chased [a distance has been created in the persecution, Ferrum series].

Manganum aceticum

Manganum aceticum is relatively well known, at least as far as the physical symptoms are concerned. The mental picture is less well known. The differentiation between this remedy and the other Manganums, particularly

Manganum metallicum, has not always been clear.

Concepts

Manganum

Learning

Fine tuning

Practising

Helpful

Compliments

Criticised

Aceticum

Ascetic

Lonely

Hardship

Deprivation

Stark

Hard

Group analysis

Being helpful and going without: being of service.

Hardship teaches you a lot.

Teaching deprived people.

Work is stark and hard.

Criticism makes you feel lonely.

Picture of Manganum

Aceticum

Essence: being helpful and doing without comforts: service.

Helpful and doing without comforts: being of service.

They like to do good, to be of service. But they are inclined

to deny themselves the basic comforts. They feel that having too much for themselves will be detrimental to their work and the help they can give to others. The theme is: being of service. An example of such a person is Mother Theresa.

Hardships can teach you a lot They feel they don't really learn anything until they have undergone some hardships themselves. They feel they should go without rest, food and comforts. Their work won't be perfect unless it has been achieved with absolute

minimum means. They have to continue, even when their materials and energy have almost run out. This is hard work, stark and cold, but the warmth is created by what they can do for others. Eventually they may collapse with exhaustion.

**Teaching deprived people
They feel drawn to help those who have a hard time. They want to teach the poor and the disabled.**

**Criticism makes you feel lonely
Because they are eager to**

learn they will use criticism to their advantage and try even harder to be of service. They like to get compliments because it makes them feel they haven't gone through all these deprivations for nothing. But negative criticism makes them feel lonely and let down.

Expressions

Fears: failure, criticism, opposition, observed, anticipation.

Dreams: futile efforts, paralysis, being stuck and unable to escape.

Generals

Type: emaciation.

Weather: cold, agg. damp cold, agg. mist, agg. wind (3), agg. storm, agg. temperature changes, agg. outside, amel. inside, agg. mountains.

Time: agg. 5 pm.

Desires: tomatoes.

Aversion: tomatoes.

Food: agg. tomato, agg. cold food, ice-cream.

menses: little, late, early, short, watery; agg. menopause.

Sleep: unrefreshed.

Physical: agg. touch, shaking; amel. lying down (3); agg. feathers.

Complaints

Neurological: paralysis, Parkinson's, ataxia, myasthenia, Gilles de Tourette.

Headache with great heaviness. Pains stitching, pressing, as from needles, boring, drawing. Vertigo.

Ear problems (3): earache agg. wind (3!), amel. earplugs, cotton wool or hat (3!), agg. motion, talking, laughing, swallowing. Sensation as if plug or wind in ear. Tinnitus and deafness.

Hayfever and asthma.

Throat: laryngitis, hoarseness

**(3), agg. speaking and singing.
Much scraping. Cough agg.
boring in ear, agg. cold, singing,
talking, laughing, agg. deep
inspiration. Pain in throat
radiating to ear.**

**Heart and vascular diseases
(3); angina pectoris.
Palpitations and arrhythmia.
Arteriosclerosis. Claudication.
Cerebral haemorrhage. High
blood pressure. Anaemia (3),
pernicious.**

**Weak, pale. Hot flushes (3),
agg. night,agg. after urinating.
Hypercholesterolaemia.**

Stomach problems. Diabetes.

**Colic amel. bending double,
diarrhoea. Drawing pain around
navel.**

**Inflammation of joints,
arthritis, gout, creaking joints.
cartilage, periosteum, bones;
hands, feet, back; congestion,
swelling, stiffness; agg. cold,
damp, agg. touch, pressure,
pressure of clothes. Lumbar
back pains agg. stooping, agg.
sitting bent forwards.**

Burning soles.

**Weak nails, slow healing of
wounds and bones.**

**Skin: red spots, allergy,
eczema with vesicles, bleeding**

cracks. Purple ulcers. Urticaria.

DD: Carbon series, Ferrum series, Stage 7, 11 and 15, Aceticums.

Case by Alex Leupen

A 34 year old woman complains of chronic tiredness, ear infections and cystitis.

Her job is very demanding, both mentally and physically. She does video home training for families with mentally handicapped children. She travels on trains and buses with a rucksack full of video apparatus and toys. She tries to do her very best for each family

and when the advice she gives isn't immediately accepted she feels she has done it wrong.

The complaints started during a walking holiday in the mountains in Nepal. She was still very tired when she started off and at 5000 metres she got a strong, cold, wet wind blowing straight in her ear. She wasn't wearing a hat, which was unusual, and she got a sharp pain in her left ear with a feeling as if a cork had been stuck inside. She developed a high fever and she felt as if she was in a film. She could hardly

walk, but 'you have to go on'. It took 5 days before they reached the next valley. Since then she hasn't felt right. She was given some antibiotics and then she got cystitis and then more antibiotics, but even after 4 courses of antibiotics the cystitis wasn't cured. She got diarrhoea and lost a lot of weight. She feels paralysed, can't do anything, just lies in bed all the time, feeling as if she has got flu with constant pressure in her ears.

Social services are constantly checking on her and

pressurising her to start work again, which she hates 'I feel guilty enough anyway'.

She loves walking, it clears her head.

As a child she used to dream that she was being chased by lots of people, but she was glued to the ground and couldn't get away.

She also dreamt that she was buying a lot of furniture in a large shop.

She has had headaches and earaches from the wind all her life. She always wears a hat in the winter. As a child she used

to get cystitis if she walked barefoot on the cold floor.

Generals

Type: very thin.

Weather: warm, cold feet; headache agg. sun.

Perspiration: profuse.

Desires: chocolate, cheese, fish, vegetables, fruit; drinking.

Aversion: sweet, sour, meat, coffee.

Sleep: difficulty sleeping after 3 am.

Analysis

The ear infections caused by wind and better from wearing a hat are typical of Manganum.

The video home training, i.e. teaching, fits too. Other Manganum symptoms: feeling she is not doing it right, sensation of a cork in her ear, dream that she was glued to the ground and couldn't get away.

But which Manganum should we choose? She teaches handicapped people, a theme that belongs to the Aceticums. Further confirmations for Aceticum: she is extremely tired and has to lie down, she is thin, has profuse perspiration, diarrhoea, agg. mountains, not

rested, has to carry on, feeling paralysed. This leads us to Manganum aceticum.

The dream in which she was buying lots of furniture is the opposite of the general theme of deprivation. Perhaps an unconscious compensation?

Other possibilities are: Coca, Manganum, Carcinosisin and Dulcamara.

Reaction

After Manganum aceticum she felt as if she got flu and her ears started to burn and became red hot. Two weeks later she started to work part

time again. She has decided to decrease the amount of home visits per day. She stops and thinks before she says 'yes'. She has given some of the responsibility back to the parents.

She doesn't come back until a year later, when she has a slight return of earache with tiredness, but she tells me that her attitude of having to be helpful is not so extreme anymore. One dose of Manganum aceticum 1M soon solves the problems again.

Manganum silicicum

This is a new remedy. Bruch has told me he has had some experience with this remedy and his findings fit the picture as described below.

Signature

Tefroite or Manganum silicate, Mn_2SiO_4 , is a semi-precious stone with a colour varying between grey to olive grey and red to reddish-brown.

Concepts

Manganum

Learning

Fine tuning

**Practising
Helpful
Compliments
Criticised
Silicatum
Image
Family
Family image
Father
Home At home
Timid Fragile
Stubborn
Family minded
Group analysis
The helper image.
Compliments increase their
image.**

Learning from your family.

The teacher image.

A helpful family.

Picture of Manganum

Silicatum

Essence: The helper image

The helper image

They like the image of being a helper. They want to be known for their willingness to be of service. They often choose professions in this branch: they become a doctor, therapist, nurse, social worker etc.

Compliments increase their image

They tolerate criticism as long

as they can learn something from it. They also like to have the image of someone who can use criticism constructively. But compliments are even more welcome. Negative criticism upsets them, making them feel that others don't understand what they are trying to do.

The teacher image

Another profession they often choose is that of a teacher. Once again they like to have the image of being a good teacher, who is happy to do everything he can to help his students.

A helpful family

They often come from a family where everyone used to help each other. One of the rules of the house is that you should always be ready to offer help where it is needed. The father is probably strict but very supportive towards his children. Problems like disease or death in the family makes them all stick together and support each other. They tend to take of each other without outside help.

Expressions

Fears: needles, injections,

trifles, narrow spaces, not waking up from sleep, failure, exams, criticism, opposition, observed, anticipation.

Dreams: crystals, ice, mirrors, clairvoyant, cobwebs, needles, friends, schoolmates, family, futile efforts, paralysis.

Mental: forgetful, precise, punctual, mathematical, refined, delicate.

Causes: loss of parents, family, friends.

Generals

Build: thin, tall, fragile, old looking.

Weather: cold (3), blue with

**cold, purple-blue nails agg.
cold, agg. cold water, agg.
undressing; heat; agg. draught
(3), agg. outside, amel. fresh
air,; hot flushes; agg. wind (3),
agg. large, changes in
temperature.**

**Perspiration: profuse, stinking
foot sweat (3!); night sweats.**

**Time: agg. 11 am and 5 pm;
agg. full moon; agg. winter.**

**Desires: tomatoes, eggs, salt,
warm food, fruit, milk.**

**Aversion: milk (3), mothers
milk (3), salt, meat, broccoli,
cauliflower, tomatoes.**

Food: agg. tomatoes, fat, milk

(3), broccoli, alcohol, fasting.
Menses: little, late, short,
early, watery; agg. menopause.
Sleep: deep; frequent waking;
agg. lying in late; unrefreshed.
Physical: agg.- bathing; agg.
touch, shaking; agg. agg.
vaccinations, radiation; amel.
massage, magnetising; agg.
coition; agg. soap.

Complaints

Pains: stitching, as from
needles or splinters. Sensation
of a hair.

Discharges: thick, yellow,
hard, smelling of old cheese.

Neurological; paralysis,

**Parkinson's, ataxia,
myasthenia, Gilles de Tourette.**

Epilepsy, petit mal.

**Headache, very heavy. Pains
stitching, pressing, as from
needles, boring, drawing.**

Vertigo.

**Ear problems (3): earache agg.
wind (3!), amel. earplugs,
cotton wool or hat (3!), agg.
motion, talking, laughing,
swallowing. Sensation as if plug
or wind in ear. Tinnitus and
deafness.**

**Colds, sinusitis. Swollen
glands.**

Hayfever and asthma.

Throat: laryngitis, hoarseness (3), agg. speaking and singing. Much scraping. Cough agg. boring in ear, agg. cold, singing, talking, laughing, agg. deep inspiration. Pain in throat radiating to ear.

Teeth: caries, crooked, large incisors; agg. dentition.

**Heart and vascular diseases (3)
Anaemia (3).**

Stomach problems. Diabetes.

Colic amel. bending double, diarrhoea. Drawing pain around navel.

Inflammation of joints, arthritis, gout, creaking joints.

cartilage, periosteum, bones; hands, feet, back; congestion, swelling, stiffness; agg. cold, damp, agg. touch, pressure, pressure of clothes. Pain in knees agg. walking and lifting. Lumbar back pains agg. stooping, lifting agg. sitting bent forwards.

Hair: thin, brittle, grey.

Nails: brittle, crumbling, fungus, yellow-brown, black, ingrowing, white spots.

Skin: eczema, cracks, acne; delicate, thin. Scars, keloids.

DD: Silicium series, Ferrum series, Stage 7 and 10,

**Argentum, Carcinosin,
Causticum, Graphites,
Phosphorus, Picric acid,
Psorinum, Rhus tox, Ruta.**

Case

A 65 year old woman has a lot of pain in her knees, worse from carrying heavy bags, walking and cycling. Her back also aches after carrying, lifting and stooping.

She has varicose veins in the hollow of her left knee. Her stomach feels full and distended after eating cabbage and fat.

Her husband died in a nursing

home a few years ago, suffering from what looked like a form of Parkinson's disease. She had felt it coming and hated to see him slowly deteriorating. She feels guilty that she couldn't keep her husband at home, but it was really impossible because he was almost paralysed and couldn't eat or talk. Her husband's sister is blaming her for his death, saying she wasn't nice to him and didn't look after him properly. This accusation has hurt her very much, especially because it comes from someone within

the family.

She is very family-minded and it hurts her when someone in the family is ill or when there are problems around an inheritance or things like that. Her family have always been very supportive to each other. When her brother died she got appendicitis and had to go to hospital for an operation. At first she didn't want to go because she was afraid it was cancer.

She is very helpful herself, always ready when someone needs her. She has always been

busy with her children and with her work. She likes to bring happiness, especially to her mother. She likes company and has many friends, but she misses her husband very much. She spends much time at other peoples houses, because 'the sun doesn't shine in my house anymore'. She hates gossip. Other people sometimes gossip about her because she goes to so many houses to help out. Her father came from a farming family; he was honest and good to his children. He could get into a temper at

times, but he always took great care of his children. She was the eldest daughter.

She doesn't mind criticism: 'as long as it happens openly, you can always learn something from it'.

The birth of her two children was quite difficult. Afterwards she had a pain in her back as if she was lying on a bed of needles. She had an inflammation of her right breast when she was breast feeding.

She is afraid of rats, dogs, insects, earwigs (2), woodlice,

snakes (2) and Angora cats.

She used to have frequent sore throats in the past, with hoarseness and a rasping cough with pain in the chest. This usually happened after she had been exposed to the cold or a cold wind.

Generals

Weather: cold, agg. cold, numb and cold fingers; agg. damp; -amel. outside, amel. sea.

Time: agg. morning until 10 am, agg. 7 pm.

Desires: spinach.

Aversion: beans (2), fat, milk.

Food: agg. fat, alcohol.

Menses: heavy legs, pain in breasts before menses.

Analysis

The main theme in his case is the accusation by her sister in law that she did not take proper care of her husband, when everybody knows that she is always ready to help anyone who needs it!

She has the image (Silicium) of the Helper (Manganum) and this image suddenly gets destroyed by someone who accuses her of causing her husbands death.

We see many Manganum

symptoms: helpfulness, learning from criticism, knee problems, agg. lifting, agg. walking, back ache, agg. lifting and stooping.

We also see many Silicium symptoms: family minded, missing her husband, 'the sun doesn't shine in my house anymore'; her father was a good, honest man from a farming background.

Other Manganum symptoms: sore throat with hoarseness, cold, agg. cold wind.

Silicium symptoms: pain as from needles, cold, agg. cold,

agg. cold wind, fingers numb with cold, agg.- milk.

There is some indication for Sulphur, because she wants to bring happiness and she has varicose veins.

Reaction

After Manganum silicatum 1M she is a lot better. The pain in her knee has almost gone and she is more steady on her feet, doesn't stumble so readily. The accusation from her sister in law proves to have been a misunderstanding.

Her house gets broken into but it doesn't upset her very much.

Other remedies she received in the past with partial success: Ignatia, Dulcamara, Calcarea carbonica, Hydrastis, Vipera, Kali sulphuricum, Cyclamen, Manganum, Hamamelis, Arsenicum album, Manganum sulphuricum, Aristolochia Clematis, Niccolum sulphuricum and Crotales horridus.

Manganum phosphoricum

This is a new remedy.

Signature

**Purpurite or Manganum
phosphate, $MnPO_4$, is a purple
semi precious stone.**

Concepts

Manganum

Learning

Fine tuning

Practising

Helpful

Compliments

Criticised

Providing space

Phosphorus
Communication
Sympathetic
Brothers
Friends Neighbours
Learning Curiosity
Travelling
Homesickness
Group analysis
Learning to communicate
Practising with your friends.
Helping to learn.
Being helpful to your brothers.
Helping by being silent.
Picture of Manganum
Phosphoricum
Essence: practising the

communication.

Practising the communication
They like to make contact
with others, but feel they still
have a lot to learn. So they
don't want to overdo it, but
prefer to give others the space
to have their say. They also
like to help others
communicate. They are
perfectionists and are very
keen to learn extra hard.

Learning and talking

The themes of Manganum and
Phosphoricum are both about
learning, so this aspect is very
much in the foreground. They

like to teach others how to learn, they like to teach others how to communicate. Or they want to communicate how you should learn. They often end up in professions that require a lot of talking and become therapists, social workers or teachers. Also the professions where the emphasis is even more on the aspect of speech and learning: speech therapists, language therapist, careers advisers or teaching deaf people.

Helpful towards your brothers or friends

They tend to be very helpful towards friends or brothers and sisters. If they have a friend who is ill or handicapped they will be the first to offer their support.

They feel responsible for all their friends and will try to teach them everything they have learnt themselves. They won't easily ask for help for themselves, especially when they see that their friends are busy with their own problems.

A variation on this theme is the situation where they are having a hard time themselves

and a friend turns round to get them through it. This friend helps them to get a new job or start a new life.

Helping by remaining silent

They appear to talk openly and with great ease. But after a while you notice that they don't show their own feelings.

This is because they don't want to put pressure on other

people. They put a lot of

pressure on themselves, but

they want to give other people

plenty of space for themselves.

This can create an inner

conflict, because they would

like to air their feelings, but they are afraid of being a burden to others.

A typical situation that might cause this dilemma is when they have a father who is very authoritarian and a mother who is very helpful.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, fantasies, accidents, insanity, death, that something will happen, agonising, alone, dark, thunder, twilight, knives, blood, disease and death of family or friends;

fears come and go quickly.

**Dreams: futile efforts,
paralysis, soldiers, being shot,
studying for exams, accidents,
doctor, humiliation, being
stuck in a well that is
soundproof.**

Delusions: large head.

Contacts: shy, sensitive.

**Mood: happy, laughing,
phlegmatic, serious, gloomy,
agg. music, crying agg.
criticism.**

**Irritability: agg. music, being
talked to, talking, agg. trifles.**

**Mental: talk with difficulty,
makes mistakes in talking,**

**clairvoyant, exhausted,
forgetful, confused, dementia.**

Hobbies: games.

Generals

Build: thin, tall, red hair.

Locality: right.

**Weather: cold, agg. cold; agg.
wind (3), agg. storm, agg.
thunderstorm, agg. twilight.**

**Perspiration: easy agg.
exertion; stinking.**

Time: agg. 5 and 9 pm.

**Desires: spices, salt, fish (3),
ice-cream, sweet, chocolate,
chicken, cold drinks (2),
tomatoes.**

Aversion: salt, fish, oyster,

tomatoes.

Food: agg. alcohol, tomatoes.

**Menses: profuse, late, early,
watery; agg. menopause.**

**Sleep: deep; frequent waking,
agg. lying in late; unrefreshed;
on right side; amel. short sleep.**

**Physical: agg. touch, shaking,
agg. movement, walking, lying
on left side; amel. rubbing; agg.
cats, smells, wool.**

Complaints

Burning pains.

**Haemorrhages of bright red
blood. Cerebral haemorrhages,
petechia.**

Neurological; paralysis,

**Parkinson's, ataxia,
myasthenia, Gilles de Tourette.**

Shocks. Weak and nervous.

**Headache, very severe. Pains
stitching, pressing, as from
needles, boring, drawing.**

Vertigo. Migraine.

**Ear problems (3): earache agg.
wind (3!), amel. earplugs,
cotton wool or hat (3!), agg.
motion, talking, laughing,
swallowing. Sensation as if plug
or wind in ear. Tinnitus and
deafness.**

Hayfever.

**Throat: laryngitis, hoarseness
(3), agg. speaking and singing.**

Oedema of vocal cords, nodes on vocal cords. Much scraping. Cough agg. boring in ear, agg. cold, singing, talking, laughing, agg. deep inspiration. Pain in throat radiating to ear.

Lung problems, bronchitis, asthma. Tuberculosis.

Hyperventilation. Heart and vascular diseases (3)

Anaemia (3).

Stomach problems. Diabetes. Vomiting agg. drinking.

Colic amel. bending double, diarrhoea.

Inflammation of joints, arthritis, gout, creaking joints.

cartilage, periosteum, bones; hands, feet, back; congestion, swelling, stiffness; agg. cold, damp, agg. touch, pressure, pressure of clothes. Lumbar back pains agg. stooping, lifting agg. sitting bent forwards.

Burning foot soles. Tips of fingers tingling.

Bone problems, osteoporosis, growing pains, rickets.

Nails brittle, slow healing of wounds and bones.

Skin: red patches, allergic; eczema with small vesicles, bleeding cracks. Psoriasis. Ulcers, purple, infiltrating.

Infected wounds. Urticaria.

DD: Silicium series, Ferrum series, Stage 7, 11 and 15, Argentum, Arnica, Carcinodin, Graphites, Phosphorus, Picric acid, Rhus tox, Ruta, Silica, Sulphur.

Case by Rienk Stuut

A 30 year old woman has constant sore throats with hoarseness. The raw pain in her throat is aggravated by dry air, and ameliorated by eating and drinking. She has much mucus in her throat which she has to hawk up before she can speak. The hoarseness is worse from

talking and singing. She used to have polyps on her vocal cords. The hoarseness started when she was 2 years old after her adenoids were removed. When she was 16 she had oedema of the vocal cords. She is having speech therapy.

Her father died of lung cancer one year ago. She and her boyfriend bought her parents' house, but have not moved in yet because her mother is still living there. They are waiting until her mother moves to another place as they had arranged beforehand. But her

mother is feeling very depressed since the death of her husband. The patient feels very responsible for her mother. But she also gets angry with her mother who is quite an awkward sort of person and has to be handled with care. But she doesn't express her anger towards her mother and she doesn't ask her brother and sister to share the responsibility for their mother, 'because she doesn't want to bother them'.

Her father had been an equally difficult person. She is much

younger than her elder brother and sister and her parents were already quite old when she was born. She has always been afraid that they would die when she was still little. They lived on a farm, miles from anywhere and they hardly ever went out as a family. She spent a lot of time with her grandmother who was almost deaf. She had to talk very loudly to make herself heard. She is like her father in her tenacity and her perseverance, but, unlike him, she is willing to admit her mistakes. She is like her

mother in her desire to care for others. When someone has a problem her first reaction is: 'Let me help you'.

She works in a creche and she is a typical school teacher. She always thinks she knows best. Sloppiness annoys her intensely. There is a slight conflict at work between her and one of her colleagues who says she is too strict and doesn't give the children enough space. But she needs structure in her life. She is guarded in her way of talking, always deliberating how much

to tell other people about her own feelings. Usually she says very little about herself. She feels the tension in her voice.

She looks very open and cheerful, but she hardly ever says what is really going on with her. She talks a lot, though, and when she was little she was put on a table on her own at school because she never stopped talking.

She had a dream that homoeopathy couldn't help her because it was too new a science. She is afraid of dogs.

Generals

Weather: cold, agg.- rain.

Aversion: milk, starch.

Food: agg. coffee: headache.

Analysis

The problems with her voice are quite typical of the Silver series, but also of Manganum. She is a real school teacher, which is another Manganum quality. She doesn't want to hurt her mother and that is why she doesn't tell her how she feels. Instead she wants to help her mother. She doesn't communicate (Phosphorus) because she wants to be helpful (Manganum). She also doesn't

want to ask her brother and sister (Phosphorus) to help (Manganum), because they are already very busy with their own lives. Another problem area is her work, where she wants to have order and structure (Ferrum series), but she is very careful in communicating (Phosphor) her wishes. She strains her voice (Phosphorus) when teaching (Manganum) the children.

Reaction

After Manganum phosphoricum 1M she is a lot happier. Her boyfriend says she

is much easier to talk to. She doesn't keep things to herself anymore and has talked to her mother about the things that bother her. There is no more tension at home. She still has some problems with her voice at school when the children are noisy and she has to speak loudly. They had a meeting with all the teachers and the problems with her colleague are being sorted out.

Case by Rienk Stuut

A woman has problems with her joints, her right thumb and her knee [Manganum] get

locked, ever since her right foot had to be amputated following an accident.

She has problems with her voice [Manganum], mucus in her throat, sinusitis, headache after studying [Phosphorus] and numbness of her hands. She was brought up in a strict religious family with very high ideals [Ferrum series]. She likes to take care of things, arrange things for other people. She was never allowed to reveal her own problems. She wanted to become a nurse, had a teaching job for a while [Manganum] and

**now works for social
[Phosphorus] services
[Manganum].**

**She wanted to do more than
caring for others [Muriaticum],
she also wanted to
communicate [Phosphorus] with
them. She worries [Manganum]
about her sister [Phosphorus]
who is ill.**

**She often wonders 'how she
can talk [Phosphorus] with
other people without being a
burden [Manganum] to them'.
She wants to be able to hide
her handicap.**

Case by Rienk Stuut

A woman wants to adapt in order to be loved. Her father was very authoritarian [Ferrum series], her mother very helpful. She wants to do everything extra well: work, study etc. She had a dream: 'I am sitting in a well and there are a lot of people walking past, but nobody can hear me [Phosphoricum], because this well is soundproof'.

She cannot tolerate cold wind [Manganum] and is afraid of thunderstorms [Phosphorus]. She used to help find jobs for people who were out of work.

She had wanted to become a speech [Phosphorus] therapist [Manganum].

Her present job consists of advising [Manganum] students [Phosphorus] on their career [Ferrum series]. She likes working with intelligent people.

Manganum sulphuricum

Manganum sulphuricum is briefly described in Clarke and Boericke.

Concepts

Manganum

Learning

Fine tuning

Practising
Helpful
Compliments
Criticised
Making room
Sulphuricum
Love
Marriage Partner
Egotism
Jealousy
Joy
Harmony
Clothes
Ugly
Theorising
Group analysis
Being helpful to your lover.

**Learning about love.
Learning to love everything.
Their teacher or therapist is
their lover.
Helping leads to jealousy.
Making room for parties.
Learning to create and see
harmony.
Criticised for their looks.
Picture of Manganum
Sulphuricum
Essence: learning about love.
Learning about love
They consider their
relationship to be a sort of
learning process. They want to
learn to love everything, to see**

the beauty in everything, to see the good and helpful side in every human being. They want to learn from others and make contact on a really deep level.

Being helpful to your lover

They like to help their partner in whatever way they can, both in his or her career and on a more personal level. They often marry a teacher, therapist, doctor etc. By helping their partner they feel they are helping other people too.

Helping leads to jealousy

Because they tend to give their partner all the help they need

and all the space they need, things might get a bit out of hand. They may find that the partner has taken advantage of all this freedom and started a relationship with someone else. Then they feel jealous, but even on this level they feel there is a lesson to be learned from this and the situation is there to be endured.

Learning to see and to create harmony

They like to learn to see the beauty in everything not only for their own pleasure but also for their partner. They do their

best to bring joy and happiness to their partner, and thereby to the whole world. Giving parties and creating a harmonious and beautiful atmosphere is their way of being of service to the community.

Criticised for their looks

If others tell them how they can make themselves look even more beautiful they will gladly accept this advice. They want to be liked, so they will do their best to treat this advice seriously. But if the criticism becomes too harsh they feel useless and ugly.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, fantasies, accidents, insanity, death, that something will happen, agonising, heights, poverty, ugliness, dirt.

Dreams: futile efforts, paralysis, soldiers, being shot, studying for exams, accidents, doctors, humiliation, danger, pursued, abandoned, marriage; nightmares agg. lying on back.

Delusion: head very large.

Contacts: shy, sensitive.

Mood: happy, laughing,

**phlegmatic, serious, gloomy,
agg. music, crying, agg.
criticism.**

**Irritability: agg. music, being
talked to, talking, agg. trifles.**

**Mental: talks with difficulty,
makes mistakes in talking,
clairvoyant.**

**Causes: loss of loved ones,
friends or relations, insults,
shame, humiliation.**

**Profession: teacher, therapist,
doctor, vicar.**

Generals

Locality: left (3).

**Weather: warm, agg. heat,
amel. fresh air; hot flushes,**

**agg. wind (3), agg. storm,
temperature changes.**

**Perspiration: easy agg.
exertion, foul smelling.**

Time: agg. 5 am and 5 pm.

**Desires: sweet (3), alcohol,
fruit, fat, fried, spices, sour,
cold drinks, alcohol, tomatoes.**

**Aversion: egg, bread, sour, agg.
alcohol, tomatoes.**

**Food: agg. tomatoes, agg. cold
food, ice-cream.**

**Menses: little, late, early,
short, watery, agg. menopause.**

**Sleep: deep; frequent waking;
agg. lying in late; unrefreshed.**

Physical: agg.- bathing; agg.

touch, shaking.

Complaints

Discharges creamy and yellow, stinking of rotten eggs.

Burning (3) pains. Full, heavy, pulsating sensations. Sensation as of sand.

Neurological: paralysis, Parkinson's, ataxia, myasthenia, Gilles de Tourette.

Headache, very severe. Pain, stitching, pressing, as from needles, boring, drawing.

Vertigo.

Ear problems(3): pain agg. wind(3!), amel. plugs or hat (3!), agg. motion, talking, laughing,

swallowing. Sensation of plugs or wind in ears.

Tinnitus and deafness.

Hayfever and asthma.

Throat: laryngitis, hoarseness (3) agg. talking and singing.

Much scraping which irritates.

Cough agg. boring fingers in ear, agg. cold, singing, talking, laughing agg. deep inspiration.

Pain in throat radiating to ear.

Heart and vascular diseases (3), palpitations, arteriosclerosis, high blood pressure, anaemia (3), hot flushes, varicose veins, heavy legs.

**Stomach complaints, diabetes.
Inflammation of joints,
arthritis, gout, creaking joints;
cartilage, bones, periosteum;
hands, feet, back; congestion,
swelling, stiffness; agg. cold,
damp; agg. touch, pressure of
clothes. Knee problems (3),
meniscus problems (3).**

Burning soles.

Skin: red patches; eczema.

**DD: Carbon series, Ferrum
series, Stage 7, 11 and 15,
Argentum, Arnica, Carcinosin,
Graphites, Phosphorus, Picric
acid, Psorinum, Rhus tox, Ruta,
Silica, Sulphur.**

Case by Rienk Stuut

A 50 year old woman complains of tiredness. She has been tired all her life. Two years ago she started to feel dizzy and she suffers from pain and stiffness in her knees for the last few months, worse from bending and stairs. Her neck is often stiff, with a feeling as if it is full of sand. She likes sleeping without a pillow. Her thyroid is a bit under-active.

She is married to a general practitioner. It had always been her dream to marry a doctor or

a vicar so she could help him in his work. She feels she has done too much for him. She always fits in with what he wants to do. She feels he doesn't want her, that he is ashamed of her because she doesn't fit in with his circle of friends at the hockey club. She wonders what he gets up to with other women when he is with those friends. She wants everyone to like her when they go out together. But her clothes are different and she doesn't like the superficial conversation of his circle of

friends.

She is a biology teacher and likes to help people realise how they can keep the world looking beautiful. She also gives classes in overcoming fears of failure.

She wants to teach others how to promote themselves, but she has difficulty putting this into practice in her own life.

Her mother used to be rather protective; her father was never at home. Her mother helped her father with his career.

When she was 9 months old they were sent to a Japanese

prisoner of war camp and they often nearly starved. She wanted to get away, and cried when they were locked in after a walk.

She likes to go into depth when she talks to people. She is afraid of being abandoned and of violence in films.

She dreams of being on a journey and of marriage. She also dreamt about a group of people she had to protect; the group was being persecuted by enemies and she was busy trying to shake them off. In another dream she was pursued

by a group of men to the edge of hell.

She eats a lot. An X-ray of her lungs showed she had sarcoidosis.

Analysis

She is married to a G.P. , had always wanted to marry (Sulphur) someone from the helping professions (Manganum). Helping (Manganum) her partner (Sulphur) is the main theme and really tells us all: the remedy is Manganum sulphuricum.

She has given (Manganum) her

**husband (Sulphur) too much.
Her mother used to help
(Manganum) her father
(Sulphur) to advance his career
(Manganum).**

**Everybody has to like her
(Sulphur) when she goes out
with her husband.**

**Her clothes (Sulphur) are
different from the norm
(Ferrum series).**

**She wants to help (Manganum)
people to keep things beautiful
(Sulphur).**

**She gives classes (Manganum)
in overcoming fear of failure
(Ferrum series).**

Other Manganum symptoms: tiredness, knee problems, agg. bending, stiff neck, dreams about a group she has to protect.

Sulphur symptoms: sensation of sand in her neck, fear of being abandoned, dreams about marriage, dreams about being pursued by men.

There are some indications that she might need Iodatum: thyroid problems, eating, concentration camp.

Reaction

The pains in her knee had disappeared by the next day.

The dizziness also went away quite soon and the tiredness disappeared after an initial aggravation. For the first time in her life she feels completely fit and well. The sarcoidosis also disappeared. One year after she got the remedy she still feels fine and she looks radiant.

Manganum muriaticum

'Foster mother'

Clarke and Boericke have given a brief description of Manganum muriaticum.

Concepts

Manganum

Learning

Fine tuning

Practising

Helpful

Compliments

Criticised

Muriaticum

Broken relationship

Mother-Child

Care Nurturing

Attention

Mother

Self-pity

Attention seeking

Sadness

Alone

Anti-social
Group analysis
Practising in the caring
profession
Helping someone to take care:
child minder.
A helpful mother.
Practising for motherhood.
Educating others in how to
bring up children.
Practising paying attention.
Wanting to be complimented
on their care
Criticism leads to self-pity.
Picture of Manganum
Muriaticum
Essence: practising in the

caring profession.

Practising in the caring profession

They want to learn how to take care of people and how to be a good mother. They give all their attention to the people who have been entrusted to their care, not only from a sense of duty, but also because they feel they can learn something from it.

Helping others to take care: a foster mother or child minder.

They love children and can spend all day taking care of them. They want to have a lot

of children when they are older and help them to grow up happily. They often choose jobs as nannies or nursery teachers or child minders. They like helping their own mother, are eager to learn how to take care of the younger children, and will be happy to baby-sit for friends and family. Their own mother will probably have been equally caring, someone who was always there for the children.

Educating others in how to bring up their children

They love teaching, especially

on the subject of child care. They are very good at helping others to understand the finer points of child care. They teach with patience, understanding and tact.

**Criticism leads to self-pity
They like to receive a lot of guidance themselves. Positive suggestions are quickly taken up. They like to hear that they have done well and have been a good mother. Negative criticism tends to hit them very hard. They feel they will never learn and they become weepy and full of self pity.**

Expressions

Fears: failure, criticism, opposition, observed, anticipation, fantasies, accidents, insanity, death, something will happen, agonising, alone, water, danger.

Dreams: unsuccessful efforts, paralysis, soldiers, being shot, studying for exams, accidents, doctors, humiliation, danger, water, sea, waves, drowning, children, mother, disease, death of friends and relations.

Delusion: head is very large.

Contacts: shy, sensitive.

Mood: happy, laughing,

**phlegmatic, serious, gloomy,
agg. music, crying agg.
criticism, complaining.**

**Irritability: agg. music, being
talked to, talking, agg. trifles.**

**Mental: slow in talking,
mistakes in talking,
clairvoyant.**

Generals

Build: thin.

Locality: left.

**Weather: cold, agg. damp cold,
agg. mist; agg. wind (3), agg.
storm, temperature changes,
agg. outside, amel. inside, agg.
amel. sea.**

Time: agg. 5 and 11 pm.

Desires: salt, starch, tomatoes.

Aversion: meat, tomatoes.

Food: agg. tomatoes, agg. cold food, ice cream.

Menses: agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses; menses little, late, absent, early, short, watery; agg. menopause.

Sleep: difficulty falling asleep; unrefreshed.

Physical: agg. touch, shaking.

Complaints

Neurological: paralysis, Parkinson's, ataxia, myasthenia, Gilles de Tourette.

Headache. Vertigo.
Dizziness, with perspiration
and trembling.
Ear problems(3): pain agg.
wind(3!), amel. plugs or hat (3!),
agg. motion, talking, laughing,
swallowing. Sensation of plugs
or wind in ears.
Tinnitus and deafness.
Hayfever and asthma.
Throat: laryngitis, hoarseness
(3) agg. talking and singing.
Much scraping which irritates.
Cough agg. boring fingers in
ear, agg. cold, singing, talking,
laughing agg. deep inspiration.
Pain in throat radiating to ear.

**Heart and vascular diseases
(3), anaemia (3),.
Hypercholesterolaemia.
Stomach complaints, diabetes.
Cyst in the left ovary.
Inflammation of joints,
arthritis, gout, creaking joints;
cartilage, bones, periosteum;
hands, feet, back; congestion,
swelling, stiffness; agg. cold,
damp; agg. touch, pressure of
clothes. Knee and foot
problems, meniscus problems.
Lumbar back pains, agg.
stooping, agg. sitting bent.
Nails: weak, brittle. Slow
healing of wounds and bones.**

Eczema.

DD: Silicium series, Ferrum series, Stage 7 and 17, Argentum, Arnica, Carcinodin, Graphites, Phosphorus, Picric acid, Psorinum, Rhus tox, Ruta, Silica, Sulphur.

Case

A 30 year old woman suffers from constipation with distension of her abdomen. She has only 1 or 2 stools a week. It started about 6 years ago after she had been on a diet. She did lose some weight, but her menses stopped and she became very constipated.

Nowadays she loses weight even when she eats a lot, especially when she feels tension, for instance when she is looking for another job.

She is a nursery teacher and loves her work. She started a creche all by herself and it was very popular. She loves children and has been baby sitting since she was ten years old. She wants to have children herself and she often cries when she sees children playing.

Now she has moved to another town but she can't find a job. She is temporarily helping

someone who gives dog training classes. She is training some puppies too. She is patient and can explain things very clearly. She feels depressed because she hasn't got a job, as if all the energy is draining out of her. She doesn't want to undertake anything and feels as if her hands are glued to her body. She has started to doubt her own capabilities and when she does something wrong she cries for the rest of the day. She cannot take criticism very well because she feels she cannot defend herself. She feels

depressed and irritable before the menses. But on the whole she is very cheerful and lively. Her talk is spontaneous and open and she tells me everything about her life and her character. She has great perseverance, but up to a point. When she gets too much opposition she tries to make a joke of it, but when that doesn't work she quits.

She used to have a cyst on her left ovary, but this disappeared again by itself. She used a coil for a while but it caused pains in her abdomen. Sometimes

she gets dizzy, a sudden feeling of light headedness with trembling and sweating, ameliorated from eating.

When she was little she used to have frequent ear infections, resulting in a slight deafness in her right ear. Other recurring problems included sinusitis and headaches, which disappeared after extraction of a wisdom tooth.

She had a dream that she was out hunting for deer but got shot in the foot herself.

Fears: bats (3), dogs.

Generals

Weather: cold, cold hands and feet; amel. outside.

Perspiration: little.

Time: agg. 4 to 6 pm.

Desires: sweet, chocolate, fruit, grapefruit, tonic; milk.

Aversion: juice, sugar, fatty meat, sprouts, curly kale, mashed potatoes with onions and meat.

Menses: swollen and sensitive breasts before menses.

Sleep: on left side.

Analysis

This might be a Muriaticum because of her love for children. She even made a

career out of it, which points to the Ferrum series (rather than the Silver or Gold series, which would involve a position of responsibility and leadership. In her case it is merely a job, which is more Ferrum series). The sensitivity to criticism also fits this series and the fact that she quits and withdraws points to an element in the first 9 stages. But she did start and she has already set something up in the past which went well. So we are looking at an element between Chromium and Cobaltum.

Her desire to help and to work in children's education is very pronounced, and this is typical of Manganum. And so we get Manganum muriaticum.

Another typical feature is the fact that she helps others (Manganum) to train puppies (Muriaticum).

Other Manganum symptoms: agg. 5 pm, cold, ear infections.

Muriaticum symptoms: swollen and painful breasts before menses, irritability and depression before menses, sleeping on left side, cyst on left ovary, constipation,

menses absent.

Reaction

One month after Manganum muriaticum 1M she feels much better. The improvement started after a brief return of old complaints, amongst others pain in her ankles.

Her stools are normal and she doesn't think about them anymore. She has got a new job, working in a restaurant and she puts all her energy into it. She is calmer and more trusting that 'everyone will be taken care of'. She sticks up for herself in discussions and is

less inclined to shut up and withdraw. She is less shy in meeting people. The pain in her breasts before the menses is still there but the irritability has gone.

She got another dose of Manganum muriaticum after six months because of a return of the constipation and swollen breasts before menses.

Manganum iodatum

Manganum iodatum is a new remedy.

Concepts

Manganum

Learning
Fine turning
Practising
Helpful
Compliments
Criticised
Iodatum
Loss of talent
Forgetful
Obsessive
Humour
No ideas, ideals
Right to exist Eating
Emigration
Fleeing
Prison
Group analysis

Restless in their desire to help.

Obsessive in their desire to help.

Being helpful in order to have the right to exist.

**Helping without ideas or ideals
Helpfulness with humour.**

Practising obsessively.

Helpful and forgetful.

Emigration after failure.

Picture of Manganum Iodatum

Essence: Restlessly helping

Restless in their desire to help

They feel that they have to be perfect and help everybody. If they don't, things could

suddenly go wrong and that would be the end of everything. This is based on a fear that they might suddenly find themselves completely on their own, and it makes them very restless. They have to do well, first of all to avoid mistakes, and secondly to try and create a link with as many people as possible. They run around doing many things at once and don't give themselves a moment's rest. Their speech and their behaviour is impatient and hurried.

Obsessive in their desire to

help

There is something obsessive about the sort of help they offer. They feel they have to be there for everybody, family, friends, even complete strangers. As if they can't refuse without risking being left stranded on their own in the big wide world. It is as if their existence depends on their willingness to work and to help.

**Helping without ideas or ideals
They feel they should let go of all ideals and just help for the sake of it. As long as they are**

willing to help everything will be fine. It becomes a sort of escape: 'you will be saved if you help, regardless of your ideals or motivation'.

Another possibility is that they make helpfulness into an ideal, a rule of life: you always have to be ready to help all human beings and animals.

**Helpfulness with humour
They can't really tolerate criticism very well. Even mild teasing from other people can upset them greatly. They regard it as an attack designed to undermine their position.**

Or they may be the ones who tease others, or who view their own job and all their ambitions with a certain degree of humour. They are afraid of being swallowed up by their ideals and try to keep it all into perspective by a subtle joke.

Emigration after failure

Eventually their exaggerated urge to help may lead to a nervous breakdown. They regard this as a failure and will no longer feel at ease in their former job. It is as if they are condemned and it makes them want to move far away or

emigrate.

Expressions

Fears: heights, performance, speeches, accidents, hunger, future, disease, doctors, insanity from idleness, being touched, approached, or held, water, work, failure, criticism, opposition, observed, anticipation, fantasies, accidents, insanity, death, something happening, agonising, sea.

Dreams: heights, falling, prison, fleeing, travelling, fire, eating, erotic, danger, death, smeared with faeces, exertion,

**exhaustion, restless, ruins,
water, futile efforts, paralysis,
soldiers, being shot, accident,
doctor, humiliation, danger.**

**Irritability: quarrelsome,
shrieking, destructive, agg.
humiliation, agg. fasting, agg.
being looked at, agg. being
touched, agg. being held, agg.
music, talked to, talking, agg.
trifles.**

**Mood: haughty, lively, excited,
changeable, busy, restless,
impatient, hasty, sensitive,
discontented, indifferent,
serious, suicidal, happy,
laughing, phlegmatic, gloomy,**

**agg. music, crying agg.
criticism.**

Mental: precise, dull, absent minded, confused, forget s what he has bought, was about to say or do, speech slow, with mistakes, clairvoyant, exhausted, obsessive, lack of concentration, insanity, dementia.

Contacts: agg.- shy, agg. conversations, agg.- answering.

Work: -amel. (3), amel., agg., agg.-.

Hobbies: walking, travelling.

Professions: artist, painter, writer, singer, musician,

**teacher, scientist, priest,
bishop, medicine man, vicar,
governor, representative,
secretary, advertising, public
relations, top sportsman,
comedian, clown, cartoonist.**

**Causes: disasters, war,
starvation, floods, ethnic
cleansing, fires, humiliation,
insults, being looked at.**

Generals

Type: thin, brunette, big eyes.

Locality: right, external throat.

Weather: agg. warm, amel.

**fresh air, agg. sea, agg. wind (3),
agg. draught.**

Time: agg. 5 am and 5 pm; agg.

summer.

**Desires: starch, tomatoes,
large quantities.**

Aversion: tomatoes.

**Menses: little, late, early,
short, watery, profuse; agg.
suppressed menses; agg.
menopause.**

Sleep: sleepy, unrefreshed.

**Physical: amel. agg. rest (2),
amel. amel. agg. motion,(2);
agg. pressure; agg.- touch; agg.
noise, pain, pressure, shaking.**

Complaints

Discharges acrid and watery.

Sensation of band and bubbles.

Weakness. Cancer. Emaciation.

**Glands hard and swollen.
Anaemia. Weak and pale. Hot
flushes.**

**Neurological complaints:
Parkinson's, patient walks
backwards. Ataxia, myasthenia,
and Gilles de Tourette are also
mentioned. Paralysis.**

**Headache, heavy, stitching
pains, pressing, as from
needles, boring, drawing;
forehead, temples and vertex.
Vertigo.**

**Eyes: pain agg. reading.
Redness, inflammations.
Eyelids swollen and inflamed.
Sees red spots.**

Ear complaints (3): pain, itching, burning; agg. wind, agg. motion, talking, laughing, swallowing, amel. earplugs; sensation as if earplugs or wind in ear; deafness agg. cold, amel. blowing nose; stinking discharge.

Nose blocked; discharge watery, yellow, green, lumpy, bloody.

Hayfever.

Sinusitis.

Thyroid problems (3!); enlarged, cysts, cancer, atrophy, overactive or inactive; metabolism too fast or slow:

thin or overweight.

Throat (3): laryngitis, hoarseness agg. talking and singing. Much scraping. Cough agg. boring in ear, agg. cold, singing, talking, laughing,agg. deep inspiration. Pain in throat radiating to ear.

Allergy, asthma, hayfever; lung problems; hyperventilation.

Palpitations. Arteriosclerosis. Anaemia.

Stomach problems. Diabetes.

Colic amel. bending double, diarrhoea. Pain round navel, contracting.

Indigestion. Jaundice with

**congestion of liver, gallstones.
Affections of pancreas,
diabetes.**

**Cramp or prolapse of anus.
Stools irregular. Flatus.
Diarrhoea.**

**Problems of testes, ovaries,
genitalia.**

**Neck problems, stiffness;
whiplash. Pain in arms.**

**Knee problems (3), meniscus.
Inflammation of joints and
gout, arthritis, creaking joints
agg. damp and cold.**

**Acne. Eczema on arms and
legs.**

DD: Ferrum series, Silver

series, Stage 6 and 17, Arnica, badiaga, Carcinosin, Graphites, Lachesis, Mancinella, Phosphorus, Picric acid, Psorinum, Rhus tox, Ruta, Silica, Spongia, Sulphur.

Case

A 40 year old woman has a large goitre. It is so large on the right side that you can hardly see her throat. It started after her two children had been born and it is worse before the menses. There had been many deaths in the family around the time when her children were born: both her parents, both

her grandparents, her father in law and her uncle all died around that time. She took care of her parents until the very end. They were still relatively young: her brother and sister were only 13 and 14 years old at the time. She took it upon herself to look after her little brother and sister, but it was all a bit much, when she was pregnant.

She is always very busy, she runs her own household and she helps out other people. She works from 7 in the morning until 11 at night, always busy

for other people. Her friends only have to ask and she is there, ready to help. She gives a lot and she receives a lot too. Apart from her part time work as housekeeper for another family she also works at school, giving cookery lessons. She can hardly keep up with all these different activities and she finds herself doing several things at once. Her speech is hurried, as if she hasn't got enough time to tell me everything. She can't stop herself anymore, there is never a moment's rest.

She can't stand being criticised. She does her best at all times, so there is no reason to find fault with her work. Everything is immaculate and running smoothly, but it takes a lot of energy to get it like that.

She worries about the children, she panics when she hears an ambulance. She is quite possessive of the children, particularly of her little son. He used to be hyperactive and was in therapy for years. She feels she has to be alert all the time to make

sure it doesn't get out of hand.

She is afraid of the sea: doesn't like the shimmering brightness and the fact that it seems so endless.

She has some other minor complaints: pain in her shoulder and neck, worse from draught. Large varicose veins on the inside of her lower leg and knee, worse on the right side, starting after her first pregnancy. They feel hard and painful, worse before menses, better from putting her legs up. Her hands and feet feel numb on waking. Frequent swelling of

her hands with pain, worse on the left side, worse on damp weather. She gets earache from draughts, and always wears a scarf when there is no sun.

Urticaria on her face from eating bananas and tomatoes.

Many problems around the menses. Before she had the children she always had a pain down the front of her thighs during the menses. Pain in her head before menses, a pulsating pain in the temples, she has to hold her head. Pain radiates to teeth, ears and neck. Also pain in the lumbar area of the back.

She put on a lot of weight during pregnancy, she weighed 100 kilos when she was expecting her second child.

Generals

Weather: warm (3), agg. damp; agg. draught and wind (2), -amel. storm; agg. sea (3); -amel. inside, -amel. outside in overcast weather.

Perspiration: always, under arms, on face and head.

Time: agg. morning.

Desires: sweet, cheese, soup, vegetables, mashed potatoes and carrots, solid food.

Aversion: fish, egg, milk.

Food: Tomatoes, bananas.

Sleep: like a log; on right side resting her face on her hands.

Analysis

The goitre makes us think of Iodum, possibly Bromium and Fluorine.

But Iodum is more likely in this case because she is so hurried and the goitre is more right sided. A typical symptom is her fear of the sea, the fact that it is so endless. We know that the sea also plays a role in Bromium and Chlorum, but the feeling that it is endless has something to do with the

aspect of expansion, which belongs to the Silver series.

But which Iodum should we choose? Her work has to be perfect and she can't tolerate criticism. This points to the Ferrum series. She is always busy helping people: her parents when they were ill, her little brother and sister, the school etc. This leads us to Manganum and from there to Manganum iodatum. She has to be alert all the time (Iodatum, things might get out of hand at any moment) in order keep everything running well

(Ferrum series).

Another nice example of the two elements combined: she gives cookery (food, Iodatum) lessons (Manganum)

Further Manganum symptoms: earache agg. draught and wind, amel. scarf, agg. tomatoes.

Iodum symptoms: hurried speech, agg. agg. death of family, warm, agg. sea, -amel. outside, -amel. solid food.

DD: Ferrum iodatum, Calcarea iodata, Arsenicum iodatum.

Reaction

One week after Manganum iodatum 1M she gets an

aggravation that lasts a week. Afterwards she feels better. She doesn't do ten things at once anymore, is less hurried. One year and several doses of Manganum iodatum 1M later she is doing very well on the whole. Her goitre has disappeared and she feels well.

Ferrum metallicum

Ferrum is a very well known remedy.

Signature

The name is derived from the Latin word ferrum which means iron. It is the fourth most

common element on earth and it is the basic material of all forms of steel. It has been used since prehistoric times, since the Iron age to be precise.

It has traditionally been used for the manufacture of both weapons and tools and these two words are exactly the words we can use to describe the main themes of Ferrum: i.e. fighting and performing your task.

Ferrum is the ideal material for the construction of tools: machines, vehicles, furniture, bridges, nails and screws. We

couldn't imagine our present day technical society without iron. It has been combined with all sorts of elements in more than a thousand different alloys which are all called 'steel' of some form or another.

Magnetism is another very important property of iron.

Concepts

Stage 8

Perseverance

Maintaining

Force

Heavy Pressure

Resistance Opposition

Calculating

Planning
Concentration
Ferrum series
Task Duty Work
Craft Use
Ability Perfectionism
Routine Order Rules
Control Exam
Observed Criticism
Failure Guilt Crime
Pursued Tried
Adult
Village
Group analysis
Persevering in your job: firm.
Persistent in your task:
thoroughness.

Durable products.

A heavy task.

Enforcing routines: discipline.

Meeting opposition in your work.

Opposition through control.

Maintaining your position to avoid failure.

Criticism means opposition.

Force as a profession: soldier.

Persevering for the exam.

Heavy control.

Failure through using too much force.

Picture of Ferrum Metallicum

Essence: persevering in your job: firm.

Persevering in your job: firm
They feel they have to
persevere with their job. The
word 'firm' says it all. They
don't give way, they are brave,
robust, steadfast, straight and
to the point. They carry on
regardless, however difficult
the task. They feel they have to
take a stand for something, to
brace themselves and not give
in, to go on with what they had
planned. They come across as
very resolute, there is not a
moment's hesitation.

Although they look powerful, it
is not power they are after in

itself, it is more a determination that the job should be done properly. We see this theme in expressions such as 'iron discipline' or 'the iron Lady', Mrs. Thatcher.

Durability of the work

They want the products of their labour to last a long time. It has to be able to take a few knocks, just as they feel they should be able to. They have two criteria: it has to be durable and it has to be useful.

A heavy task: force

Their work is often very heavy. It is as if they have to use real

force to get the job done. They work in professions that are demanding, either physically, where they may be a blacksmith or a labourer, or mentally where they have to carry a heavy load. You often find them in the army as a professional soldier.

Enforcing routines: discipline
In order to perform their task well they have to go about it in an orderly manner. Their task is huge, and the only way to get it done is to be very disciplined about it. They are great organisers and they hate chaos

and sloppy organisation.

Criticism means opposition

They are very sensitive to criticism. They consider it as a direct form of opposition and it makes them very angry. They have to carry out their task and they haven't got time for these type of diversions that stop them from concentrating on the job. They get irritable from any form of control, critical remarks, people or objects that are in the way, chaos and noise, even slight noises such as the rustling of paper.

Even slight criticism makes

them feel as if they have received a huge blow. They are physically afraid of blows or accidents too. They often had a childhood where their father used to smack them hard to instil some discipline.

If they need to criticise someone else they tend to knock them flat, using much more force than necessary for the occasion. The other person has no hope of defending himself.

**Persevering for the exam
They tend to work hard for exams. They constantly have**

the feeling that there is a lot to be done before they are ready. They will have to do their utmost to pass, it won't be an easy task.

Maintaining your position to avoid failure

They can have the feeling that they are about to be pushed aside, that they will lose their position if they don't give their best. It is as if they have to earn their position, it is not something that they automatically deserve. They often feel people are 'not respecting their boundaries',

and it makes them very angry.

Failure through using too much force

The fact that they are always pushing themselves a little bit too hard can lead to different problems. They are in danger of overloading themselves and having a nervous breakdown.

Another thing that often happens is that their colleagues turn against them because they are fed up with being steamrollered. The iron discipline is carried on too far, whatever doesn't fit in with their plans gets pushed aside,

until they find one day that they have lost some very essential parts and the whole thing grinds to a halt. Then they give up because they feel they have failed.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, cerebral haemorrhage, death, accidents, crowds, people; easily frightened.

Dreams: unsuccessful efforts, paralysis, straight cold lines, battles, fights, contests, war, water, falling, death, dead

friends.

Delusions: large environments, criminals, poisoned, war.

Mood: happy, restless, gloomy.

Irritability: quarrelsome, shouting, cursing, insulting, choleric, agg. noise, agg. pain, agg. contradiction, agg. opposition, about food.

Mental: sluggish.

Contacts: agg.- company.

Professions: soldier, midwife, secretary, blacksmith, builder.

Causes: opposition, contradiction, criticism, quarrels, suppressed will, injustice.

Generals

Build: red hair.

Locality: right.

Weather: cold, agg. cold; hot flushes.

Time: agg. 3 am.

Desires: tomatoes, meat.

Aversion: egg, tomatoes, nuts.

Food: agg. egg, tomatoes, sour, tea, beer, fat, meat.

Menses: profuse (3), large clots.

Sleep: sleeplessness.

Physical: amel. slow movement, agg. exertion; agg. noise, rustling of paper.

Complaints

Cancer

Paralysis

Vertigo agg. wine and getting up.

Headache, every 14 days.

Conjunctivitis, choroiditis, retinitis (Dreisbach).

Red cheeks agg. wine.

Cough, mucus.

Anaemia (3), from lack of iron, low and high bloodpressure.

Stomach problems, vomiting without nausea.

Liver complaints, cirrhosis, cancer. Diabetes.

Diarrhoea, agg. eating.

Arthritis. Problems with

shoulders (3).

Restless feet (O'Keefe 1993).

Eczema.

**DD: Ferrum series, Stage 8,
Arnica, Cadmiums, Calcarea's,
Rumex, Sulphur, free radicals.**

**DD Manganum: Is able to give
others their own space. They
have more space and are still
able to practice. Their criticism
is milder and more
constructive. Ferrum is more
pushy, it is a 'must'.**

**DD Kali: they are very similar
in their thoroughness. Both
have the same sense of duty.
But Kali has a feeling of 'this is**

what I should be doing', a perseverance with what they consider to be their duty.

Ferrum has more a sense of force, they have to carry on, they mustn't give in.

DD Calcarea's: There is an obvious relationship between the two. It seems that the sensitivity to other people is characteristic of all the +2 charged metals. As if positive 2 charge is reflected in the relationship between two people. Calcarea responds with a passive reaction: a retreat into the shell. Ferrum responds

**with a more active reaction:
standing firm.**

Ferrum nitricum

**Clarke gives a brief description
of Ferrum pernitricum, but
doesn't mention Ferrum
nitricum.**

Concepts

Ferrum

Firm

Persevering

Durable

Discipline

Soldier

Beatings

Nitricum

Assertiveness
Enthusiasm
Tension Congestion
Relaxation
Enjoyment
Congenial
Group analysis
Firm assertiveness.
Persevering and idealistic.
Durable tension.
Discipline creates tension.
Beating people through
tension.
Fighting for relaxation.
Enjoying your exams.
Duty gets in the way of
enjoyment.

Perseverance in order to feel free.

Failure through too much assertiveness.

Picture of Ferrum Nitricum

Essence: firm and assertive.

Firm and assertive

They like to assert themselves through their work and persevere in what they consider to be their duty. They want to show the world what they are worth and they do this by means of presenting their ideals and then pushing as hard as they can to get them realised.

Lasting tension

Their will power is extremely strong and they never relax the tension. Their plans are always straight and to the point, but they themselves can feel quite emotional and tense.

Discipline creates tension

They try to keep their tension under control by being very disciplined, hoping that order and routine can keep that busy and restless feeling at bay. But it usually has the opposite effect: all these rules and regulations make them feel even more hurried and tense.

Beating people through tension

They are very impatient and the slightest form of criticism can provoke quite an extreme reaction, like a sudden slap for the person who happens to contradict them. Injustice or time wasting is something that makes them very angry.

Fighting for relaxation

They are under so much pressure that there is no longer time for any sort of relaxation. They have to fight for some space for themselves, for some time away from work. As soon

as they think they have finished their task there is another job waiting for them. Their sense of duty prevents them from saying 'enough is enough'. In their desperation to get rid of this pressure they may suddenly go to the other extreme and fling off all responsibilities.

They may even feel that relationships are nothing more than yet another duty, so they would rather avoid them. A mother might feel her child to be a heavy burden, or a husband may experience the

presence of his wife as a huge pressure.

Perseverance in order to feel free

They like to work, and at the same time to be themselves.

They feel they cease to exist if they allow others to walk all over them. Their feeling of self-worth disappears as soon as they are not allowed to be busy and exuberant.

Failure through too much assertiveness

Their extreme assertiveness can also lead to failures. They can be so pushy and put others

under so much pressure that they turn round and say: 'Why don't you do it yourself'. Nobody wants to be involved anymore.

The other extreme is that they are so desperate to enjoy life that there is no time for work and the whole thing fails because they spend all their time or money on other things.

Failure means the end of pleasure

When they fail they feel they don't deserve to enjoy themselves anymore. They feel guilty if they make mistakes,

even if this is caused by the pressure they are under. Then the guilt takes over: they think that from now on they won't be allowed to enjoy themselves and they will probably get ill or some other terrible thing will happen to make sure the fun is over.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, cerebral haemorrhage, crowds, death, accidents, narrow spaces (3), being locked up, tunnels, caves, shops, lifts, planes, trains,

enjoyment, disease (3), cancer, heart disease, vague, unknown, life, strangers, future, travelling, flying, open spaces, insects, spiders, snakes.

Dreams: unsuccessful efforts, paralysis, straight lines, battles, fights, contests, war, water, falling, dead people, dead friends.

Delusions: large open spaces, criminals, poisoned, war.

Mood: happy, restless, gloomy.

Irritability: quarrelsome, cursing, insulting, choleric, agg. noise, agg. pain, agg. opposition, about food, agg.

contradiction.

Mental: sluggish.

Contacts: agg.- company.

**Professions: soldier, midwife,
secretary, blacksmith, builder.**

**Causes: opposition,
contradiction, criticism,
quarrels, suppressed will,
injustice, abuse, incest, parents
absent.**

Generals

Type: obese (3), red hair.

Locality: left.

**Weather: warm, agg. heat, agg.
inside, amel. outside, agg.
damp; hot flushes.**

Time: agg. 3 and 9 am; agg.

summer; sudden complaints.

Desires: fried bacon (3), fat, fatty meat, ham, cheese (3), salt, carbonated drinks, tomatoes, meat.

Aversion: fat (2), cheese (2), fat, ham, meat, beans, eggs, tomatoes, nuts.

Food: agg. eggs, tomatoes, sour, tea, beer, cheese, fat, bacon, beans, coffee, meat.

Menses: profuse (3), large clots.

Sleep: sleeplessness.

Physical: agg. pressure, pressure of clothes, agg. shocks and jars, amel. driving in a car;

amel. slow movement, agg. exertion; agg. noise, rustling of paper.

Complaints

Discharges putrid and stinking.

Pains congestive, pulsating (3), stitching, as of splinters (3).

Redness, swelling and heat.

Hot flushes (3), agg. night, agg. after urinating.

Paralysis.

Vertigo agg. wine, getting up.

Headache every 14 days.

Red cheeks, agg. wine.

Nose: crusts, difficult to dislodge and painful. Sneezing.

Cough, mucus.
Heart and vascular diseases
(3); angina pectoris.
Palpitations, arrhythmia.
Arteriosclerosis. Claudicatio.
Cerebral haemorrhage. Anaemia
(3), from lack of iron. Low and
high bloodpressure
Stomach complaints, vomiting
without nausea. Diabetes.
Abdominal pains with swelling,
much rumbling, flatus and
eructations. Diarrhoea acrid,
agg. eating.
Inflammation of joints of
hands, with congestion,
swelling, stiffness. Shoulder

pains (3). Restless feet.

Skin: red patches, allergy, eczema.

DD: Carbon series, Ferrum series, Stage 8, 11 to 15, Ammoniums, Arnica, Rumex, Sulphur.

Case

A 30 year old woman has menstrual problems. The problems start 8 to 10 days before the menses, when she feels restless and less able to restrain her impulses. She walks up and down, is busy cleaning all day, her heart misses a beat from time to

time, gets an urge to spend money on books and clothes. She feels tired and energetic at the same time, she can't stop all day. She can't get to sleep and keeps thinking about her job, feeling it is all too much. She starts to worry about herself and her family, that they might get ill or die, or that she will get AIDS because she made love without a condom one day. She has no patience, she 'jumps on' anybody who does something wrong. She feels she will explode when she gets angry.

When she was 20 she had a sort of identity crisis. She became terrified of trains, couldn't be in any enclosed space, afraid of getting locked in. She stopped her job as a nurse and moved in with her sister for 6 months, working in a shop for a while. Afterwards she took up her old job again, but this time the hierarchies in the system annoyed her so much that she gave up again. After that she retrained as an activity leader and at the moment she works in a day centre for psychiatric out

patients. Her psychologist helped her discover that she still had not got over the feeling of: 'Who am I, am I allowed to be here?' Her mother also had this problem.

She says she is very emotional. She has a strong will and is very direct. She used to play truant at school and didn't mind the punishment.

Her cheeks and neck tend to get flushed, especially when other people tell her she is a bit 'hyper'. This makes her feel that she is not allowed to be who she is, i.e. someone with a

huge amount of energy.

She gets very angry when people abuse her or treat her unjustly.

She loves children, but doesn't want to have any herself. She is afraid that children might demand her undivided attention and she is afraid she won't be able to put her own wishes aside for them. Her mother had not particularly looked forward to her birth because they already had 6 children and now there was another one on the way. All the pressure and work of having a

little baby would start all over again.

Her mother got toxemia during the pregnancy.

She (the patient) doesn't have a relationship and doesn't want one either, she is too afraid of being tied down. She thinks it will oppress her and force her to invest a lot of energy to keep it going. She is afraid that her own self will suffer and get more diffuse. She has had a boyfriend in the past but she felt suffocated. It made her feel: 'I am stuck with this boy and now I have all sorts of

obligations'.

She broke it off just before her menses and felt very relieved. She thinks this fear of getting tied down has something to do with the smothering love her mother used to pour over her. She couldn't pursue her own interests.

She is blond and blue eyed, fashionably dressed, wearing lipstick and giving a very lively impression.

She had a recurring dream that she was lying on the floor and couldn't move, talk or run away, while something

frightening was very nearby.

Another dream was that a child had been pushed into the water and people had blamed her for it, while she had been doing her best to save the child.

Generals

Weather: war, agg.- gloomy weather, fear of thunder.

Time: agg. 1 to 4 pm.

Desires: chips, brown bread, sweet, bacon, fat, milk.

Aversion: fish, game.

Food: agg. alcohol: red face, tired the next day.

Menses: later, used to be profuse; tension in breasts

before menses.

Sleep: unrefreshed, fear of not being able to sleep.

Analysis

The main theme is her fear of being tied, either to a relationship, or to her mother. Her mother experienced a similar fear during the pregnancy.

She feels oppressed and suffocated in relationships, as if she has to put herself aside and do things for the other person, it feels like a heavy task. Her mother felt this too. There is no more space

(pressure, Ferrum) for the pursuit of her own pleasures (Nitricum). She also feels as if she will explode (Nitricum) when she gets angry (Ferrum). She has to fight (Ferrum) in relationships that are too oppressing (Nitricum).

The suffocative and oppressed feeling points to Nitricum, which is further confirmed by the following symptoms: warm, -amel. fat, -amel. bacon, -amel. chips, agg.- game, amel. outside, unrefreshed in the morning.

The other side is that she puts

herself under pressure, with a feeling that she must do this and must do that and she mustn't give up. This points to Ferrum, further confirmed by: blushing, red face agg. alcohol, profuse menses, hard work.

Reaction

Four days after Ferrum nitricum 1M she gets a sore throat for 5 days. After that she slowly starts to feel better.

There are still some times when she doesn't feel very well, but on the whole she is improving. After 6 months all the complaints are 70% better.

Ferrum lacticum

'A persistant little girl'

**Ferrum lacticum is a new
remedy.**

Concepts

Ferrum

Firm

Persistant

Durable

Discipline

Soldier

Beatings

Lacticum

Little girl

Childish

Dependent

Feminine

Group analysis

A persistent little girl.

A disciplined little girl.

A solid baby.

**Persistent in their
dependence.**

Fighting the fact you are a girl.

**A soldier who depends on
others.**

Picture of Ferrum Lacticum

Essence: a persistent little girl.

A persistent little girl

**The adult may be very
persistent on the one hand, and
on the other hand they can
behave like a little girl. One**

moment very resolute and the other moment childishly dependent.

Fighting the fact you are still a girl

They want to be big and grown up and they get very angry if you call them 'little girl'.

Persistent in their dependence
When they are still little they can be very persistent in letting you know how dependent they still are. If the mother wants to go out the little girl may get very angry and hold on to the mother, making sure the mother can't

leave without her. Even as a baby they can get very angry, especially when they have got to wait before they are fed.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, cerebral haemorrhage, crowds, death, accidents, people; easily frightened, alone.

Dreams: unsuccessful efforts, paralysis, straight lines, battles, fights, contests, war, water, falling, dead people, dead friends.

Delusions: large open spaces,

criminals, poisoned, war.

Mood: happy, restless, gloomy.

**Irritability: quarrelsome,
cursing, insulting, choleric,
agg. noise, agg. pain, agg.
opposition, about food, agg.
contradiction.**

Mental: sluggish.

Contacts: agg.- company.

**Professions: soldier, midwife,
secretary, blacksmith, builder.**

**Causes: opposition,
contradiction, criticism,
quarrels, suppressed will,
injustice, stopping breast
feeding, starting school,
moving house.**

Generals

Type: red hair.

Locality: right.

Weather: warm, agg. heat, agg. inside, amel. outside; hot flushes.

Time: agg. 3 am and 5 pm.

Desires: sweet, milk, tomatoes, meat.

Aversion: egg, tomatoes, nuts, milk.

Food: agg. eggs, tomatoes, sour, tea, beer, fat, meat; agg. fasting (3), amel. eating (2), sweet.

Menses: profuse(3), large clots.

Sleep: sleeplessness.

**Physical: amel. slow
movement, amel. exertion; agg.
noise, rustling of paper.**

Complaints

Cancer.

Paralysis.

**Vertigo, trembling agg. wine,
getting up.**

Headache every 14 days.

Red cheeks, agg. wine.

**Cough, mucus,
hyperventilation.**

**Anaemia (3), from lack of iron.
Low and high bloodpressure.**

**Mammae painful, swollen,
nipples painful, agg. before
menses. Mammae small and**

insensitive, like a little girl's.

**Too much or too little milk,
inflammations of mammae.**

**Stomach complaints, vomiting
without nausea. Diabetes.**

**Hypoglycaemia (3!); nausea
amel. eating (3).**

**Shoulder pains (3). Restless
feet.**

Skin: eczema in folds of skin.

**DD: Carbon series, Ferrum
series, Stage 1, 8, 10 and 16,
Arnica, Rumex, Sulphur.**

Case

**Two more short children's
cases.**

A 3 year old little girl often

wakes up crying around four o'clock in the morning [Ferrum] or 11 at night. She flings her arms around her mother's neck and wants to be comforted [Lacticum]. She feels insulted [Ferrum] when you call her a 'little girl' [Lacticum]. She is a big girl, only her dog -who is called Mina- is still little. She gets irritable [Ferrum] when hasn't eaten for a while [Lacticum]. She likes sweets, potatoes, vegetables and meat [Ferrum] an she dislikes fruit.

Case

An 18 month old baby has red,

dry eczema on his cheeks, wrists and ankles. When he is excited [Ferrum] and when he is feeding [Lacticum] the redness and the itching get worse. His mother had suffered from pregnancy sickness when she was expecting him [Lacticum] and often lay awake from 1 to 3 in the morning [Ferrum], suffered from anaemia and desired cheese and tomatoes [Ferrum]. The little boy is very cheerful, but he wants to have somebody around all the time, he hates being on his own [Lacticum]. He

gets angry [Ferrum] when he is hungry [Lacticum], and he still needs many feeds a day [Lacticum]. He drinks until he is completely full up [Ferrum]. He loves custard pudding [Lacticum] and hates sour things [Lacticum].

Ferrum fluoratum

Ferrum fluoratum is a new remedy.

Concepts

Ferrum

Firm

Persistent

Durable

Discipline
Fighting Soldier
Beatings
Fluoratum
Immoral
Breaking taboos
Glamour
Possessions Gambling
Sex
Hard
Superficial
Narcissism
Psychopathic
Lively
Group analysis
Persevering in the world of
glamour.

Immoral perseverance.
Fighting taboos.
Fighting for possessions.
Disciplined in gambling.
Persistent in sexuality.
Resistance against sexuality.
Irritability around money.
**Firmly grabbing what you can
take.**

A disciplined narcissist.
A psychopathic soldier.
Picture of Ferrum Fluoratum
**Essence: persevering in the
world of glamour.**

**Persevering in the world of
glamour**
They want to hold on to their

**social position at any cost.
They persevere to make sure
they keep their place in the
social rankings.**

**Or they may be angry because
they have lost their position.
Or they may feel they don't
count because they have been
the victim of some accident or
violation, like incest for
instance.**

**Perseverance in or against
sexuality**

**They feel they have to
persevere in the area of
sexuality. This could be the
case of a woman who feels she**

has to make love to please her husband, she may do this out of love or out of a sense of duty. Or it may be the case of a prostitute who feels forced to carry on in her profession, either for financial reason or because she is being forced by a pimp. They tend to carry on without showing their resistance and their dislike.

Later on the time may come when they suddenly get extremely angry about everything they have had to endure. This is sometimes the case with women or men who

suddenly get furious about their incest experiences in the past.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, cerebral haemorrhage, death, accidents, crowds, people; easily frightened.

Dreams: unsuccessful efforts, paralysis, straight cold lines, battles, fights, contests, war, water, falling, death, dead friends.

Delusions: large environments, criminals, poisoned, war.

Mood: happy, restless, gloomy.
Irritability: quarrelsome,
shouting, cursing, insulting,
choleric, agg. noise, agg. pain,
agg. contradiction, agg.
opposition, about food.
Mental: sluggish.
Contacts: agg.- company.
Professions: soldier, midwife,
secretary, blacksmith, builder.
Causes: opposition,
contradiction, criticism,
quarrels, suppressed will,
injustice.
Generals
Build: red hair.
Locality: right.

Weather: warm, agg. heat, amel. outside; hot flushes.

Time: agg. 3 am and 9 pm.

Desires: tomatoes, meat, alcohol (3), spices (3).

Aversion: egg, tomatoes, nuts.

Food: agg. egg, tomatoes, sour, tea, beer, fat, meat.

Menses: profuse (3), large clots.

Sleep: sleeplessness.

Physical: amel. slow movement, amel. exertion; agg. noise, rustling of paper.

Complaints

Cancer

Paralysis

Swelling of glands, abscesses, fistula.

Vertigo agg. wine and getting up.

Headache, every 14 days.

Affections of teeth; caries.

Red cheeks agg. wine.

Cough, mucus.

Anaemia (3), from lack of iron, low and high bloodpressure, arteriosclerosis.

Varicose veins.

Stomach problems, vomiting without nausea. Diabetes.

Diarrhoea, agg. eating.

Urethritis. Vaginitis; sexual complaints, venereal diseases.

Arthritis with deformities, of hands. Hypermobility joints, tendons too loose.

Bone problems, exostoses.

Eczema.

DD: Carbon series, Ferrum series, Stage 8 and 17, Arnica, Rumex, Nitricums, Sulphuricums.

Case

A 70 year old woman has come complaining of pain in her shoulder. The pain is located at the end of the bones and often starts on the medial epicondyl of the elbow, sometimes radiating to her fingers. It is

agg. at night, agg. lying on the painful side, agg. raising her arm, agg. turning her arm out. The pain started two years ago after she heard that her sister had died. At the same time she also heard that her son had had a nervous breakdown. She also has pains in her stomach, in the pit of her stomach, agg. before eating, amel. after eating. Sometimes accompanied by trembling and sweating. She is taking some medicines for it (Ultracid). She also has pains in her feet, mainly the right one. The

whole foot hurts, and it feels as if she has a tight band around her ankle. It is difficult to wear shoes, but there is an immediate amelioration when she walks on bare feet. This pain started after she had had a minor heart operation (Dotter treatment). She had had 2 mild infarctions two years ago and on further investigation it was found she had a single obstruction in the coronary artery and they suggested she should have the dotter treatment. The treatment was successful as far as her heart

was concerned, but the following night she had a severe haemorrhage in her right leg. The whole leg turned black and she couldn't walk on it anymore. It took months before she could walk normally again. The pains in her foot started at that time.

She also has pains in her lower left abdomen, radiating to the left and to the pubic bone, better after stools. She is slightly deaf. She has a tremor in her hands which is worse when she is tense. She has always been a busy woman,

trying to please others. She never wanted anything for herself, is very easy going in that respect. She has had 10 children and also twins who were stillborn, which didn't affect her too much, she says. She loves all her children very much. But she worries about one of her sons who has drifted from bad to worse. It hurts her to see it happening, especially because she isn't allowed to help when he comes begging for money.

Her marriage had been difficult. Her husband had been

a strict catholic and had suffered a lot because of his desire for masturbation. Once they were married it was even worse. She herself wasn't very interested in sex, but she complied just to please him, she felt it was her duty to be there for him, their religion had also taught this. At one time she had had to spend two weeks in hospital, and when she came home she discovered he had had incest with three of their daughters. he denied this and she never followed it up. But her anger about what he

had done never left her. She still gets angry when she thinks of it: 'How could he have done such a thing?'

She is very sympathetic, hates hurting other people. She is a real perseverer, 'If you don't like doing something you have to make yourself like it'.

She is easy going, people don't have to worry about her wishes. She is naturally cheerful and optimistic, she enjoys life and takes great pleasure in being with her children.

Generals

Weather: agg. cold, agg.-

**gloomy weather, fear of
thunder and storm, agg.
draught.**

Perspiration: little.

Time: agg. night.

**Desires: warm food, fruit,
cheese, coffee.**

**Aversion: hot peppers, sour,
fish, unknown things.**

**Food: agg. sprouts (2), red
cabbage (3), bananas (2), pears,
sour, fruit.**

**Menses: feels bad: pain in hips,
back, amel. being outside,
amel. amel. after pregnancies.**

**Sleep: every other night she
sleeps badly, agg. 1-4 am, and**

agg. 5 am.

Analysis

The main complaint is the pain in her shoulder, which immediately makes me think of Ferrum. On the mental emotional level there are several factors that play a role. The first one is the problem around the incest (Fluorine) and her anger (Ferrum, Magnesium). Especially because she was always ready (Ferrum) to comply with his sexual (Fluorine) desires.

We see the them of Ferrum fluoratum again in the

problems with her son. She had to be hard (Ferrum) to her wandering, roaming (Oxygenium, Fluorine) son, whenever he came round asking for money.

Further Ferrum symptoms: perseverance, agg. around 3 am.

There are also quite a few Phosphorus symptoms in this case.

Reaction

After Ferrum fluoratum 1M there was a considerable improvement of her shoulder pains. Three months later it

had gone completely. She also stopped feeling angry with her husband 'past is past'.

Ferrum silicicum

Ferrum silicatum is a new remedy.

Concepts

Ferrum

Firm

Perseverance

Durable

Discipline

Soldier

Beatings

Silicatum

Image

Relatives

Family image

Father

Home At home

Timid Fragile

Stubborn

Family minded

Group analysis

An image of perseverance.

Firm about your image.

Firm together with family.

Firm against the family.

**A family image of
perseverance.**

A disciplined family.

persevering for your home.

Working hard for the family

business.

A durable home.

Father is a soldier.

Forced obstinacy

Picture of Ferrum Silicatum

**Essence: an image of
perseverance.**

An image of perseverance

They like to have the image of someone who perseveres. They work hard and once they have started something they will carry on until the end. They are very responsible and perfectionist and won't admit defeat. Although they work hard, it is as if this doesn't

come from within, but is only an image they want to present to the world, the image of someone who doesn't give up.

**Firm together with the family
They don't want to let the family down, they feel that it is expected of them that they will manage. So they have to carry on to make sure the family image remains intact.**

**Firm against your family
Their family often puts them under great pressure and they are too fragile to resist. They are too shy to stand up against their forceful colleagues or**

friends. Or they let the family walk all over them or hurt them. They have great difficulty showing their vulnerability, feeling they will be trampled.

**A family image of perseverance
They often grew up in a forceful family. Father could have been a soldier, he was firm and disciplined, telling the children that life was all about pushing yourself. 'Our family doesn't give up'. Life was run along strict disciplines, as if they were in the army. The house was kept in a similarly**

immaculate order.

Forced obstinacy

They come across as being very obstinate, but this is often a bit forced. They appear to be very strong, but this is no more than an outward show. Inside they are shy, vulnerable and modest.

Failure through fragility

They are very afraid of failure. They tend to force themselves until they are at breaking point. And when they do fail they worry that others will no longer like them, that their family and friends won't accept

them anymore. They are afraid that nobody wants to know such a 'weakling'.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, cerebral haemorrhage, crowds, death, accidents, beatings, people, needles, injections, trifles, narrow spaces, not waking up from sleep, failure, exams; easily frightened.

Dreams: unsuccessful efforts, paralysis, straight lines, battles, fights, contests, war, water, falling, dead people,

**dead friends, crystal, ice,
mirrors, clairvoyant, cobwebs,
needles, friends, school friends,
family.**

**Delusions: large, open
environment, criminals,
poisoned, war.**

Mood: happy, restless, gloomy.

**Irritability: quarrelsome,
cursing, insulting, choleric,
agg. noise, agg. pain, agg.
contradiction, agg. opposition,
about food.**

**Mental: precise, punctual,
mathematical, attention to
details, forgetful, clairvoyant,
sluggish.**

Type: refined, delicate, aristocratic, artistic.

Contacts: sympathetic, agg.-company.

Professions: soldier, midwife, secretary, blacksmith, builder.

Causes: opposition, contradiction, criticism, quarrels, suppressed will, injustice, loss of parents, family, friends.

Generals

Build: thin, tall, fragile, red hair, looking old.

Locality: right.

Weather: cold (3), blue with cold, blue/purple nails agg.

**cold, agg. cold water, agg.
getting undressed; amel. heat;
agg. draught (3), agg. outside.**

**Perspiration: profuse, stinking
foot sweat(3!); night sweats.**

**Time: agg. 3 and 11 am; agg.
full moon; agg. winter,
December.**

Desires: tomatoes, meat.

**Aversion: milk (3), mothers
milk (3), salt, meat, broccoli,
cauliflower, tomatoes, nuts.**

**Food: agg. tomatoes, sour,
beer, fat, meat, fat, milk (3),
broccoli, alcohol, fasting.**

**Menses: profuse (3), large
clots.**

Sleep: light, much tossing and turning, sleeplessness.

Physical: amel. slow movement, amel. exertion, agg. noise, rustling of papers; agg. agg. vaccinations, radiation; amel. massage, magnetising; agg. coition, agg. soap.

Complaints

Pains: stitching, as of splinters or needles. Hair sensations.

Discharges: thick, yellow, hard, smelling of old cheese, difficult to dislodge.

Inflammations: chronic, obstinate, hard; abscesses.

Epilepsy, petit mal. Dizziness

agg. wine and getting up.

Paralysis.

Headache every 14 days.

Red cheeks, agg. wine.

Ear infections.

Colds, sinusitis, swelling of glands.

Teeth: caries, crooked, large incisors; agg. dentition.

Anaemia (3), from iron deficiency, low and high bloodpressure.

Stomach problems, vomiting without nausea. Diabetes.

Diarrhoea agg. eating.

Vascular complaints.

Constipation with hard stools

which slip back.

Arthritis. Back problems, scoliosis. Bones brittle, little elasticity; rickets; exostoses. Shoulder problems (3).

Skin sensitive, thin, cracking; scars, keloids, acne, eczema.

Hair thin, brittle, grey with a sticking up forelock.

Nails brittle, crumbling, fungus, yellow, black, brown, ingrowing, white spots.

DD: Silicium series, Ferrum series, Stage 8 and 10.

Case by Rienk Stuut

A 35 year old woman suffers from frequent colds, sinusitis

and coughs, which take a long time to clear up. Her first child was born one year ago and since then she has been feeling very tired. She spent 4 months at home being ill. It started with a dry cough, worse at night with a stopped up feeling in the chest. After that she got herpes on her top lip on the right side, something she has had from time to time since she was 16. She also started to get dizzy, agg. standing and agg. moving her head.

Pain above her right eye and pressure underneath the eye,

which turned out to be a sinus infection. Complaints are agg. at night, pressure, eating and cold. It isn't getting better, even though she has plenty of sleep and goes to bed at 9 pm.

Her daughter goes to the creche two days a week and she has a part time job working with computers. She finds these days quite hard, because of all the hurry. She feels the responsibility of working and having a child is a bit much because she is too much of a perfectionist. Several times a year she has a dream that she

is in the final year of a secondary school and wants to transfer to another college but she can't finish the required reading list. This wasn't the case in real life, but she recognises the feeling of not getting things done on time. She feels 'she has to be able to do it', and she has great difficulty admitting she can't. 'When I start something I don't give up until it is done'. She is always busy planning and making sure her schedule runs on time. She grew up with the idea that 'things have to get

done, it is no good sitting still, you have to set yourself some targets'.

She wonders whether she should carry on with her job or whether it is better to stop for a while. 'But I can just imagine what my friends would say'.

She finds it difficult to stick up for herself. She used to be very shy as a child, always did as she was told. Her mother didn't want her to go to university so she didn't. her only form of protest was 'doing nothing'. She never learned to answer back, but she quietly

goes her own way.

She dislikes job interviews and is afraid of failure or being criticised on what she has to say for herself. She only feels confident when she is sure that she knows more about a particular subject than the person she is talking with.

She used to suffer from boils on her buttocks, back and legs. She also used to have problems with her teeth, she had large 'fangs. Seven years ago she had a myoma removed because of severe bleeding and anaemia.

Generals

Weather: agg. cold (3); cold feet agg. evening.

Perspiration: on her chest at night.

Time: agg. night.

Desires: warm food.

Aversion: meat, because it isn't good for your health and she feels sorry for the animals, coffee.

Menses: profuse, clots; sacral back pains agg. before menses, radiating to right leg.

Sleep: bad agg. daughter waking up frequently; on right side; frequent waking, difficulty falling asleep.

Analysis and reaction
Silica seems to be the indicated remedy if we use the old way of analyzing the case: She is sensitive, suffers from sinusitis, feels tired, cold, perspiration at night, aversion to meat, boils, teeth problems.

After Silica 1M she feels much better, less uptight and less colds. Six months later she comes back because she 'can't carry on like this'. She is 4 months pregnant and she has frequent colds again with a tickling cough that sometimes makes her vomit. Involuntary

urination from coughing. White leucorrhoea with burning and itching. Anaemic again, 'I am still so tired, I simply can't go on'. She is afraid that she won't be able to cope without her husband who is going away for 3 weeks.

Silica 1M brings some improvement but she remains very tired. The anaemia doesn't get better, the iron level is low. She says: 'I still feel I have to prove that women who have children can also have a job'. On the other hand she feels sometimes that people think:

'one of those working mothers again!' 'I have to make a good impression, especially at work'.

She had a dream that she went to the higher education college and her best friend told her that two boys in her class wouldn't accept her. One of the teachers had persuaded her to take the step and the challenge had appealed to her. She always told people she had done badly in an exam, to protect herself from a possible disappointment.

On further analysis it becomes clear that there is something

else beside the Silicium element in this case. The perseverance, the anaemia, the profuse menses, agg. night, fear of failure and right sidedness are all part of another element, i.e. Ferrum.

Taking these two elements together we see the combined theme of Ferrum silicatum: 'I have to make a good impression at work'. She has to make a good impression at all costs. She doesn't want to appear a failure in front of her family and friends, 'she has to be able to manage'.

After Ferrum silicatum 1M the improvement is lasting. She can manage quite easily, even with two children. The pressure has gone, everything runs smoothly.

Cobaltum metallicum

Cobaltum is reasonably well known, although it has mainly been prescribed on a few keynotes. Pelt has done a proving in 1995.

Signature

The name is derived from the word 'kobold', meaning 'bad spirit', because this metal was

an unwanted discovery in the search for more precious metals like copper, silver and gold.

Cobalt increases the strength and corrosion resistance of steel and makes it easier to cut. Cobalt alloys are used in cutting instruments such as razor blades, surgical instruments etc.

Cobalt blue, which is cobalt aluminate, CoAl_2O_4 , is a colouring pigment used in pottery, porcelain, paints, and photography. Other blue pigments containing Cobalt are

**a.o. Cobalt stannate, CoSnO_3 .
Some cobalt salts turn to a
pink colour in a humid
environment, and to blue in a
dry environment, hence its use
in 'weather forecasters'.**

Vitamin B12 contains cobalt.

Concepts

Stage 8

Getting ready

Setting up

Extension Harvest

Presenting yourself

Finishing touches

Test

Trial

Blunder

**Not quite Nearly
Cancelling
Ferrum series
Task Work Duty
Craft Use
Ability Perfection
Routine Order Rules
Control Exams
Observed Criticism
Failure Guilt crime
Pursued Tried
Adult
Village
Group analysis
Getting ready for the task.
Setting up your project.
Anticipatory fears about the**

task.

Success is just out of reach.

Checking for faults.

People who default are brought to trial: police.

Getting ready for the exam.

Trial runs, 'mocks'.

Committing blunders in your exam.

Criticism is felt as failure.

Afraid to take the step to the next task: cancelling.

Fear of committing a blunder at work.

Letting down the community.

Picture of Cobaltum

Metallicum

Essence: getting ready for the task.

Getting ready for the task
They are ready to take on a task. They are preparing themselves to start a trade or a craft. They want to be perfect in what they are about to start, showing others that they are capable of putting their knowledge into practice. They are setting up the job.

Testing for faults: details
Before they really start they like to have a trial run to see if everything works. They know that the overall plan is sound,

but there might be some minor snags that could cause a problem. That is why it is better to have a trial run, they like things to be perfect.

Overlooking a minor detail now could ruin the whole project.

They have every reason to be calm because there is still time to correct any mistakes. But usually they tend to be nervous and hurried, afraid that everything will go wrong at the last minute.

People who default are brought to trial: police

The testing may also be done

by people in the village who are especially appointed for this task, for instance the police.

They can be quite frightened of the police. We sometimes hear of children who are scared of the police without any apparent reason. As if they have done something wrong, but they don't know what. The English word for policeman is 'cop' which is very similar to 'cob', the abbreviation of Cobaltum.

Criticism is experienced as failure

They quickly get the feeling

they have failed. They have little self confidence and always feel they are not up to their task. They know they can do it, but always feel that it will go wrong at the last minute, that they just won't make it. The feeling of 'not quite' is very typical of Cobaltum. They are nearly there, but not quite and they feel as if they'll never get beyond this point.

They also feel they are being observed and they can't escape from this fact. 'Everybody knows' that they can't quite make it. That is why they don't

like to talk about themselves or to look people straight in the eye. Whenever they have a problem they want to solve it first before they talk to anyone about it. At least the risk of failure has passed by then.

They don't like to criticise others either. They are afraid of being too harsh and making him feel that he is no good. Not only that, but there is also the rule that what you give you might get back, so it is better to be very careful.

**Afraid to take the step:
cancelling**

Their attitude towards work can be twofold: on the one hand they look forward to it, feeling they might make it after all, and on the other hand they can have an aversion to the whole thing, knowing that 'it won't come to anything, as usual'. A typical situation is the last minute cancellation of a project. Everybody is surprised because it was all set to go, but they themselves felt that it would have gone wrong anyway. Getting ready for the exam They are afraid of failing their exams, of having a black-out or

committing a blunder. This may actually become a self fulfilling prophecy. They study till deep into the night before the exam, partly because they tend to put off everything until the last moment. Another typical situation is that they get so worked up that they give up just before they are about to take the exam, or they decide not to turn up on the day, because 'I will fail anyway'.

These people constantly feel like a student in the final, nail biting days before his exam.

Fear of committing a blunder

at work

When they feel they have failed they get depressed and give up. This is the theme we know best from rubrics such as: Delusion he has committed a crime and everyone knows it', or 'Thinks too little of himself' (Allen, vol. 3, page 361) and 'Condemned, mean feeling, as though guilty of some deeds of which others knew'.

They feel let down in the eyes of the community. A negative report about them in the newspaper makes them feel totally isolated.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, let down, exam, tests, blunders, lessons, impotency.

Dreams: unsuccessful attempts, paralysis, blunder, failure, erotic, lively, no dreams; no way forward, last bit of nature, castration, cancer of the tongue, isolation, cancer of lung, oesophagus or larynx, patients cancels appointment, not being able to leave on time, people are in the way, nits, guilt.

Delusion: is a criminal and everyone knows it, despised, pursued, being too small, being tall.

Mood: lively, excited, gloomy about self, restless, nervous, hurried, impatient.

Irritability: suppressed, aggressive.

Mental: clear, active, confused, agg. motion, dull, conservative, dementia, Alzheimer.

Expressions: not quite, nearly, after all that.

Causes: failure, criticism by teachers, police or parents.

Work: -amel. and agg.-.

Generals

Locality: right.

**Weather: agg. cold, agg. damp,
amel. outside.**

Perspiration: feet, sour.

Time: agg. 5 am.

**Desires: fish, sweet, meat,
spices.**

Aversion: sour (3), warm, milk.

Food: agg. alcohol, wine.

**Sleep: wakes at 5 am.,
unrefreshed.**

**Physical: agg. sitting, amel.
walking, standing, lying down;
agg. pressure.**

Complaints

Discharges are foaming.

Retarded growth, spina bifida.

**Cancer of tongue, throat,
lungs, oesophagus.**

**Vertigo agg. stools. Weakness,
tiredness.**

**Epilepsy (Dreisbach). Vertigo.
Neuropathy, degeneration of
fibres.**

Encephalopathy.

**Headache; in occiput, above
eye socket, agg. scratching,
agg. getting up, agg. stooping;
heat and swelling; as if the top
of head is flying off.**

**Hazy vision, no colours,
optic atrophy. Lachrymation
in open air.**

Deafness (Dreisbach).

Dry mouth. Lips cracking.

Thick tongue. Split palate.

**Tongue smooth, red, painful,
white, fissure down the middle.**

Salivation at night. Colds.

Thyroid enlarged (Dreisbach).

**Pneumonia (giant cell
interstitial), fibrosis,
thickening of the lung tissue
(Dreisbach).**

Cough, dry or foaming mucus.

Asthma, suffocative feeling.

**Hypotension, pericarditis,
congestive heart failure, heart
pains, cor pulmonale, epilepsy,
too many red blood cells**

**(Dreisbach). Anaemia (3),
pernicious(3!).**

**Clotting function disturbed.
Weak pulse. Arteriosclerosis.**

**Stomach complaints,
heartburn, vomiting**

(Dreisbach). Diabetes.

Diarrhoea.

**Impotency, seminal emissions
at night without erection.**

**Affections of kidneys; pain in
urethra on standing. Enuresis.**

**Back pain, lumbar, agg. sitting,
amel. walking, standing, lying
down. Affection of bones.**

Heavy legs. Pain in shoulders.

Inflammation of joints.

Legs congested. Paralysis.

Hands tingling.

**Eczema, red, blistering
(Dreisbach). Acne on chin.**

Vitiligo.

**DD: Ferrum series, Stage 9,
Vitamin B12.**

**DD Ferrum: feels heavy, has a
heavy task, needs to force his
way through. Cobaltum has
nearly reached his goal, there
is not much work left to be
done, only the final details.**

Case by Alex Leupen

**A 60 year old man has high
blood pressure, 220 over 150,
takes allopathic medicine**

(Renitec). He occasionally checks his blood pressure himself and he has noticed that it goes up whenever he has to go to dancing lessons. His wife criticises him if he makes a mistake while dancing. His blood pressure also goes up when he drives and when he has to go to Italian lessons.

He also gets stomach pains, worse from alcohol. Sometimes he is impotent, especially when his wife is putting the pressure on. She insists on making love quickly when the children have gone out for a little while.

He suffers from hot flushes, heat in his head, worse from excitement and wine. At night he has itching and restlessness in the palms of his hands and soles of his feet, he has to uncover them.

His son has diabetes and has to have insulin injections and a special diet. He is rather careless about this prescription and frequently gets into a state of hyperglycemia where he quickly has to have an injection to save him. The father gets very angry about the fact that his son doesn't

stick to the rules. It makes his stomach burn and his blood pressure go up. If it was him who had diabetes he would strictly follow the prescribed rules.

He is romantic and likes going out for a meal. But he is also a bit unsure of himself, rather nervous and restless, his feet moving are constantly on the move. He has occasional stuttering. He can't stand people looking down on him.

Generals

Weather: warm.

Perspiration: easy.

Time: agg. 5 and 11 pm.

**Desires: everything, meat (3),
spices, fish, fat, cheese.**

Aversion: milk.

Analysis

There are quite a few elements of the Ferrum series in this case: sticks to the rules, agg. criticism, agg. having to achieve, agg. pressure, busy, restless, unsure, constant movement of his feet, itching and restlessness in palms and soles, agg. being looked down upon. In this Ferrum series the impotency is most typical of Cobaltum and Selenium. But in

Selenium we would expect to see more indifference and neglect. That leaves Cobaltum, which seems to be the indicated remedy in this case, especially if we look at the reason for the impotency: the love making has to happen when the children have left the house for a few minute. Will he be able to manage in this time, or will it be a failure?

Another typical symptom is his aggravation when his son is being careless. His son is not strict (Ferrum series), so that things nearly (Stage 9) go

wrong. He gets angry when his son doesn't follow the rules (Ferrum series), it makes his stomach turn sour and his blood pressure go up.

Another remedy that could be indicated is Caladium.

Reaction

After Cobaltum 1M his blood pressure returns to normal. No more impotency, he feels more quiet, gets less worked up about the issues around his son. The stomach is much better, he no longer needs to take Zantac. Six months later everything is still going well.

Case

**A man has got back pains
[Cobaltum], agg. 5 am
[Cobaltum], agg. breathing in
deeply. He has had an
emotional year, they were on
the point of moving house
when his neighbour and good
friend got cancer and he and
his wife decided to take on the
care [Ferrum series] of that
family.**

Cobaltum phosphoricum

**Cobaltum phosphoricum is a
new remedy.**

Concepts

Cobaltum

Getting ready

Trial

Details

Police

Cancelling

Hurry

Blunder

Phosphoricum

Communicative

Sympathetic

Brothers

Friends Neighbours

Learning Curiosity

Travel

Homesickness

Group analysis

Getting ready to communicate.

Getting ready for talks.

**Details in the communication
going wrong.**

**Seeing the details in a
language.**

Failure through lack of study.

**Exhausted from study and not
turning up for the exam.**

**Testing things out on your
friends.**

Being tested by friends.

My brother is a policeman.

Cancelling a journey.

Sympathetic and hurried.

Being alone because everyone

is in a hurry.

**Picture of Cobaltum
Phosphoricum**

**Essence: getting ready for
communication.**

**Getting ready for
communication**

**They consider it to be their
task to keep the
communication between people
going. They like to choose a
profession in the
communication branch.**

**Arranging talks is a task they
enjoy taking on, although they
often feel that it might go
wrong at the last moment.**

They have to pay great attention to detail, because the slightest misunderstanding in communication or most trifling detail might upset all the plans. The result of this is that they appear rushed and nervous most of the time.

Failure through lack of study
The way to achieve the most in life is by studying hard. As long as they have a good education they will be able to get a good job. But the nagging feeling inside is that their educational background is not quite high enough to get them

the job they want. They are afraid that they will fail their exam because they haven't done enough. And then they will be stopped short in their career. When this does happen they feel very stupid.

They are inclined to stop their studies before the final exams because they won't make it anyway. Or they may stop their studies to give their brother or sister or friend a chance to study. Or they may let their friends get ahead of them to give them a chance to graduate first.

Testing things out with your friends

They like working together with friends or brothers and sisters. But even then they feel they won't quite succeed to set up a business. They keep trying out their projects, forever afraid that something still isn't not quite right. Or they may feel they are being watched by their friends, it doesn't feel like a partnership but more like being watched over by a policeman all the time.

Cancelling your journeys

They love travelling, but tend

to feel this as a task rather than a pleasure. And if the slightest thing goes wrong the whole journey might be cancelled. They are afraid of missing the plane, losing their passport, having their luggage stolen etc. When they think about all these possibilities they lose all faith in the journey and they call whole thing off.

**Sympathetic and hurried
They are very sympathetic towards children, friends and relatives. They are also well known at work for their**

sympathetic attitude. But they can be very nervous and rushed at the same time. There is so much work to be done that they don't have time to communicate with others. Or others are so busy with their work that there is no time for communication, which makes them feel very cut off and isolated.

Expressions

Fears: failure, criticism, opposition, anticipation, observed, blunders, failure, exams, tests, lessons, impotency.

Dreams: unsuccessful efforts, paralysis, failure, erotic, lively, no dreams, being throttled, sending away friends who died.

Delusion: being a criminal and everyone knows it; despised.

Mood: lively, excited, gloomy about self, restless, nervous, hurried.

**Mental: clear, active; confused
agg. motion, dulled.**

Expressions: not quite, nearly, after all that.

Causes: failure, criticism by teachers, police or parents.

Work: -amel. and agg.-.

Generals

Weather: agg. cold, agg. damp, amel. outside.

Perspiration: feet, sour.

Time: agg. 5 am and 9 pm.

Desires: fish, sweet, meat, spices.

Aversion: sour (3), warm, milk.

Food: agg. alcohol, wine.

Sleep: wakes at 5 am.

Physical: agg. sitting, amel. walking, standing, lying down; agg. pressure.

Complaints

Cancer of tongue, throat, lungs, oesophagus.

Vertigo agg. stools.

Epilepsy (Dreisbach).

Headache, burning; in occiput, agg., scratching, agg. getting up, agg. stooping; heat and swelling; as if the top of head is flying off.

Hazy vision. Lachrymation in open air.

Deafness (Dreisbach).

Dry mouth. Lips cracking.

Tongue white, fissure down the middle.

Ear infections, about to burst, sharp.

Throat infections, feeling of knife in throat, swelling.

Thyroid enlarged (Dreisbach).

Hypotension, high

**bloodpressure, palpitations,
pericarditis, congestive heart
failure, heart pains, too many
red blood cells (Dreisbach).**

Anaemia (3).

**Heartburn, vomiting
(Dreisbach). Diabetes.**

**Impotency, seminal emissions
at night without erection.**

**Affections of kidneys; pain in
urethra on standing.**

**Back pain, lumbar, agg. going
to sit down, amel. walking,
standing, lying down.**

Affection of bones.

**Legs congested. Paralysis.
Fingers swollen and tingling.**

Eczema. Acne on chin.

DD: Silicium series, Ferrum series, Stage 9, 11-15.

Case by rienk stuut

A 31 year old woman has red cheeks, with an open and friendly but slightly tense face. She suffers from high blood pressure, 140 over 110. She feels as if there is cotton wool in her head and her fingers are swollen and tingling in the morning. Also headache in the occiput on getting up in the morning, disappearing during the day, or moving to above the eyes. This last symptom is

particularly bad when she sets herself all sorts of tasks to achieve and when she feels rushed. She also suffers from palpitations.

The problems started when there was some redistribution of tasks within the university where she worked. Her function as secretary of the department was going to be shared by a so called overseer. Until then she had done this job to everyone's satisfaction and she was asked initially to carry on in her function together with this new person. All this happened when

she was on pregnancy leave. But when she came back it appeared that they wanted one person to do the job and that this had to be someone with a degree. Her proposal to do a management training course was not considered to be enough.

She was very upset: 'They have lied to me all this time when they were telling me I was doing the job well. And now they tell me to quit, after all that work I have done!'

All her self confidence was gone in one single moment.

She didn't want to accept another, minor post, with the same salary. Now she works in another department in a similar position, but she misses the diversity of her first job.

She describes herself as someone who gets worked up about all sorts of trifling details. She has a friend whose mother is very ill at the moment and she is very concerned for her. 'There is nothing that can be done anymore'. She is also concerned about her children, but at the same time she

thinks it important that as a mother she should carry on working and studying. She loves studying, but when she was at university a few years ago she gave up half way through to give her husband a chance to finish his studies, while she got a job to take care of their income. She was a hard worker because she tended to feel that she had never done enough to pass her exams (which wasn't true). She was afraid that everybody would know she had failed and would think: 'I always knew you

weren't clever enough'. She recognises the same feeling when her little son is unable to do something and people notice this. It makes her feel awful on his behalf. Fortunately it doesn't seem to bother him at all.

Analysis

Based on her fear of failure, particularly related to study, she was given Cobaltum phosphoricum. The sympathetic side and her feeling for other people shows the Phosphor element, in this case combined with failure or

not being able to put things right anymore.

Her problems started when it became clear that she lost her position because she had 'failed' to finish her university studies.

Reaction

After Cobaltum phosphoricum there was an initial aggravation, but then the complaints disappeared one by one, her blood pressure became normal again and she felt much calmer.

Cobaltum muriaticum

Cobaltum muriaticum is a new remedy.

Signature

Cobaltchloride gets used as humidity detector (weather forecasting), secret writing ink, brown and green photographic colouring agent, and as absorption material in gas masks and in animal feed to filter out ammonia.

Concepts

Cobaltum

Getting ready

Trial

**Not quite Nearly
Details
Police
Cancelling
Hurry
Blunder Let down
Muriaticum
Broken relationship
Mother Child
Care Nurturing
Attention
Mother
Self-pity
Attention seeking
Sadness
Alone
Anti-social**

Group analysis

Work and motherhood can't quite be combined.

Getting ready for motherhood.

Not quite getting enough attention.

Not quite giving enough attention.

Fear of failing in front of her mother.

Mother is afraid to fail.

Mother acts like a policewoman.

Not quite ready for the birth of your child.

Letting yourself down by self-pity.

Picture of Cobaltum Muriaticum

**Essence: work and motherhood
can't quite be combined.**

**Work and motherhood can't
quite be combined**

**They like to do their work
well, but at the same time they
want to be a good mother and
the two just don't go together.
They run around nervously to
try and get everything done
and they can't quite manage.
They keep thinking they have
overlooked some important
details. They may dream for
instance that they have**

forgotten to feed their child.

Not quite giving enough care and attention

They may see motherhood as a task where they constantly have to make sure that they don't make a mistake. They are afraid that something will go terribly wrong so that their child will die and the police will hold them responsible.

Not quite getting enough attention

Or they may need a lot of attention themselves, which they try and get by working very hard or doing their very

best at school. But they keep thinking that they will fail and will therefore be left behind, all on their own. It is their mother's attention they are most desperate to get, but the struggle seems quite hopeless.

Mother is afraid of failure

They often have a mother who likes to achieve and who needs her work to feel good about herself. This means she has little time left for her children. In the rush to get everything done she is likely to overlook some important details which eventually cause her to fail

after all, either at work or at home.

Because she senses that this might happen she introduces strict rules which everybody in the house has to obey. Her behaviour is almost like a policewoman, but it is based on the feeling that she has to be prepared for any mishap that could ruin everything. The children feel that their mother is constantly chasing them to get their homework done on time, to do the washing up, to clean their room etc. And if one of them fails an exam at school

mother goes mad and feels it is she who has failed.

Letting yourself down through self-pity

Eventually they feel they will never succeed and that it doesn't matter anyway. They give up trying and spend the rest of their life complaining.

Expressions

Fears: failure, criticism, opposition, anticipation, observed, blunders, failure, exams, tests, lessons, impotency, alone, water, danger.

Dreams: unsuccessful efforts,

paralysis, failure, erotic, lively, no dreams, water, sea, waves, drowning, children, mother, disease or death of friends and family.

Delusion: being a criminal and everyone knows it; despised.

Mood: lively, excited, gloomy about self, complaining, emotional, restless, nervous, hurried.

**Mental: clear, active; confused
agg. motion, dulled.**

Expressions: not quite, nearly, after all that.

Causes: failure, criticism by teachers, police or parents.

Work: -amel. and agg.-.

Generals

Build: thin.

Locality: left.

Weather: warm, agg. cold, agg. damp, amel. outside; agg. amel. sea.

Perspiration: feet, sour, agg. heat, agg. making love; axillae, back and between breasts.

Time: agg. 5 am and 11 pm.

Desires: fish, sweet, meat, spices, salt, starch.

Aversion: sour (3), warm, milk, meat, fish, salt, starch.

Food: agg. alcohol, wine, fish.

Menses: profuse; agg. before,

**during or after menses, agg.
after pregnancy; painful and
swollen breasts before menses.**

**Sleep: difficulty getting asleep;
wakes at 5 am.**

**Physical: agg. sitting, amel.
walking, standing, lying down;
agg. pressure.**

Complaints

**Cancer of tongue, throat,
lungs, oesophagus.**

Vertigo agg. stools.

Dry mucus membranes.

**Headache, burning; in occiput,
agg. scratching, agg. getting up,
agg. stooping; swelling, as if the
top of head is flying off.**

Hazy vision. Lachrymation in open air.

Earache, throbbing.

Dry mouth. Lips cracking; herpes on lips.

Tongue white, fissure down the middle.

Lumps in breasts.

Hypotension, pericarditis, congestive heart failure, heart pains, too many red blood cells (Dreisbach). Anaemia (3).

Palpitations with feeling as if blood is flowing too fast.

Constipation, stools hard and dry.

Impotency, seminal emissions

at night without erection.

**Vaginal discharge,
inflammation of ovaries,
dermoidcyst.**

**Affections of kidneys; pain in
urethra on standing.**

**Back pain, lumbar, agg. going
to sit down, amel. walking,
standing, lying down.**

**Pain in neck and shoulder agg.
massage. Paralysis.**

**Skin eruptions, on chest and
arms, red spots, agg. sun.**

**DD: Silicium series, Ferrum
series, Stage 9 and 17.**

Case

A 20 year old woman has had a

nervous breakdown. She was training to be a policewoman and everything went well until the final weeks of the course when they had gun practice. They had to act out an imaginary emergency situation and suddenly had to decide whether they were going to shoot or not. During one of those practices she had fired her gun (which was loaded with dummies) but afterwards had gone into a panic at the thought of having to use real bullets one day. She went into a state of hyperventilation

twice at the mere thought of not having considered her actions carefully enough. She got a nightmare where she relived the practice situation and she didn't know whether to shoot or not and she woke up with a start when the gun went off.

Her neck, shoulders and left arm feel stiff. It hurts when she has it massaged, it feels as if little electric shocks are shooting through her elbow.

The situation at home isn't very good. She still lives with her mother who pressurises her

and 'kicked' her into the police training college. She is like her mother in the sense that she is also very ambitious. She wants to become a policewoman and show everyone what she can do. But in her heart she is afraid that she'll fail. Now this has become reality and she feels very low. She looks self confident but this is only show. She also had a dream in which she had to chase a woman who was carrying a gun with 9 bullets. She herself had 18 bullets and by firing her own gun and provoking the woman

to spend her 9 bullets she was able to outwit her.

When she was 17 she had one ovary removed because she had sudden intense pains with fainting. They thought it was appendicitis but it proved to be a dermoid cyst on her left ovary. She used to have herpes on her lips from time to time.

Generals

Weather: cold, -amel. sun, -amel. outside, agg. draught.

Perspiration: easy, agg. heat, agg. making love; under arms, on back and between breasts.

Time: agg. 6-7 pm.

Desires: chocolate (3), mashed potatoes with carrots (3), sweet, cheese, milk, tea.

Aversion: fish, fatty meat, spinach, endive, coffee.

Food: agg. fish.

Menses: backache with fainting during menses; weeping before menses; heavy bleeding.

Analysis

Things go wrong during the last part of her training. This indicates stage 9, Cobaltum. She is training to be a policewoman, another Cobaltum theme. She gets into

a panic at the thought of having to use real bullets and perhaps making a wrong decision.

We could give her Cobaltum metallicum, based on this part of the symptoms. But it is her mother who is pressurising her and who 'kicked' her into the police college. This adds an extra dimension, which leads us to Cobaltum muriaticum. Her mother (Muriaticum) likes to achieve (Ferrum series). She dreams that she had to pursue (Ferrum series) a woman (Muriaticum).

Other Cobaltum symptoms: achieving, fear of failure, back ache agg. before menses, neck pains.

Muriaticum symptoms: cyst on left ovary, herpes on lip, perspiration agg. heat, between breasts, agg.- fish, agg. fish, weepy before menses; menses very heavy.

Reaction

One month after Cobaltum muriaticum 1M she feels much better. She still has some ups and downs, but she no longer feels forced to become a policewoman, 'there is life after

the police'. Perhaps she can become a police assistant. Her neck and shoulder pains have gone. She feels calmer and has decided to go and find her own flat. Two months later, after another dose of Cobaltum muriaticum 1M, she has decided to quit this side of the training and to do a course in surveillance.

Case

A 30 year old woman has vaginal discharge and an inflammation of the left ovary. She used to feel lonely as a child, always involved in a

power struggle with her mother [Muriaticum]. She feels lonely, she wants to be cared for [Muriaticum], but every time she just fails [Stage 9] to get what she wants. First it was her mother [Muriaticum] who did not quite give her the care she wanted and now it is her partners. She used to get teased at school because she was the best [Ferrum] pupil in the class. She fell down and got concussed once because she ran out of the house in a hurry, being late [stage 9] for work

Niccolum-met.

The picture of Niccolum has now been extended to include two sides, a friendly side, which we knew already, and an aggressive side which is new. Both are based on the same underlying feeling.

Signature

The name Niccolum is derived from nickel. 'Nikkel' is the German word for little gnome, mountain spirit or little devil. Coppernickel is a deceptive looking ore that contains only nickel and no copper. In

English we have 'nick names' (not the real name), the 'nick' (prison), 'in good nick', 'in the nick of time'.

The metal was discovered in 1751. Combined with steel it reduces corrosion and expansion during heat. It is very scratch resistant, hence its use in coins, measuring instruments, pots and pans, cutlery, milk containers etc. Nickel silver is the most well known alloy, used in cutlery, consisting of 18% nickel, 60% copper and 22 % zinc.

Nitinol is an alloy of titanium

and nickel, particularly useful because it remembers its shape. When it has been bent it will return to its original (Titanium) shape (Ferrum series, Niccolum) as soon as it is heated.

Concepts

Stage 10

Summit Centre

Success Shining

Self-evident

Independent Noble

Self confident Haughty

Balance

Rigidity

Ferrum series

Task Work Duty
Craft Use
Ability Perfection
Routine Order Rules
Control Exams
Observed Criticism
Failure Guilt Crime
Pursued Tried
Adult
Village
Group analysis
Successful at work.
A noble task: haughty.
The epitome of control:
respectable.
A balanced adult.
Stable routines: controlled.

**Master of order and control.
Success through strict order.
Punctilious in performing your
task.**

The ultimate perfectionist.

Stability avoids mistakes.

Picture of Niccolum

Metallicum

**Essence: must be on top and
have everything under control.**

Successful at work

**They want to be successful in
their task, which is usually no
problem. They shine at the top,
often having followed in their
fathers footsteps. They are
ambitious and work hard,**

**sometimes a bit too hard,
which can lead to exhaustion.**

Noble task: haughty

**They feel they are doing a
noble task and they are happy
to do it. As long as they are
willing and kind and helpful
and at their best behaviour
they will be liked by everyone.
But they mustn't get jealous or
moody or annoyed or
interested in sex, because then
they lose control. They should
never let themselves go or
show any strong emotion:
others won't like them if they
are emotional. 'Quarrelling**

people are not nice'. Their childhood was ruled by the principle: maintain the harmony, at any price.

Suppressing emotions

Because the harmony had to be maintained at all times they became very good at suppressing their emotions.

Feelings were not allowed so it was better not to even notice them. It is better to avoid conflict and fend off serious matters with a little joke.

Eventually they no longer know what they feel or what is going on with them. The emotions

are still there, but they don't know where they come from or what they mean. They dream of having their fingers or head cut off, a symbolic portrayal of the cut off emotions.

A balanced adult: finding solutions

Something is not quite right deep inside, but they don't know what it is. This creates a feeling of unrest and pressure. They must solve it, they must know what it is. They can't afford to have this side of themselves leading its own life, out of their control. Otherwise

they might suddenly be faced with a nasty surprise. This is why they like to talk things through until they are at the root of the problem, both for themselves as well as for others or at work. Once they know what is all about they can relax and they start to feel better.

Stable routines: controlled

They want everything to be done in an orderly fashion, so they like to follow the rules. It gives them a feeling of balance, a structure in which they can be successful. They can be very strict and to the point, just like

their parents.

Relationships have to follow the same rules, which means they are usually not very close. They often feel as if they are living in isolation, as if surrounded by a glass barrier.

Stability prevents mistakes

The other side of ambition is lack of self-worth and a feeling of not being able to manage.

They are very precise and when they make a mistake they want to rewrite or remake their whole project. They haven't got the courage to stand up for themselves, hence their dreams

of teeth falling out. When they don't succeed in a task they start to doubt themselves. They often feel as if they aren't properly grounded. They may even feel persecuted as if they have done something wrong.

Instability during exams or evaluations

They hate being checked on their work because they have worked terribly hard and done all they could. Exams are a nightmare, they may have black-outs.

They want to escape the bureaucracy with all its rules

and regulations, it has all been too much. They want to be free, ride a motorbike into the big wide world, or escape into a fantasy world where there are no rules.

Expressions

Fears: exams, anticipatory, failure, criticism, alone, opposition, observed, accidents, car wheels.

Dreams: unsuccessful efforts, paralysis, cutting off fingers or head, death, devil, falling, graves, accidents, water, erotic, being bitten, drowning, funeral, murder, quarrels, teeth falling

out, exams, falling in the water and not finding the surface, church, cross, red, blue, silver, flattened by a large ball and being pushed from the top of a flat (Peters, personal comment).

Delusions: everything becoming large and small.

Mood: cheerful, dull, flat, quite, no passion, gloomy.

Irritability: quarrelsome, contradictory, cruel, malicious, surly, agg. contra-diction, agg. being interrupted.

Mental: sluggish, confused, numb.

Contacts: shy, friendly,

**withdrawn, agg.- talking, agg.-
conflicts, -amel. company.**

Hobbies: Tai-chi.

**Professions: lawyer, judge,
military, vicar, teacher, civil
servant, writing professions.**

Causes: final exams, fright.

Generals

Type: small, thin, fat.

Locality: right.

Weather: cold; cold feet (2).

**Time: agg. 1, 5 pm; agg.
winter.**

**Desires: asparagus (3),
liquorice, sweet, tomatoes,
alcohol, tobacco, raw food,
spices.**

**Aversion: meat, milk, coffee,
boiled vegetables.**

Food: agg. brandy, coffee.

Sleep: difficulty falling asleep.

Physical: amel. rubbing.

Complaints

Cancer. Paralysis. vertigo.

Congenital diseases.

Period headaches, agg.

coughing, amel. holding head.

Sinus infections.

**Inflammation of tonsils, right
sided, stitching pains amel.**

swallowing, radiating to ear;

earache amel. pressure.

Inflammation of gums.

Swollen glands, fear of

suffocation.

Cough, has to put hands on thighs. Tough white mucus.

Lung complaints, infections, asthma, cancer (Dreisbach).

Palpitations. Anaemia (3).

Stomach pains, sensation as if a ball in stomach, amel.

rubbing, amel. eating, nausea.

Affections of pancreas, stones in pancreas like a green pea with white threads of fungus.

Mucoviscidosis. Diabetes.

Liver problems. Diarrhoea.

Miscarriages, abortus.

Rheumatoid arthritis.

Eczema, on wrists, lower arms,

cracks agg. stretching, exuding sticky fluid. Dandruff.

DD: Ferrum series, Stage 10, Calcareo sulphurica, Carcinosis, Lycopodium, Magnesiums, Plumbum, Staphysagria.

DD Cobaltum: they are much more nervous, feel as if they are at the dress rehearsal, or the day before the exam.

Niccolum can either be very quiet and composed during the exam, or get into a panic and forget everything he has learned.

DD Plumbum: doesn't feel any

emotions at all, neither his own nor other people's.

Niccolum sulphuricum

Niccolum sulphuricum gets a brief description in Clarke and a slightly larger one in Boericke.

Signature

Nickelsulphate is found in nature in the form of the semi precious stone morenosite, its colour varying from emerald green to whitish green. It gets used as a colouring agent in ceramics, glass and jewelry.

**Added to water it keeps cut
flowers fresh.**

Concepts

Niccolum

Successful

Respectable

Controlled

Suppressed emotions

Solving problems

Haughty

Sulphuricum

Love

Marriage Partner

Self love Egotism

Jealousy

Joy Satisfaction

Harmony Beauty

Clothes
Lazy
Ugly
Theorising
Group analysis
Very restrained in love.
Suppressed love.
Suppressed in their love life.
Suppressed by their partner.
A very restrained partner.
A respectable marriage.
Haughty love.
Wants to solve his jealousy.
respectable self love.
Harmonious and controlled.
Picture of Niccolum
Sulphuricum

Essence: very restrained in love.

Very restrained in love

They like to stay in control and this hampers their love life. They find it difficult to admit to feelings of love and passion. They find all talk about love rather trivial. If they do allow themselves to fall in love it tends to be rather a technical and cool affair. They would rather push their feelings down and not fall in love.

Perhaps they were teased in the past with expressions like: 'You are really letting yourself go' or

'You have really lost your head now!'

Suppressed in their love life
A variation on this theme
could be a relationship where
they feel suppressed. Their
tendency to push their feelings
down could lead to a situation
where they put themselves
aside for the sake of the other.
They realise what they are
doing and they know it isn't
right because what they need
most is extra space and
encouragement to express
themselves.

They want to have found a

solid base inside themselves before they want to enter into a relationship.

If their partner falls in love with someone else they get jealous, but even this jealousy is immediately suppressed.

**Suppressed by their partner
Or they get a partner who suppresses them and doesn't give them any space. The mere knowledge that someone has fallen in love with them can make them feel suppressed or persecuted: 'adoration means persecution'. A typical situation that fits this theme is**

that of an arranged marriage.

A very restrained partner

Another variation is that they have chosen a very restrained partner who can't handle emotions and who is afraid that his or her own emotions will be triggered. This type of partner might be so desperate to retain control that they appear very haughty.

Harmony and restraint

They are very restrained and hate strong emotions. They don't see the point in getting angry or upset and they don't like to be interrupted by these

sort of violent outbursts from others. They like to live in harmony, which is reflected in their choice of clothes and jewelry. But even here the deliberations are more technical than emotional. They may choose some beautiful clothes which don't suit them at all. Their emotional sense of harmony was never consulted.

Expressions

Fears: exams, anticipation, failure, criticism, alone, opposition, observed, accidents, heights, poverty, ugliness, dirt.

Dreams: futile efforts, paralysis, fingers or head cut off, death, devil, falling, graves, accidents, water, erotic, being bitten, drowning, funerals, murder, quarrels, teeth falling out, exams, falling in the water and not being able to come to the surface, church, cross, red, blue, silver, marriage, nightmares agg. lying on the back.

Mental: sluggish, confused, numb.

Irritability: quarrelsome, contradictory, cruel, malicious, surly, agg. contra-diction, amel.

company.

Contacts: shy, friendly, withdrawn, agg.- talking, agg.- conflicts, -amel. company.

Mood: hurried, impatient, dull, flat, gloomy, restrained, indifferent.

Delusions: everything gets very large and small.

Causes: final exams, fright, loss of loved ones, friends or family, insults, humiliation, shame.

Hobbies: Tai-chi.

Professions: lawyer, judge, military, vicar, teacher, civil servant, writing professions.

Generals

Type: small, thin, fat.

Locality: left (3).

**Weather: warm, agg. heat,
amel. open air.**

**Perspiration: easy, agg.
exertion; parts of body
touching each other; stinking.**

Time: agg. 5 am, 1 and 5 pm.

**Desires: asparagus (3),
liquorice, sweet, tomatoes,
alcohol, tobacco, raw food,
spices, fruit, fat, fried, cold
drinks, vegetables.**

**Aversion: egg, bread, sour,
meat, milk, coffee, pepper,
boiled vegetables.**

Food: agg. alcohol, brandy, coffee.

Sleep: deep, frequent waking; agg. lying in late.

Physical: amel. rubbing, agg.-bathing.

Complaints

Discharges creamy and yellow, smelling of rotten eggs (the smell of rotten eggs is chemically caused by the presence of Hydrogen sulphide).

Burning (3) pains, on orifices. Full, heavy, pulsating feelings. Cancer. Paralysis.

Period headaches, agg.

coughing, amel. holding head.

Sinus infections.

Hayfever, sneezing, burning eyes, hoarseness and itching palate.

Sore throat, hoarseness.

Cough.

Inflammation of tonsils, right sided, stitching pains amel. swallowing, radiating to ear; earache amel. pressure.

Cough, has to put hands on thighs. Tough white mucus.

Asthma, lung cancer.

Heart and vascular diseases.

Varicose veins, heavy legs.

Haemorrhages and bruises.

Palpitations. Anaemia (3).

Stomach pains, sensation as if a ball in stomach, amel. rubbing, amel. eating.

Affections of pancreas, stones in pancreas like a green pea with white threads of fungus.

Mucoviscidosis. Diabetes.

Liver problems. Diarrhoea.

Skin: infections with yellow pus.

Eczema, on wrists, lower arms, cracks agg. stretching, exuding sticky fluid. Dandruff.

Eczema, red patches, on margin of hair, scaling, itching on exertion amel. washing, in

and behind ear, wings of the nose, agg. nickelsulphate, causes blisters, agg. metals, silver, rubber watch straps; agg. wasps, acne, cheekbones.

DD: Silicium series, Ferrum series, Stage 10 and 16, Calcareo sulphurica, Carcinosis, Lycopodium, Magnesiums, Plumbum, Staphysagria.

Case

A 25 year old woman has eczema. She has large red patches on the margin of her hair, itching when she is tense, better when she washes her

hair and when she is occupied. The eczema occasionally extends to her ears, inside and out, and to the nose wings.

She is allergic to nickelsulphate, which gives her blisters. She is also allergic to all non precious metals, silver and rubber wristbands. She can only wear pure silver or gold earrings, otherwise she gets an infection. She is allergic to wasps since being stung a year ago. She got stung in her left jaw. The pain radiated to her shoulder and arm, making the glands under her arm swell up,

which radiated in turn to her side and legs.

She gets acne on her cheekbones, worse during exam times, before menses and during ovulation. The acne started when she was 13, about two years after her first period.

She suffers from hayfever since she is 17, sneezing, irritation around the eyes, hoarseness and itching in her palate. Worse in spring when the witch hazel is in flower, worse in summer by pollen and worse in autumn by fir trees. better at the seaside.

She studied to be a speech therapist but didn't like it. Now she works for a bank, a job in which she has a lot of freedom and independence.

She hasn't got a relationship yet, she like to have space for herself. She avoids men who fall in love with her or who show too much interest. She doesn't want adoring men hanging around her, because 'adoration means persecution'. She wants to be able to go her own way and has no desire to sacrifice herself. First she wants to do her own thing, to

find out who she is and to support herself. Only then will she be ready to remain independent within a relationship.

She feels there will not be enough space in a relationship for her to be herself, 'I am too easily influenced'. She had a dream in which she lived in a big house in an arranged marriage, cut off from the world and not allowed to do what she wanted. she wanted to be free, but she died early instead.

She is very independent but is

inclined to let people get the better of her and then suddenly have an outburst of anger much later on. She is precise and is afraid to fail. She never gets bored, has many hobbies such as cooking, gardening, singing, reading and psychology. She is quiet and restrained, looks very composed.

She can't stand it when people get angry. She can't see the point of it and she shuts herself off from such scenes. Anger is too confronting, first she wants to know what is going on with herself. She doesn't like saying

things she doesn't mean or can't feel inside, 'I don't want to say things that don't fit'.

Generals

Weather: cold agg. fruit.

Time: agg. December.

Desires: fruit (3), salad (2), vegetables (2), cabbage, asparagus, spices.

Aversion: meat, pepper.

Food: coffee: hyper active.

Menses: stomach pains at the beginning, sometimes with vomiting, fainting and chilly feeling.

Sleep: on back.

Analysis

The complaints aren't very specific, except the allergy to nickelsulphate. If we take a look at her feelings about relationships (Sulphur) we see the whole theme of Niccolum sulphuricum represented in her statements. 'Adoration (Sulphur) means persecution (Ferrum series)'. She feels that a relationship (Sulphur) won't give her enough space to be herself (Niccolum). She is easily influenced by others, and she doesn't want to sacrifice (Niccolum) herself for the sake of a partner (Sulphur); she

wants to do her own things (Niccolum). She had a dream of being trapped and isolated (Niccolum), not allowed to make her own decisions (Niccolum) in an arranged marriage (Sulphur).

Her way of dealing with anger is very typical of Niccolum: she doesn't see the point in getting angry, she shuts it out until she has sorted out in her own mind what it is all about, she doesn't want to say anything that isn't to the point.

Other Niccolum symptoms: individualistic, tendency to let

others walk all over her and not getting angry until much later on, precise, fear of failure, composed, eczema, allergy to metals, agg. exams, agg. December, -amel. vegetables, asparagus.

Other Sulphur symptoms: eczema, red, scaling, amel. washing hair, acne, hayfever, -amel. fruit, spices.

Reaction

After Niccolum sulphuricum 1M she developed 'flu' with feelings of heat and sweating, causing her to stay in bed for a few days. She got a sore throat,

much mucus, a blocked nose and pains all the muscles. After that she gradually starts to improve. She gets more energy, she feels more relaxed and has started to work out her priorities in life. The acne and hayfever are much better.

She got three more doses of Niccolum sulphuricum 1M in the course of the following year.

Cuprum metallicum

Cuprum metallicum is a well known remedy. Vithoulkas has described its essence very well (1991) and Smits (1993) has contributed a great deal to the overall picture.

Signature

The name Cuprum is related to Cyprus, where it has been mined since ancient times. We don't know which of these two names is the oldest. Copper and gold are the two most ancient metals known to man. They are also the only coloured

metals.

Statues and bells are cast out of bronze, which is a combination of copper and tin. Its alloy with zinc is called 'messing', often used in medals, coins, cooking utensils. Copper is also used to make water pipes, taps and containers, because of its corrosion resistant properties.

Copper is a good conductor of electricity, hence its use in electric cables, transformers, electric engines etc. The latest developments in superconductors are all based

on ceramic materials that have copper oxide as its main component. The only metal that is even more conductive is silver, but it is also much more expensive.

Concepts

Stage 11

Containing

Holding on

Maintaining

Savings Supplies

Protecting

Possessions Wealth

Privileged

Spreading

Sharing

Ferrum series
Task Work Duty
Craft Use
Ability Perfectionism
Routine Order Rules
Control Exams
Observed Criticism
Failure Guilt Crime
Persecuted Tried
Adult
Village
Group analysis
Holding on to your work:
serious.
Holding on to control: cramp.
Maintaining order: telling
tales.

Maintaining order: ritual.
Detaining people who make mistakes: guards.
Protecting against criticism.
Extending control.
Enjoying rules.
Picture of Cuprum Metallicum
Essence: maintaining control: cramp.
Holding on to your work: serious
These are serious people who work hard. They want to get on with their work, to carry on and expand. They are not allowed to ease up, whatever has been built up should be

maintained. They are serious, hard working, responsible, sometimes even extremely ambitious or fanatical.

Maintaining control: cramp

They don't want to lose control and this tendency to hold on can cause cramps, either on the emotional or on the physical level. They have to be kind and keep their emotions under control, but it is rather a forced sort of smile. They won't let go of their own ideas and thoughts, which are often very conservative. They are rigid and precise. The physical signs

of this rigidity are usually symptoms of cramp, often cramp in the calves, as if they are always having to stand on tip toes. But they can also be cramps anywhere else in the body; in the thighs, back, stomach, heart etc.

**Maintaining order: telling tales
Rules are there to be obeyed.
As long as they follow the rules nothing can go wrong. Or if something does go wrong they won't be blamed, because they have always obeyed the rules.
They love rules, it gives them a sense of security. And it is very**

important to them that nobody steps out of line. If someone doesn't follow the rules they will report them. These are the children who tell tales.

Detaining people who make mistakes: guard

Their desire to control can be quite obsessive. Everything has to be checked, everything has to be perfect. They consider it their task to maintain order and can get very angry if other people step out of line.

Maintaining order: ritual

Another way of maintaining order is through ritual. Ritual

is a key word for Cuprum. Their rigid desire to follow the rules can lead to ritualistic behaviour, a seemingly meaningless set of actions that are constantly repeated in the same order. This remedy could be very useful for people who are frequently involved in rituals, people such as priests or judges. There is often also a sort of superstitious element in these rituals, 'touch wood', 'cross your fingers' etc.

**Protection against criticism
They are very sensitive to criticism, especially when**

someone tells them they haven't stuck to the rules. They don't want others to interfere with their affairs. They can get extremely angry when someone criticises them, or touches them, or even looks at them. Cuprum children don't want to be touched, looked at, carried or driven. Hence their desire to hide or to escape. They want to avoid criticism and the pressure and restrictions of having to fulfil their task. Pressure of work can aggravate their complaints and if it gets too heavy they don't want to

carry on any longer.

Their own criticism of other people is always about not obeying the rules or not doing their duty.

Expressions

Fears: failure, falling, losing control, anticipation, future, arriving too late, new enterprises, criticism, opposition, approached, looked at, touched, people, family, strangers, health, going mad, heart disease, epilepsy, accidents, dark, water, fire; panic attacks with sweating and fainting, big eyes, easily

frightened.

Dreams: futile efforts, paralysis, falling, driving the car without brakes.

Delusions: selling vegetables, general, officer calling a policeman, pursued by enemies or police, loss, thieves, falling, fainting, devils, death, renovating old chairs, busy, insanity, ghosts.

Mood: friendly, mild, haughty.

Aggression: kicking, striking, screaming, destroying, biting, scratching faces (Smits), teasing animals, quarrelling, taunting, shitting in the street,

malicious; agg. being touched, looked at, agg. injustice, agg. insults.

Contacts: mild, friendly, agg.-people, agg.- talking, doesn't recognise friends, mad, acting foolishly, hysteria, imitation.

Mental: exhaustion, confused, dementia, delirium.

Mood: happy, laughing, crying, gloomy, amel. music.

Hobbies: bravado, army outfits, black jackets and clothes.

Work: -amel. and agg.-, amel. agg..

Profession: general, guard, priest, judge.

Causes: overwork.

Generals

Locality: left.

Weather: cold, cold feet.

**Time: agg. 3 am and 5 pm:
sudden attacks.**

**Desires: cold food, cold drinks,
vegetables, bacon, mashed
potatoes, meat (2), cheese,
spices, fish.**

**Aversion: boiled potatoes,
sauerkraut, warm food,
mussels, fruit, sprouts.**

**Food: amel. cold drinks, agg.
warm drinks.**

**Sleep: sleeplessness, light
sleep; agg. agg. lack of sleep.**

**Physical: amel. magnetising,
amel. rubbing, amel. stretching;
agg. teething, amel. lying on
stomach.**

Complaints

Cancer.

fever, leucopenia, neutropenia.

**Epilepsy, starting in stomach
with pain and nausea; thumbs
clenched in fists, biting tongue,
loss of urine, screaming;
afterwards: restlessness,
headache and vomiting.**

**Cramps (3!), in calves. back,
amel. stretching; Chorea,
tetanus, paralysis.**

Restless-ness, lick their lips,

**tongue moves up and down
(Smits).**

**Migraine with loss of sight.
Ear infections. Colds,
sneezing.**

**Asthma (3). Hyper ventilation.
Cough, prolonged, spasmodic,
suffocating, with vomiting,
blueness in face and lips,
stiffness and cramps; whooping
cough. Lung cancer.**

**Heart spasms, pain radiating
to left arm; high blood
pressure; anaemia (3);
Raynaud's; arteriosclerosis.**

**Stomach complaints, pain,
agg. lying on back, feeling of**

**being eaten from the inside,
amel. stooping. Gurgling
sounds on drinking.**

**Diarrhoea, abdominal cramps,
amel. lying on stomach;
cholera.**

**Diseases of the liver, cirrhosis,
Wilson. Diabetes.**

Kidney injuries (Dreisbach).

**Arthritis, spondilitis,
fibromyalgia. Bone deformities,
tuberculosis.**

Eczema; scurvy. Green hair.

**DD: Ferrum series, stage 11,
Arsenicum, Belladonna, Cactus,
Calcarea carbonica, Camphora,
Carcinosin, Chamomilla, Cina,**

**Dulcamara, Hyoscyamus,
Ipecac, Magnesiums,
Stramonium.**

**DD plants containing copper:
Solanaceae, Leguminosae,
Chocolate.**

**DD Niccolum: is more
controlled, only has to do his
work. Cuprum has to maintain
what he has achieved so far,
has to keep everything perfect.
They continuously have to
prove they can still do it.**

Case

**A 50 year old man suffers from
heart spasms. He has had this
for two years and he has been**

in hospital twice to be monitored. The heart specialist can find nothing abnormal. He has stitches in his left armpit, radiating down to the arm. He has cramp in his chest, in the region of his heart, it often wakes him at 5 in the morning, especially when he has been lying on his left side. He is very tired and has to lie down in the afternoon. He also gets cramp in his calves, mainly when he is sitting still at home in the evening. Better when he is moving or stretching his legs. He remembered having this

since he was 4 years old, he used to crawl in bed with his parents who would rub his calves, which made it better. Later on it troubled him in his military service years during marching practice.

He suffers from back pains since a compression fracture of the third lumbar vertebrae 4 years ago. It is aggravated by damp weather, stretching his back and sitting down. It is a stitching, cutting, shooting and burning kind of pain, radiating to his right hip. Sometimes he feels a bit lightheaded and

dizzy. His blood pressure is slightly up and he has a red face.

He is director of a bank and he feels very responsible for his colleagues and clients. He gets very involved and often feels he is as much a social worker as a director. His work is his hobby and he often keeps thinking about it at night. His complaints started when the council didn't keep its promises towards his business.

He grew up on a farm and had to work on the land after school. Everybody at home

used to help. After finishing secondary school he went to agricultural college and gradually worked himself up into accountancy.

He dreams he is driving a car and the brakes are failing.

Generals

Weather: agg. draught (2); -amel. fresh air.

Perspiration: agg. exertion, in the face.

Time: agg. 5 am.

Desires: meat (2), fish (2), sweet, salt.

Aversion: sour (2), ginger (3), tough meat.

**Food: agg. alcohol, mussels (3).
Sleep: good, but wakes up
early, around 5 to 6 am.**

Analysis

The complaints already point to Cuprum. His main complaint is spasms of the heart without any apparent reason like clogging of the arteries etc. He also has had cramp in his calves all his life.

We can recognise the theme of the metals in his approach to work: he is very serious and responsible. Typical for Cuprum is the fact that his complaints started when the council didn't

keep its promise towards the business. Furthermore we have the dream of failing brakes (stage 11 and even more particularly stage 12), and the aggravation from marching as a soldier.

Reaction

Sulphur and Magnesium had done nothing for him. But after Cuprum 1M his complaints, instead of being there all the time, start to go away from time to time. Sometimes he has two or three good days, followed by a couple of bad days, with tiredness and

waking up early. But on the whole he feels better, the edge has gone of it and he feels more relaxed and able to let things be. During the next two years he got 4 more doses of Cuprum 1M whenever the problems started to come back.

Case by Alex Leupen

A computer programmer who may have to take an early pension complains of a spastic colon and cramps in the calves [Cuprum]. He has to keep proving himself time and time again, otherwise his contract won't be renewed [holding on,

stage 11]. He is afraid of not being able to compete with the younger colleagues, but he really wants to work [Ferrum series] for another 5 years till the proper retirement age.

Cuprum aceticum

Cuprum aceticum is described in Boericke and Clarke.

I have had a most unusual opportunity to get to know this remedy. I had been invited to attend the sun dance ritual of the Lakota Indians in South Dakota. This ritual is

performed over 4 days during which time the dancers don't eat or drink anything. The medicine man had asked me beforehand whether I would be able to assist if there were any problems with the sun dancers, who often developed cramps during these rituals. I immediately thought of Cuprum and asked Rienk Stuut to send me some. This he did, choosing Cuprum aceticum as the most likely remedy, considering the ascetic aspect of the occasion.

Concepts

Cuprum

Serious

Cramp

Ritual

Containing

Guarding

Telling tales

Being observed agg.

Aceticum

Ascetic

Hardship

Abstinence

Deprivation

Lonely

Stark

Hard

Group analysis

Working seriously and denying yourself: in the ban of a whim.

Ascetic rituals.

Rigid abstinence.

Hardships lead to cramp.

Protecting people who are deprived.

Work is stark and hard.

Lonely through criticism.

Picture of cuprum aceticum

Essence: ritualistic abstinence.

Working seriously and denying your own needs

They have a tendency to work very hard and to deny themselves all sorts of basic needs. As if they have to fulfil

their duty whatever the cost.

Ascetic rituals

A typical situation is that of ascetic rituals. By repeating fixed patterns and abstaining from eating, drinking or having sex, they hope to get into a trance. The trance is meant to make contact with the spirit world, to receive messages and to bring sacrifices for the sake of the family and the well being of the tribe.

Rigid abstinence

The self imposed abstinence can get too a bit too rigid, they don't know when to stop

anymore. They carry on against better judgment, thus endangering their own health. They are afraid of being criticised and left behind on their own if they don't go on. Protecting people who are deprived

A variation on this theme is that they want to offer protection to those who are having a hard time. They feel something should be done for the hungry or handicapped or deprived in this world.

**Work is hard and stark
In the final stages they are**

completely exhausted. The hardships and exertions often cause cramp in their calves, stomach or other parts of the body. They become totally apathetic, don't want anything, except to be dead, at least there will be no more demands then. Failing that the least you can do for them is to leave them alone to rest and sleep.

Expressions

Fears: failure, falling, losing control, anticipation, future, arriving too late, new enterprises, criticism, opposition, approached, looked

at, touched, people, family, strangers, health, going mad, heart disease, epilepsy, accidents, dark, water, fire; panic attacks with sweating and fainting, big eyes, easily frightened.

Dreams: futile efforts, paralysis, falling, driving the car without brakes.

Delusions: selling vegetables, general, officer calling a policeman, pursued by enemies or police, loss, thieves, falling, fainting, devils, death, renovating old chairs, busy, insanity, ghosts.

Mood: friendly, mild, haughty.
Aggression: kicking, striking, screaming, destructive, biting, scratching faces (Smits), teasing animals, quarrelling, taunting, shitting in the street, malicious; agg. being touched, looked at, agg. injustice, agg. insults.

Contacts: mild, friendly, agg.-people, agg.- talking, doesn't recognise friends, mad, acting foolishly, hysteria, imitation.

Mental: exhaustion, confused, dementia, delirium.

Mood: happy, laughing, crying, gloomy, amel. music.

Hobbies: bravado, army outfits, black jackets and clothes.

Work: -amel. and agg.-, amel. agg..

Profession: general, guard, priest, judge.

Causes: overwork.

Generals

Locality: left.

Weather: cold, cold feet.

Time: agg. 3 am and 5 pm; sudden attacks.

Desires: cold food, cold drinks.

Aversion: boiled potatoes, sauerkraut, warm food.

Food: amel. cold drinks, agg. warm drinks.

Sleep: agg. agg. lack of sleep, -amel. sleep.

Physical: amel. lying down (3), amel. magnetising, amel. rubbing, amel. stretching, amel. slow movement; agg. teething, agg. feathers.

Complaints

Exhaustion, weakness and dizziness. Cancer.

Epilepsy, starting in stomach with pain and nausea; thumbs clenched in fists, biting tongue, loss of urine, screaming; afterwards: restlessness, headache and vomiting.

Cramps (3!), in calves. back,

**amel. stretching; Chorea,
tetanus, paralysis.**

Migraine with loss of sight.

**Ear infections. Colds,
sneezing.**

**Asthma (3). Hyper ventilation.
Cough, prolonged, spasmodic,
suffocating, with vomiting,
blueness in face and lips,
stiffness and cramps; whooping
cough. Lung cancer.**

**Heart spasms, pain radiating
to left arm; high blood
pressure; low blood pressure,
shock (3); anaemia; Raynaud.**

**Stomach complaints, tension,
contraction, amel. eating.**

Nausea. Vomiting, periodic vomiting. Gurgling sounds on drinking.

Diarrhoea, cramps before stool; cholera.

Liver, cirrhosis. Diabetes.

Cramp in muscles of thighs, buttocks, calves, soles of feet.

cramp in hands and thumbs, thumbs are turned inwards.

Cramp accompanied by numbness, stiffness, doesn't know how to move.

Eczema.

DD: Carbon series, Ferrum series, stage 1, 10, 11 and 16, Arsenicum, Belladonna, Cactus,

**Calcarea carbonica, Camphora,
Carcinosin, Dulcamara,
Hyoscyamus, Ipecac,
Magnesiums, Stramonium.**

Cases

All cases mentioned below reacted very well to Cuprum aceticum. There were many more of them but it was impossible to remember them all.

1. A 30 year old man is completely exhausted on the second day. He is lying on the ground and is frequently shifting his position. He has cramp in his thumbs which are

clenched into a fist. He is sweating profusely and you can see a salty deposit forming on the sides of his body. He is hyperventilating and he is unable to slow down his breath or breathe into his abdomen. His blood pressure is low, his pulse hardly perceptible. He is not aware of his surroundings. He wants to drink cold water which is vomited almost immediately.

To my surprise I saw him dancing again the next day, all he had taken the night before was a dose of Cuprum aceticum

and a little bit of fruit juice.

2. Cramp in thighs and buttocks.

3. Cramp in thighs and calves.

4. Intestinal cramps with dehydration.

5. A man with cramp in the thighs, medial, amel. stretching legs, amel. continuing his dancing.

6. Stomach cramps agg. fasting.

7. Weakness, nausea, dizziness.

8. Numbness of the thigh muscles, on the front, doesn't know how to move his legs,

they feel stiff.

9. A man with stiffness and numbness in the thigh muscles, doesn't know how to move them.

10. Weakness and dizziness, with nausea. All he wants to do is sleep, wants to die, doesn't want to dance anymore.

11. Cramp in toes at night.

12. Cramp in legs at night.

13. Cramp in soles of feet and thighs.

14. Cramp in knees, agg. medial side.

15. Cramp and numbness of the muscles.

16. Cramp in stomach, feeling of tension and constriction, = posture, = pressure.

17. Cramp in stomach, feeling of tension.

18. Cramp in back, sacral region, wants to lie down, moves and turns slowly.

Completely exhausted, wants to die. Restless, groaning, wants to sleep.

19. Cramping, constricting feeling in stomach. This man has two other complaints that, unfortunately, weren't touched by the remedy: left sided sciatica with numbness and

headache in neck and left temple. He has had these complaints since childhood and they keep coming back from time to time.

20. Cramp around the heart with the feeling that he is going to die.

21. Diarrhoea with intestinal cramps before stool, the day after the ritual when he started to take food and drink again.

Cuprum fluoratum

Cuprum fluoratum is a new remedy.

Signature

Cuprum fluoratum is used as blue pigment in ceramics and also as a weed killer.

Concepts

Cuprum

Serious

Cramp

Ritual

Maintaining

Guarding

Telling tales

Observed agg.

Fluoratum
Immoral
Breaking taboos
Glamour
Possessions Gambling
Sex
Hard
Superficial
Narcissist
Psychopathic
Lively
Group analysis
Cramp around sex: vaginismus
Ritual sex
Holding on to the glamour.
**Desperately grabbing what you
can get.**

**Telling tales when someone
breaks with taboos.**

An immoral guard.

**Stiffening when you are
touched or looked at.**

A ritualistic psychopath.

Picture of Cuprum Fluoratum

**Essence: desperately trying to
hold on to glamour.**

**Desperately trying to hold on
to glamour**

**They love to be glamorous
and they usually succeed
because they are good lookers
and smooth talkers. But when
something threatens their
glamorous position they get**

very afraid. What if other people won't notice them anymore and they will be cast aside? They will try and do anything to maintain their former position. Everything has to stay as it was. Desperately hanging on to the old ways, they are unable to go with the flow of new developments. It is like a sort of mental cramp, which doesn't help the situation at all, if anything it will hasten the loss of their social position.

Cramp in sex: vaginismus

The above mentioned problem

may also manifest itself in the sexual sphere. Their way of handling sex becomes cramped and desperate. They want to hold on to the nice experiences they once had. This cramp may express itself literally in the form of vaginismus.

Expressions

Fears: failure, falling, losing control, anticipation, future, arriving too late, new enterprises, criticism, opposition, approached, looked at, touched, people, family, strangers, health, going mad, heart disease, epilepsy,

accidents, dark, water, fire; panic attacks with sweating and fainting, big eyes, easily frightened, vague (2), unknown, poverty (2), murder, life, future, travelling, flying, crowds, disease, death.

Dreams: futile efforts, paralysis, falling, driving the car without brakes.

Delusions: selling vegetables, general, officer calling a policeman, pursued by enemies or police, loss, thieves, falling, fainting, devils, death, renovating old chairs, busy, insanity, ghosts.

Aggression: kicking, striking, screaming, destructive, biting, scratching faces (Smits), teasing animals, quarrelling, taunting, shitting in the street, malicious; agg. being touched, looked at, agg. injustice, agg. insults.

Contacts: mild, friendly, agg.-people, agg.- talking, doesn't recognise friends, mad, acting foolishly, hysteria, imitation.

Mental: exhaustion, confused, dementia, delirium.

Mood: happy, excited, impulsive, laughing, crying, gloomy, suicidal; amel. music.

Hobbies: bravado, army outfits, black jackets and clothes.

Profession: general, guard, priest, judge.

Causes: overwork, loss of parents or friends, neglect, incest.

Generals

Locality: right.

Weather: warm, cold feet.

Time: agg. 3 am, 5 and 9 pm; sudden attacks.

Desires: cold food, cold drinks, alcohol (3), spices (3), fresh, sour.

Aversion: boiled potatoes, sauerkraut, warm food.

Food: amel. cold drinks, agg. warm drinks.

Sleep: agg. agg. lack of sleep.

Physical: amel. magnetising, amel. rubbing, amel. stretching, amel. movement, violent movement; agg. teething.

Complaints

Cancer.

Lymph glands painful, hard and swollen, abscesses and fistula.

Epilepsy, starting in stomach with pain and nausea; thumbs clenched in fists, biting tongue, loss of urine, screaming; afterwards: restlessness,

headache and vomiting.

Cramps (3!), in calves, back, amel. stretching; Chorea, tetanus, paralysis.

Migraine with loss of sight.

Affections of teeth, caries.

Asthma (3). Hyper ventilation. Cough, prolonged, spasmodic, suffocating, with vomiting, blueness in face and lips, stiffness and cramps; whooping cough.

Heart spasms, pain radiating to left arm; high blood pressure; anaemia (3); Raynaud.

Stomach complaints, pain, agg. lying on back, amel.

stooping. Gurgling sounds on drinking.

Diarrhoea, cramps before stool; cholera.

Urethritis. Infections of the vagina. Sexual complaints, sexual diseases. Vaginismus (3).

Affections and deformities of bones, exostoses (2).

Inflammation of joints with deformity, of hands.

Hypermobile joints, loose tendons.

Eczema.

DD: Carbon series, Ferrum series, stage 11 and 17, Arsenicum, Belladonna, Cactus,

**Calcarea carbonica, Camphora,
Carcinosin, Dulcamara,
Hyoscyamus, Ipecac,
Magnesiums, Stramonium.**

Case

A 30 year old woman has vaginal troubles. Six years ago she got an infection in the vagina with swelling, intense itching and pain during coition. There was little discharge but lots of fissures. She was told it would be better not to have sex for one month, but she didn't stick to this. Partly because she felt the desire to make love and partly because she didn't

want to disappoint her husband. When she was doing it, against the advice from her doctor, she felt guilty and afraid that she had ruined something. Now she feels very cramped when she makes love, her orgasms are less intense, there is little control over her muscles. Everything feels more superficial, there is no feeling, only tension or cramp. It has become a big problem to her, she feels inferior and she gets jealous when her husband looks at other women. She feels it as a great loss and it makes her

feel depressed. Sex is very important to her and she used to enjoy it immensely.

Her glands below and behind her ears are swollen, worse on the right side. She has bags under her eyes, worse on the right. She also suffers from constipation, better from eating raw vegetables.

Occasional eruptions of little lumps around her mouth, she used to have acne in the past.

She is an open and spontaneous type of person. She talks very easily, except about sex, then her voice

suddenly becomes very tight.

She is tall, strikingly good looking, with long blond hair and beautiful make up.

Her hobbies are: going out, films, restaurants, meeting friends.

She used to have terrible temper tantrums as a child.

Fears: ghosts (2), agg. evening, disease (2), heights, dogs.

She feels drawn to spiritism, but is afraid of it at the same time.

Dreams: A man whose wife is an invalid has another woman.

Pursued by dark things, witches

(when she was little).

Generals

Weather: cold, cold hands, feet; hot flushes; fear of thunder.

Time: agg. morning till 11 am.

Desires: salt (3), spices (2), sour, cheese, alcohol.

Aversion: green cheese (2), cauliflower, beans, eggs, milk.

Menses: irritable and swelling of breasts before menses.

Sleep: occasional spells of bad sleep, agg. thinking of jobs for the next day, agg. thinking about sexual problems. Wakes at 5 am.

Analysis

Initially it might look as if Platina is the indicated remedy. The sexual problems, the vaginismus, her stunning looks all seem to point to Platina. But if we take a closer look at the problems we'll see that Platina doesn't fit. She doesn't feel royal, she doesn't have a power issue and she isn't haughty. If anything she is the opposite: she constantly feels she has to prove herself regarding her sexuality and she is afraid of being rejected. It is as if she is at school and has to

prove herself in front of the teacher. This indicates the Ferrum series. The cramp like symptoms and the feeling she has to hold on to what she had in the past take us to stage 11, Cuprum. Her looks also fit, and together with the glamour and the sexuality, which belong to Fluorine, we get the combination Cuprum fluoratum: cramp around the issue of sex.

The dream of the man with his invalid wife and a girlfriend on the side says it all: a woman has to retain her glamour,

otherwise her husband will choose another.

Other Cuprum symptoms: cramps, vaginismus, fear of having made a mistake by breaking the rule.

Fluorine symptoms: swollen glands, right sidedness, -amel. going out, -amel. alcohol, spices, hot flushes.

Reaction

After Platina she felt better for quite a while. It is a remedy she had had before from another homoeopath. But the good effect was only temporary. Cuprum fluoratum however

completely solved the sexual problem. A month later she got shingles under her left breast, which stayed for several weeks, but eventually went away by itself. She felt much more self confident, was able to express her anger and able to find solutions for whatever problem she was faced with.

Other remedies that helped her in the past: Mancinella (fear of ghosts, spirits) and Phosphoric acid (fear of disease, thunder, twin sister). But neither remedy touched the sexual problems.

Cuprum phosphoricum

Cuprum phosphoricum is a new remedy.

Signature

Libthenite is a bright, dark green semi-precious stone. its chemical formula is Cu_2OHPO_4 , copperphosphate. Another green or emerald green stone is pseudomalachite $\text{Cu}_5\{\text{OH}_2\text{PO}_4\}_2$.

Concepts

Cuprum

Serious

Cramp

Ritual

**Maintaining
Guarding
Telling tales
Observed agg.
Phosphoricum
Communicative
Sympathy
Brothers
Friends Neighbours
Learning Curious
Travelling
Homesickness
Group analysis
Desperately keeping up the
communication.
Desperately wanting to hold on
to your friends.**

Ritual communication.
Holding on to sympathy.
Guarding friendships.
Learning in a cramped style.
Ritual reading.
Brothers telling tales.
My brother is a prison guard.
Holding on to travel.
Homesickness when they are
being observed too much.
Picture of Cuprum
Phosphoricum
Essence: desperately trying to
keep the communication going.
Desperately keeping the
communication going
They want to keep the

communication going but are inclined to get too desperate about it, so that it loses its spontaneity. They want to avoid quarrels or disharmony, the conversation has to be kept under control. Conflicts have to be talked through according to the rules Everything becomes too forced, artificial, and cramped.

**Holding on to sympathy
They are very sympathetic, don't want to hurt other people. They are very aware of anything that might give rise to the other person feeling hurt**

or insulted.

Desperately wanting to hold on to friends

The contact with friends is very important to them and has to be preserved at all costs. A broken friendship is often the start of their complaints. Their way of trying to avoid this is to establish all sorts of rules and regulations for the friendship. Unfortunately this usually has the opposite effect and it tends to put their friends off.

A variation on this theme is that they have a friend or a neighbour who insists on

holding on to certain rules, which they themselves find hard to go along with. Their friend might tell tales about them to his teachers or his parents.

Ritual communication

Their way of communication might become very rigid, almost ritualistic. Their speech is precise and well articulated, or stuttering and stumbling.

When the brakes are off they speak so much and so forcefully that they transgress all the rules.

Cramped in their studies

They often have learning problems. Their attitude is too forced, feeling they have to learn everything in a fixed pattern or sequence. They feel that others expect them to carry on and not give up. So they force themselves until they are exhausted and unable to concentrate. The ultimate disaster happens when they fail an exam.

Homesickness if they are being observed too much

When they think they have failed they become extremely sensitive to criticism, even to

being looked at. It can make them very angry and they will shout and swear at anyone who does this. They feel they have carried on too long anyway, done more than enough. All they want is to go back to their friends with whom they used to have a good time laughing and talking.

Expressions

Fears: failure, falling, losing control, anticipation, future, arriving too late, new enterprises, criticism, opposition, approached, looked at, touched, people, family,

strangers, health, going mad, heart disease, epilepsy, accidents, thunder (3!), dark, twilight, water, fire; alone, disease or death of family or friends, panic attacks with sweating and fainting, big eyes.

Dreams: futile efforts, paralysis, falling, driving the car without brakes.

Delusions: selling vegetables, general, officer calling a policeman, pursued by enemies or police, loss, thieves, falling, fainting, devils, death, renovating old chairs, busy, insanity, ghosts.

Aggression: kicking, striking, screaming, destructive, biting, scratching faces (Smits), teasing animals, quarrelling, taunting, shitting in the street, malicious; agg. being touched, looked at, agg. injustice, agg. insults.

Contacts: mild, friendly, agg.-people, agg.- talking, doesn't recognise friends, mad, acting foolishly, hysteria, imitation.

Mental: curious, imaginative, exhaustion, confused, dementia, delirium.

Mood: happy, restless, laughing, crying, discontented,

gloomy, suicidal; amel. music.

Hobbies: bravado, army outfits, black jackets and clothes.

Profession: general, guard, priest, judge.

Causes: overwork, homesickness, loss of family, friends or brothers, school and study.

Generals

Build: thin, tall, red hair.

Locality: right.

Weather: cold, cold feet, agg. thunder.

Time: agg. 3 am, 5 and 9 pm; sudden attacks.

Desires: cold food, cold drinks

(2), spices, salt, fish (3), ice-cream, sweet, chocolate, chicken.

Aversion: salt, fish, oysters,boiled potatoes, sauerkraut, warm food.

Food: amel. cold drinks, agg. warm drinks.

Sleep: agg. agg. lack of sleep; on right side; amel. short sleep, somnambulism.

Physical: amel. magnetising, amel. rubbing, amel. stretching, agg. teething; agg. motion, walking, lying on left side; agg. cats, smells, wool.

Complaints

Burning pains.

Haemorrhages of bright red blood. Cerebral haemorrhage, petechia.

Cancer.

Epilepsy, starting in stomach with pain and nausea; thumbs clenched in fists, biting tongue, loss of urine, screaming; afterwards: restlessness, headache and vomiting.

Cramps (3!), in calves, back, amel. stretching; Chorea, tetanus, paralysis.

Migraine with loss of sight, agg. school.

Throat infections.

**Asthma (3). Hyper ventilation.
Cough, prolonged, spasmodic,
suffocating, with vomiting,
blueness in face and lips,
stiffness and cramps; whooping
cough.**

**Lung problems, bronchitis,
tuberculosis.**

**Heart spasms, pain radiating
to left arm; high blood
pressure; anaemia (3); Raynaud.**

**Stomach complaints, pain,
agg. lying on back, sensation as
if being eaten from the inside,
amel. stooping. Gurgling
sounds on drinking. Vomiting
agg. drinking.**

Diarrhoea, cramps; cholera.

Diabetes.

Arthritis, spondylitis.

Tuberculosis of bones. Bone problems, growing pains, rickets, osteoporosis. Back ache, cramping, electric shock like pains, lumbar region amel. sitting, agg. walking, amel. bending back, agg. stooping, agg. spasmodic breathing.

Tingling finger tips. Writers cramp.

Eczema.

Hair loss.

DD: Silicium series, Ferrum series, stage 11 -15, Arsenicum,

**Belladonna, Cactus, Calcare
carbonica, Camphora,
Carcinosin, Dulcamara,
Hyoscyamus, Ipecac,
Magnesiums, Stramonium.**

Case by Rienk Stuut

**A man suffers from frequent
sore throats and sinus
infections, with blocked nose
and ears. He likes to test how
long he can carry on working or
doing sports before he really
has to stop, he likes the
challenge, but the result is that
he tends to overdo things. He
has studied voice and speech
control. His speech is carefully**

measured but full of stops and starts. It makes you think:

'Why don't you get on with it!'

He used to be anaemic every spring. He loves travelling, he cycles all over the world.

At school and later on at college he used to get many headaches. At job interviews he gets into a state of cramp, as if he has had to reach too high.

He prefers a chat in a more informal atmosphere. He is afraid of confrontation, he stiffens and becomes cool and distant as soon as there is a hint of disharmony.

He can only deal with conflict if it is played out according to the set rules. He dislikes quarrels because he doesn't know how to handle them, he has had this ever since he was young. He loves to be the social host and make sure everyone feels at ease. He is always alert not to hurt anyone's feelings. He also has difficulty dealing with abstract things.

He gets frequent backaches, a sort of cramp, making it difficult to bend down; certain movements cause electric shocks in his body.

Analysis

The Phosphor element in this case it quite clear: loves travelling, sociable, headache from study, likes harmony.

But this is not the only element in the case, there is also the theme of control which belongs to the Ferrum series, and to Cuprum in particular.

We can recognise the theme of Cuprum in his tendency to carry on, to see how far he can go, the cramp and sensation of over reaching after a job interview, the inability to handle conflict unless it is

acted out according to the set rules.

The combination of Cuprum phosphoricum can be found in several symptoms. He studied speech [Phosphor] control [Cuprum]. He speaks [Phosphor] in fits and starts [Cuprum]. He stiffens [Cuprum] when there is disharmony [Phosphor]. He has cramps [Cuprum] in his back with electric shock [Phosphor] sensations.

Reaction

After Cuprum phosphoricum he felt fine. He has no more complaints and two years later

he still feels very well.

Cuprum muriaticum

**Cuprum muriaticum is a new
remedy.**

Concepts

Cuprum

Serious

Cramp

Ritual

Maintaining

Guarding

Telling tales

Observed agg.

Muriaticum

Broken relationship

Mother Child

Care Nurturing
Attention
Self-pity
Attention seeking
Sadness
Alone
Anti social
Group analysis
Desperately trying to hold on
to relationships
Work and motherhood can't go
together.
Working desperately, no time
to be a mother.
Holding on to care.
Ritual care.
Guarding the children.

**A controlling mother.
Serious and complaining.
Enjoying motherhood.
Picture of Cuprum Muriaticum
Essence: desperately trying to
hold on to relationships.
Desperately trying to hold on
to relationship
They are very afraid of losing
someone, so they desperately
try to hang on to the
relationship. They feel that if
they don't do exactly what is
required of them something
will go wrong, either the other
person will feel hurt or they
will have an accident or**

anything like that. They are so afraid of making a mistake and keep such tight control over everything that the the whole situation becomes very forced.

Work and motherhood can't go together

They might have problems when they have to combine motherhood with having a job. They want to do both as well as they can. This creates unease and restlessness, everything has to be done on time, they must hold on to the job, they run and fly all day to get it all done.

A controlling mother

They are very fastidious and precise, afraid that their child will get hurt if they don't do everything strictly according to the rules. If they don't stick to the feeding schedule suggested by the doctor, their child might not grow enough. They constantly check their children's weight and the height, make sure they don't choose the wrong friends, worry about accidents, in short they get into a sort of spasm about the whole issue of bringing up children.

A variation on this theme is that they themselves have this type of mother, often giving rise to stomach cramps in babies, because they pick up their mothers tension.

Ritual care

One way of making sure that things won't go wrong is by establishing a sort of ritual. You can see this in nursing homes where everything from eating to washing and sleeping and exercising is planned by the minute.

Serious and complaining

They are very serious and

responsible, at the same time feeling that they have to do it all on their own. Nobody gives them any care and attention, which makes them feel sorry for themselves and can result in complaining behaviour. They don't like hearing others complain, particularly their children.

Expressions

Fears: failure, falling, losing control, anticipation, future, arriving too late, new enterprises, criticism, opposition, approached, looked at, touched, people, family,

strangers, health, going mad, heart disease, epilepsy, accidents, dark, water, fire, alone, danger, driving a car; panic attacks with sweating and fainting, big eyes, easily frightened.

Dreams: futile efforts, paralysis, falling, driving the car without brakes, water, sea, waves, drowning, mother, disease or death of family or relations.

Delusions: selling vegetables, general, officer calling a policeman, pursued by enemies or police, loss, thieves, falling,

**fainting, devils, death,
renovating old chairs, busy,
insanity, ghosts.**

**Aggression: kicking, striking,
screaming, destructive, biting,
scratching faces (Smits),
teasing animals, quarrelling,
taunting, shitting in the street,
malicious; agg. being touched,
looked at, agg. injustice, agg.
insults.**

**Contacts: mild, friendly, agg.-
people, agg.- talking, doesn't
recognise friends, mad, acting
foolishly, hysteria, imitation.**

**Mental: exhaustion, confused,
dementia, delirium.**

Mood: happy, laughing, crying, sensitive, emotional, gloomy, amel. music.

Hobbies: bravado, army outfits, black jackets and clothes.

Work: -amel. and agg.-, amel. agg..

Profession: general, guard, priest, judge.

Causes: overwork.

Generals

Build: thin.

Locality: left.

Weather: cold, cold feet, amel. agg. sea.

Time: agg. 3 am, 5 and 11 pm; sudden attacks.

Desires: cold food, cold drinks, salt, starch, fish.

Aversion: boiled potatoes, sauerkraut, warm food, salt, starch, fish.

Food: amel. cold drinks, agg. warm drinks.

Menses: agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses.

Sleep: agg. agg. lack of sleep; difficulty falling asleep.

Physical: amel. magnetising, amel. rubbing, amel. stretching, agg. teething.

Complaints

Cancer.

Dry mucus membranes.

**Fever, sneezing, nausea
(Dreisbach).**

**Epilepsy, starting in stomach
with pain and nausea; thumbs
clenched in fists, biting tongue,
loss of urine, screaming;
afterwards: restlessness,
headache and vomiting.**

**Cramps (3!), in calves. back,
amel. stretching; Chorea,
tetanus, paralysis.**

Migraine with loss of sight.

**Asthma (3). Hyper ventilation.
Cough, prolonged, spasmodic,
suffocating, with vomiting,**

**blueness in face and lips,
stiffness and cramps; whooping
cough.**

**Heart spasms, pain radiating
to left arm; high blood
pressure; anaemia (3); Raynaud.**

**Stomach complaints, pain,
agg. lying on back, sensation as
if being eaten from inside,
amel. stooping. Gurgling
sounds on drinking.**

**Constipation, stools hard and
dry.**

**Diarrhoea, cramps before stool;
cholera.**

Liver, cirrhosis. Diabetes.

Kidney injuries (Dreisbach)

Arthritis, spondylitis.

Eczema, scabies.

**DD: Ferrum series, stage 11,
Arsenicum, Belladonna, Cactus,
Calcarea carbonica, Camphora,
Carcinosin, Dulcamara,
Hyoscyamus, Ipecac,
Magnesiums, Stramonium.**

Case

A 40 year old woman has had sudden neck pains, as if her neck gave way. The pain is violent, left sided and worse on turning her head and at the end of the afternoon. She also has a headache, stitches on the left side with a sensation of a band

around her head. Sometimes it is like flashes of lightning. It feels as if her hair is standing on end. The pain is agg. before thunder, agg. sunlight, agg. halogen light, agg. on days of rest. She also gets shooting pains, going from the root of the nose to the temples, as if something had been shifted inside her nose. She also hears cracking sounds behind her nose when she turns her head.

She gets occasional violent stitching pains in her left wrist. She used to have this in the past when she was pregnant, as

something had loosened her wrist. She has some patches of eczema here and there.

The complaints started when she had more work to do than she could handle. She has her own organisation advice bureau and last year was particularly busy. When a colleague phoned her for advice late one evening and her husband had suggested that same day to buy a new computer 'something snapped'. She gets very nervous when she feels under pressure. She has nightmares about this sort of pressure: of having to organise

several things at once, or of her husband inviting three group to the house at the same time.

Her husband does the same type of work, but he quietly goes his own way. When they arrange to do something together she always has to wait for him.

On top of all this there is the house and the children to take care of. She always feels in a hurry, the little things take more time than she had anticipated which makes that she is constantly behind with everything. Her children want

attention and she hates their complaints. As long as she is on her own she usually just manages to get everything done, but when her husband is at home the whole schedule gets upset, because he is not as systematic and punctual as she is.

She describes herself as persevering, independent, stubborn and strategic. She doesn't easily get angry, tries to train herself to remain calm. Doesn't get nervous on the whole, but when she does she feels it in her chest,

ameliorated as soon as she starts to draw up a plan. She is afraid of driving and accidents.

She dreams that she has to run after someone, she calls him, but he doesn't hear.

Generals

Weather: cold, agg. thunder, agg. damp, agg. snow.

Perspiration: little.

Time: agg. 5-7 pm.

Desires: sweet, salt, spices.

Food: agg. apples, plums, onion, salads, red wine.

Menses: sinusitis before, during and after menses; sensitive before menses, to

criticism.

Sleep: on stomach.

Analysis

The complaints are caused by the pressure of work, particularly the conflict between her work and her children. The theme of work indicates a metal, in this case a metal from the Ferrum series, because of the ordinary nature of the work. She has no trouble with the work in itself, she can handle it well in principle, but having to keep it all going amid rising pressure is what causes the problem. The cramp like

pains confirm the theme of Cuprum.

But in this case the theme of Cuprum is linked to the theme of motherhood. There is a conflict between work and children. hence the choice of Cuprum muriaticum, further confirmed by her sensitivity to criticism (Ferrum series) before menses (Muriaticum).

Other Cuprum symptoms: dreams of being pursued, cold, agg. 5 pm, -amel. sweet.

Muriaticum symptoms: agg. before and during menses, sensitive before menses, -amel.

salt.

Reaction

After Cuprum muriaticum things soon clear up. The pains disappear, she is able to cope much better. She tries to find her own way instead of being dependent on other peoples actions. She doesn't get so annoyed when her husband doesn't want to listen. She has been able to solve some problems and find satisfactory solutions with respect to the children.

Case by Maria Davits

A baby suffers from intestinal

cramps [Cuprum] and cries after being fed. His mother [Muriaticum] is very stiff [Cuprum] in her ways, constantly afraid of not being meticulous enough [Ferrum series].

Zincum metallicum

Zincum is one of our well known remedies. The emphasis on intellectual performance that we always consider as an important theme in Zincum could have been slightly biased by our culture. Overdoing

things [Stage 12] with regard to education and work [Ferrum series] is in our society often focused on intellectual performance, particularly at school.

Signature

The name is probably derived from the German word 'Zink', meaning metal. It was discovered in the 16th century by Paracelsus.

The metal has a bluish hue to it. Exposure to air causes oxidisation, but an initial layer of oxide prevents further oxidisation. It gets used to

make protective layers, as in gutters etc.

Natrumzincate, NaZnO_4 , is used as a water softener.

Concepts

Stage 12

Overdoing

Exaggerating

Repeating

Decay

Divided

Enemies

Ferrum series

Task Work Duty

Craft Use

Ability Perfectionism

Routine Order Rules

Control Exam
Observed Criticism
Pursued Tried
Adult
Village
Group analysis
Overdoing your work: restless.
Repeating routines.
Repeating knowledge and
ability: intelligent.
Overdoing routines:
rehearsing, revising.
Pollution through orderliness.
Decay through bureaucratic
behaviour.
Enemies oppose the work.
Bureaucrats are enemies.

Repeating exams: retakes.
Picture of zincum
Essence: repeating routines.
Overdoing your work: restless
They like to do their work
well, but they tend to overdo it.
They are extremely restless,
simply can't stop and when
they have nothing to do their
body just carries on regardless.
When they go to sleep their
legs are still on the move, when
they are talking their mouth
makes all sort of extra
movements. They have many
tics, restless hands and feet.
They have been brought up

with the idea that 'it is no good sitting still', 'go and find something useful to do' etc. Their complaints are usually worse at times when they are forced to take a break, like weekends, holidays, but also at the end of a working day and in the evening at bedtime.

**Repeating knowledge:
intelligent**

Intellectual performance is very important to them. They feel driven to do very well at school. This pressure to achieve may initially lead to outstanding performances, but

it can also lead to the opposite: a mental dullness. Their constant urge to acquire more knowledge can give rise to feelings of not having done enough. Then they get blocked and can't think anymore, feeling they are the 'thickest' of the class.

This situation is often brought about by an upbringing where the emphasis is on intellectual achievements. They have to get high marks at school, otherwise they won't count. Usually it is the father who exerts the most pressure, and it is typical how

it is often the father who brings his Zincum child to see the homoeopath.

The rational side may start to block out their feelings, making them appear flat, emotionless, even cold.

Overdoing routines: revising, rehearsing

Repeating is almost the same as rehearsing, except that rehearsing is more connected to learning something time and time again. It is the sort of learning that is often applied in secondary school, endless repetition of the same lessons

**until you know it 'by heart,'
you are 'blocking' for an exam.
Quite interesting expressions
as you are in fact blocking out
your heart while forcing the
knowledge into your head.**

**The repetitive tendency can
also manifest itself in their
speech: they repeat every
question before they given an
answer.**

**Repeating routines: copying
They are inclined to endlessly
repeat their routines. Hence
their fascination with
computers who do in fact just
that. They can get quite**

addicted to computer games or computer programming. One of the most common uses of computers is to calculate and to store records and accounts. This has always been the work of the book keeper, the bureaucrat in the traditional sense of the word.

Repetition can easily lead to automatism, and the performance of automatic routines is getting faster and faster in modern computers. In fact they are getting so fast that we can't keep up with them anymore. Hence the

restlessness in Zincum.

Pollution through too many rules

Copying and repeating things can lead to pollution. There are too many duplicates lying around, people keep copying indiscriminately and the paperwork is mounting up. The same happens in the world of computers where new information is added to the files and nobody bothers to check whether old information can be erased.

The pollution in our society is largely due to over production:

endless copying by machines. Any initiative is soon smothered by the bureaucratic machines of our times: you need to fill in at least 10 copies of an application form which then has to be processed by 30 different departments and even then nobody knows who is going to give you permission to go ahead.

Our society is polluted by too many rules and regulations. Everything you do is registered and the registration in itself is more important than the details. Never mind whether

the information is correct or not, as long as it written is on a form it is fine.

Repeating exams: retake

These people can be very anxious before exams, afraid they will fail. It is a fear that might haunt them for years in their dreams. They dream of failing their exams. It is as if they have to sit the exams again.

Enemies are trying to obstruct their work

They feel that others are trying to hinder them at work, especially when things aren't

going very well for a while. Or they may feel that others are trying to make things difficult on purpose, for instance by insisting on some new rules and regulations, which they know will slow things down. This feeling is quite natural when they are really being obstructed, which often happens. But they might even feel it when nobody is interfering at all, when it is their own fault that they get stuck because they keep on repeating the same old methods time and time again.

Overdoing the job leads to failure

They work incredibly hard, but they don't realise that this very fact is the cause of their failure. They simply deny it. Once they have failed they feel very guilty, as if they have committed a crime. They feel pressurised by superiors, parents or teachers, constantly chased by the police.

Once they know that failure is inevitable they can get careless. They want to escape the pressure and decide to put in a minimum of effort, to

make sure they don't overdo it and fail as a result of this.

Expressions

Fears: failure, falling, heights, criticism, pursued, opposition, observed, touch, anticipation, thieves, family, alone, cerebral haemorrhage, death, being buried, dark, horror, ghosts, fantasies, noise;easily frightened.

Dreams: futile efforts, paralysis, horses don't do what he wants them to, he hasn't passed an exam that he took a long time ago (3!), unprepared for an exam, burglars, ghosts,

**monsters, ice, man with a knife
between his teeth, geese,
fleeing, thieves, strangled,
pursued, animals, erotic,
disease, stools, falling, heights,
party, accident, murder,
quarrels, water.**

**Delusions: criminal, devil,
death, dead people, objects are
double, being light, poisoned,
thieves.**

**Irritability: grumbling,
irritable, agg. being woken, agg.
music.**

**Mood: happy, gloomy,
discontented, hurried,
changeable, complaining,**

**sentimental, laughing,
hysterical, screaming.**

**Mental: analytical, exhaustion,
slow, delirious, chaotic,
confused, dementia, forgetful,
idiotic, mad, manic, childish,
very active, mistakes.**

**Contacts: agg.-, -amel., agg.-
talking, agg. talk.**

Work: -amel. agg.-.

**Sexuality: strong,
nymphomania, kisses everyone.**

Religious: superstitious.

**Causes: humiliation, insults,
alone, anticipation, fright,
sadness, homesickness, trifles.**

Professions: computer

programmer, bookkeeper.

Generals

Locality: right.

Type: pale, sallow, wrinkled.

Weather: cold; agg. cold, agg. light.

Perspiration: amel..

Time: agg. 5 pm.

Desires: sweet, meat, fruit, starch, cold, beer, liquorice.

Aversion: fish, milk, warm, sprouts (2), mushrooms, cloves.

Food: agg. red wine, sweet, coffee.

Menses: little: amel. during menses.

Sleep: sleeplessness agg.

nightmares; agg. lack of sleep; somnambulism.

Physical: amel. sitting back (!), agg. touch, agg. noise, amel. discharges; amel. movement; agg. suppressed discharges, vaccination (3); agg. music.

Complaints

Cancer.

Restless, repetitive movements (3), head rolling, head banging, nail biting, tapping, thumb sucking, movements of the the mouth agg. talking, restless legs agg. getting to sleep, grabs the bedclothes, tics, Chorea, Gilles

de la Tourette.

**Neurological complaints (3):
epilepsy, paralysis, meningitis,
Hydrocephalus, coma, MS,
Parkinson's, dementia.**

**Hydrocephalus, cholera,
somnambulism.**

**Migraine (3), pressing,
forehead, agg. school.**

Strabismus, eye infections.

Hayfever, bronchitis, asthma.

Late teething, agg. teething.

Anaemia (3).

**Stomach complaints. Diabetes,
agg. pregnancy.**

Diarrhoea agg. wine.

Constipation. Abdominal pains.

**Retention of urine, amel.
sitting back; enlarged prostate
(2).**

**Tumour or swelling of testicle.
Impotency.**

**Backache, agg. carrying heavy
loads.**

**Eczema; white spots on nails,
herpes.**

**DD: Ferrum series, Stage 12,
Phosphoricums, Staphysagria,
Thuja, Viola odorata, Viola
tricolour.**

**DD Cuprum: still thinks he will
be able to manage as long as he
does his best, even if it is
rather forced. Zincum know the**

the end is in sight and can't be avoided, everyone is working against him.

DD Phosphoricums: are much more focused on discovering new things, new cultures, meeting new people. The Phosphoricums would rather learn a new language by going to live in that country and absorbing it through contact with those people. The Zincum state is caused by having to learn pages and pages of words and verbs.

Case

A 35 year old man has suffered

from migraine since he was 6. He feels pressure in his forehead, usually once a month. It always starts at inconvenient times, on Saturdays, after he has had a lie in, at Christmas or Easter or other festive days. It usually gets worse as the the day goes on and forces him to sit down quietly or have a little sleep. It is worse after keeping irregular hours, working late, company, noise, alcohol, hot weather, sailing. Sometimes he has to vomit during these headaches. He gets pain in his back from

carrying heavy loads. When he was 11 years old he had an infection of the bone marrow in his right thigh. At age 21 a benign tumour in the right testicle.

He has studied history and works in the archive department of a library. He likes to do well and used to get very nervous before exams. He doesn't like to show this, prefers to come across as being quiet and stable. He feels quite confident on the whole, but wants to be appreciated and can feel very uncertain at

times. He realises that if he doesn't set his sights so high he won't be disappointed so easily.

He used to be shy when he was young. He was the youngest of the class and was good at learning. His father wanted him and his sister to do well and used to comment when they were sitting down having a break: 'Can't you find anything to do?' He didn't talk much with other people until he was at university, before that he used to be very quiet, just like his father.

He likes sports, football and politics.

He dreams of being unprepared for an exam and of his busy job.

Generals

Weather: cold, cold feet,; agg. heat, -amel. fresh air.

Perspiration: agg. exertion, agg. night.

Time: end of the day.

Desires: sweet, liquorice all sorts, salt, spices, fish.

Aversion: salt, milk.

Food: alcohol, coffee.

Sleep: like a log.

Analysis

The urge to achieve, the

uncertainty and the desire to be appreciated point to a remedy in the Ferrum series. He was good at learning, the youngest of the class, his father wanted him to do well at school, all this is typical of Zincum. This is further confirmed by the fact that his father didn't want him to sit still and do nothing, and now he gets migraines when he is off work. Another typical Zincum way of dealing with the pressure is to set his sights lower than what he can really achieve, to avoid getting

disappointed.

**Further Zincum symptoms:
nervous during exams,
dreaming of being unprepared
for the exam, dreams about
busy jobs, tumour of testicle,
agg. company, noise, alcohol,
cold, -amel. fresh air, agg. end
of the day, -amel. sweet, salt,
spices, fish.**

Reaction

**After Sulphur 1M his headache
improved slightly, but he felt a
lot more irritable. One month
after Zincum 1M the migraine
has completely disappeared. He
feels much better and more**

energetic. During the next six months he has two more doses of Zincum 1M.

Case

A 7 year old boy has strabismus and has had three operations to correct his sight. He is listless and suffers from headaches. He can't sit still. He hates reading and writing, but loves maths, 'transformers', computer games and television. His mother says he has 'square eyes'. His mood is dull. Food: -amel. sweet, meat, agg.-sprouts, fish.

Zincum nitricum

**Zincum nitricum is a new
remedy.**

Concepts

Zincum

Restless

Intelligent

Repetitive

Copying

Pollution

Failure

Nitricum

Assertiveness

Enthusiasm

Tension Congestion

Relaxation

**Enjoying
Sociable
Group analysis
Overdoing your work to be
assertive.
Working restlessly without
relaxation.
Repeating tension.
Unable to enjoy because of
pollution.
Intelligent and idealistic.
Copying the sociable
atmosphere.
Picture of Zincum Nitricum
Essence: overdoing your work
to be assertive.
Overdoing your work to be**

assertive

They want to do their work very well because that is what gives them their sense of self-worth. But they tend to overdo it, they are so keen to assert themselves that they don't know when to stop. Or they constantly keep themselves in check out of fear of getting stuck.

Working restlessly without relaxation

They go on and on without a break. They never have time to enjoy the good things in life. They get so restless that they

are unable to relax. Their upbringing was often one of work, work, work. Eventually they get so overwrought that even rest doesn't help anymore, a state of complete breakdown.

Pollution prevents them from enjoying life

They find it impossible to relax amongst all the work that has been piling up. Everywhere they look there are heaps of work to be done still. Or they may see what has been overdone and the rubbish and pollution this has caused. How can they possibly enjoy a world

**that has been so polluted?
Every time they try and relax
there is another
disappointment in the
environment that dampens
their enthusiasm. They tend to
be so idealistic that the
slightest sign of pollution
becomes like a huge threat to
them. They are so intelligent
that they notice everything
that is detrimental to beauty.**

**Copying the sociable
atmosphere**

**In order to find some form of
relaxation they'll look around
to see how others do it. By**

copying others they hope to find ways of releasing the tension. But it isn't real, it doesn't come from the inside, so it doesn't really work.

Expressions

Fears: failure, falling, heights, criticism, pursued, opposition, observed, touch, anticipation, thieves, family, alone, cerebral haemorrhage, death, being buried, dark, horror, ghosts, fantasies, noise, narrow spaces (3!), tunnels, caves, shops, lifts, planes, trains, being locked up, enjoying, disease (3), cancer, heart diseases, insanity, vague,

**unknown, life, strangers,
future, travelling, crowds, open
spaces.**

**Dreams: futile efforts,
paralysis, exams, burglars,
ghosts, monsters, fleeing,
thieves, strangled, pursued,
animals, erotic, disease, falling,
heights, party, accident,
murder, quarrels, water.**

**Delusions: criminal, devil,
death, dead people, objects are
double, being light, poisoned,
thieves.**

**Irritability: grumbling,
irritable, agg. being woken, agg.
music.**

Mood: happy, gloomy, discontented, hurried, changeable, complaining, sentimental, laughing, hysterical, screaming.

Mental: analytical, exhaustion, slow, delirious, chaotic, confused, dementia, forgetful, idiotic, mad, manic, childish, very active, mistakes.

Contacts: agg.-, -amel., agg.-talking, agg. talk.

Work: -amel. agg.-.

Sexuality: strong, nymphomania, kisses everyone.

Causes: humiliation, insults, alone, anticipation, fright,

**sadness, home-sickness, trifles,
abuse, incest, violence, parents
absent.**

**Professions: computer
programmer, bookkeeper.**

Generals

**Type: obese (3), pale, sallow,
wrinkled.**

Locality: left.

**Weather: warm, agg. heat, agg.
inside, amel. outside, agg.
damp.**

**Perspiration: profuse,agg.
night, agg. tired.**

**Time: agg. 9 am (2), agg.
summer; complaints come and
go suddenly.**

Desires: fried bacon (3!), fat, fatty meat, ham, cheese (3), salt, carbonated drinks.

Aversion: fat (2), cheese (2), bacon, ham, meat, beans, fish, milk, warm, sprouts (2), mushrooms, cloves.

Food: agg. red wine, sweet, coffee, cheese, fat, bacon, beans, peas.

Menses: little; amel. during menses.

Sleep: sleeplessness agg. nightmares; agg. lack of sleep; somnambulism, difficulty getting asleep, agg. legs tingling.

**Physical: amel. sitting back(!),
agg. touch, agg. pressure, of
clothes, agg. jars, riding in a
car, amel. discharges;agg.
suppressed discharges,
vaccination (3); agg. noise,
music.**

Complaints

**Discharges are putrid and
stinking.**

**Pains are congestive and
throbbing (3), stitching, as from
a splinter (!), redness, swelling
and heat.**

**Restless, repetitive
movements (3), head rolling,
head banging, nail biting,**

**tapping, thumb sucking,
movements of the mouth agg.
talking, restless legs agg.
getting to sleep, grabs the
bedclothes, tics, Chorea, Gilles
de la Tourette.**

**Neurological complaints (3):
epilepsy, paralysis, meningitis,
Hydrocephalus, coma, MS,
Parkinson's, dementia.**

**Vertigo, everything is turning
round, tendency to fall.**

**Migraine (3), pressing,
forehead, agg. school.**

Strabismus, eye infections.

**Ear infections, hayfever,
bronchitis, asthma.**

**Late teething, agg. teething.
Nose: crusts, difficult to
dislodge, painful. Sneezing.
heart and vascular diseases (3);
angina pectoris, palpitations,
arrhythmia, arteriosclerosis.
Claudicatio. Cerebral
haemorrhage. Anaemia (3). Hot
flushes (3), agg. night, after
urination.
Head becomes red and hot
after wine, feeling as if it will
explode.
Stomach complaints, pain,
heartburn. Diabetes, agg.
pregnancy.
Abdominal pains with**

distension, rumbling, flatus and eructations. Diarrhoea acrid agg. wine. Constipation.

Retention of urine, amel. sitting back; enlarged prostate (2).

Inflammation of joints, in hands, with congestion, stiffness, swelling.

Backache, lumbar, agg. carrying heavy loads.

Eczema, red patches, allergic; white spots on nails.

DD: Carbon series, Ferrum series, Stage 11,12 and 15, Ammoniums, Sulphuricums, Staphysagria, Thuja, Viola

odorata, Viola tricolour.

Case

A 55 year old woman has constant problems keeping her balance, she always fall to the right. It started 12 years ago after a flu combined with ear infection. She lacks coordination in her movements, when she is walking she has difficulty in turning corners. It feels as if her neck gets pinched off. She gets violent attacks of vertigo with vomiting, lasting several hours. Everything is turning round. The attacks are worse

when she is lying flat on her back and better when she sits stooped forward with her head low. Also worse in the mountains, during a storm and when alone. After such an attack she feels very tired. During an attack she gets very frightened. She is afraid that she won't be able to handle it and go mad. She wants to remain in control, she hates having to hold on to things and not being able to do what she wants. She fights it.

When she was 15 she fell off her bike and got concussed.

She fainted and had to spend six weeks in hospital. Since then her sense of balance isn't what it used to be.

She wants to lead a normal life, wants to get on with things, but she keeps getting confronted with this problem. It makes her dependent, which is against her nature, but she doesn't want to complain, she wants to enjoy herself and make the most of her life. She describes herself as a happy, no nonsense person, who likes to be busy with ordinary things. She is a perfectionist and she

also likes stimulating others to get the best out of life. She tends to take on other peoples problems.

While she is talking I notice that the muscles round her mouth twitch in little spasms. She gets pain in her feet and toes, with a feeling as if her toe is being torn away from her foot, worse left side, worse in hot weather. She gets stomach pains and heartburn from alcohol, pepper and fat. She has lumbar back pains, radiating to her right leg. When she drinks wine her head becomes red hot

and feels as if it will explode. She frequently has a headache above her left eye, radiating to the tip of her nose, worse after chocolate.

Her mother had been good to her as far as material support was concerned, but she was rather dictatorial. The patient had to do her chores, without being given time to learn how to do them. Her mother expected that she knew how to go about it. She had to go and darn the socks, while her mother spent her time gossiping with her neighbour.

She felt ashamed and wanted to hide. Her brothers were playing and enjoying themselves, while she never had the opportunity to learn how to relax.

Her life has always been full of stress. During the (starvation) winter of '44 she got overworked and had a breakdown. Nowadays she gives sewing classes.

She dreams of sitting in a train that drives backwards; she gets up to change places and realises she has left her bag behind. She goes back to find it and discovers that someone has

taken everything out of her bag. Eventually she is left on a platform all on her own.

She is happily married, but can get very angry with her husband because of his habit of spoiling the fun. She feels she is sacrificing herself and always doing what her husband or other people want.

She feels like an elastic band that has been stretched to its limit and is about to snap.

Generals

Weather: warm, cold feet; agg. storm (2), agg. gloomy weather; amel. sea, agg. mountains (3).

Perspiration: profuse, agg. night, agg. tired.

Time: agg. 9 am (2).

Desires: small quantities, honey, fish, eggs, vegetables, fruit.

Aversion: spices.

Food: agg. wine, fat, peasoup, cake, cabbage, juice (2), gherkins, salads, sour, cheese.

Sleep: bad, difficulty falling asleep, agg. tingling and itching legs.

Analysis

The fact that she has difficulty turning a corner is a typical symptom of Oxytropis (Leeser,

page 51). This remedy gave some temporary relief, but didn't have a lasting effect. There is a strong contrast in this case between work and relaxation. On the one hand she wants to lead a relaxed, no nonsense, enjoyable life, which points to the Nitricums. On the other hand she is a perfectionist, which points to the metals. She works hard (Ferrum series), always has to be busy (Zincum), which brings us to Zincum nitricum. She always had to work (Zincum), while others were playing and

enjoying themselves (Nitricum). Her head gets red and hot and feels as if it will explode (Nitricum) after a glass of wine (Zincum). She feels like an elastic band that has been stretched to its limit (Zincum) and is about to snap (Nitricum). In her dream the train is going backwards (Stage 11 to 17), she forgets (Ferrum series) her handbag, the contents are stolen (Carbon series) and she ends up all on her own (Carbon series).

Other Zincum symptoms: hard work, spasmodic twitches

around the mouth, wanting to stay in control, vertigo, whirling, falling, -amel. fish, agg. wine, agg. alcohol, difficulty getting asleep because legs are tingling and itching.

Nitricum symptoms: fear of going mad, tension, agg. spoiling happy events, left side, warm, agg. heat, agg. 9 am, agg. fat, peasoup, cheese.

Reaction

One month after Oxytropis 1M there is a slight improvement in the vertigo. Six weeks after that she is still improving, feels

happier and is able to do one thing at the time. She has done some sort of creative course which did her a lot of good.

One month after another dose of Oxytropus 1M everything is suddenly much worse and all the old complaints have come back. She feels as if she is floating. She wants to enjoy life but she can't relax. She feels very tense and finds herself saying hurtful things to other people against her will.

She gets Zincum nitricum 1M and one month later she feels much better, calmer, more self

assured, warmer. She starts to stand up for herself, feels less inhibited in saying what she wants. She is a little bit aggressive towards her husband when he fills in for her how she feels. She had some migraine above her right eye and nose, with flashes of light and hazy vision.

After four months she gets a repeat dose of Zincum nitricum 1M because of a slight relapse. One year after that everything is much better, although the symptoms haven't completely gone yet. The twitching around

the mouth is much less.

Zincum phosphoricum

Zincum phosphoricum is described in Boericke and Clarke.

Signature

Hopeite, zincumphosphate, $Zn_3[PO_4]_2[H_2O]_4$, is a semiprecious stone.

Concepts

Zincum

Restless

Intelligent

Repeating

Copying

Pollution

Getting behind failing

Phosphoricum

Communicative

Sympathetic

Brothers

Friends Neighbours

Learning Curious

Travelling

Homesickness

Group analysis

Overdoing the communication.

Restless out of sympathy.

A restless brother or sister.

Revising and learning.

Getting behind in your studies.

Restlessly travelling.

Picture of Zincum

Phosphoricum

Essence: overdoing the communication.

Overdoing the communication

They want to do their work well, especially in the communication branch. But they always feel they aren't doing enough. They get more and more restless, trying to keep up. They talk fast, may even stammer in their restless hurry. They are prone to nervous breakdowns from all this work. They never take a break and even if they do take

a holiday, they won't sit back and relax, they'll take some work home or they'll get involved in helping friends and relations.

Restless out of sympathy

They are not only sympathetic to their friends and relations, they also feel they have to do something for them. But once again the feeling is that it is never enough. They spend their time worrying what else they can do for someone to ease their suffering.

A restless brother or sister

A variation on this theme is

having a restless brother or sister who is very good at learning and communicating, even if he is slightly restless. This makes them feel left behind because their brother is getting much more attention.

Falling behind with your studies

It is important for them to do well in their studies and once again the ever present feeling is that what they do isn't enough. Their parents may have put a lot of pressure on them to get good marks and probably compared their marks

with those of their brother or sister, who did even better. So they try to do better next time by revising even more or by following a strict learning schedule. Even the holidays are spent trying to catch up, often forced by their parents. Until they are quite exhausted and can't take in any more, they fall asleep while trying to read a book.

Restlessly travelling

They love travelling, but even this tends to become an all out battle. All sorts of things are going wrong and they end up

running around trying to catch up with the schedule. They get no rest at all and long to go home to their family and friends.

Expressions

Fears: failure, falling, heights, criticism, pursued, opposition, observed, touch, anticipation, thieves, family, alone, cerebral haemor-rhage, death, being buried, dark, horror, ghosts, fantasies, noise, suicide, future, thunder, twilight, disease and death of family or friends, quickly coming and going, being sucked into the drainage

hole of a swimming pool.

Dreams: futile efforts, paralysis, exams, burglars, ghosts, monsters, fleeing, thieves, strangled, pursued, abduction, animals, erotic, disease, stools, falling, heights, party, accident, murder, quarrels, water, saving other people, being in a boat with no bottom so having to swim, strict guards want to puncture him with a giant sort of acupuncture needle; dreams carry on into the next dream.

Delusions: criminal, devil, death, dead people, objects are

**double, being light, poisoned,
thieves, dead people, fire,
fantasy.**

**Irritability: grumbling,
irritable, agg. being woken, agg.
music.**

**Mood: happy, open,
enthusiastic, gloomy,
discontented, hurried,
changeable, complaining,
sentimental, laughing,
hysterical, screaming.**

**Mental: analytical, exhaustion,
slow, delirious, chaotic,
confused, dementia, forgetful,
idiotic, mad, manic, childish,
very active, mistakes.**

**Contacts: agg.-, -amel., agg.-
talking, agg. talk.**

Work: -amel. agg.-.

**Sexuality: strong,
nymphomania, kisses everyone.**

Religious: superstitious.

**Causes: humiliation, insults,
alone, anticipation, fright,
sadness, homesickness, trifles.**

**Professions: computer
programmer, bookkeeper.**

Generals

**Type: thin, tall, red hair, pale,
sallow, wrinkled.**

Locality: right.

**Weather: cold; agg. cold, agg.
light, agg. thunderstorms.**

Perspiration: amel..

Time: agg. 5 and 9 pm.

Desires: sweet, meat, fruit, starch, cold, fish, anchovies, beer, liquorice.

Aversion: fish, milk, warm, sprouts (2), mushrooms, cloves, salt, oysters.

Food: agg. red wine, sweet, coffee.

Menses: profuse, amel. during menses.

Sleep: sleeplessness agg. nightmares; agg. lack of sleep; somnambulism, on right side; amel. short sleep.

Physical: amel. sitting back(!),

agg. touch, agg. noise, amel. discharges; amel. movement; agg. suppressed discharges, vaccination (3); agg. noise, music, agg. walking, lying on left side; amel. rubbing agg. cats, smells, wool.

Complaints

Burning pains.

Haemorrhages of bright red blood. Cerebral haemorrhages, petechia.

Restless, repetitive movements (3), head rolling, head banging, nail biting, tapping, thumb sucking, movements of the mouth agg.

**talking, restless legs agg.
getting to sleep, grabs the
bedclothes, tics, Chorea, Gilles
de la Tourette.**

**Neurological complaints (3):
epilepsy, paralysis, meningitis,
Hydrocephalus, coma, MS,
Parkinson's, dementia.**

**Migraine (3), pressing,
forehead, agg. school. Vertigo,
fainting.**

Strabismus, eye infections.

**Hayfever, bronchitis, asthma,
hyperventilation, sighing.**

**Lung problems, bronchitis,
tuberculosis, gasping for
breath.**

**Late teething, agg. teething.
Anaemia (3). Palpitations.
Stomach complaints. Vomiting
agg. drinking. Diabetes, agg.
pregnancy.
Diarrhoea agg. wine.
Constipation. Abdominal pains.
Retention of urine, amel.
sitting back; enlarged prostate
(2).
Bone problems, growing pains,
rickets, osteoporosis.
Tingling finger tips.
Backache, agg. carrying heavy
loads.
Eczema; white spots on nails,
hairloss.**

DD: Silicium series, Ferrum series, Stage 11,12 and 15, Phosphoricums, Staphysagria, Thuja, Viola odorata, Viola tricolour.

Case

A 25 year old woman suffers from chronic tiredness. It started when she had Pfeiffer at the age of 15. She was taking her final exams at school and everything went fine until just before the exam when she suddenly couldn't take in anymore. She fell asleep on top of her books and couldn't study anymore. Fortunately she

managed to pass her exams because her previous results had been good. She fainted when she heard the exam result. Afterwards they found out that she had Pfeiffer and she had to stay in bed for 7 weeks and stick to a diet without fat. The tiredness remained however and although the worst of it went away after 6 months she has never been her old self since. Her parents look up to people who have been to university, like her husband. She herself had been free to choose the

type of school she wanted to go to, but when she had finally passed her exams her parents couldn't refrain from mentioning that her niece had managed to finish a higher grade school with great success. This irked her very much. She didn't have a very happy childhood. It wasn't that her parents were awful, but they didn't give her any warmth. Her mother was a nervous type of woman who would suddenly shout and scream at the children for no apparent reason. The daughter

didn't know what to do in such situation and usually walked away, back to her own bedroom. She used to spend the holidays with an aunt, her mothers sister who was a much more motherly type, and who became like a second mother to her.

When she was 23 she had a nervous breakdown because of a job that was too much for her. She started trembling, crying and sweating profusely and had to spend three months at home off work. During this time she remembered all sorts

of things from the past, like the feeling that her parents always put her brother first because he was clever.

As a child she used to have frequent colds with watery, acrid coryza and a blocked nose. When she was 4 she had her tonsils removed, but it didn't solve anything. She also used to get ear infections with stiffness in her jaws, much thirst, little perspiration, temperature of 38-39 degrees C, and desire for savoury things like crisps, pepper and salt. She also suffered from 'anaemia'

although her iron level was 'normal'. She would look pale and gaunt and feel very tired. She often felt dizzy and had a tendency to faint on rising, stooping, standing for a long time and before the menses.

She tends to get nervous and starts to stutter when she doesn't feel at ease.

She is very sympathetic, wants to help her family or friends when they have a problem. She goes to see them without being asked and can lie awake at night worrying about them. She gets very upset when she hears

about injustice, torture or cruelty to children.

Once she had pneumonia with much coughing. The cough was agg. talking (3), agg. moving and turning around in bed, amel. lying still, amel. lying on right side (2), and agg. evening. She had cold shivers, 40 degrees C fever, pain in the back at T 12 and pain in the left axilla.

It had started after a long plane journey with her children. It had been a long, hard flight. One of the children was ill, vomiting all the time

and none of the stewardesses had shown much support. She had hardly had time to eat. At the American customs desk she had had a long wait because they suspected her of wanting to immigrate.

She dreams that she is in a boat on the water, but the boat doesn't have a bottom so she has to swim. There are some very stern looking guards waiting for her holding some sort of long spikes, like acupuncture needles. She doesn't want to be punctured. Also dreams about leaving

school and about cats.

She is afraid of thunderstorms, agg. alone, of fireworks and of dogs.

Generals

Weather: cold, cold feet, -amel. rain (2), fear of thunder (2), amel. sea (2).

Perspiration: little.

Time: agg. evening, 4 and 5 pm.

Desires: salt, savoury (2), egg, gherkins, drinks (3).

Aversion: shellfish (2), melon (2), fat, bread, sweet, kohlrabi, sprouts.

Food: vomiting from fat food;

agg. melon.

Menses: profuse, tired, irritable before menses, vomiting on first day of menses.

Sleep: amel., amel. short sleep; sleepy after school; restless movement during sleep.

Physical: amel. lying on right side; agg. movement.

Analysis

There are many things to be said for Phosphorus: she is very sympathetic, fear of thunder, - amel. salt, savoury, pepper, drinks, amel. lying on right side, amel. short sleep,

exhaustion from study and work, pneumonia after travelling, her brother is the favourite at home.

But Phosphor only gave temporary relief and there are some symptoms that don't really fit the Phosphorus picture: she is sympathetic, but she carries on thinking about people until deep into the night, something Phosphorus wouldn't do. The emphasis on intellectual performance points us in the direction of the Ferrum series, especially Zincum.

The following symptoms confirm this choice: agg. 5 pm, restless movement at night, agg. melon, anaemia, the stern guards in her dream, stuttering, and last but not least the characteristic Zincum nervousness.

The two together make Zincum phosphoricum the remedy for this woman.

Reaction

One month after Zincum phosphoricum 1M she reports that she immediately felt a great relief, the cough got much better within one day.

The stuttering went away but has come back slightly. All other symptoms improved gradually and in the course of 2 years she got six more doses of the remedy when the colds or back pains returned. On the whole she feels much better, she has got her energy back and she feels her old self again. The stuttering is much less, sometimes completely gone.

In the past she had been given Causticum, Phosphorus, Zingiber, Merc. sol, Magnesium carb, Tuberculinum, Ferrum and Calendula. The Phosphorus

and Ferrum had given temporary improvement but did not make a lasting impression on being repeated.

Zincum muriaticum

Zincum muriaticum is described in Boericke and Clarke.

Concepts

Zincum

Restless

Intelligent

Repeating

Copying

Pollution

Falling behind
Failure
Muriaticum
Broken relationship
Mother Child
Care Nurturing
Attention
Self-pity
Attention seeking
Sadness
Alone
Anti social
Group analysis
Work and motherhood
together create restlessness.
Restlessly working as a
mother.

**Running behind as a mother.
An intelligent mother.
Never getting any real care and
attention.
Complaining about repetitive
work.
Copying self pity.
Mother demands intellectual
achievements.
Picture of Zincum Muriaticum
Essence: work and motherhood
together create restlessness.
Work and motherhood
together creates restlessness
The combination of
motherhood and work causes
problems. They would like to be**

able to do both, but find it too demanding. They can't do well at work because of the demands of motherhood and this makes them restless. They get behind and try to catch up by working even harder, never giving themselves a moments rest.

Or they decide to give up work and devote themselves entirely to the task of being a mother. But this somehow doesn't feel as if it is good enough. They get restless because they feel stupid not having achieved anything in society.

**Restlessly working as a mother
As a mother they may feel
they can't keep up with the
housework. Either because they
have too many children, or
because of other factors that
are working against them, like
a child that is getting behind at
school and that needs extra
attention. They are very keen
for their children to do well at
school. They are also afraid
that their children will have an
accident or that something will
go wrong and this makes them
restless too. They get behind
with their household chores**

**and are forever rushing around
in a fruitless effort to catch up**

An intelligent mother

**They often have a mother who
is intelligent herself. She either
went to university or had
wanted to do so. Because the
social circumstances were
against her she didn't have the
opportunity to finish her
studies and she has become
very disappointed. She finds
her housework stupid and
boring, always the same old
chores. She thinks people find
her stupid and does everything
she can to prevent the same**

thing from happening with her children.

Never getting enough real care and attention

Because their mother was always so involved with her work the children never really got the attention they craved for. Or they are sent to a creche because their mother is at work and they don't get the personal attention they would have had at home.

Copying self pity

Eventually they start to feel sorry for themselves because they didn't get the chance to

study. Or they didn't get the care they needed when they were little. They escape in self pity, but it is a sort of stereotypical behaviour, as if the feelings are copied and don't originate from themselves.

Expressions

Fears: failure, falling, heights, criticism, pursued, opposition, observed, touch, anticipation, thieves, family, alone, cerebral haemorrhage, death, being buried, dark, horror, ghosts, fantasies, noise, water, danger.

Dreams: futile efforts,

**paralysis, exams, burglars,
ghosts, monsters, fleeing,
thieves, strangled, pursued,
abduction, animals, erotic,
disease, stools, falling, heights,
party, accident, murder,
quarrels, water, sea, waves,
drowning, children, mother,
disease or death of family and
relations.**

**Delusions: criminal, devil,
death, dead people, objects are
double, being light, poisoned,
thieves, dead people, fire,
fantasy.**

**Irritability: grumbling,
irritable, agg. being woken, agg.**

music.

Mood: happy, gloomy, discontented, hurried, changeable, complaining, sentimental, laughing, hysterical, screaming.

Mental: analytical, exhaustion, slow, delirious, chaotic, confused, dementia, forgetful, idiotic, mad, manic, childish, very active, mistakes.

Contacts: agg.-, -amel., agg.-talking, agg. talk.

Work: -amel. agg.-.

Sexuality: strong, nymphomania, kisses everyone.

Religious: superstitious.

Causes: humiliation, insults, alone, anticipation, fright, sadness, home-sickness, trifles.

Professions: computer programmer, bookkeeper.

Generals

Type: thin, pale, sallow, wrinkled.

Locality: left.

Weather: warm; agg. cold, agg. light, agg. sea.

Perspiration: amel..

Time: agg. 5 and 11 pm.

Desires: sweet, meat, fruit, starch, cold, fish, beer, liquorice.

Aversion: fish meat, milk,

warm, sprouts (2), mushrooms, cloves.

Food: agg. red wine, sweet, coffee.

Menses: agg. before, during or after menses, amel. during menses, agg. after pregnancy, painful and swollen breasts before menses.

Sleep: sleeplessness agg. nightmares; agg. lack of sleep; somnambulism.

Physical: amel. sitting back(!), agg. touch, agg. noise, amel. discharges; amel. movement; agg. agg. suppressed discharges, vaccination (3); agg.

noise, music.

Complaints

Dryness of mucus membranes.

Restless, repetitive

movements (3), head rolling,

head banging, nail biting,

tapping, thumb sucking,

movements of the mouth agg.

talking, restless legs agg.

getting to sleep, grabs the

bedclothes, tics, Chorea, Gilles

de la Tourette.

Neurological complaints (3):

epilepsy, paralysis, meningitis,

Hydrocephalus, coma, MS,

Parkinson's, dementia.

Migraine (3), pressing,

forehead, agg. school.

Strabismus, eye infections.

Hayfever, bronchitis, asthma.

Late teething, agg. teething.

Anaemia (3).

**Stomach complaints. Diabetes,
agg. pregnancy.**

Diarrhoea agg. wine.

**Constipation, stools hard and
dry. Abdominal pains.**

Retention of urine, amel.

**sitting back; enlarged prostate
(2).**

**Backache, agg. carrying heavy
loads.**

Eczema; white spots on nails.

Skin eruptions, on chest and

arms, red spots, agg. sun.

DD: Silicium series, Ferrum series, Stage 11,12 and 17, Phosphoricums, Staphysagria, Thuja, Viola odorata, Viola tricolour.

Case

A 37 year old woman suffers from headaches, sometimes on the left, sometimes on the right, sometimes in the back of the head. The tension also goes to neck and shoulders. The headaches usually start when something is wrong and she doesn't know what. As soon as she realises what is bothering

her the pressure eases. The pain is agg. sleep and amel. eating.

The main issue in her life at the moment is whether she should get a job or not. She has two children and had decided that she wanted to be a mother first and foremost. That is why she quit her job as a teacher, but now she is not so sure anymore and would like to get back to work. She gets upset when other people comment on her motherly instincts, calling her a 'mother hen'. One day she met a woman at a party who

asked her what sort of work she did. When she answered that she she was a housewife taking care of her children this woman turned away and didn't speak to her again. This sort of incident really accentuates her dilemma: to work or not to work? She feels that people look down on her if she doesn't work, and on the other hand she wants to be there for the children. She can't bear the thought of her children having to spend the whole day in a creche. She thinks that people find her stupid.

Her own mother also plays a role in this dilemma. Her mother had all sorts of ideas of what she wanted to do in life, but circumstances forced her to stay at home and look after the children. Instead she projected onto each one of her four children one of her own ideals. Nursing was one of them and her mother kept telling her for years what a good nurse she would make. So when she left school she started at a nurses training college, but within a very short time she found out that she hated it and ran away

in disgust.

Her mother always felt a victim in life and was full of self pity. She felt forced to comply with the norms that were laid on by society and this had stifled her. Her mother had also been overprotective, always afraid that something would happen to the children. The result was that the patient feels very dependent on her mothers opinions. When her mother comments on the fact that she isn't working she feels deeply hurt. On the other hand she also felt responsible for her

mother and always tried to help her to ease her worries.

She dreams that she has to take an exam in science and she can't do it. Suddenly she realises that she passed this exam years ago.

Analysis

The central theme is about work and motherhood., which indicates a combination of a Muriaticum together with a remedy from the Ferrum series. People look down on her (Ferrum series) if she merely wants to be a mother (Muriaticum). Her mother

(Muriaticum) would have like to work (Ferrum series) and projects her ideas of work (Ferrum series) onto her children. She feels responsible (Ferrum series) for her mother (Muriaticum). She feels hurt by her mothers (Muriaticum) comments on the fact that she doesn't work (Ferrum series). Her mother (Muriaticum) felt stifled by the norms and values of society (Ferrum series).

But which remedy from the Ferrum series should we choose? She is afraid that people will think her stupid,

which is a symptom of Zincum. This fits with her dreams of having to take an exam and suddenly realising she has already passed it. And so we get the combined remedy of Zincum muriaticum.

Reaction

After Zincum muriaticum 1M the headache gradually got better. The dilemma between work and motherhood became more clear and she was able to make a definite choice to be a full time mother. She got many insights into the relationship with her mother and her

mothers' remarks didn't touch her so deeply anymore. She realised these remarks were an expression of her mothers unresolved feelings and didn't affect her.

Zincum iodatum

Zincum iodatum is described by Clarke (1985, vol. 3, page 1598).

Concepts

Zincum

Restless

Intelligent

Repeating

Copying
Pollution
Failure
Iodatum
Loss of Talent
Forgetful
Obsessive
Humour
No ideals
Right to exist Food
Emigration Moving house
Escaping
Prison
Group analysis
Working restlessly to be able
to exist.
Gaining the right to exist

**through intellectual
achievement.**

Obsessive repetition.

Restless copying.

Copying without ideas.

Escape into repetition.

**Restlessness viewed with
humour.**

Intelligent and forgetful.

Emigration after failure.

Picture of Zincum Iodatum

**Essence: working restlessly to
be able to exist.**

**Working restlessly to be able
to exist**

**They feel they must work very
hard in order to exist. They**

work without a break, there is always more to be done. This makes them very restless, partly because they always have the feeling that something can go wrong and if their attention slackens for a moment everything will be lost.

Obsessive repetition

They also feel that people are always checking on them.

Parents, teachers or bosses are imposing all sorts of rules and are constantly keeping an eye on them. But they also have a tendency to check their own work all the time, reading and

rereading their homework, learning and relearning their lessons. If they make a mistake, if they don't do their utmost to get good results they will be told to leave, there will be no place for them in this world. Only by constant effort and hard work will they have the right to exist. Later on they will the pressure on themselves, taking over the role of their parents or teachers.

They keep a constant check on themselves in order to safeguard their position. They

keep copying the old ways of working to make sure they live up to the required standards. But they tend to lose sight of the essence and what it is all about. They can even end up working against themselves.

Copying without ideas

They are very intelligent, but have no idea what they are working for. They are in such a hurry that they don't have time to reflect on their own ideas and inspirations.

They perform their routine tasks with great enthusiasm, but forget to ask what it is all

about. Repetitive tasks can be a form of escape for them.

Restlessness viewed with humour

Their restless and mindless activity may become the subject of jokes. They don't like this, it makes them feel criticised and excluded.

A variation on this theme is that they view their own restlessness with humour and try to break up the ceaseless activity with the occasional joke.

Emigration after failure

But one day the energy they

put into their work may run out. They can't keep up any longer and the criticism they receive from themselves and others gets stronger every day. They begin to feel rejected, excluded from society. They are lost, all ties with their environment have been disconnected. They feel the urge to escape, to move house or emigrate to another country.

Expressions

Fears: failure, falling, heights, criticism, performance, speeches, accidents, hunger, future, diseases, doctors, going

**mad when he has to rest,
pursued, opposition, observed,
touch, anticipation, thieves,
family, alone, cerebral
haemorrhage, death, being
buried, dark, horror, ghosts,
fantasies, noise;easily
frightened.**

**Dreams: futile efforts,
paralysis, horses don't do what
he wants them to, he hasn't
passed an exam that he took a
long time ago (3!), unprepared
for an exam, burglars, ghosts,
monsters, ice, man with a knife
between his teeth, geese,
fleeing, thieves, strangled,**

**pursued, animals, erotic,
disease, stools, falling, heights,
party, accident, murder,
quarrels, water, failure, prison,
escaping, travelling, fire,
eating, danger, death, smeared
with excreta, exertion,
exhaustion, restless, ruins.**

**Delusions: criminal, devil,
death, dead people, objects are
double, being light, poisoned,
thieves.**

**Irritability: quarrelsome,
screaming, desructive,
grumbling, irritable, agg. being
woken, agg. music, agg. insult,
agg. fasting, agg. being**

observed, agg. touch, agg. being held.

Mood: Haughty, lively, excited, happy, gloomy, discontented, hurried, busy, restless, changeable, complaining, sentimental, laughing, hysterical, screaming, discontented, indifferent, suicidal, crying.

Mental: precise, dull, absent minded, forgets his purchases, what to do or say, exhaustion, obsessive, lack of concentration, insanity, dementia.

Contacts: agg.-, agg.

conversations, agg. answering.

**Work: -amel. (3), amel., agg.,
agg.-.**

**Sexuality: strong,
nymphomania, kisses everyone.**

Religious: superstitious.

Hobbies: travelling.

**Profession: artist, painter,
writer, singer, musician,
teacher, scientist, doctor,
priest, bishop, medicine man,
vicar, governor, secretary,
representative, advertising
agent, public relations, top
sportsman, comedian, clown,
cartoonist, computer
programmer, bookkeeper,**

accountant.

Causes: disasters, war, hunger, floods, ethnic cleansing, fires, insults, humiliation, looked at, love disappointment, alone, anticipation, fright, sadness, homesickness, trifles.

Generals

Type: thin, brunette, pale, sallow, wrinkled.

Locality: right, external throat.

Weather: agg. heat, amel. fresh air, outside, agg. sea.

Perspiration: amel..

Time: agg. 5 am and 5 pm; agg. summer.

Desires: sweet, meat, fruit,

**starch, cold, beer, liquorice,
large quantities.**

**Aversion: fish, milk, warm,
sprouts (2), mushrooms, cloves.**

**Food: agg. red wine, sweet,
coffee; agg. fasting (3); amel.
eating (3).**

**Menses: little; profuse, agg.
suppressed menses, amel.
during menses.**

**Sleep: sleeplessness agg.
nightmares; sleepy; agg. lack of
sleep; somnam-bulism.**

**Physical: amel. sitting back(!),
agg. touch, agg. noise, amel.
discharges; amel. movement;
agg. agg. suppressed**

**discharges, vaccination (3);
amel. agg. rest (2), amel. amel.
agg. motion (2); agg. pressure,
agg. being touched; agg. noise,
pain, impressions, agg. music.**

Complaints

**Discharges are acrid and
watery.**

**Weakness. Cancer. Glands
swollen and hard.**

**Restless, repetitive
movements (3), head rolling,
head banging, nail biting,
tapping, thumb sucking,
movements of the mouth agg.
talking, restless legs agg.
getting to sleep, grabs the**

bedclothes, tics, Chorea, Gilles de la Tourette.

Neurological complaints (3): epilepsy, paralysis, meningitis, Hydrocephalus, coma, MS, Parkinson's, dementia.

Migraine (3), pressing, forehead, agg. school.

Strabismus, eye infections, visual disturbances.

Colds, watery discharge. Hayfever.

Sinus infections. Facial neuralgia, tingling, radiating to vertex.

Allergies, asthma, bronchitis, hayfever.

Late teething, agg. teething.

Anaemia (3).

**Throat sore, splinter like
pains.**

**Thyroid problems (3!): enlarge,
cysts, atrophy, hyper- or hypo;
metabolism too fast or too
slow; thin or obese.**

**Voice problems: hoarseness,
loss of voice, stammering.**

**Palpitations. Arteriosclerosis.
Anaemia (3).**

**Lung problems,
hyperventilation.**

**Stomach complaints, cold.
Diabetes, agg. pregnancy.**

Diarrhoea agg. wine.

**Constipation. Abdominal pains.
Cholera.**

**Retention of urine, amel.
sitting back; enlarged prostate
(2).**

**Problems with testes or
ovaries. Tumour of testes.
Impotency.**

**Neck pains, stiffness;
whiplash. Pains in arms.
Backache, agg. carrying heavy
loads.**

Restless feet.

**Acne. Eczema on forearms and
legs; white spots on nails.**

**DD: Ferrum series, Silver
series, Stage 12 and 17, Arnica,**

**badiaga, Mancinella,
Phosphoricums, Spongia,
Staphysagria, Thuja, Viola
odorata, Viola tricolour.**

Case by Rienk Stuut

**A 30 year old woman feels very
tense and restless. She doesn't
sleep well and often wakes in a
panic at 4 am, breathing
rapidly, perspiration on her
chest, fear and tingling fingers.
She feels tired and exhausted
and her resistance is low. She
has eczema which gets worse
when she is tired. She also
suffers from constipation.**

Her work environment is quite

hectic. She worked for a computer data firm and was involved in a project that involved moving whole companies with all their computers to a different location of the weekends. She didn't feel safe and at ease in this job, had difficulty keeping up. She felt that the whole world would come down on her if something went wrong. There were many different parties involved and she felt she had to keep them all happy. She found it hard to steer her own course and to evaluate whether she

was doing things right or not. She is not very good at owning her power and radiating a sense of authority.

Her boyfriend had gone abroad for his work and which made her feel estranged from her surroundings.

She recognises that she had similar feelings in the past. Her parents were very demanding and she felt she had to achieve a great deal before she would be accepted as a proper member of the family. She was conscious of people checking on her all the time. Her mother put a lot

of pressure on her in many ways: 'You must do your very best at all times, sell your talents, prove to the world what you can do'. She was also urged to look good at all times. She hated this sort of pressure, felt that she would break the rules if she relaxed for a single moment. She couldn't rest until she had done everything she could. She tried to adapt by minding her manners, being sociable etc., anything to avoid the withering criticism of her parents, which would have felled her completely. There

were thousands of rules she had to comply with and her parents wouldn't have accepted her if she hadn't followed them to the letter.

It was a tremendous effort to control herself.

Her elder sister was more rebellious. She didn't have much contact with this sister because of her tendency to disturb whatever was going on. Although her sister did get a lot of attention, it was mainly negative and she wanted a different sort of attention.

She felt guilty if her marks at

school were mediocre, her sister got much better marks, she even skipped a class.

She often got teased at school because of her nervous tics and blinking eyes. She felt very lonely and excluded when she was little, life didn't hold any promises for her. She lived far away from school and wasn't a part of the group. Her mother was always ready to find fault with her friends, nobody was ever good enough.

When she was seven she lost a lot of hair, she also suffered from paratyphus and eczema.

She wet her bed at night and used to sleepwalk onto the balcony, talking all the time. She used to break glasses by biting too hard, was clumsy, tense and 'impulsive'. She ate very little when during her secondary school years.

She had a dream: I am walking through a busy town in silence, I am the only person walking against the gale force wind, all other people are going the other way; when I get frightened somebody of my own age who is at the other side of the street starts to laugh at me

and taunt me. After such a dream she had wet the bed. During this time she often dreamt that her parents gave set her all sorts of difficult tasks which she couldn't do, everything went wrong, she would drop things etc. She often dreams that her parents are chasing her saying: 'You have done this wrong'.

She also dreamt that she was clinging on to the back of a lorry. Her family and friends were sitting in the open back of the lorry, but she wasn't allowed. The lorry was driving

fast through busy traffic and she felt very frightened, having to watch out for oncoming traffic.

As soon as she wakes up in the morning she feels she has lots of work to catch up on.

Generals

Weather: cold, cold feet.

Time: agg. 4 am.

desires: eating (3), savoury, bread, cheese, sweet spicy biscuits, chocolate.

Aversion: meat, fat, fatty meat.

Menses: absent agg. the pill.

Sleep: sleepless, on right side,

hunched up.

Analysis

She is very tense and restless. Remedies such as Arsenicum, Iodum, Zincum and Agaricus would immediately spring to mind. But which one of them? The urge to achieve belongs to the Ferrum series, so does the feeling that people are checking on her, pushing her and forcing her to comply with the rules.

The fact that she doesn't allow herself a moment's rest is typical of Zincum. So is her job in computer data systems. But

which Zincum? She has to achieve in order to belong to the family, otherwise she will be dumped. In her dream she has to cling on to the lorry otherwise she will fall overboard, stage 17. In this case I would choose Iodum because she feels estranged since her lover has gone abroad.

She was told to sell (Ferrum series) her talents (Silver series), you must show what you have got in you (Stage 17). She got stressed at work (Zincum) moving computers

(Zincum) from one place to the next (Iodum). She got teased (Iodum) because of her tics (Zincum). She dreams of having to walk against the wind (Ferrum series) and being laughed at (Iodum).

Other Zincum symptoms: dreams that her parents are setting her tasks and chasing her, restlessness, sleeplessness, nervous tics, cold.

Iodum symptoms: excluded, outside the group, restless, agg. 5 am, eating much, eating little, hanging on.

DD: Kali's, Calcarea's, Silica,

Aurum, Carcinosin, Agaricus.

Reaction

Carcinosin had no effect at all. After Zincum metallicum she had the dream about the lorry where she had to hang on for dear life to avoid being dumped. This gave me the clue to Zincum iodatum. After Zincum iodatum she quickly starts to feel better. She decides to lead her own life instead of others deciding for her. She decides to go to her boyfriend and quit her job, in spite of the fact that she was very good and was offered a

much higher salary because they didn't want her to leave. She has had enough of all this strife, she doesn't need it anymore.

She had another dream where she was sitting in a room in which people were quarrelling, something to do with a little child. When the people had left the child crawled onto her lap. It gave her a great feeling of peace; the child was her at the age of 3 or 4.

Case by Anton Kramer

A woman with bulging eyes [Iodum] suffers from headaches,

**agg. after menses, amel.
profuse bleeding, agg. 5 am
[Iodum], amel. cold. She has
palpitations [Iodum] amel.
running, amel. running until
she drops. She eats a lot
[Iodum]. She is suspicious and
constantly thinks 'your whole
life can change within a
fraction of a second'. She has
an overwhelming fear that she
will lose everything she has
through disease or accidents.
Her parents had to work hard
[Ferrum series] to survive
[Iodum] and she feels 'that they
didn't educate her, they only**

fed her' [eating, Iodum]. She has suffered from Whiplash [Spongia, Iodum, Silver series].

Gallium metallicum

Gallium is a new remedy.

Signature

The name has been derived from Gallia, France, because it was discovered by a Frenchman called Francois Lecoq in 1875. The Latin name for 'coq' or cockerel is Gallus gallus, which could have been another reason for calling this newly discovered metal Gallium.

The metal is soft, silvery white with a blue sheen. It has a relatively low melting point (29,8 c) and a high boiling point (amel. 2000 C), which gives it the longest liquid phase of all elements. It is used in thermometers because it expands on being heated. It is also used in various alloys to lower the overall melting point. It is a semiconductor used in electronics and solar cells. It also gets used as a catalyst in organic chemistry.

Concepts

Stage 13

Left behind Overtaken

Outgrown

Nostalgia

Outmoded

Deteriorating

Keeping back

Suspicion

Disbelief

Retreating

Giving up

Ferrum series

Task Work Duty

Craft Use

Ability Perfection

Routine Order Rules

Control Exam

Observed Criticised

**Failure Guilt Crime
Tried Pursued
Adult
Village
Group analysis
Stubborn in their work.
Stubbornly following routines.
Outmoded techniques.
Enemies undermine your work.
Disbelieving your own ability.
Falling back on old routines.
Nostalgia for old crafts.
Stubbornly denying failure.
Giving up after criticism.
Picture of gallium metallicum
Essence: stubbornly holding on
to your own abilities.**

Stubborn in their work

They tend to stick to the well known routines and stubbornly refuse to give them up. They have been treading the well worn path, the path has eroded into a hollow road with steep sides and now they can't get out anymore. They are unable to see any new possibilities because the old patterns are too deeply engraved. Their stubbornness makes it very difficult for them to listen to advice, let alone to follow that advice. They always know better, even against their own

judgment. The communication has been broken, they won't listen and they aren't being heard anymore.

Outmoded techniques

They realise that their old patterns no longer give the best results. Their techniques are outmoded and they can see that others are doing much better. It is as if their own pupils have overtaken them and are threatening to demote them. The old civil servant can't keep up with the new techniques and feels threatened by the younger

generation.

Enemies are undermining the work

Their position is being undermined by the newcomers. They do what they can to hold on to their position but everything is changing and it hurts.

**Disbelief in their own abilities
They feel that it is impossible for them to change, to learn the new techniques and improve their performance. They no longer believe in themselves. They feel they have always worked at**

maximum capacity and that is all they have to offer.

Falling back on old routines
They give up trying to develop themselves and merely hang on to the old patterns. But others are obviously doing better using the new techniques. So the threat that others will overtake them and force them out of a job is constantly hanging over them. That is why they tend to retreat to their own fort, closed off from the rest of the world and all its innovations. It is the theme of the tactical retreat: they

proclaim that everything is going fine, but have to admit that reality tells them differently.

Nostalgia for the old crafts

Another escape is trying to portray the old ways as being much better than the new.

They develop a very nostalgic attitude. This could be likened to the mentality of Gallia, i.e. France, where the people are very keen to do things their own way. They stubbornly want to remain independent and when something threatens to go wrong they retreat into their

own camp. They like to go along with the European Community, but when things go too far they insist on doing it their own way. They stubbornly stick to their own traditions, their wine is still the best!

Expressions

Fears: failure, falling, paralysis, criticism, opposition, observed, anticipation.

Dreams: crime, murder, futile efforts, paralysis.

Generals

Locality: right.

Time: agg. morning.

Complaints

Cancer. Paralysis.

Eyes glued together.

Ears blocked. deafness.

Anaemia (3).

**Stomach problems, nausea,
vomiting. Diabetes.**

**Cancer of the bladder or
cervix.**

Osteitis deformans.

Psoriasis.

**DD: Ferrum series, Stage 13,
Clematis.**

**DD Zincum: are just managing
to hold on, even if they have to
work overtime. They do get
obstructed by they can still get**

on with their work. Gallium feels that the area in which he can operate successfully is gradually being taken away from him. All there is left for him is partial success.

Case

A 43 year old man has come complaining of inflamed joints and psoriasis. The skin is red and scaling, worse on the outside of elbows and knees. Sun and Sauerland ameliorate. It started on his sternum when he was 17. Later on it went to his nails. The proximal joint of his middle finger and the distal

joint of his little finger and his toes are the worst affected by the inflammations. Alcohol and eating aggravate the complaints. His blood pressure is too high so he stopped smoking and went on a diet. He lost 20 kilo's and since then his blood pressure has been much better.

He was the youngest child and when he was 14 the others had left home and he was the only child there when his father got ill. His father got a heart attack and later on a brain tumour. He had just joined the military

service at age 17 when his father died. he had to take over his father's role to support his mother.

His father had always been quite strict, a bit overprotective and formal rather than emotional. He had been collecting 'worldly rags' to be able to pay for his childrens studies. When he got ill the business went down and he was declared bankrupt. His mother was left with a lot of debts to pay. And when it was his turn to go to college there was nothing left. None of his

brothers who had been able to finish their studies offered to help their mother. So he decided he would break with his brothers and sisters and sort it out himself. 'You can all go to hell, don't worry about me, I'll sort this out myself'.

He tells me he is a Capricorn, stubborn, likes to manage his own affairs, be his own boss. He talks freely, but tends to sound a bit harsh at times. He doesn't care a hoot what others think about him or his psoriasis. He is able to give and take and feels you shouldn't make a big

fuss when something goes wrong. Material goods are not that important to him, but he does like to earn a lot of money.

When he was a child he frequently had high fevers with delirium and visions of demons coming out of the wall paper. He has had jaundice and he often gets headaches in his forehead, coming up from the neck and accompanied by nausea.

Generals

Weather: agg.- too hot, agg.- draught, -amel. fresh air (2).

Perspiration: profuse, agg. exertion, agg. thinking about it.

Time: agg. winter, agg. evening.

Desires: meat, salami, garlic, old cheese, brown beans (2), spices.

Aversion: fish (3).

Food: agg. fish (3), alcohol, peanuts, meat.

Sleep: getting to sleep is difficult at times.

Analysis

He has some typical Gallium character traits: he is stubborn (Stage 13), wants to be his own boss, manage his own affairs.

This is confirmed by his indifference to the opinions of other people and the way he speaks quite freely. He was the last in the row (Stage 13) and by that time everything was gone, there was no money to study or to learn a trade (Ferrum series). He retreats (Stage 13) from his brothers and sisters who have taken everything.

Reaction

One month after Gallium 1M the psoriasis seems to be less severe, the patches are not so bright red and they fade more

quickly, although with ups and downs. Nine months later, after 3 more doses of Gallium 1M the psoriasis is as good as gone. He also feels good in himself.

Proving

By Jan Scholten

- Dream: The wife of an old farmer had disappeared.

Everyone was looking for her thinking she had been killed.

Many people were suspected of murdering her but eventually it turned out that the old man himself had done it and cemented her body into the wall.

- Dream: A young sportswoman and other sporting people didn't believe in themselves. They couldn't make the grades set by the Dutch athletics society to compete in the World championships. This was because they didn't believe in themselves, didn't believe they could become first. Many of them had given up deep inside. It was my task to treat them with homoeopathy and guided visualisations to dissolve their illusions of failure and 'I won't make it anyway'.

- Mental: I realise that I dream

much more during provings than I used to do and that this has something to do with the fact that I never believed in myself. I used to do a proving without knowing the remedy, saying to myself that I shouldn't be influenced by preconceived ideas about it. I could have tried to make contact with the remedy and the energy of the person who was conducting the proving. Now I realise that refusal to make contact and disbelief were the reason that I hardly ever got any good dreams or

symptoms.

- My eyes and ears were glued shut in the morning, worse on the right side.

Gallium sulphuricum

Gallium sulphuricum is a new remedy.

Concepts

Gallium

Stubborn

Determined

Nostalgia

Withdrawing

Tactical

Sulphuricum

Love

Marriage Partner

Egotism

Jealousy

Joy Satisfaction

Harmony

Clothes

Lazy

Ugly

Theorising

Group analysis

Stubborn in love.

Nostalgic in love.

Determined out of jealousy.

Selfishly withdrawing.

Stubbornly theorising.

No more faith in love.

Picture of Gallium Sulphuricum

Essence: stubbornly holding on to love.

Stubborn in love

Their stubbornness is manifested most clearly in their love life. They have their own ideas about love and are not prepared to change them. They don't even want to argue about it because they are convinced that they are right. Or they tend to avoid discussions with their partner, knowing they can't convince them anyway.

Their are very stubborn in their interactions with their loved one. They tend to overwhelm them with their opinions, not giving them a chance to have their say. They are convinced that the other one is is too inexperienced to understand what is right, so there is no point in listening to them.

Nostalgia in love

They feel a sense of nostalgia for true love. This can happen after a particularly wonderful love affair has come to an end through disease or bad luck. Or

they feel nostalgia for the sort of love they have imagined in their own mind.

**Determined out of jealousy
When they suffer a love
disappointment they tend to
withdraw into themselves. If it
has happened because their
partner betrayed them they feel
very insulted and jealous and
will speak bad about her to
others. They don't want to have
anything to do with her
anymore, and may even decide
to have nothing to do with the
opposite sex from then on.**

Selfishly withdrawing

They decide that they won't ever have another relationship on principle. It only creates problems and there is no point anyway. They have done everything they could and look what happened. What more could they have done for their partner?

Love is not worth the bother.

Stubbornly theorising

They tend to theorise in their own peculiar, stubborn way.

They often end up as a scientist or inventor. They are usually quite chaotic.

Expressions

Fears: failure, criticism, opposition, observed, anticipation, heights, poverty, ugliness, dirt.

**Dreams: futile efforts, paralysis, marriage, nightmares
agg. lying on back.**

Mood: hasty, impatient, gloomy, indifferent.

Causes: loss of loved ones, friends or family, insults, humiliation, shame.

Generals

Type: manly.

Locality: left (3).

Weather: warm, agg. heat, amel. open air; hot flushes.

Perspiration: easy, agg. exertion; stinking.

Time: agg. 5 am.

Desires: sweet (3), alcohol, fruit, fat, fried, spices, sour, cold drinks, meat.

Aversion: egg, raw egg (3), bread, sour, oysters.

Food: agg. sweet, sugar, alcohol, pepper (3), egg.

Sleep: deep; frequent waking; agg. lying in late; snoring.

Physical: agg.- bathing.

Complaints

Discharges are yellow and thick, smelling of rotten eggs.

Burning pains (3). Full, heavy,

pulsating feeling.

Infections in orifices such as mouth, ears, nostrils, anus, urethra; with redness, heat and burning.

Inflammation of eyelids, red, burning, glued together.

Heart and vascular diseases.

Varicose veins, heavy legs.

Haemorrhages, haematoma.

Stomach complaints, burning.

Skin: infections with whitish yellow, sour pus, leaving scars.

DD: Silicium series, ferrum series, Stage 13 and 16, Clematis.

Case

A 45 year old man has many dark red boils on his face, exuding white, thick, sharp and sour smelling pus. The skin has become very irregular and lumpy, with occasional fistula leaving scars. Everything is worse from egg and chocolate.

His eyelids are very red and covered by a gluey substance in the morning. Bright light makes his eyes water. He gets a stitching, pricking sort of pain in his eyes as from needles.

The complaints are worse on the left side and worse from cold wind.

He gets stomach pains from spicy food, pepper (3) and cheese with cumin. Burning pain in his stomach and behind the sternum, as if he is being cut by knives. Better lying propped up and better from warm milk.

He has had an operation in the past to remove an atrophied kidney. There had been much swelling and long lasting pulsating pains in his kidney because the ducts had been blocked.

His first marriage didn't last more than 18 months because

they were such different types, she was very religious, he was more a sporting type. His second marriage lasted 11 years. She used to go out whenever he was away on business. He stopped having sex with her out of jealousy. She got very angry about this and eventually they got divorced. He is very angry that he has to pay alimony, especially because he had helped to bring up her two children from a previous marriage. He thinks she is an ordinary slut. This sort of

people, these frivolous, loose type of women make his hairs stand on end. They acts like magnets towards men, but they have no respect for them. He never wants to have a relationship again. He has decided that he will let a woman into his house for no longer than two hours. But now he has problems getting an erection. As soon as he starts to make love a little voice in his head says: 'Watch out!'. He is afraid to come out of hiding, to break through the barrier to his heart.

He is rather withdrawn, always has been. He doesn't like to state his opinions, afraid he will hurt someone. He would rather avoid a conflict than confront someone or point out a mistake, even if he knows he is right. He also keeps himself at a distance because he is so chaotic. There is so much going on inside his mind that he can't make head or tail of it. Once he started to speak all sorts of things would come tumbling out at once and this would only confuse other people. He does chemical research work.

Generals

Weather: warm.

Perspiration: profuse, agg. exertion.

Time: amel. morning, agg. 5 pm.

Desires: meat (2), sour (2), spices.

Aversion: raw egg (3), soft boiled egg (2), oysters (2), fat, sprouts.

Food: agg. pepper (3), cheese with cumin, egg, chocolate.

Sleep: occasional sleeplessness agg. thinking about work and relations; snoring.

Analysis

The complaints started after his second marriage. This fact, coupled to his jealousy and the impotency because he is afraid to get involved in a new relationship all point to Sulphur.

His rule that no woman is allowed to stay in his house for more than two hours is a typical symptom in this case. He has become fixed in his decision, determined that no one will tempt him out into the open and break the barrier to his heart. He feels cheated because he has to pay alimony,

the 'slut' has no respect for him at all. All these are gallium themes, and so we get to Gallium sulphuricum.

He shuts himself off (Gallium) from other people because he is so chaotic (Sulphur). He would only make the other person weary (Sulphur) if he spouted the jumble of information that was going round his head (Gallium).

Other Gallium symptoms: stays at a distance, avoids conflict, knows better.

Sulphur symptoms: researcher, eczema, with pus, left side,

inflamed eyelids, stomach problems, burning, warm, profuse perspiration agg. exertion; -amel. meat, sour, spices; agg.- egg, oysters, fat; agg. pepper, egg; snoring.

Reaction

One month after Gallium sulphuricum 1M he feels much better. His stomach problems are more or less gone and his skin is not so inflamed. He had sinusitis in the meantime. On the emotional level things are much better too, he has no more fear at the thought of a relationship. He has let go of

the issue. He had a dream in which he was travelling in a bus, past a ditch full of pigs; the old pigs died and the young ones survived.

I had previously given him Robinia with only moderate results.

Germanium metallicum

Germanium is a new remedy. Sherr has done a proving in 1995 but the results have not been published yet. He has given me permission to extract the most important symptoms

from his report.

Signature

This element has been named after Germany because it was discovered by a German in 1886. it is an excellent semiconductor and is used in the computers, transistors etc.

Concepts

Stage 14

Empty Weak

Eliminating

Diverting

Casting aside

Irresponsible

Indifferent

Form Distant

Covering up
Empty mask
Ferrum series
Task Work Duty
Craft Use
Ability Perfection
Routine Order Rules
Control Exams
Observed Criticism
Failure Guilt Crime
Persecuted Tried
Adult
Village
Group analysis
A formal profession: civil
servant.
Maintaining order for the

show.

Formal routines: formalities.

**Keeping up a mask of
perfection.**

Escaping control: estranged.

Casting aside accusations.

**Failure through irresponsible
behaviour.**

Routine performances.

Picture of Germanium

Metallicum

**Essence: a formal profession:
civil servant, official.**

**A formal profession, civil
servant, official**

**Germanium is the classic type
of civil servant. They carry out**

their task pro forma, but they don't take any real responsibility. They are afraid of being held responsible for any of their actions.

Maintaining order as a formality

They maintain the order but aren't really interested in what they are doing. Like a teacher who lost interest long ago, who is only concerned with maintaining order so he can hold on to his job and earn a living (Sherr, '95). They are cruising on automatic, speaking only in cliches and

commonplaces.

Formal routines: formalities
They love hiding behind
formalities. As long as they
work with lots of official forms
they can be sure they won't
personally be held responsible
for anything. They often hold
back information, hiding
behind a mask of perfectionism
(Sherr). But they feel restricted
at the same time, a prisoner of
controlled movement and
measured speech. They are
afraid of having made a
mistake after all, afraid of
authorities, police, parents,

teachers or directors watching them and finding out they have done something wrong.

Escaping control: estranged.

They try all sorts of ways to avoid being held responsible. They push responsibilities on to other people, wriggle out of accusations, deny their mistakes or say it was someone else's fault etc. (Sherr 95). They feel misunderstood and useless compared to their colleagues. As if they are caught up in a fight between two parties, but it has nothing to do with them. To take the attention away

from their own mistakes they'll blame others.

They become an outsider, estranged from their colleagues and their environment.

Eventually they'll feel estranged from themselves, as if they have left their body.

Failure through irresponsible behaviour

Because they deny responsibility certain things are bound to go wrong. The outside appearance may still be there, but it is only an empty shell. They are powerless to carry out their task, but they

pretend everything is fine and running as normal (Sherr). But their life has become stuck and there is nothing they can do about it. The decline is undeniable and they feel that all their efforts have been in vain. They are too tired to do anything anymore.

Expressions

Fears: failure, falling, paralysis, criticism, responsibilities, authority, police, being unmasked, opposition, observed, anticipation, violence.

Dreams: futile efforts, missing

the bus, forgetting their luggage, paralysis, war, violence, victims, broken windows or mirrors, being pursued, threatened, accidents, thieves, burglars, broken locks, police, erotic, being raped, water, fire, family, brother, sister.

Delusions: mistakes, guilt, crime, coward, banned, prisoner, world is shabby, estranged, isolated, everything looks smaller or lower, time going slowly, hearing voices double, hands don't belong to him, chaos.

Mood: weak, dull, empty, flat, indifferent, unreal, no romanticism, hopeless, helpless, gloomy, doomed, restless.

Irritability: held in; agg. having to answer, being abused.

mental: precise, absent minded, empty, slow, confused, forgetful, mistakes in writing and speaking, dyslexia.

Colours: brown and green.

Causes: insults, being interrupted.

Generals

Weather: cold, agg. cold, agg. mist.

Time: agg. 5 am.

Desires: drinks.

Sleep: yawning.

Physical: agg. heavy metals.

Complaints

Cancer. Malaria.

**Paralysis, walking backwards,
legs trembling. Ataxia,
cerebellum. Difficulty speaking.
Numbness. Demyelination of
the nerves.**

headaches.

Sore throats, much mucus.

**Pneumonia, bronchitis, liver-
and kidney injuries, hemolysis
(Dreisbach).**

High blood pressure.

Palpitations. Anaemia (3).

**Stomach complaints. Diabetes.
kidney failure.**

Inflammation of joints.

Amyloidosis.

**DD: Ferrum series, Stage 14,
Cysteine, Selenium.**

**DD metabolism affected by
germanium: Cysteine, free
radicals.**

**DD Gallium: still feels he has
some say in the matter, even if
it is only in certain restricted
areas. Germanium feels they
are only there for the show, the
real responsibilities have been**

passed on long ago.

Arsenicum metallicum

When we talk about Arsenicum in homoeopathic circles we actually mean Arsenicum album, which is arsenicum oxide or As_2O_3 .

Arsenicum metallicum is not very well known, Clarke gives a brief description, but it was assumed to be quite similar to Arsenicum album. Now that we know the influence of the oxygen component we are better able to make the subtle

distinctions between the two.

Arsenicum album, Natrum and Kali arsenicosum are also mentioned.

Signature

The name has been derived from the Greek word 'arsenikos' which means 'male'. It was discovered in 1250. It's use through the ages has mainly been as a poison, like rat poison or nerve gas. It isn't really a metal but it has a few metallic properties. It readily evaporates in air.

Concepts

Stage 15

Passing on Loss
Bankrupt
Passing away
Superfluous
Surrender
Handing over Sacrifice
Forgiving Poison
Unforeseen
Refusing Obstinate
Ferrum series
Task Work Duty
Craft Use
Ability Perfection
Routine Order Rules
Control Exam
Observed Criticism
Failure Guilt Crime

Pursued Tried

Adult

Village

Group analysis

Loss of work: redundancy.

**Working with bankruptcy:
bailiff.**

Loss through failure.

Loss through crime: thieves.

Saying farewell to property.

**Surrender to control: precise,
fastidious.**

Bankruptcy through control.

Loss of order.

Picture of Arsenicum

Metallicum

Essence: loss of work:

redundancy.

Loss of work: redundancy

They have lost their job, either because the firm has gone bankrupt or because they haven't done their work properly. With the job they also lose their position in society.

They tend to be very responsible people, but they still feel it was their fault, otherwise it wouldn't have happened.

Bankruptcy: bailiff

The business has gone bankrupt and the bailiff is coming round to take stock.

Everything that is of value will be taken away. The remainder of the goods is cleared away to be used in other businesses. It is a typical situation of bankruptcy: stocktaking followed by an auction.

Loss through crime: thieves
They are very afraid of thieves and burglars, fear that their house or business will be robbed and that fruit of their labour will be taken away. And if their tools get taken away they won't be able to work anymore. They are afraid of having to let go of their

possessions. They are old and decrepit and other people are just waiting for them to die so they can take over the whole lot.

Fear of losing their possessions: greed.

The fear of not having enough may lead to greed. They become very thrifty, avaricious even. They get jealous of other people who have more than they have, they can even take pleasure in the misfortune of other people.

Surrender to control: precise, fastidious

They try to hold back the process of decay by keeping an eye on everything all the time. Everything has to be in its proper place so they'll know immediately if something has gone missing, every penny has to be counted in case one of their colleagues is trying to swindle them.

Loss of order: decay

They are very afraid of any disturbance of the old order, it is a fear that everything will decay and fall apart. Deep inside they know that the falling apart is inevitable, that

nothing can be done to stop it and that however much they check something, it will never be enough, even if they check the locks a hundred times.

**Loss through failure: restless
Things start to go wrong and they feel hurt and suppressed. They also become very restless. They know they are about to lose everything and they restlessly start to look for a another place. They are very afraid of being left behind on their own, unloved and unwanted now that they have got no possessions left.**

Expressions

Fear: disease, health, cancer, heart disease, death, alone (3), others, thieves (3!), burglars, poison, murder, expectations, failure, criticism, opposition, observed, anticipation, constriction; easily frightened.

Dreams: futile efforts, paralysis, thieves, burglars.

Delusions: death, falling, thieves, mistakes, crime, horse.

Irritability: agg. mistakes, agg. contradiction, agg. insult.

Mental: critical.

Mood: complaining, gloomy, crying.

Causes: loss of work, loss of money, burglary.

Generals

Type: brown hair, thin.

Locality: right.

Weather: cold (3), amel. heat (3).

Time: agg. 1 am (3), periodical, every 2 or 3 weeks.

Desires: sour, vinegar, fruit, lemon, refreshing, mustard, spices, milk, coffee, warm food, fat; drink in small sips.

Aversion: fat, meat.

Food: agg. melon, sour, fruit, strawberries, ice-cream, alcohol, spoilt food.

**Sleep: restless, sleeplessness;
on the back with hands folded
under head.**

Complaints

Weakness, emaciation.

**Pains are burning, amel. heat
(3).**

**Cancer of air passages,
bladder, skin, bowels.**

Leukemia. Sepsis.

paralysis.

**Headache left sided, radiating
to eye and ear, agg. stooping,
agg. lying down, agg. laughing,
agg. thinking. Vertigo.**

Pain in eyes agg. light.

Colds; hayfever, watery, acrid

coryza; sneezing.

Asthma.

Anaemia (3). High blood pressure.

Stomach problems. Nausea with vomiting, small quantities. Diabetes. Cirrhosis of liver.

Diarrhoea in small quantities, frequent, stinking, cramps; cholera.

Syphilis. Neuropathy.

Eczema, red, scaling, dry, psoriasis; thickness of skin on palms and soles; hairloss, nails deformed.

Skin cancer. Keratosis of soles

of feet.

**DD: Ferrum series, Stage 15,
Thuja.**

**DD Germanium: are still doing
their job, they haven't been
told to leave yet, although they
have been relegated to a back
room where they have no real
influence on the general
running of the business.**

**Arsenicum has really lost his
job.**

Case

**A 5 year old girl suffers from
sleeplessness, especially
between midnight and 2
o'clock. She comes to her**

parents' room because she is afraid to be alone. She has bad dreams about a crocodile who bites off her finger. Also dreams that she falls in the water and her mother doesn't hear her shouting for help. Or dreams about thieves. She is very afraid of the dark, thieves, robbers. Every night before she goes to bed she has to check whether there isn't a nasty man under her bed. She is very precise, gets upset when she is colouring and she crosses the lines by mistake.

She has a problem with

another little girl who tends to hurt and suppress her. She herself feels very responsible for other children. She likes to take the lead and is very bossy. She gets quite desperate when other children don't listen to her. She is restless and runs around all over the place trying to find a space for herself.

She doesn't like being touched and her mother is the only person who is allowed to cuddle her.

Other complaints include frequent colds with a watery, biting discharge, she is always

rubbing her nose. She also gets ear infections from time to time.

Generals

Weather: agg. damp, agg. sun.

Time: agg. 0-2 am.

desires: milk (3), sweet, salt, fried egg (2).

Aversion: spices, vegetables.

Food: agg. chocolate: spots on face and buttocks.

Sleep: on stomach or left side.

Analysis

She is sleepless around 1 o'clock, is afraid of being alone and afraid of robbers. This is a typical Arsenicum picture. But

there is really no reason to choose Arsenicum album. All the symptoms belong to Arsenicum metallicum, there are no additional Oxidatum symptoms.

Other Arsenicum symptoms: ailments from being hurt and suppressed, responsible, restless running around without finding a place for herself, dreams about a finger bitten off, dream about being alone, fear of dark, fastidious, watery, acrid discharge, itching and rubbing of nose.

Reaction

After Arsenicum metallicum she is not nearly so afraid, is quite happy to be on her own. She also feels stronger in the presence of other children.

Arsenicum album

Arsenicum album is one of the best known remedies in homoeopathy. There is not that much difference between Arsenicum album and the Arsenicum metallicum, except that Arsenicum album tends to display more of the victim behaviour [Oxidatum]. They

**have a feeling of being abused
[Oxidatum] and a fear of disease
and death [Oxidatum].**

Concepts

Arsenicum

Redundancy

Bailiff

Thieves

Avarice

Fastidious

Alone

Restless

Decay

Oxidatum

Egotism

Claiming

Indignant

Abused

Victim

Lazy

Corruption

Begging Tramp

Group analysis

Indignant about redundancy.

Redundancy means having to beg.

A victim of thieves.

Restlessly demanding attention.

Indignant about burglary.

Corrupt bailiffs.

Selfish greed.

A lonely beggar.

Picture of Arsenicum Album

Essence: indignant about redundancy.

**Indignant about redundancy
They feel very indignant about the fact that the end of their career, or the end of their studies is in sight. They feel abused, they have always done their best and now they are about to be cast aside like a piece of rubbish. They don't know how they will manage and are afraid of being reduced to the miserable existence of a beggar.**

A victim of thieves

It is unfair that their

possessions and their job are being taken away from them. Robbers are coming along to take way everything they have built up over the years. They consider themselves a victim of circumstances and are very indignant about it all. They tend to get angry with anybody who demands any form of financial contribution.

**Precision prevents corruption
By being very precise and meticulous their work they hope to prevent further losses. This way they hope to undo the declaration of bankruptcy, to**

prove it was unjust. If this doesn't work they may even try to bribe the officials to hold off the approaching bankruptcy.

In the area of health they try to be extremely hygienic to avoid infections of any sort.

Selfish greed

They live in constant fear of not getting enough, always afraid that someone will try to steal things from them. So they try to hold on to what they have got, to keep something for a rainy day. When they buy something they feel as if they have won it. And they can only

spend money if they think it will be to their advantage.

By saving and collecting things they hope to accumulate a pension for later on. It is hard for them to throw something away. Occasionally we may see an extreme form of this avaricious type of behaviour.

Restlessly demanding attention

When the end seems inevitable they want to have someone with them all the time. They feel offended and indignant and they want others to support them and tell them that it was

unfair that they lost everything. The moment they are alone they get confronted by the feeling that the end is in sight and nothing can be done about it, that is why they want to have someone near them all the time.

A lonely beggar

When everything has been lost they may decide to spend the rest of their days as a beggar. They try to retain their self-respect by accepting their losses in a dignified manner. Even if they have lost their position in society, they'll show

**the world they can bear their
life as a tramp with dignity.**

Expressions

**Fears: disease, infection,
health, cancer, heart disease,
death, alone (3), others, thieves
(3!), burglars, poison, murder,
expectations, failure, criticism,
opposition, observed,
anticipation, constriction,
others; easily frightened.**

**Dreams: futile efforts,
paralysis, thieves, burglars.**

**Delusions: worms, animals,
death, falling, thieves,
mistakes, crime, ghosts,
violent, delirious.**

Irritability: agg. mistakes, agg. contradiction, agg. insult.

Mental: critical.

Mood: complaining, gloomy, crying, suicidal.

Causes: loss of work, loss of money, burglary.

Generals

Type: brown hair, thin.

Locality: right.

Weather: cold (3), amel. heat (3).

Time: agg. 1 am (3), periodical, every 2 or 3 weeks.

Desires: sour, vinegar, fruit, lemon, refreshing, mustard, spices, milk, coffee, warm food,

fat; drink in small sips.

Aversion: fat, meat.

Food: agg. melon, sour, fruit, strawberries, ice-cream, alcohol, spoilt food.

Sleep: restless, sleeplessness; on the back with hands folded under head.

Complaints

Weakness, emaciation.

Pains are burning, amel. heat (3).

Cancer. Leukemia. Sepsis.

Fevers, malaria.

Paralysis.

Headache left sided, radiating to eye and ear, agg. stooping,

agg. lying down. Vertigo.

Eye infections, pain in eyes

agg. light, redness.

**Colds; hayfever, watery, acrid
coryza; sneezing.**

**Asthma, lung emphysema,
hydrothorax.**

Anaemia (3).

**Stomach problems. Nausea
with vomiting, small
quantities. Diabetes.**

**Diarrhoea in small quantities,
frequent, stinking, cramps;
cholera.**

Syphilis.

Arthritis.

Skin dirty, dry; eczema, red,

**scaling, dry, psoriasis;
thickness of skin on palms and
soles; hairloss, nails deformed.**

**Skin cancer. Keratosis of soles
of feet.**

**DD: Carbon series, Ferrum
series, Stage 15 and 16,
Aconite, Allium sativa,
Belladonna, Carbo vegetabilis,
Cedron, China, Cuprum,
Lycopodium, Nux vomica,
Sulphur, Veratrum.**

Case

**A 60 year old woman suffers
from vertigo, nervousness,
anxiety and depression. It
started a year ago and she is**

taking Sibelium, Ludiomil and Serestra. She feels anxious at the thought of another day ahead of her, doesn't know how she will manage. She has been contemplating committing suicide, throwing herself in front of train. Everything inside her head is whirling around, but without nausea or fear of falling. It suddenly started one night. She is afraid of burglars when she is on her own, they live in an isolated place. She can't bear being alone for a single moment, it makes her tremble all over. She

is afraid when her husband goes out to do the shopping. He even had to accompany her during the consultation.

She is quite egocentric and very preoccupied with herself. She loves her three children and her grandchildren. She is fastidious, everything has to be in its proper place. She is ultra hygienic. And meticulous with finances, the books have to be in order at all times. She gets nervous when the tax return forms have to be filled in. She is very careful with money, has difficulty buying things, can't

decide what to buy. She doesn't easily throw things away.

Her hobbies are playing bridge and doing crossword puzzles.

She occasionally dreams about her parents who have died.

She is afraid of heights (2), spiders (2) and mice (3).

Generals

Weather: cold (2), cold hands and feet (2); amel. sun (2); agg. damp; agg.- cold weather and thunder.

Desires: sweet, sour, spices, cheese, fruit.

Menses: in the past very profuse, with cramp and

stomach pains.

Sleep: Often awake at 5 am., gets up feeling listless.

Analysis

When we look at this case we don't really need to do an analysis, it is a classical Arsenicum album picture.

She has a strong fear to be alone, fear of burglars, she is fastidious and thrifty. The trembling, depression and suicidal thoughts all fit in with this picture. We also see the typical Arsenicum symptom of anxiety about not being able to manage her work and the fear

of the tax man. Further confirmation for oxydatum: egocentric and ultra hygienic, dreams about deceased parents and fear of spiders and mice.

Further Arsenicum album symptoms: agg. night, cold, cold hands and feet, amel. sun (2), -amel. sweet, sour, spices, fruit.

Reaction

Three days after Arsenicum album 1M she gets an aggravation which lasts a week. After that she gradually starts to get better and one month later everything is 50% better.

During the course of the following year the whole situation clears up completely.

Selenium metallicum

Selenium is a relatively well known remedy. Julian has done a proving in 1979.

Signature

The name has been derived from the Greek word 'Selene', the name of a Goddess of the moon. It was discovered in 1817.

There is a metallic and a non-metallic form of Selenium. Its

electrical conductivity varies depending on the amount of light it receives. Hence its use in electric eyes and light meters. In electric photocopiers it is the amount of light falling on the Selenium drum that determines the amount of toner that gets attracted to the drum.

Selenium is also used in solar cells (Cadmiumselenide, CdSe), semiconductors, diodes, t.v. cameras, and as a catalyst in a.o. the manufacture of benzene.

When added to glass in small

doses it makes the glass colourless, when added in large doses (25%) it gives the glass a ruby red colour.

Concepts

Stage 16

Lost Out of date

Used up

Expecting

Tempting

Decomposing

Remembering

Imagination Fantasy

Reconciliation

Dwindling

Neglecting Lazy

Rotting

Ferrum series
Task Work Duty
Craft Use
Ability Perfection
Routine Order rules
Control Exam
Observed Criticism
failure Guilt crime
Pursued tried
Adult
Village
Group analysis
Indifferent towards your task.
Sense of duty has been lost.
Neglecting the order.
Expecting you won't make
mistakes.

Fantatising over what you'll do.

Remembering everything you have done.

Expecting to get your diploma just like that.

Neglecting criticism.

Picture of Selenium

Essence: indifferent towards your task.

Indifferent towards your task

They feel indifferent towards their task. They feel they have seen it all and it doesn't matter anymore. Why should they bother about their study? Their sense of duty has gone because

they feel it is no use. They are always behind with their work but they always have an excuse ready.

They tend to work in short spurts, just enough to tide them over for the next few months. They often end up doing seasonal work.

Neglecting the order

They are very slack and let things go until it is a complete chaos. They keep hoping that everything will turn out all right in the end, that their old abilities will get them out of this mess. They think they

won't make that many mistakes and if they do people will probably forgive them.

They tend to think that others will provide work for them at the right time. Or that their diploma will be handed out to them even though they haven't done much work. And even if they don't get their diploma, they will make it in this world somehow or other.

**Fantatising about their work
They tend to fantasise a lot about their work, about how things would have been if they had chosen another profession**

or another job. Or they keep reminiscing about their previous job, how it was and how many things they achieved. They can be quite boastful about it to other people and make it look as if it was easy. It can also be an escape, something they would never have achieved in reality but which they can at least enjoy in their imagination.

Neglecting criticism

Criticism is something they tend to ignore. They don't understand what they could have done wrong and they

simply don't acknowledge the fact that they might make mistakes. They get suspicious of people who criticise them and will probably treat them with a certain degree of cynicism. But their usual response is not to bother, because it is no use anyway.

Expressions

Fears: failure, falling, paralysis, criticism, opposition, observed, anticipation, work, heights, disease, Parkinson's, cerebral haemorrhage, crowds, people.

Dreams: failure, falling, futile

**efforts, helpless, clumsy,
paralysis, work, calculations,
chaotic, irrational, repeating,
water, drowning, past, historic,
travelling, acquaintances,
erotic, accident, fire, cruelty,
murder, thieves, quarrels,
excreta, dirt, loss of sight.**

**Mental: dull, absent minded,
confused, forgetful, mistakes;
imbecile; agg. alcohol, amel.
during sleep.**

Irritability: agg. coition.

**Mood: quiet, everything is
relative, gloomy agg. coition,
crying, suicidal.**

Sex: much desire, fantasies,

adultery.

**Religious: fanatic,
melancholic, eccentric.**

Generals

Build: blond.

Weather: warm.

**Perspiration: profuse agg.
exertion; at night; sweaty feet.**

Time: agg. 5 am.

**Desires: alcohol, asparagus,
garlic, refined food, Nouvelle
cuisine (3), meat (3), fish,
spices.**

Aversion: tea, milk, meat.

**Food: agg. tea (3), sweet,
tobacco, sour, lemonade, snails;
amel. cold drinks.**

Menses: agg. before menses.

Sleep: awake early, at 5 o'clock; talking; agg. lack of sleep.

Physical: agg. motion, driving, walking, busy, singing, smells, coition; amel. lying down.

Complaints

Cancer.

Paralysis, Multiple sclerosis.

Hair sensitive to touch.

Pfeiffer, high fever.

Cataract.

Caries of teeth.

Bronchitis. Breath smells of garlic; stomach and intestinal complaints, nervous (Dreisbach)

**Affection of heart muscles,
keshan. Anaemia (3).**

**Stomach problems. Diabetes.
Diarrhoea, abdominal cramps.
Sterility. Prostate problems.
lack of frenulum.**

**Chondrodystrophy, Kaschin-
Beck. Dandruff.**

**DD: Ferrum series, Stage 16,
Allium cepa, Oxygenium.**

**DD Plants containing
Selenium: Asparagus.**

**DD Metabolism connected with
Selenium: Glutathion.**

**DD Arsenicum: is panicking
because he is about to lose his
job. Selenium has reached the**

stage of indifference. he is not bothered anymore, at least he won't have to work so hard anymore. They reminisce a little about how it used to be, and occasionally boast to others about it.

Case

A 40 year old man has come for a consultation because he is infertile. His sperm appears to be too weak without any obvious reason, because he hasn't had any infections and his hormones are O.K. too. He wants to have children and he is curious what a child of his

would look like.

He suffers from frequent watery diarrhoea with stomach cramps, especially at 5 am.

When he is tired and has worked long hours he gets shivery. When he plays volleyball he gets shoulder pains on the right side.

He has had Pfeiffer in the past and had to stay in bed for 6 weeks with a high fever. As a child he often got bronchitis. Ten years ago he was circumcised because his foreskin was too tight.

He has been a heavy drinker in

the past and sometimes he is afraid he'll succumb to it again.

He works as editor of a magazine which he loves. He can do a lot of it at home. He has a degree in biology. he works on his own and finds it hard to meet deadlines. There are times when he simply can't get going and he doesn't dare phone other people for their contributions. he feels it is really a bit too much for him and things don't run smoothly. His concentration is not very good and he is easily distracted. He feels ashamed

when lots of little things go wrong. His desk is an absolute chaos. He can be quite down and anxious, especially when it looks as if he won't get his work done on time. Alcohol helps him to feel better.

He has always admired his father who used to take him under his wing. His father was in the army but he what he had really wanted was to study chemistry. His father never had to double a class at school and was therefore very disappointed when he (the patient) had had to do the second year at

secondary school twice. Later on he had to disappoint his father again by refusing to do military service.

He says he is a quiet person on the whole who can see things in their proper perspective.

Other people find him easy to get on with and he likes company.

But he can also be very stubborn. He gets into a temper, shouting and slamming doors when people tease him or when he doesn't get his own way. He can be quite insulting and cynical on such occasions.

Criticism makes him feel indignant 'What on earth have I done wrong now?' He will mutter and grumble about it for a long time before he lets it sink in what people really said and why they said it.

He often dreams of ordinary things that go wrong in a totally irrational way and when he wakes up he wonders how that could possibly have happened. He usually has short and repetitive dreams, often quite chaotic and confusing. He once had a dream that he fell in the water and couldn't get out

so he drowned. In real life he nearly drowned once when he was swept away by a current.

Generals

Weather: agg. heat; agg. gloomy and damp weather; fear of thunder as a child.

Perspiration: profuse during sports; sometimes at night; sweaty feet.

Time: agg. 11 am to 3 pm.

Desires: delicate and refined little amounts, nouvelle cuisine (3), meat (3), fish, spices.

Aversion: milk.

Food: agg. snails (3): suffocative feeling.

Sleep: wakes up early, around 5 am.

Analysis

The diarrhoea, agg. 5 o'clock and agg. heat might make us think of Sulphur, especially if we take into account the untidiness, the chaos and the indifference. It could hardly be any other remedy but Sulphur. However, Sulphur only worked for a short while and it didn't really solve anything. It isn't particularly well known as a remedy for infertility either. Furthermore, this man has problems with his job, which is

more indicative of the Ferrum series than the Silicium series to which Sulphur belongs.

The Ferrum series has a remedy that is quite similar to Sulphur and that also belongs to stage 16, namely Selenium. And this remedy does have problems with infertility and with alcohol abuse. Let us have a look at the way he goes about his work: He has difficulty finishing his it on time, always behind the deadlines. Although the job (Ferrum series) isn't very difficult, he treats it with indifference and is inclined to

give up (Stage 16). He can't compete with his father anyway, his father who never doubled a class. His father had high expectations but he disappointed (Stage 16) his father by refusing to do military service. His father could only dream (Stage 16) about his own chemistry career that never happened.

His dreams are also very typical: things go wrong in a totally irrational manner. As if things will go wrong anyway, whatever he does, and he can only hope (Stage 16) that it will

turn out alright. In his dreams or his imagination (Stage 16) things go quite differently from the way he expected.

other Selenium symptoms: his desk is an absolute chaos, frenulum too short, diarrhoea, agg. heat, profuse perspiration during sports, night sweats, foot sweat, agg.- milk, agg. snails, agg. 5 am.

Reaction

After Sulphur 1M things improved for a while. The quality of his sperm went up. But after two repeat doses things got worse again. He

became depressed and was afraid of turning to the bottle again.

After Selenium 1M everything is much better. The sperm samples are completely normal. He feels much better in general, doesn't panic anymore when he is faced with problems. Physically he feels better too, his sleep is good, no more shoulder pains or foot sweat. After 6 months and three repeat doses the spells of depression are much less frequent and much less intense. The alcohol

consumption is completely under control.

Proving

By Kees Dam and Yvonne Lassauw.

Dreams: we were driving in a car and came to a railway crossing. Kees couldn't see [imagination, stage 16] whether there was a train coming, there were no barriers or lights. We were already crossing the tracks when we saw a train approaching at full speed. We just managed to get to the other side and narrowly escaped being killed. I didn't

know who to blame: Kees because he hadn't noticed the train or the railway officials because they hadn't put up warning lights and barriers.

We were at the same crossing, this time there were both warning lights and safety barriers and we thought: 'they could have done that last time'. We are waiting at the red light when a solid looking car (something like a Volvo) approached and drove straight through the barriers. At the second barrier he got stuck because the car had been

damaged by crashing through the first gate. He was just clear of the rails. No train appeared but I knew what could happen because it had just happened to us. And this time all the warning signs had been in their proper place.

Dream: I was in my parents house in a bedroom looking out at a large tree with lots of foliage, a slightly melancholic atmosphere. My mother was downstairs doing housework but I heard her saying 'ouch' from time to time, when she had caught her thumb in a sort

of glove made of cheesecloth. She was in great pain, a muscle in her upper arm was very swollen. I felt very sorry for her and had to relieve her and massage her muscles. I noticed there was some shit amongst the washing, my mother had had a little accident. But there seemed to be much more than appeared at first sight. Lots of shit [neglect, stage 16] all over the place. My father came in and started ranting and raving as usual, he said it was impossible that this muscle should give my mother so

much pain and we were being ridiculous. But I took no notice and protected my mother, what he said was totally unfair.

dream: my father wanted to go to the loo but he was very clumsy and helpless and he didn't make it in time, so the shit was all over his trousers. I simply had to step in and help him.

Dream: I was with a friend and I noticed how bald he was. An acquaintance of ours was driving his car with a baby in the back seat. He wanted to turn left and he suddenly

crossed the road without warning while many of cars were approaching from the right, it was quite reckless [neglect, stage 16], stupid, he only just made it; more luck [expectations, stage 16] than good judgment. We were driving behind him. The surface of the road he was taking was very strange, like a swamp, mud mixed with grit. The road we had just come from was quite normal.

I drop a book, very clumsy.

Kees: pain in the glans, no more hair pains, pain in

sacrum/coccyx on sitting down and getting up from sitting (well known symptom, prostate reflex zone). Pain and cramp in anus after stool in the morning (?). Pain in forehead after being in the sun for quarter of an hour, as if burnt (old symptom).

Bromium

Bromium is a well known remedy.

Signature

The name comes from the Greek word 'bromos', which means 'nasty smell'. it was

discovered in 1826.

It is a brownish red, acrid and smoking fluid. Some methods of water purification, disinfection, bleaching and the production of tear gas make use of its corrosive properties. Silver bromide gets used in photographic processing. Other Bromium compounds are used to increase flame resistance in artificial materials. Bromides also get used in engines to reduce knocking.

Bromium is widely used in chemical processes because it easily interchangeable between

different compounds.

Concepts

Stage 17

Exit End

Letting go

Holding on

Demanding

Climax

Condemned

Exiled

Escaping

Ferrum series

Task Work Duty

Craft Use

Ability Perfection

Routine Order Rules

Control Exams

Observed Criticised

Failure Guilt Crime

Pursued Tried

Adult

Village

Group analysis

Work has come to an end.

Holding on to work: wringing hands.

Letting go of work: pension.

Condemned to work: forced labour.

Outsider with regard to work.

Letting go of duty: guilty.

**Letting go of control:
instincts, sex, adultery.**

Letting go of control:

psychotic.

Letting go of control: sleep, sleepless, sleepwalking.

Feeling condemned and persecuted.

Demanding because he is guilty anyway.

Escaping after failure.

Letting go of the village: fleeing.

Banned from the village: anti-social.

Picture of Bromium

Essence: work has come to an end.

Work has come to an end

They have to let go of their

work. This can be various reasons why this is happening. Either they can't carry on because of illness, or their age doesn't allow them to go on any longer. Or they lose their job because they are sacked. They have difficulty coming to terms with the fact that they might never work again.

Letting go of work

A typical situation that often causes the onset of their problems is when they have reached the age of retirement. They would rather have carried on working and find it hard to

sit at home and do nothing. They want to have something to do and when they can't find anything their hands and fingers get restless, they'll bite their nails, pick at the skin around the nails, wring their hands etc.

Condemned to work: forced labour

A variation on this theme is that they are not allowed to let go of work, i.e. they are condemned to work. The classical example of such a situation is that of forced labour in the old days.

Letting go of duty: guilt

They also feel that they are guilty because they aren't doing their job. The theme of guilt finds its expression in words like 'naughty' or 'wrong'.

Children especially tend to use the word naughty a lot. It is as if they have been caught 'red handed', giving rise to compulsive fumbling movements with their hands.

**Letting go of control:
instincts, sex, adultery**

These people have very strong passions, it is as if they have let go of control over their

instincts. They are intense and passionate in everything they undertake. They may be very sexual, or very emotional, or aggressive or selfish. This passion however can create problems. They know how strongly they are being led by their instincts and they fear that they will harm other people because of it. This in turn makes them feel guilty again.

Feeling condemned and persecuted

They feel disapproved of, condemned and persecuted.

They can't bear being looked at. This is expressed in 'delusion someone is looking over his shoulder'. They feel that whatever they try, they will always be found guilty. And if they are guilty anyway, they might as well become, or remain, a criminal. They can get very aggressive and take whatever they think they might need. After all, others have taken everything away from them, so why not?

Escaping after failure

They are inclined to want to escape. They think that they

are being persecuted, either by people or by ghosts. So they escape, preferably to the sea, far away from their village where everyone knows what they have done wrong.

**Letting go of control:
psychotic**

In the most extreme case they could get psychotic. They have lost all control, mainly because they feel so terribly guilty They sit silently, staring into space or wringing their hands and fiddling with their fingers or nails. Their guilt is often related to religion. They may

have delusions that God wants to punish them, that they are guilty because they have been masturbating etc.

Expressions

Fears: failure, criticism, opposition, anticipation, alone, stroke, dark, ghosts, water.

Dreams: unsuccessful efforts, paralysis, anger, death, heights, fights, dead people, funeral, travel.

Delusions: someone looking over their shoulder, pursued, fasting, going insane, travelling, ghosts, things jumping up and down on the

floor in front of them.

**Irritability: quarrelsome,
angry, shouting.**

**Mental: deja vu, confused,
forgetful, imbecile.**

**Mood: sensitive, dynamic,
gloomy, indifferent.**

Work: -amel. agg.-.

Generals

Locality: left.

**Type: blue eyed, blond;
overweight, pale, grey.**

**Weather: warm, amel. fresh air,
amel. sea (3), agg. draught.**

Time: agg. summer.

Desires: chocolate.

Aversion: milk, onion.

**Food: agg. chocolate (3),
tobacco, amel. eating, cold.**

Menses: pain before menses.

**Sleep: sleeplessness,
somnambulism.**

**Physical: agg. touch, lying on
left side, dust, amel. violent
motion.**

Complaints

Acrid and watery discharges.

Chorea and epilepsy.

**Cancer. Swollen glands, hard,
painless or painful.**

fever without sweat.

**Colds with watery, acrid
discharge, hoarseness. Air feels
cold, Mumps.**

Thyroid enlarged, hypo- or hyperthyroidism.

Allergic asthma with flapping of alae nasi, constriction in throat pit. Whooping cough.

Palpitations. Anaemia (3).

Stomach complaints. Diabetes.

Swelling, inflammation and cancer of testes and ovaries.

Skin: acne, cobweb sensation on face.

Dirty wounds with green, foul smelling discharge.

DD: Ferrum series, Stage 17, badiaga, Chocolate, Hepar sulphuricum, Lyssinum, Medorrhinum, Spongia,

Stramonium, Tuberculinum.

DD Selenium: is still reminiscing about his work, enjoys fantasising about how it used to be. They still have a role in society, even if it is a minor one. Bromium has to escape, he has been banned from society because he is guilty, his work proved to be of a criminal nature.

Krypton

Krypton has never been written about before in homoeopathic literature.

Signature

The name has been derived from the Greek word 'kryptos', meaning 'hidden'. It was discovered in 1898.

The gas is used in light bulbs because it doesn't corrode the metals. It is used in all types of lamps: Tube lights, arc lights, flashlights and laser lights. Also in Geiger counters and scintillation meters.

Concepts

Ferrum series

Task Work Duty

Craft Use

Ability Perfection

Routine Order Rules

Control Exams

Observed Criticism

Failure Guilt

Pursued

Confusion

Adult

Village

Stage 18 = 0

Rest Inactivity

Retreat Cocoon

Internalised

Locked up

Denial

Transformation

Transition

Free Unbound

Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetic: Beauty Ugly
Arts Science
Show Performance
Queen Ambition
Hurting
Middle age
Town Province
Voice Hearing
Group analysis
Rest after a hard days work.
Free from duties.
Freedom after work: holiday.
Denial of ideas.

Denial of the uniqueness of art.

Unable to hear or talk yet: deaf and mute.

Denial of inspiration: rational.

Denial of inspiration: soulless.

Picture of Krypton

Essence: a well deserved rest after work.

A well deserved rest after work

They have finished their work and now they are having a rest.

They have left all their duties behind them. Guilt is not an issue anymore, even when they are completely idle. They feel inclined to withdraw to a cave

or to a monastery.

Denial of ideas

But they are not yet ready to integrate all their past experiences. They don't want to look at the why's and wherefore's, at what could be changed etc. They have left the routine jobs behind but aren't ready yet to let go of their pragmatic and rational way of thinking, to delve into the deeper meaning, the mystical aspects of life. Art and science doesn't interest them very much, certain knowledge remains hidden to them. or

they are the ones who keep certain knowledge hidden from other, like they used to in the monasteries in the olden days.

**Neither speaking nor hearing:
deaf-mute**

They neither speak nor hear, perhaps even from birth, as in the case of deaf-mute children.

Expressions

Mood: happy, cheerful, flighty, not influenced by external negative circumstances.

Complaints

Lightheaded, floating feeling.

DD: Ferrum series, Silver series, Stage 18.

DD Bromium: is wrapped up in thought about his tasks and his mistakes, can't let go of these thoughts. Krypton is not tied to a job and is free from guilt. Nothing bothers them, they pass through life without taking any notice of anyone, there is no more guilt. Homoeopathy and the Elements, Part 5, 7th version, page 1.

The Silver series: Rubidium to Xenon

The only remedies in the Silver series that are fairly well known are Palladium, Argentum, Stannum and Antimonium. However the other elements could prove to be equally important. The common themes of the well known remedies can be found in all the elements in this series.

We will also meet the general themes of the metals again, i.e. task, performance,

perfectionism, wanting to be the best.

Creativity inspiration

The central theme of the Silver series is creativity. They want to create beautiful things and thus make a valuable contribution to the general culture. They search for inspiration in dreams and fantasies, in stories, fairy tales and myths. They are extremely imaginative. Their complaints usually start when they can't express their creativity.

Ideas culture

Ideas is a keyword of the Silver

series. They like images and pictures, ideas produced by the mind to investigate and develop. They search for knowledge, wisdom and inspiration and want to find out how the world fits together. They like to contribute to their culture and enjoy looking for ideological solutions, both in politics and in religion.

Unique special

They are always looking for that which is special and different. Finding the uniqueness in everything is a special talent of the Silver

series. This is why they hate routine jobs such as housework. Or, as an actor once put it: 'Experience is of little use to an actor'.

Admiration wonder

They look at the world with wonder, they recognise the wonder of Creation. This wonder turns to admiration and it gives them a positive and lively outlook on the world in general.

But they also like to receive the same kind of admiration. They like to feel they are a unique human being and they

**want to be admired for this.
The lesson that the Silver
series has to learn in life is that
everybody in this world is
unique and wonderful.**

**Aesthetics: beautiful and ugly
They tend to divide everything
into either beautiful or ugly.**

**Aesthetics is the central
theme. Of course this is an
essential theme in art, but we'll
see that it also plays an
important role in science.**

Art artist

**Art and creativity are almost
synonyms. We find the theme
of creation, inspiration,**

admiration and aesthetics in all sorts of art: acting, painting, dancing, directing, writing, music, singing, composing, sculpting etc.

These artists use their ideas, images and words to inspire and to be inspired. Or to portray emotions, as through music.

Science lecturer doctor

Science is a particular form of art. The scientist searches for that which is special and different to test his theories, to adapt them or even to throw them out.

Art and Science are very similar in their use of creativity, in developing new images and ideas and in presenting these to the public. The ideas used in science are usually rather more rational while the ideas used in art tend to be more emotional. Many scientist are very attracted to different forms of art.

There is also a relationship between science and aesthetics. This relationship might not be immediately obvious, but the scientists themselves know that this is

so, as we can see from the following quote by Poincare: 'The scientist doesn't study Nature because it is useful; he studies it because he delights in it and he delights in it because it is beautiful' and 'Promoters of the Standard Model (Quantum mechanics) can truthfully say that it fits all known experimental data....but it cannot be the final theory.... the ugliness is obvious' (Kaku, page 126 to 130).

The doctor, and particularly the doctor who practices the art of cure also belongs to this

group. Medicine itself belongs to the Ferrum series, as far as the pragmatic routines are concerned. But the art of cure belongs to the Silver series, where the emphasis is on finding that which is different and unique, so that a unique and special solution can be created.

Shaman mystic priest

The next group belonging to this series are the people who find inspiration in the inner spiritual world. The people who find their truths, images and ideas in mysticism are the

shamans, prophets and priests. They are mediators between God and the people. They are interested in paranormal activities such as clairvoyance, palmistry, astrology, telepathy etc. Many artists and scientist such as Jung, Einstein and Heisenberg were deeply interested in mysticism.

We could make a comparison with certain ancient tribes who have a king as head of the community, corresponding to the Gold series, and a medicine man or shaman, corresponding to the Silver series. The

function of medicine man was often combined with that of priest, doctor, scientist, artist, musician, singer and actor.

**There is hope for homoeopaths
There exists a general feeling among homoeopaths that it is impossible to find a remedy for a homoeopath. However, the remedies from the Silver series could provide the solution. The function of a homoeopath includes combining medicine with the art of cure, often helped along by certain mystic qualities. If we add these qualities to the fact that**

homoeopathy is a science that is in the process of being developed and that still has some way to go before it reaches the top, then it becomes clear that the remedies Rubenium to Rhodium might be extremely appropriate for homoeopaths. Or, as Willem Woutman said when I told him about this: 'So there is hope for homoeopaths after all, why don't you use that as the title of your new book?'

**Display performance
presentation portrayal**

Another aspect of the theme is

portrayal. They want to get their ideas and images across to other people, to show their creations, to perform. They want to know how things work and they want to transfer wisdom to others. This may be done through words, pictures, music or any other way. They want to show how special and unique this world really is and how we can find inspiration in everything around us. They like to mesmerise the public.

Artists, scientists and priests all try to inspire other people through their performance,

each in their different ways. They are like a teacher or guru, trying to bring beauty and wisdom into the world. The aspect of performance and show is the most obvious trait of the Silver series and was therefore the first to be noticed (see for instance Sankaran, 1994, page 2040.

The performance can go two ways. On the one side there is the exaggerated presentation, the artificial side of pure show. This makes a performance rather unreal, an empty show without content. The remedies

that have this aspect tend to show a bright facade, but give you the feeling that they are hiding something, that all is not as bright as it seems.

During the consultation they will hold back certain information, the real problems are kept back, from fear of failure.

On the other side we may see a huge fear of letting others see what should be shown.

There is an enormous fear of failure, of being a flop, of being a let down. Speaking in public or acting in a play will be

accompanied by terrible anticipatory fears, as is well known in Argentum nitricum. Large groups of people can provoke two reactions in the remedies of this series. On the one hand they enjoy other peoples' company and they like to show off, on the other hand they get very afraid to show themselves. This is particularly striking in Palladium:

**'exhilaration; company, in',
fancies; exaltation of in
company' (Complete,
Zandvoort, 1994)**

Minister representative

spokesman

Performance is the key issue for ministers and spokesmen. They have to put the decisions of the king or the leader into words and put it across to the general public. They are the representatives of the person who in power, they are the messengers, the public relations man or woman. These are usually people who are very good at keeping up a facade, not likely to be drawn out into personal arguments. Their role is that of the tactful mediator. The words representative and

spokesman already contain the essence of this series, i.e. speaking and presenting. Speech and language are key themes and will be further discussed under the heading of voice problems.

Influence Power Control

In the Silver series we see the aspect of power expressed as influence on other people. They don't particularly want to do or make something for themselves, as in the Ferrum series, nor do they want to exert real power, as in the Gold series, they simply want to

influence other people with their ideas. They like to show other people how things fit together, where the problems come from. This way they try to exert their influence, to make others realise what they are doing so they can mend their ways. Their power is a sort of secondary power, derived from insight and realisation.

Sometimes they find themselves caught between two fire, a representative between the king and the officials, between public and mecenass,

between the leader and the masses. Their self control is as strong as it is in all the other metals, so is their desire for perfection.

Queen female

The Silver series has a royal air to it, they have risen above the ordinary. In this aspect they are quite similar to the Gold series, but in the Gold series the theme of royalty and power is even stronger. The queen is a symbol of power next to, but just below the king. The Silver series is more feminine as a whole, whilst the

Gold series is more masculine.

The relationship between the artist and the mecenas is also quite typical. The mecenas is a king, a figure of power, a person who provides money and who places orders with the artist or buys his work. It corresponds with the relationship between the minister and his king, between the Silver series and the Gold series. The mecenas also has a relationship to the sciences. In our present days the mecenas is usually 'the government'.

Ambition pride airs and graces

The artist, the scientist or the queen has risen above the masses. They tend to get certain airs and graces, become a little bit haughty and stick their nose up at other people. Their image has gone to their head and they behave as if they are above it all. They don't like to show what is going on inside them, 'you wouldn't understand anyway'. There is a reluctance to have their case recorded on video, because the public would probably recognise them. They are rather ambitious and like to receive compliments. They love

to be admired for their talent and they enjoy showing what they have created. Their ambition can only be appeased when they are the best. One could say that they have ceased portraying ideas and thoughts and have started to project these ideas onto themselves.

Hurt humiliation

They are extremely sensitive to criticism and humiliations. They try to stay ahead of criticism by being perfectionists in everything they do. They may also hurt others in order to look better

themselves.

They are afraid of failing and falling. This is expressed in their dreams of high buildings or falling from high places. The fear of heights is an expression of their fear to shine brightly at the top.

They can't enjoy their talent and their creativity out of fear of becoming too proud. Others often tell them they are wasting their talents, as if they are treating their qualities with disdain. But they are afraid of performing or showing themselves to a large public out

of fear that something will go wrong and they will be called a failure. This aspect is more prominent in the first few stages of the series.

They can also get very angry at negative remarks. This is more obvious in the latter stages of the cycle.

Sexuality

Sexuality is another theme of this series. The sexuality is linked to their creativity. Their is an urge to create, to make something new and special all the time.

Middle age

This level usually doesn't develop till about middle age. But the theme may be present at any age, often from childhood onwards.

Town county province

The area in which all this takes place has now extended to a whole province. The governor of the province is the representative of the queen in a restricted area. The capital of this region is a large town, usually with a university and a theatre. The situation is that of a student who has to go to the city to start a study in art or

sciences.

This is the first stage in which it is no longer possible to know everyone personally. Like the artist who is recognised and greeted on the street by people he has never met.

Voice and hearing

These people often have problems with their voice, as we already know from Argentum metallicum, Argentum nitricum and Stannum metallicum. The voice is the organ with which we put our ideas into words to put them across to other people.

Closely connected in this context is the ear, another problem area in this series.

Expressions

Fears: heights, narrow spaces, performance, speeches.

Dreams: heights, falling.

Mood: crying.

Hobbies: music, singing, art, painting, writing, philosophising, mysticism, mediation, astrology, palmistry, telepathy, clairvoyance.

Professions: artist, painter, sculptor, actor, writer, singer, musician, teacher, scientist,

doctor, priest, bishop, medicine man, vicar, governor, secretary, representative, advertising agent, 'public relations', top sport.

Causes: disasters.

Generals

Locality: left.

Weather: cold, cold feet, amel. outside.

Menses: profuse.

Sleep: sleepy.

Complaints

Cancer.

Weakness; bruised pains, itching.

Headache in forehead,

temples, vertex.

**Eye complaints;
inflammations, visual
disturbances.**

Colds, with watery discharge.

**Voice problems; hoarseness,
loss of voice, stammering.**

**Lung complaints; asthma,
bronchitis.**

**Problems with ovaries and
testes and sexual organs in
general.**

**Neck problems, stiffness, pains
in arms.**

DD

DD: Copaiva, Orchids, Thuja.

DD Ferrum series: is more

rational, practical and routine orientated. Everything is focused on technique, repetition and carrying out set tasks. The Silver series is more concerned with the development of ideas, showing something new and unique to the world.

Some scientist and artist may belong to the Ferrum series, especially if they work in a routine like fashion.

Technicians would belong to the Ferrum series, researchers to the Silver series.

DD: The Gold series has many

similar themes: power, ambition, creativity, sexuality, religion, loneliness, hurt etc. However the power in the Gold series is more absolute, they feel they are not responsible to anyone except to themselves and to God. The element of power in the Silver series is less strong, it is more a borrowed sort of power. Creativity is the stronger theme here.

We could also make a comparison with the sun and the moon. The sun, the real source of light has always been

associated gold, whilst the moon, the reflecting light, borrowed from the sun, is associated with silver. Silver was also used to make mirrors.

Ambition is a word that fits the Silver series, pride belongs to the Gold series.

The Silver series tends to get hurt in his ambition, the Gold series in his pride. For the Gold series this could even be a fatal blow.

Certain scientist might belong to the Gold series, especially if the aspect of management and power is foremost in their

mind.

DD Carcinosis: there is a relationship between creativity, sexuality and cancer. In cancer we see a growing force which has run out of control, as if the creative force has taken the wrong turning. The strongest creative power in a body can be found in the ovaries and testes, the sperm and egg cells are capable of growing into a complete body. We see many of the themes of Carcinosis in the Silver series: perfectionism, sensitive to criticism, artistic, suppressed personality.

DD China: has many things in common with the Silver series, also loves everything that is beautiful, special and unique, writes poetry.

DD Thuja: has many common traits too: falling from a great height, cancer, perfectionism, acting, not showing what is really going on. There is an anthroposophic remedy called 'Argentum par thujam'.

Rubidium metallicum

Rubidium is a new remedy. One might call it Hahnemann's

remedy, because Hahnemann initiated homoeopathy, a hitherto unknown science, which he presented with enthusiasm and a certain impulsive spontaneity, unperturbed by the opinions of other people.

Signature

The name has been derived from the Latin word 'rubidius' meaning deep red. The Rubidium salts burn with a bright red flame.

It is mildly radioactive. It is used in electric scanners and also in vacuum tubes as it

**absorbs oxygen very quickly
during its oxidation process.
Medical diagnostic techniques
make use of its property to
accumulate in brain tumours.**

Concepts

Stage 1

Initiative Impulsive

Instinctive Spontaneous

One Simple

Lonely Alone

Stubborn

One sided

Ill considered

Naive

Not taken seriously

Quitting

Silver series
creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Performance Show
Queen Ambition
Hurting
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Impulsively showing your
ideas.
Starting up as a

representative.

Stubborn ideas.

**A novice looking to be
honoured.**

A naive actor.

Primitive art.

Presenting all sorts of ideas.

**Impulsively doing anything to
be unique.**

**A scientist without the ability
to reflect.**

**Producing ideas without
contemplation.**

A foolish spokesman.

**A manic depressive
spokesman.**

Spontaneous wisdom.

**Spontaneous and creative.
Failure through
thoughtlessness.
Impulsive and thoughtless
words hurt.
Sexually impulsive.
One night stands.
A new talent in top sports.
Picture of Rubidium
Metallicum
Essence: impulsively showing
your ideas.
Impulsive in showing your
ideas
They feel a great need to
express their creative ideas.
They feel very inspired and are**

bursting to give expression to their talents. They want to set up all sorts of new artistic or scientific projects.

**A novice looking for honour
They want to be unique, to do something different. They want to create something so beautiful that nobody can deny it. Most of all they want to create something out of nothing, something that has never been done or seen before. They want to be seen and heard, to be the centre of attention. To boost their self esteem they might even speak**

with contempt about other peoples' ideas.

Spontaneous wisdom

Their spontaneity often enables them to get through to the core of the matter. They are too straight forward and naive to be sidetracked by all sorts of irrelevant details. They take their ideas for what they are, critical appraisal is simply not part of their make up.

Primitive art is a typical art form that belongs to this phase.

No ability to reflect on their ideas

They lack the ability to reflect

on their ideas. Many ideas keep bubbling up, but they can't sort these ideas into any form or structure. They often feel chaotic inside, swimming in a sea of thoughts and images. They also have an aversion to systems and structures, are hopeless in keeping time, hate clocks and can't handle money. Their creations are not well thought out and rather naive. They will come with some outrageously naive solution to all the worlds problems, causing people to shake their head and think they are not

'quite 100%'. This makes them feel stupid and they may lose their inspiration.

**Failure through
thoughtlessness**

Their thoughtlessness is often a reason for failure. When a painting goes wrong they are unable to consider another way of going about it. When their theories turn out to be

incorrect they are unwilling to consider another approach.

When a performance turns out to be a flop they mope around and shake their head instead of looking at the reason behind

this failure. They allow themselves to be swept along by their negative thoughts and sombre mood. They feel useless, they give up and turn their attention to all sorts of silly trivialities. When their creative flow stops they become passive and dull.

**A manic depressive spokesman
They usually manage to snap out of it as soon as a new idea hits them again. They can also become quite manic and pretend that they are overflowing with ideas. They'll get to work on it, only to**

discover that it isn't what they thought it would be and then they'll collapse again.

Spontaneous and creative

They are spontaneous, creative people, usually with a warm heart who find it easy to make contact with others. They are well liked on the whole and feel happy in the company of large groups of people. In later stages they might avoid other people because they feel useless and they have nothing left to say.

The newcomer at the top in a sports event

This is the newcomer who

enters the arena of the top sports. he is not at all impressed by all the big names around him. He doesn't even think of winning or losing, all he wants to do is to play well. It is like Boris Becker winning Wimbledon at the age of 17.

Expressions

Fears: heights, narrow spaces, performance, speeches.

Dreams: heights, falling.

Delusions: soft rubber ball in space with many multi coloured bits sticking out.

Mood: haughty, impulsive, instable, chaotic, impatient,

**emotional, optimism
alternating with pessimism,
laughing alternating with
crying, fearful, gloomy, crying,
amel. music.**

Mental: lack of concentration.

**Contacts: -amel., agg.-, amel.
large company, rough, tactless.**

Work: agg.- housework.

**Professions: artist, painter,
sculptor, actor, writer, singer,
musician, teacher, scientist,
doctor, priest, bishop, medicine
man, vicar, governor, secretary,
representative, advertising
agent, 'public relations', top
sport.**

Causes: disasters, humiliation.

Generals

Locality: left.

Weather: cold, cold feet, agg. cold (2), agg. damp (2), amel. outside, agg. gloomy weather.

Time: agg. 5 am, agg.

September.

Aversion: bay leaf flavoured liquorice.

Menses: depressed, aggressive and negative agg. before menses.

Sleep: sleepy; sleeplessness, tossing and turning.

Complaints

Cancer.

Epilepsy.

**Weakness; bruised pains,
itching.**

**Headache in forehead,
temples, vertex.**

**Eye complaints;
inflammations, visual
disturbances.**

Colds, with watery discharge.

**Voice problems; hoarseness,
loss of voice, stammering.**

Lung complaints.

Heart complaints.

Liver complaints.

**Problems with ovaries and
testes and sexual organs in
general.**

Neck problems, stiffness, pains in arms. Weak muscles.

DD: Silver series, Stage 1, Crocus.

DD Krypton: don't yet feel that they should present anything creative, everything is still fine the way it is. They are doing their work, free of any obligations, but nothing more than that. Rubidium wants to create something, something special, as simple as that !

Case

A 38 year old woman suffers from depression, she is discontented with herself and

can't find any peace. She feels like an empty sack, no power, like an air cushion

you sink into and you can hardly get out, it is as if she is suffocating. Every day she wonders how she'll get through, all her energy goes into producing a meal at the end of the day. She is very irritable, mostly with herself. Doing nothing all the time makes her feel useless. Every now and then she feels a little push, a revival of her old self, but soon after that she collapses into a heap again. Music is the only

thing that can occasionally bring her out of this mood, this chain that ties her down.

She feels like a caged lion and would like to scream and shout and run away. If only she could live in the jungle, in the natural rhythm of the world. She hates clocks and other reminders of a systematic world.

Her depression is largely due to the fact that she can't find an expression for her creative talents. She would like to be creative, but it simply isn't happening. She has been to

drama school and loves acting and singing. She has worked as a creative therapist with children. These type of activities make her feel much better. But lately there has been no time for this sort of thing. She is too tired and too busy in the house with three young children. She would love to do something, but doesn't know what. The ideas won't come. If only she could feel inspired, if only the creative force would come again, if only she could make something or do something that was her very

own.

The house and the children are quite a burden, she doesn't mind doing it, but she wants something else apart from that. At the moment it takes all her time and energy. The children are very demanding and this irritates her. It feels like having to manage a business, housework, children, the daily running of things, she does it only because there is nobody else to do it for her. Money is another source of problems. She has no problem spending it, but she finds it very difficult

to stick to her housekeeping budget.

Social contacts are getting neglected. She wants to meet people but doesn't get round to it. She wakes up at night, holding long conversations in her mind, but never actually phoning her friends the next day.

After she had finished drama school she had experienced a similar kind of depression. She couldn't find a job and spent whole days lounging in front of the fire, absorbed in mindless activities like doing crossword

puzzles, cutting out recipes and reading letters.

She describes herself as extroverted, warm and friendly, everybody seems to like her. But to herself it feels more like keeping up a jolly act in order to be seen and heard. She loves to be the centre of attention and can be quite negative about others, either her husband or her children, to make herself feel more radiant. But everything seems to be too chaotic, she can't get a grip on herself. She doesn't know how it all fits together and can feel

quite lost, as if she'll drown in all the chaos. She often feels a bit stupid when she is in a large group of people, but she'll mask this by acting jolly and chatting brightly.

She imagines herself like a soft rubber ball, floating in space. Attached to this rubber ball are all sorts of brightly coloured bits. These bits are her reactions to her environment, they are direct and very impulsive. But nobody can see what is taking place on the inside: here the reactions are very slowly filtering through to

an azure blue coloured centre. And although the reactions are filtering through very slowly, nothing is being done with it.

A similar theme runs through her own family. Everyone always clamoured for attention, everyone tried to be even better than the others, shouting and showing off and outdoing each other. The whole family thought that they were that much smarter and wittier than everyone else, a cut above the rest, and they made sure others knew it too. She was an afterthought and could never

compete with her big brothers.

Her reactions are spontaneous and impulsive and therefore usually quite tactless.

She can be very nasty, but regrets it later on. She is very emotional and apt to burst into tears, which can change into laughter within a few minutes.

She is always bright and boisterous in company, but gloomy when alone. Her attention is focused on those around her, she wants to please people and make them happy. This attitude makes her welcome wherever she goes and

it also makes her a very good hostess.

Generals

Weather: agg. damp, dark, rainy weather.

Time: agg. September; agg. 4-5 am.

Menses: depressed, aggressive and negative before menses, which she only became aware of after taking Rubidium.

Sleep: frequent waking around 4-5 am, tossing and turning.

Analysis

The tremendous desire to be creative and the depression because she is unable to fulfil

this desire indicates a remedy from the Silver series.

The impulsive, thoughtless behaviour is typical of stage 1, which brings us to Rubidium.

Further confirmation for the Silver series: amel. large company, agg.- system and structure, family sticking out above the masses, amel. singing, acting.

Confirming stage 1: Chaotic, no overview, alternating crying and laughing, alternating revival and collapse, spontaneous.

DD: Lachesis, Crocus, Platina,

**Palladium, belladonna,
Pulsatilla, Nitric acid.**

Reaction

**After Rubidium metallicum 1M
she felt awful for two weeks.**

**The depression got worse, she
felt like an angry lion, roaring
and fuming at everyone. Then
she went on holiday and during
that time she started to feel
much better, more feeling
about what is going on, more
feeling of who she is and what
she can do. Her strength is
coming back and she has
become more independent. She
is more aware of when she is**

rejecting her husband and manages to avoid doing this most of the time. The angry lion has disappeared. The creativity has not had a chance to express itself yet, but she feels it will come, she want to start singing.

Two months later she gets a repeat dose. That same evening she feels a tremendous heat in her stomach, heat radiating out to the front. After that she has pain in her left eye again for one evening.

One year and two more doses of Rubidium 1M later she feels

reborn. The inner lion has calmed down. Her artistic side is waiting like a precious stone to be discovered, and she trusts that this will happen. She has started to do puppet plays at schools and parties and gets paid for doing it.

Strontium metallicum

Strontium metallicum has never been written about before. The only Strontium that is fairly well known is Strontium carbonicum, which has several clear keynotes but no well defined theme. Of

Strontium bromatum, nitricum and iodatum we have only got a few sparse symptoms here and there.

Signature

The name has been derived from Strontian, Argyllshire, Scotland, where it was first discovered in 1790 in the lead mines in the form of strontium carbonate. The 90- isotope is radioactive. The metal has the ability to drive out and replace the calcarea in our bones, hence its description as the nasty alter ego of Calcareo. Strontium is a rather soft,

silver white metal which changes into a light - to dark yellow colour when exposed to air. It is used in the manufacture of various paints, glass, rubber, enamel, batteries, electronic gadgets and pyrotechnic materials. Red fireworks contain strontium too. It is also used in the extraction of sugar from sugar beet molasses. It can deflect static electricity and is also used in instruments that measure the thickness and the density of different materials.

Concepts

Stage 2

Observing

Acknowledging

Criticising

Shy Uncertain

Finding a space

Joining in

Adapting

Passive

Covering Protecting

Silver series

Creation Inspiration

Ideas Culture

Unique Admiration

Aesthetics: Beautiful Ugly

Art Science Mysticism

Show Performance

Queen Ambition
Hurting
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Feeling observed as an artist
or scientist, doctor.
Appraising people on their
artistic talents.
Criticised on their ideas.
Criticising the artifacts of
others: the art critic.
Appreciating mysticism.
Uncertain about their own
creations.

**Finding one's space in religion.
Adapting to other people's
ideas: overwhelmed.**

**Remaining passive so as not to
attract the attention.**

**Protecting yourself against
other people's ideas: stubborn.**

Passive in speech: silent.

**Picture of Strontium
Metallicum**

**Essence: uncertain about
showing your talents or art.**

**Feeling observed as an artist,
scientist, doctor**

**They feel that everybody is
looking to see what they think,
what ideas they come out with**

and how they develop their talents. They feel very unsure about their creative abilities.

Appraising everyone on their creative talents

But at the same time this is also how they look at other people. They notice every new trend and thought and compare them to their own ideas. They constantly ask themselves whether these ideas are better or worse, more or less beautiful, more or less clever than their own.

Criticised on their ideas

They quickly feel that others

look down on their creations. Or it may be that their ideas are so severely criticised that they are completely are wiped of the stage. And there is nothing they can do about it as they are unable to defend themselves.

**Appraising art: the art critic
They are also very good at criticising the art of other people. This way they can avoid showing their own abilities in this field, it acts as a cover up. But in the process of criticising they can't help but show their own view of the world, which**

may in turn become the subject of criticism.

Or they hide behind the general saying: 'Art is very individual, there is no accounting for tastes'.

Appreciating mysticism

The judgment of values plays a large role in their lives, especially where art and religion is concerned. Apart from having a lot of negative judgments and criticism they can also be very positive about beautiful feelings, literature, art and mysticism.

Uncertain about their own

creations

But as far as their own creations are concerned they feel very unsure. They have no idea what they are worth, what value to put on it. They keep thinking there are no objective criteria to judge their creations by.

Uncertain about their uniqueness

They start to think about their own inner selves. Who are they, where do they come from, where are they going? Are they worth anything at all, are they really unique, have they really

got anything special to offer?

Finding one's place in religion

They wonder about their place in the overall creation, curious to know how they came here and what they are here for.

They want to know their place here on earth, especially in religious context.

Adapting to other people's ideas: overwhelmed

They easily feel overwhelmed by the views and ideas of other people. As if there is no other option but to surrender. They feel they are being flooded by all the events and views and

pictures in the world and swept along by the stream.

This feeling of being overwhelmed and swept away can also be caused by people in their immediate environment who are too overpowering and don't give them any space to formulate their own ideas.

The adapting process can go so far that they completely surrender to another person, doing everything he or she says, never standing up for themselves, like Cinderella who lived among the ashes and the dirt.

But just like Cinderella, they have a core, deep down inside, that remains untainted and precious and beautiful. Those who are able to see this core can see the queen inside her.

Remaining passive so as not to attract the attention

The are inclined to draw away from any situation that might involve judgment or criticism because they can't face it. They have no inner criteria to rely upon so all there is is the opinion of the outside world. And it safer to adapt so they won't see you. They would

rather melt into the grey masses than stand out and risk attack by the critics.

They hate speaking in public or any other form of focusing the attention on themselves. They'll do anything to get out of such occasions. They may even develop an aversion to normal conversations, preferring to sit silently in the background.

Protecting yourself against other people's ideas: stubborn
Another form of protecting yourself is by staying in your own world with your own

thoughts and not listening to others. This makes them appear stubborn, but it is a stubbornness that is not directed outwards, it is not meant to persuade others or win them over. It is more a sort of clinging to their own ideas, like a swimmer in a flood clinging to some driftwood.

Another possibility is that they start to do silly things. That way everyone will know they are a bit mad. And although everyone, including themselves know that they are just fooling around, it takes the attention

away from what they really think about the world and what their real talents are.

Expressions

Fears: heights, narrow spaces, performance, speeches.

Dreams: heights, falling, fire.

Delusions: criminal

Irritability: agg. humiliation.

Mood: haughty, crying.

Mental: forgetful.

Contacts: agg.-, -amel., silent.

Professions: art critic, artist, painter, sculptor, actor, writer, singer, musician, scientist, doctor, priest, bishop, medicine man, vicar, governor, secretary,

representative, advertising agent, 'public relations', top sportsman, - woman, teacher.

Causes: disasters, humiliation, unjust accusations, mistrust, disbelief.

Generals

Locality: left.

Type: thin.

Weather: cold, cold feet, agg. cold (2) and undressing, cold feet and back, agg. damp (2), agg. wet head; amel. outside, agg. draught; hot flushes, amel. warm wraps.

Perspiration: amel..

Time: agg. 3 am, agg. evening,

gradual appearance and disappearance; agg. winter.

Desires: beer, brandy, bread, milk.

Aversion: meat.

Food: amel. eating, agg. alcohol.

Menses: profuse; agg. agg. menopause.

**Sleep: sleepy; sleeplessness
agg. easily frightened.**

Physical: agg. motion and walking (2), amel. lying down, agg. agg. accidents; agg.- dark, - amel. light; agg.- and agg. washing.

Complaints

**Cancer. Epilepsy. Weakness;
bruised pains, itching.**

**Congestion with fullness,
swelling and pulsating, of head,
face, heart and lungs agg.
excitement.**

**Headache starting from neck,
spreading to head, amel. warm
wraps. Thumping pains with
desire to bang head against the
wall.**

**Eye complaints;
inflammations, visual
disturbances.**

**Face red, livid, congested agg.
exertion and motion.**

Colds, with watery discharge

and loss of smell.

Voice problems; hoarseness, loss of voice, stammering.

Lung complaints, suffocative feeling in chest.

High blood pressure, cerebral haemorrhages, heart complaints, angina pectoris.

The heart feels suffocated as from a heavy weight. Varices.

Stomach pains, pressing, amel. eating. agg. walking.

Diarrhoea with continuous urging at night, sits on the toilet all the time; yellow and watery.

Constipation: large, hard

stools, difficult to pass, causing burning pain in anus, amel. lying down. Abdomen full and distended.

Problems with ovaries and testes and sexual organs in general.

Leucorrhoea, white, no smell, no itching.

Abdominal pains, left lower, radiating to leg, gnawing, agg. morning, amel. rest, amel. drawing up legs, accompanied by leucorrhoea.

Neck problems, stiffness, pains in arms. Sprained ankles with oedema. Gout.

Osteoporosis in leg, especially thighs (3), necrosis and swelling; sciatica.

Eczema, wet, itching and burning, on face.

DD: Silver series, Stage 2, Crocus, Amylum nitricum, Arnica, Belladonna, Dulcamara, Glonoinum, Hepar sulphuris, Magnesium muriaticum, Mezerium, Nux vomica, Rathania, Rhododendron, Rhus toxicodendron, Ruta, Silica, Sulphur, Thuja, Veratrum viride.

DD Rubidium: Rubidium is impulsive in his creative

activities. He doesn't watch what he is doing and he isn't bothered so much by others watching him and commenting on it. Strontium is much more sensitive to criticism, he watches himself and quickly feels put down.

DD Rhus tox: Rhus tox contains large amounts of Strontium. We can see the similarity between the two: agg. cold, agg. damp, down trodden, sprained ankles, affections of joints. Rhus tox feels abused by people in their environment, a drunken

husband for instance.

Case

An 18 year old boy is frequently troubled by bronchitis with a feeling of suffocation and much coughing. He has had pneumonia in the past with a temperature of 39 c and much wheezing and panting. He is allergic to dust, mite, and cats, also to smoke and damp. He gets occasional symptoms of hay fever: itching on the nose amel. rubbing, Watery coryza, sneezing, pain in throat, itching in throat, itching ears

and lachrymation.

He used to get ear infections in the past. Also a recurring complaint of diarrhoea with cramp in stomach agg. 11 pm to 2 am.

The spermatic cord on the left side occasionally swells up and becomes painful, a stitching kind of pain. The left testicle also tends to get swollen from time to time.

he is the oldest of 4 boys.

He is very shy and during the first two consultations, when he was only 15, he only talked with his mother, who had to

tell the whole story on his behalf. He doesn't feel at ease in front of strangers. His speech is hesitating: 'Yes, well, I mean...'. He constantly stops in mid sentence. He is afraid of saying something wrong, something that doesn't fit. It is very important to him to say things properly, especially when he is with strangers. Otherwise he would rather not say anything at all. He doesn't have this problem when he writes something down. He is very indecisive and small changes, like a new piece of

furniture can increase his uncertainty. He is also quite critical, both towards himself and to his brothers and other people. he criticises people who smoke, drink or eat meat.

He used to suffer from homesickness when he was younger, especially when he went camping with the school. He doesn't like talking about sex.

His school performance is very good, never gets lower than 8 out of 10, but he still remains unsure of himself. When he was little he was always asking his

mother: 'why is this, why is that, why is the grass green?'. He is keen on learning and easily picks up new information. He prefers the science subjects and keeps in touch with recent scientific developments. He wants to study chemistry and would like to discover something new in this field. He has a very strong ambition and wants to be perfect in everything he does. He gets very irritated when he gets something wrong at school, or when working something out on the

computer. He dreams that he gets a bad mark at school or that he hasn't handed in his homework on time because he is ill, or that a computer virus wipes everything off his hard disk.

he likes science fiction and horror films. He used to have nightmares about witches and giants. Sometimes he could stop these dreams by blinking his eyes very quickly. recently he has had many different dreams: there was no cake left for him; a machine or tank-like creature that crushed people to

death was chasing him; fire; he had to tell the children at school that they were not allowed to work with radioactive materials.

Generals

Weather: cold, agg. cold; agg. damp; agg.-grey weather: amel. sea and mountains, amel. fresh air and open window (2).

Perspiration: little.

Time: agg. 11 pm

Desires: cheese (2), cold and warm milk (3), chocolate (2), drinks.

Aversion: chips, sauerkraut, carbonated drinks, apple juice,

grapefruit.

Food: agg. sour, fish (2), bacon (2), agg. chocolate.

Sleep: refreshing; on his back.

Physical: agg. walking outside.

Analysis

His desire to study chemistry and to make some new scientific discoveries points to the Silver series. His complaints of the air passages and the left testicle confirm that we should look for his remedy somewhere in this series.

His shyness reminds of of Calcarea or even Baryta

carbonica. Baryta carbonica had helped him once in the past, but the problems with the spermatic cord appeared a year later. The fear of the unknown however is typical of the second stage, which leads us to Strontium metallicum. There is no reason to look for a Strontium compound in this case as the theme in itself is purely Strontium.

Other confirming symptoms: passive, agg.- talking about sex, -amel. milk, agg. cold, amel. outside. His critical attitude is typical of Strontium, especially

combined with his overall shyness. Even more noticeable is his way of speaking, it is as if he can't find the words to express himself, being overwhelmed (stage 2) by his own ideas (Silver series).

Reaction

One month after Strontium metallicum 1M everything is much better. The problem with the spermatic cord and the allergic reactions are almost gone. His overall energy is much better too. He had a dream of making a programme for a computer game. Eighteen

**months later he still feel well
and the complaints never came
back.**

Strontium muriaticum

**Strontium muriaticum is an
unknown remedy.**

Concepts

Strontium

Ideas are closely watched

Critical towards creativity

Criticised on their talents

Adapting their ideas

Overwhelmed

Cinderella

Silent

Muriaticum

**Broken relationship
Mother Child
Care Nurturing
Attention
Mother
Self-pity
Attention seeking
Sadness
Alone
Anti-social
Group analysis
Feeling you are closely
watched as an artist, scientist,
doctor, or mother.
Uncertain about the
combination of creativity and
motherhood.**

Judging your mother on her artistic talents.

An artistic but critical mother.

Appreciation of mystic nurturing.

Uncertain about your unique care.

Looking for your own space with regard to care and religion.

Overwhelmed by mother's ideas.

Remaining passive while being hurt by your mother.

A silent mother.

Stubborn ways of dealing with attention.

Picture of Strontium Muriaticum

**Essence: feeling closely
watched as an artist and
mother.**

**Feeling watched as an artist
and mother**

**Their achievements have to be
two fold, i. e. both as an artist
and as a mother. They feel as if
they are being watched and
that others will say they are
not doing well enough.**

**Uncertain about the
combination of creativity and
motherhood**

They can be very uncertain

whether the combination of motherhood and artistic performance will go well together. They tend to feel that motherhood doesn't leave them enough time for their creative pursuits. This makes them feel inferior, as if they will never be good enough. They want to be a perfect mother and a perfect artist at the same time, an ideal that they find difficult to realise. Hence their feeling that others are commenting on them, finding them inadequate both as a mother and as an artist.

**An artistic but critical mother
They could have had a mother
who was very critical, making
them feel they would never
reach her standard, perhaps
even ridiculing their efforts.
This has made them very
uncertain about their own
talents. Their mother could
also have been uncertain about
her own talents, or never have
been in a position to develop
her own talents.**

**Later on these people might
start to treat their mother with
the same disdain, criticising
her talents out of revenge for**

being made to feel useless when they were younger.

Overwhelmed by care

Another situation is that of a child being overwhelmed by a mother who never allows her children any space to develop their own ideas or talents.

When these children grow up they are likely to feel overwhelmed by their caring instincts for others, either for their own children, or for patients they are taking care of. They tend to sacrifice everything, keeping nothing for themselves.

Caring is to them a means of being independent and they can be very stubborn in their ideas about how it should be done.

A silent mother

As a mother they can also be very closed, unwilling to make contact with others. They are silent and tend to live in their own world. This is because they feel they have very little to offer as a mother. They have so many negative ideas about themselves and about motherhood that they would rather remain silent about the

whole subject.

Excluded by your mother

The theme can also have been a part of their own upbringing.

Their mother having been a silent mother who kept everyone at a distance, especially her children.

Expressions

Fears: heights, narrow spaces, performance, speeches, alone, water, danger.

Dreams: heights, falling, water, sea, waves, drowning, children, mother, disease, death of friends and relations.

Irritability: aggressive agg.

humiliation.

Mood: haughty, sensitive, emotional, complaining, pitiful, crying.

Hobbies: music, piano.

Professions: art critic, artist, painter, sculptor, actor, writer, singer, musician, scientist, doctor, priest, bishop, medicine man, vicar, governor, secretary, representative, advertising agent, 'public relations', top sportsman, - woman, teacher.

Causes: disasters, humiliation, hurt.

Generals

Locality: left.

Type: thin.

Weather: cold, cold feet, agg. cold (2) and undressing, cold feet and back, agg. damp (2), agg. wet head; amel. outside, agg. draught; hot flushes, amel. warm wraps.

Perspiration: amel..

Time: agg. 3 am and 11 pm, gradual appearance and disappearance; agg. winter.

Desires: beer, brandy, bread, milk, salt, starch.

Aversion: meat.

Food: amel. eating, agg. alcohol.

Menses: profuse; agg. before,

**during or after menses; agg.
after pregnancy, agg. agg.
menopause; swollen and painful
breasts before menses.**

**Sleep: sleepy; sleeplessness
agg. easily frightened; difficulty
falling asleep**

**Physical: agg. motion and
walking (2), amel. lying down;
touch. agg. agg. accidents; agg.-
dark, -amel. light.**

Complaints

**Cancer. Weakness; bruised
pains, itching.**

Dry mucus membranes.

**Congestion with fullness,
swelling and pulsating, of head,**

**face, heart and lungs agg.
excitement.**

**Headache starting from neck,
spreading to head, amel. warm
wraps. Thumping pains with
desire to bang head against the
wall.**

**Eye complaints;
inflammations, visual
disturbances.**

**Face red, livid, congested agg.
exertion and motion.**

**Colds, with watery discharge
and loss of smell.**

**Voice problems; hoarseness,
loss of voice, stammering.**

Lung complaints, suffocative

feeling in chest.

High blood pressure, cerebral haemorrhages, heart complaints, angina pectoris.

The heart feels suffocated as from a heavy weight. Varices.

Stomach pains, pressing, amel. eating. agg. walking.

Diarrhoea with continuous urging at night, sits on the toilet all the time; yellow and watery.

Constipation: large, hard stools, difficult to pass, causing burning pain in anus, amel. lying down. Abdomen full and distended.

Problems with ovaries and testes and sexual organs in general.

Neck problems, stiffness, pains in arms.

Sprained ankles(3)with oedema. Gout.

Osteoporosis in leg, especially thighs (3), necrosis and swelling; sciatica.

Eczema, wet, itching and burning, on face. Skin eruptions on chest and arms, red spots, agg. sun. Vesicles and ulcers on lips; herpes.

DD: Silicium series, Silver series, Stage 2 and 17, Amylum

nitricum, Arnica, Baryta carbonicum, Belladonna, Glonoinum, Hepar sulphuris, Lachesis, Magnesium muriaticum, Mezerium, Nitric acid, Nux vomica, Rathania, Ruta, Silica, Sulphur, Thuja, Veratrum viride.

Case

A 40 year old woman has come because she has had breast cancer. A small lump under her left nipple had been taken away and hap proved to be malignant. There is a lot of breast cancer in the family. She had breast fed her two children

for many months without any problems. When she was 15 she had had an acute inflammation of her left breast. This happened after the death of her father. Her family had stopped her from being with him because she was the youngest but she had felt very hurt and left out. She had always got on very well with her father, much better than with her mother.

Another complaint she has is a suffocating cough which sounds like whooping cough. It is worse in wet and cold weather, worse outside and at night. She

can't stop coughing and it sometimes makes her retch. She coughs up yellow-green mucus. She gets sore muscles in below her right breast, agg. sneezing (2), amel. bending double and hard pressure. She gets frequent colds with sore throat and swollen glands, especially in cold, damp weather. She gets ear ache in cold wind.

She used to be a doctor working in a nursing home, but she became a homoeopath later on. She feels very responsible for people, wants everything to

be perfect and tends to feel she isn't good enough. She is critical towards herself and puts all her energy in caring for other people, sometimes a bit too much. She worries about her patients. It is as if their problems become her own and she can't shield herself.

This situation often makes her think of her relationship with her mother. She never could make contact with her mother who was simply not there for her. Her mother fended off any emotional involvement with remarks like: 'Don't be so silly'

and left her feeling alone and confused. Her mother is friendly towards the outside world, but very hard towards her family.

She still doesn't get on with her mother. When she tries to discuss certain matters with her mother, her mother will often use that information to make nasty remarks about it later. When she was little her mother used to make negative remarks about her in front of her school friends, leaving her feeling powerless. When she left home to go to college her

mother gave away her dog without telling her.

She takes over her mother's moods and feelings without wanting to, she can't protect herself and she dare not show her own vulnerability. There is no way she can make real contact with her mother. She had a dream that portrays this feeling very well: her mother has neglected to clean the house, the place is full of dust, rubbish, cobwebs and cockroaches. When she points this out her mother she denies everything.

She used to have a very negative image about herself. As a child she was very shy, blushing at the slightest thing. Her father had made sure that she could go and study medicine and once she was a university she started to develop her own ideas. Later on her husband helped her to feel more positive about herself. But she still dreams of being inferior and getting rejected. Other peoples' opinions are very important to her, she likes to be appreciated as a homoeopath and to be admired

by other people.

She has taken responsibility for herself from an early age. She is very idealistic and puts all her energy into caring for others including her children. An example of her involvement with others: when her children have a friend to stay she worries whether this child might feel short of breath because of the cat's hair. This extreme sort of involvement or projection has been troubling her for a long time. When some friends of her had to go for psychiatric treatment she felt

guilty, thinking she should have talked with them more often etc. She often wonders whether she has said things properly or whether she has done enough for her patients. Her work has to be perfect and she spends a long time on each patient. She doesn't need anything for herself, but she feels very vulnerable when something goes wrong.

She likes reading and used to play the piano.

She dreams about being abandoned by her family and not getting anything to eat.

She also dreams of driving a bus and the brakes don't work.

Past history: during both pregnancies she felt sick, and during the second one she had a lot of stomach aches.

Generals

Weather: cold, agg. cold (2); agg. damp (2); agg.- storm; -amel. sun, agg. twilight.

Perspiration: agg. pregnancy (2), agg. exertion, agg. emotions.

Time: agg. twilight, agg. 7 pm.

Desires: sweet, salt, spices, pizza, fruit.

Aversion: tomato, raw onion.

Menses: used to be accompanied by stomach pains and diarrhoea, at night.

Sleep: awake early, difficulty falling asleep agg. thinking about work; on right side.

Analysis

In the past she had reacted very well to Phosphorus, often felt much better within an hour of taking the remedy. More energy and feeling better in general. She was therefore very surprised and shocked when she heard she had breast cancer. Her confidence in her body had been shocked.

This problem, the appearance of cancer after an apparently well prescribed remedy, has been known for quite a while and was mentioned by Feldman (1994) with a request to receive our opinions or possible explanations of this phenomenon.

In my opinion the solution to this problem lies in the complementary remedies. The idea of one remedy for life simply doesn't fit in these cases.

But which remedy is the indicated one for this woman at

this moment?

The theme of mother, care and breasts makes us think of a Muriaticum. And the perfectionism, idealism, responsibility and being a homoeopath would indicate a remedy of the Silver series. If we take the feeling of inferiority as a general theme we know the remedy can be found in one of the first few stages, particularly Stage 2. All this information together brings us to Strontium muriaticum.

She gets overwhelmed

(Strontium) by her mother (Muriaticum). She also gets excluded (Strontium) by her mother (Muriaticum). She gets overwhelmed (Strontium) by nurturing (Muriaticum) instincts. She gets ridiculed (Strontium, Baryta) by her mother (Muriaticum).

Further confirmation for Strontium: agg. cold, agg. damp, piano, left sided, lung problems, feeling excluded, needing nothing for herself, blushing.

Muriaticum symptoms: infection of breast, left, -amel.

**salt and starch, perspiration
agg. pregnancy, problems
around menses.**

Reaction

**One week after Strontium
muriaticum 1M she gets ill with
a cold and sore, swollen throat.
She also gets an infection with
pus around her left ring finger,
the doctor had to lance it. But
after a month she feels much
better. She doesn't get quite so
involved in everything. Things
don't affect her so deeply on
the physical level either. She
now feels brave enough to take
on her mother and provoke her**

into a reaction.

She had a dream that her younger sister had died and her mother was discussing the will in the presence of several solicitors and notaries. She herself was not allowed to be present during this meeting. She got very angry and said she never wanted to see her mother again. This was the first time she expressed her feeling about being excluded.

Yttrium metallicum

Yttrium is a new remedy and it

deserves a special place in homoeopathic circles because the position of homoeopathy in our society is at present in the Yttrium stage. Homoeopathy isn't really taken seriously as a science, it's efficacy is unproven, but you are free to dabble around with it if it takes your fancy.

Many homoeopaths have the same attitude towards it, they haven't done an officially approved course and they practice in a little back room.

Signature

The name comes from the

word Ytterbium, a Swedish village near Stockholm.

Ytterbium means outer (ytter) village (biu), because of its position outside Stockholm.

Yttrium was discovered in 1794 in some minerals, together with the elements Ytterbium Erbium and Terbium.

It is a shaly type of metal with an iron grey sheen. It is used in heating wires, crystals for television sets, and microwave apparatus in the form of Yttrium-iron-granate.

Concepts

Stage 3

Investigating
Discerning Comparing
Trying
Hesitating
Changeable Instable
Underestimating
Discouraged Put down
Unofficial
Confusion
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition

Hurt Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Exploring art or science.
Trying to get inspiration.
Investigating your talents.
Unofficial creative activities.
Hesitating about the
performance.
Comparing ideas.
Surrender to criticism.
Discouraged by admiration.
Discouraged in talking.
Picture of Yttrium Metallicum

Essence: exploring your creative abilities.

Exploring creative abilities

They are never sure what they really would like to do in the creative field. They try a little bit here and a little bit there, but it never gets any further than just sniffing around. They start several courses, perhaps they even finish them, but that is as far as they get. They are so afraid they'll choose the wrong thing that they won't even start. The responsibility is too much for them, they are too afraid that they won't be

able to contribute anything new to the world. 'Should I become a psychiatrist or a musician?' is the sort of question that they can never resolve.

Unofficial creative activities
Although they may try several new things at the same time, nothing ever comes of it. They don't trust their own inspiration, thinking it isn't good enough. They don't mind dabbling in a few things here and there, but only behind closed doors. It is nothing more than a try out and not worth exposing it to the public gaze

in case it invites comments or conflicts. Being involved in several things at the same time is both a hindrance and an excuse to them for not finishing what they have started.

Surrender criticism

When criticism comes their way they tend to simply go along with it. They don't really want to take a stand, afraid to be non-conforming. It is not their habit to stand out in a crowd. They often come from a relatively simple background where anything out of the

ordinary was not really appreciated. The arts and the sciences were not for their sort of people, that was something for the upper classes. So when they discover an artistic talent in themselves they start to have great doubts whether this is really possible. Can they really rise above mediocrity to create something unique?

**Discouraged by admiration
They are easily discouraged and the slightest setback makes them think: 'See, I knew I couldn't do it'. When they have an off day they feel like**

quitting altogether, 'there are so many people who can do a better job anyway'.

Discouraged by talking

Talking is equally difficult for them. They hum and ha and have to deliberate a long time before they say anything. They aren't used to talking in front of a group and they don't like it. They feel that what they have to say isn't important, 'anybody could have thought of that'.

Expressions

Fears: heights, ladders, narrow spaces, show, performance,

speeches, anticipation.

**Dreams: heights, falling,
ladders, mountain, volcano,
water, sea, bird, swan, blue,
mines.**

Irritability: agg. humiliation.

Mood: uncertain, crying.

**Hobbies: singing, art, music,
acting.**

Fairy tales: Rumpelstiltskin.

**Profession: artist, painter,
writer, singer, musician,
teacher, scientist, doctor,
priest, bishop, medicine man,
vicar, governor, secretary,
representative, advertising
agent, public relations officer,**

top sportsman-, woman.

Generals

Locality: left.

**Weather: cold, cold feet, agg.
cold (2), agg. damp (2), amel.
outside.**

Menses: profuse.

Sleep: sleepy.

Complaints

Cancer.

**Weakness, bruised pains,
itching. nervous, trembling (3!).**

**Headache in forehead, temples
and vertex.**

**Eye problems: inflammations,
visual disturbances.**

Colds with watery coryza.

**Voice problems: hoarseness,
loss of voice, stammering.**

Lung problems.

**Problems with genitalia, testes
and ovaries.**

**Neck problems, stiffness. Pain
in arms.**

Irritation of lungs (Dreisbach).

DD: Silver series, Stage 3.

**DD Strontium: is more passive,
lets it all happen. Yttrium is
looking for possibilities to
express his creativity.**

Case of Yttrium Oxidatum

**A 50 year old man is depressed
in the morning. He doesn't
want to go to work and wonders**

whether he should carry on with it. Everybody at the notary office where he works has got a degree of some sort except him. He also feels small and dependent on his boss. He doesn't know how to handle him. And he wonders whether he is really good enough for the job, he is afraid of being excluded.

His ideal is to be able to talk easily and effortlessly and to move with ease in both the lower and the higher social circles.

He was at boarding school for a

while which he found terribly cold and distant. But he did learn a lot, especially in the field of music. He was the lead singer in a performance once, but on the way home his father had said: 'There are dozens of boys who have a better voice than you'.

At primary school he had been different from the rest because he had piano lessons.

He always had to live according to the norms set by his father, he was not allowed to quarrel, he was not allowed to stand up for himself, he

should always avoid any form of conflict. They also had to look up to the doctor, the vicar and the priest and look down on the lower classes.

He loves singing and still does this with a girlfriend who plays the piano. But he feels unsure about it. He did give two concerts at home but felt very unsure about the whole performance. He compares his singing with a search to find his real self. The singing goes much better when he relaxes into it and much more difficult when he is tired or when he

thinks too much.

Generals

Weather: coltish; agg. heat.

Time: agg. 7-9 am.

Desires: mustard, gherkins, cheese, olives, salt.

Aversion: pumpkin, runner beans, courgette.

Sleep: much, on back or stomach.

Analysis

The problems at work might make us think of Calcarea or Baryta. But the problems in this area are not specific enough to enable us to make a choice. The theme of singing

and music indicates that it would be better to look in the Silver series. This is confirmed by his wish to be able to talk easily in all social circles and the fact that is searching to find his real self.

The uncertainty points to one of the first few stages. He likes to give the odd informal performance at home, but it shouldn't become too official. He does have a music teacher, but it isn't really a professional. In other words: he tries, but nothing too official, i.e. stage 3.

If we combine this with the Silver series we get to the remedy Yttrium. This fits with his father's remark: 'there are dozens of boys who have a better voice than you' and the fact that he wasn't allowed to stand up for his own ideas.

There was really no reason to give anything else than Yttrium metallicum, but because this was not available I chose Yttrium Oxidatum.

Reaction

Two weeks after Yttrium Oxidatum 1M his depression has gone. He doesn't let himself

be rushed at work anymore. He has also made some changes regarding his singing: he has stopped singing in the choir and has chosen to go to a professional teacher, who fortunately was able to take him on. He has become much more decisive, feeling free to express his own opinion.

He had a dream of standing on a ladder, wanting to climb in through a window but his mother was standing in the way. He used to have this dream in the past, but then he had always been afraid and this

time he wasn't.

After 5 months is feeling even more active and less restrained, he wants to do something really outrageous. The singing is going well, his teacher knows exactly what sort of music is best for him. He sings love songs now instead of funeral hymns.

Zirconium metallicum

Zirconium is a new remedy. Apart from the group analysis and the clinical symptoms we also have some information

from a proving.

Signature

The name has been derived from zircon, a semi precious stone which contains zirconium silicate, $ZrSiO_4$. This in turn was derived from the Persian word 'zar-gun', meaning golden coloured. The orange red variety is called hyacinth and the green bluish variation is called sterlite. It was first discovered in 1789.

The metal is not affected by neutron, hence its use in the atomic industries. It is also used in flashlights, jet planes

and rockets. Its reactions are allotropic. The colour is dull black, even after being plated. Zirconium increases resistance against corrosion and it also increases the lifespan of heating elements.

Leadzirconate-nitrate, $Pb_2ZrO_4TiO_4$, is piezoelectric.

Concepts

Stage 4

Establishing

Opening

Official

Membership

Deciding

Amazing

Half
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Hurt Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
**Officially starting to show your
creations.**

Determining your own ideas.
Deciding to perform.
Starting an artistic career.
Semi-ambitious.
Establishing something
unique.
Joining a mystic movement.
Failure at the beginning of a
creation.
Picture of Zirconium
metallicum
Essence: officially starting to
show your creations.
Officially starting your
creations
They are at the start of their
creative or scientific career. It

is the time of the first job, or the opening of their own practice or the first official exhibition. They have many new ideas and they really want to do something with it. They have got something new and unique to offer and are ambitious to put it into practice.

Consolidating their own ideas. They want to give expression to their ideas, to put it into practice. They want to break with the old routine orientated patterns and make room for their creative impulses. Tired

of adapting to other peoples ideas they want to develop their own creations.

Semi-ambitious

But they are still a bit unsure of themselves too. They know they have the right idea, but will they be able to make it work? Won't there be too much opposition, will it turn out to be just castles in the air? Will other people appreciate the ideas they are so enthusiastic about? They can't be sure how it will turn out in reality.

Failure at the start of their creative career

They have a tendency to fail as soon as they start to express their creative inspirations.

Then they start to doubt themselves and collapse.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, exams, crowded rooms.

Dreams: heights, falling, bridge, gates, door, key, obstructed driveway, standing on a bridge.

Irritability: agg. humiliation.

Mood: haughty, self-pity, hysterical, crying.

Mental: lack of concentration,

hunting for words, forgetting names.

Contacts: sweet, kind.

Hobbies: cello, music, New Age.

Professions: artist, painter, writer, singer, musician, teacher, scientist, priest, bishop, vicar, shaman, governor, secretary, representative, advertising agent, public relations officer, top sportsman or woman.

Causes: hurt, humiliation, disasters.

Generals

Locality: left.

Weather: cold, cold feet, agg. cold (2), -amel. fresh air outside.

Perspiration: under arms, hands, agg. nervous.

Time: agg. October, November.

Desires: sweet, chocolate (2), spices, cheese.

Aversion: slimy and overcooked food.

Menses: profuse.

Sleep: sleepy, sighing and yawning.

Complaints

Cancer.

Weakness, bruised pains, itching.

Headache in forehead, temples and vertex.

Vertigo agg. morning.

**Eye complaints:
inflammations, visual disturbances.**

Colds, watery coryza.

Voice problems: hoarseness, loss of voice, stammering.

Lung complaints, infection, fibrosis. Bronchitis, cough agg. night, agg. lying down, + tickling in throat, + hoarseness, feeling he can't clear something away by coughing.

Problems of genitalia, ovaries and testes.

**Leucorrhoea, lumpy.
Inflammation of cervix with
abnormality of cells.**

**Diarrhoea, expelled with force,
light brown, lumpy, sour
smelling, with itching of anus,
cramp and sudden urging, agg.
coffee, after eating. Sensation
as if masses of wet clay are
inside the bowels.**

**Back aches. neck pains,
stiffness, pains in arms.**

Skin granuloma (Dreisbach).

DD: Silver series, Stage 4.

**DD Yttrium: everything is still
unofficial, doesn't tie himself
down to any particular form of**

art or science. Zirconium really makes an official start in the creative field, taking on a job or setting up on his own.

Case

A 35 year old woman suffers from pain in the joints, especially the fingers. The distal joints of first and second finger and the middle joints of the thumb are most affected. Wrists and joints of feet are also painful. It is the same sort of feeling as having a toothache, worse on the right side, aggravated by prolonged damp weather. The complaints

started when she was 14 first in her feet, later on in her knees and hands. She was good at playing the piano and wanted to make it her profession, but the pains in her joints put an end to that. She was rather uncertain about starting at the college of music, afraid that her musical background was not sufficient. Her whole family likes music, her mother sings and plays the piano, but was too shy too make a career out of it.

When she was unable to continue playing the piano she

wanted to become a singer instead, but soon this idea was brought to a halt as well because she developed problems with her jaws.

At school things didn't go too well either, she hated it and got very bored, the result of which was that she had to double several classes. The utter boredom made her feel sleepy all the time. People also had a tendency to overrule her feelings so she became more and more silent.

She is easily influenced. She is usually very happy, often quite

boisterous. She wants to be different, not follow the crowds. She has to be able to express her creativity in the form of singing, playing the piano, making clothes or baking cakes.

Another complaint she has is pain in her ovaries, especially on the right side, coming in attacks that usually last from 6 to 8 hours, sometimes even longer. The pain radiates all over her abdomen. It usually comes on during ovulation and is agg. motion, amel. lying still, amel. menses. Occasionally it

is accompanied by discharge which is white and slimy with a musty odour.

She recently got her first steady job, working in a decision making team. One half of the team works very hard, while the other half spends its time thinking up new excuses to hold endless meetings. She herself enjoys jobs with a lot of stress. She likes bringing order into a chaotic situation and then retire, feeling she has done her bit. She loves running around like 'a white tornado', doing her own thing. The less

she does the more forgetful she gets.

She can be very restless, which she feels in the form of pressure on the top of her head, as if it will burst open any moment. The headache is amel. pressure, amel. walking into things. She has difficulty concentrating, can't watch a two hour film. When she has to to concentrate she tries so hard that it hurts her head. She does her best to shake this off, both physically and mentally. If she thinks she has made a mistake at work she will go back and

rectify this, even if she is already on her way home. It can't wait till the next day. Sometimes she is afraid that these things will drive her mad. She has strange and frightening dreams, of a snake hanging above her bed. She wakes up screaming standing beside her bed.

Generals

Weather: cold (3), agg. damp, amel. mountains, -amel. amel. sun (2).

Perspiration: under arms, agg. before menses.

Time: agg. autumn.

Desires: chocolate (3), spices (2), fish, vegetables(2).

Aversion: milk (2), sour (2), citrus fruit (2), meat.

Menses: agg. 2 weeks before menses: pale (2), weak, stomach pains, swollen breasts; agg. ovulation.

Sleep: needs much sleep, long, deep; sleepy agg. sitting, agg. evening.

Physical: amel. pressure.

Analysis

The most typical feature of this case is that her joint problems started when she wanted to start a career in

music and that these pains prevented her from developing this talent any further. She got stuck right at the start. This points to Zirconium, the beginning stages (stage 4) of art and science (Silver series).

Other Zirconium symptoms: problems with ovaries, fear of failure, -amel. chocolate, agg.-milk. The way she goes about her work is also typical: she only wants to be involved in the initial stages, charging around like a white tornado and then leaving again.

Reaction

One month after Zirconium 1M she feels much better, the stomach pains and joint problems have almost disappeared. She has more self confidence too. The problems at work don't affect her so much anymore. After 9 months she hands in her notice and starts a new, more interesting job. She joins a group of musicians, but unfortunately it doesn't last long. After that she gets a throat infection, for which she gets another dose of Zirconium. The joint pains never came back.

Proving of Zirconium

Procedure

This is a dream proving, conducted over two days. It was done by the students at the SHO college on 10 and 11th December 1993 in Wageningen. A C30 potency was taken on Friday afternoon and Friday night at bed time. Five people report on their experiences.

Mind

- I was troubled once again by the feeling that I couldn't think of anything special to say in front of my colleagues [uncertainty, stage 4]. Later on

in the evening I am on the phone to someone and I rattle on for more than an hour.

Dreams

- I am sitting around the table with my clinical training group. I had enjoyed reading an article about an octopus and I want to share this with my friends. But I don't know how to go about it [uncertain, a.o. stage 4].

Eventually I just read it to them, at least I am trying to read, but it is almost dark and I can hardly see. But even when the light is turned on I hardly manage. I am reading like a

**primary school child,
stammering and hesitating,
moving my finger along the
lines. Suddenly there are no
more letters, only pictures with
an exclamation mark. It is a
complete chaos. This way I will
never be able to share what is
so important to me. This
means that I find it hard to just
'be', to feel accepted and to
show what I can do.**

**The paradox is that by not
expressing myself I am bursting
with ideas and at the same
time I feel as if I have got
nothing to offer, as if I won't be**

taken seriously (I don't know how much of this belongs to the remedy, because I recognise it very much as being part of me).

- Something to do with a castle [Silver and Gold series]. We are camping outside the gates [Stage 4]. I was given an enormous key [Stage 4], but I dropped it in a puddle. It was raining heavily.

- I am riding on the back of my fathers bike and we are passing a bridge [stage 4] in a town that looked like New York [Silver series]. It was sunny; half way

[Stage 4] along the bridge

[Stage 4] it start to get very foggy [Stage 4]. It feels good.

- I am cleaning a classroom and a kitchen after taking part in workshop that lasted several days [Silver and Ferrum series] (Scouts?).

- Early during the night, about 1 o'clock, I felt sexually very aroused [Silver, Gold series].

- I was at a wedding [Official start, Stage 4] where three couples were getting married at the same time. It all happened outside in a large meadow. I didn't know any of the people

there.

Complaints

- Pain in right eyeball, agg. pressure, at 11.30 pm.**
- Slight nausea after taking the remedy.**
- Headache, nagging pain in right eyeball, slowly spreading to forehead and vertex. It started at 4 pm and in the evening it felt as if I was wearing a tight helmet, amel. pressure on eye and head, amel. sleep. After the next dose a similar headache on the following afternoon, and after the next dose that evening the**

pain disappeared. (This was a familiar headache but I hadn't had it for at least a year).

Niobium metallicum

Niobium is a new remedy.

Signature

The name is derived from Niobe, the Greek daughter of Tantalus, who was punished for her pride and changed into a weeping stone. Until 1950 this metal was sometimes called Columbium, because it was first

discovered in America, in 1801.

It is used in jet engines and in the atomic industries. It has a very high melting point.

Niobium alloys increase the heat resistance and the tensile strength of metals.

Concepts

Stage 5

Preparation

Advance guard Scout

Proposal Doubt

Preliminary

Premature Unrealistic

Alternating

Torturing Tantalising

Silver series

Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Show Performance
Queen Ambition
Hurt Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
**Doubt whether they will be
able to develop their creative
talent.**
**Doubt whether they are very
special.**

Hesitation in the development of ideas.

Indecisive whether they will exert their influence or not.

Art is an impossible task.

Unrealistic ideas about their creations.

Preparing their performance.

Evading their talents.

Preliminary creations: nothing gets finished.

Avoiding admiration.

Alternating admiration.

Tormented by ambition.

Tormented by not showing their talents.

Alternating use of voice:

stammering.

Picture of Niobium

Essence: hesitation and doubt whether to show their creativity.

**Doubt about their creativity
They have a great desire to show their creative talents but they haven't got the courage. Sometimes they make a tentative start but they are soon overcome by doubts again: 'Can I really create something beautiful?' They keep hesitating. They are afraid to open an exhibition, to hold a speech, to show their acting**

abilities. Anything that needs an audience is put off, they don't even know which of their works to exhibit.

At the same time they like to be special and different and they may resort to other, easier ways to stand out in a crowd, for instance by arriving much too late for a party or by wearing extraordinary clothes. Anything as long as it isn't what everybody else is doing.

Unrealistic ideas about what they have to offer

They are not very realistic about their artistic or scientific

talents. They are not very good at judging their own capacities and the possibilities that are available in the outside world. Their ideals to make the world a better place can sound very naive.

**Art is an impossible task
They are inclined to to set their goals too high, to aim for something that is impossible to achieve, to create something that is absolutely perfect. But this also means that the task soon becomes a burden, and the mere thought of their plans makes them feel tired.**

Everything becomes a must and what used to be an enjoyable pastime now becomes a strain.

Another variation is that their ideas are by no means impossible but they don't realise this themselves. They underestimate their talents and because they are unsure about what they can achieve they also don't know whether to carry on or not. Nobody, themselves included, is quite sure if and how they should proceed.

Preparing the show

Because they are so hesitant

about their performance they tend to make a big deal out of the preparations. They spend hours thinking things over and making a big fuss over trivialities. They are very likely to get stuck at this stage and never get any further than the preparations. The type of person who has to have their desk cleared, the studio tidied, everything perfectly arranged, but he stops short of the actual task in hand.

**Postponing creations
They postpone their performance because they don't**

know their lines perfectly yet. They postpone the exhibition because they haven't got a large enough collection yet. They can't publish the result of their research because there are a few details they haven't looked at yet. Everything has to be so perfect that they never get round to a realistic performance or product.

Evading their talents

They start something and soon give up again. Small obstacles on the way are seen as proof of their lack of talent.

Later on we'll see that they

start to evade their talent, they would rather not talk about it. They are tired of all that time they spent hesitating and trying this, trying that, and what have they achieved? Hardly a thing. They don't see the point anymore and become quite apathetic. Daydreaming is a nice escape, lots of ideas about how successful they could have been. Partying is another way of diverting the mind, they want to laugh and talk and have a good time, as if they are celebrating their success after a fantastic

performance.

Avoiding admiration

They would really like to be the centre of attention, but they don't really dare. And at the same time they feel hurt if they aren't. They have difficulty accepting a compliment because they feel they haven't done anything to deserve it. When they do get a compliment they tend to say something like: 'Oh, it's nothing', or 'He doesn't know what real art looks like' etc.

Alternating admiration

Their moods can be quite

changeable, one moment full of energy to start something creative, the next moment they don't want to do anything.

They are easily enthused about an artistic project, but at the first obstacle they tend to lose their spirit. They want to be good at something but they lack the perseverance to make a go of it.

Hurt ambitions

One of their characteristics is that they feel special, a little bit above the ordinary man.

They have difficulty accepting authority or having to answer

to a superior. They prefer to be their own boss, nobody who stands above them. They may refuse to do their military service to show that their ideas are stronger than the powers that be. They feel that they'll risk losing their integrity when others have power over them.

They are also easily hurt and innocent remarks are likely to upset them very much. They get touchy and irritable especially when others don't pay due respect to them.

Criticism or failure is likely to leave its mark on them. They

might never forget a trauma even if it happened years ago, for instance when they move up to a higher grade school and their results are suddenly mediocre instead of excellent, so they don't get the admiration they used to receive.

In order to reduce their vulnerability they build up a shield of hardness or arrogance, pretending that nothing can touch them. But most of all they'll try to remain one step ahead of any possible criticism. If their work is absolutely

perfect nobody will be able to comment on it. They might also get jealous of the success of others. The whole issue of success is very difficult for them.

Through their lack of experience they are bound to make mistakes now and then and this immediately confirms their belief that they are incapable of success.

Their delusion could be described as the feeling that a nasty brute is waiting out there, ready to flatten them as soon as they choose to realise

their ideals, because that sort of thing is not meant to be.

Tormented by ambition

They have great ambitions to be the best, to be special and different. Their desire for praise and compliments is also very big. In this respect they are very like Palladium. But Palladium will openly ask for it and gracefully receives the compliments that are bestowed on him or her. Niobium find it hard to receive compliments. Deep inside they feel that they deserve it, but they have nothing to show for it yet. Or

they may feel that they don't deserve any praise because they really feel worthless. In both cases they'll brush off a compliment with a nervous little laugh.

In spite of this they still feel rather special and are keen to keep up a certain status. They often look down on the sort of life that ordinary people tend to live, it is all a bit too vulgar to their taste. They are likely to come from a well-to-do family where they got the message to behave in an honourable fashion. They have to be

dignified, as a woman, as an artist etc. But on the other hand they also got the message not to have any pretences. So they are torn between having to be honourable and dignified, and on the other hand not to have any pretences about what they can do and what they might achieve.

If we look at mythology we see that the chief complaint of the gods was that Niobe ascribed her luck to her own efforts -to her own ego- instead of thanking and honouring the gods. The gods punish her for

**her pride by killing all her sons.
When she still carries on
singing her own praises they
also kill all her daughters.**

**Back to present day life: these
people might also enjoy
watching others who are not
afraid to be the centre of
attention.**

**Tormented because they don't
show their talents**

**They dare not show their
talents, partly because they are
afraid of getting hurt if nobody
recognises their excellence,
and partly because if they are
afraid of getting too proud if**

they do receive a lot of praise. These fears are the reason that they hide their wisdom, their creativity, their beauty, or their talents until they have forgotten how lucky they really are, until they believe that they have nothing to offer at all.

**Alternating use of voice:
stammering**

The following voice problems may be part of their symptoms: hoarseness, stammering (3), agg. tension, amel. rest, amel. singing and shouting, amel. during interview, agg. after interviews, agg. discussions,

agg. talking things over.

Difficulties talking, agg. thick tongue. They have a feeling for languages.

Niobe, the story

In the story of Niobe, the queen of Thebe we can see several of the themes of Niobium. Niobe is haughty, wants to compete with the goddesses, which is in itself an impossible task. She is totally unrealistic about her talents. She prides herself on her wisdom and spiritual insights, qualities that belong to the Silver series. She is particularly

proud of her seven sons and seven daughters, the theme of sexuality and creativity, also part of the Silver series, children being a special sort of creation. But Niobe is proud of having produced children all by herself, forgetting that nature plays an equally important part in this creation. An artist should be aware of a similar theme: where does his inspiration come from?

Another theme we find in Niobe's story is that she doesn't realise how happy she really was until everything was taken

away from her. The result is that Niobe turns into a weeping stone, crying to the end of her days. The sadness is about the children who have died, the talents that never had a chance to be developed, or the pride that was too big.

The top sportsman who keeps hesitating

The sportsman keeps hesitating, should he concentrate on the 100 metres or the 400 metres? He never makes a choice, he never gets down to one particular speciality.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, failure, ambition, pride, spiders, exams.

Dreams: heights, falling, musicals, competitions, exams, mistakes, not reaching what he wants, feeling nothing, having to achieve a lot, washing, laundry, pursued, water.

Irritability: agg. hurt and humiliation.

Mood: haughty, restless, hurried, busy, nervous, sadness, flat, dull, 'frozen', crying.

Mental: repetitive thoughts, cannot rid themselves of certain thoughts.

Sexual: quick orgasm.

Hobbies: all forms of art and science: music, guitar, dance, theatre, painting, weaving, literature, hypnosis.

Professions: artist, painter, writer, singer, musician, teacher, scientist, doctor, priest, bishop, shaman, vicar, governor, secretary, representative, advertising agent, public relations officer, top sports man, -woman.

Causes: disasters, hurt,

humiliation.

Generals

Locality: left.

**Weather: cold, cold feet, agg.
cold (2); agg. damp; -amel.
amel. outside, wind; agg.
draught.**

**Desires: spices, pepper (2),
bitter, green peppers, radish
(?).**

Aversion: milk, chestnuts (?).

Menses: profuse.

**Sleep: sleepy, shocks on falling
asleep.**

Complaints

Cancer.

Weakness. Bruised pains,

itching.

Headache in forehead, temples and vertex.

Eye problems, disturbance in vision, inflammations.

Ear infections; tinnitus, deafness.

Colds, with watery coryza.

Sore throats, tickling.

Voice problems: hoarseness, stammering (3), agg. tension, amel. rest, amel. singing and shouting, amel. during interview, agg. after interviews, agg. discussions, talking things over, difficulty speaking agg. thick tongue.

Lung complaints. Bronchitis, cough; pain in chest, left side of sternum, level with thoracic 4, agg. cough.

Abdominal pains with diarrhoea agg. exams.

Problems of genitalia, testes and ovaries.

Neck pains, tension, stiffness, agg. tension and exams, agg. cold and draught, amel. sleep, amel. rubbing, = position, = warm, pulling sensation.

Problems with arms.

Backache, sacral 1, legs swings outward on walking, agg. standing, walking slowly, amel.

walking, lying on back with support under lower back.

Eczema on back of hand and foot, where the fingers start.

DD: Silver series, Stage 5.

DD Zirconium: is not hesitating about his newly found path, simply wants to make a start. Niobium has chosen which path he wants to take, but he doesn't know how to go about it and which part to concentrate on.

DD Yttrium: doesn't know whether he wants to carry on in the artistic field. One moment he thinks he will, the next

moment he thinks he'll do something completely different.

Niobium can also be very changeable but more in the sense that he can't decide how to go about doing what he wants to do. He has piles of unfinished paintings, writings, etc., it is a mountain that never gets any smaller.

Case by Anton Kramer

A 33 year old woman has right sided sinus troubles with ineffectual hawking of mucus. She has also been very tired recently.

In the past two years she has been having painful menses, cramp in the uterus and profuse bleeding with clots and urging for stools. During the menses she gets irritable, emotional and occasionally very gloomy, especially on the third day. This is accompanied by a shooting pain in her head, just above the brows, agg. light, agg. noise and tension. The headache starts halfway during in the morning and gets worse during the course of the afternoon.

She frequently suffers from

diarrhoea, especially when she has to undertake something new that frightens her. She also had diarrhoea or very loose stools in the past, sometimes lasting for 6 months.

She has studied musicology and has tried for seven years to get a job in this field. At the moment she works as a publicity agent for a theatre company, but she finds it very demanding having to absorb the feeling of the plays and the actors in order to produce the right publicity.

Her mother had wanted her to

play music when she was little, but at the time she wasn't very interested. It wasn't until a friend took her to some concerts and shared her records with her that she became more enthusiastic. She had wanted to go abroad as well, because 'music has no boundaries'. People had said to her she had a talent for music, but when she was younger she did little more than just playing notes, she didn't create 'a piece of music'. She hadn't enjoyed her studies 'because musicologists aren't very

educated people on the whole'.

She has received psychotherapy treatment for two years because she couldn't eat or swallow anything. This had to do with problems with her mother.

She has recently got a new boyfriend, although her relationships in the past had not been very successful. Intimacy is something she finds very difficult. She can't find a balance between dependency and independency, this goes for relationships as well as for life in general.

The worst thing that ever happened to her is when her mother died. They had always quarrelled, 'therefore we loved each other'. They had shared the same interests: love and loneliness. They were so close that they often had the same disease symptoms. Her mother was demanding and distant, never hugged her or touched her. Her mother was a psychiatrist and was always explaining her own behaviour via astrology, hypnosis or Jungian psychology. Because of this intellectual approach by

her mother 'her childhood hadn't been a great success'. Her mother had been impulsive in her actions and her punishments. 'Whatever I wanted, she would not allow it'. Emotions and rational thinking were incompatible as far as her mother was concerned. She had always said: 'I can't give you love, only money'.

She herself never quarrelled, she would rather swallow her hurt: 'When people quarrel it means the end of their friendship'.

When asked to describe her

character she says with a laconic smile: 'I am sad, life is hard and I feel lonely'. Her sadness goes very deep, that is why she laughs about it. But she says she also has a lot of fun, lots of friends. Although friendships can be a bit of a problem because she tends to get chosen by others, she never decides for herself whom she would like to have as a friend. She is so glad that someone wants her that she doesn't complain. 'Whenever I showed my feelings it was used against me. Whatever I felt didn't seem

to be important, that is why I learned to hide my feelings', she says with a smile.

Her mothers father had been a very strict person.

Physical: breathlessness agg. smells and crowds in a small space.

Fear: criticism, being told off.

Generals

Desires: cheese (2), milk (2), yogurt (2), custard (2), raw vegetables (2), chocolate (2), sweet (2), tea (2), port (2).

Aversion: meat, fruit.

Sleep: often doesn't fall asleep until 4 in the morning, agg.

worrying about work.

Physical: agg. stress.

Analysis

Music is an important theme in her life. She had been forced by her mother to learn to play the piano, which she didn't want to initially, although she did enjoy it later on. Then she felt she wasn't good enough, but went to study musicology anyway, after which she got a job as publicity agent for a musical theatre company. All this indicates that we should look for a remedy in the Silver series. Her hesitation to really

make a go of it points to one of the initial stages, but not to the very first stage because she is already doing something in this field. If we take a look at the other remedies in the initial stages, Zirconium, Niobium, Molybdenum and Technetium, we see that Niobium is the most appropriate. She is not using her own talents, she does publicity work for other musicians, having doubted her own creative abilities for years.

DD: Magnesium phosphoricum, Magnesium sulphuricum,

Niccolum.

Reaction

After Niobium 1M she got an aggravation with severe headaches, pressure in the sinuses and a discharge of great lumps of mucus. She felt tired behind her eyes, became more emotional, sensitive, agg. films and hearing frightening stories. She had a terrible row with her boyfriend, something she had never done in her life.

Afterwards she felt better, more enjoyment in life, didn't feel ill anymore, although she kept having the post nasal

discharge.

During the next menses she got her old symptoms again: a prolonged beginning and end, lasting ten days in all. But the cramping pain was less.

Three months later she felt that she was getting stuck again and she took a second dose of Niobium 1M. She got very angry with her brother who had neglected to represent her business. She hadn't go angry with him for twenty years and she was very happy that she was able to express herself this time. Later on they

had a good talk about it. She also sent a letter to 20 of her friends to ask them to help her look for a new house. She finds it much easier to ask for help, instead of trying to do everything on her own.

In spite of everything that is going on she feels much stronger and happier. The headache has gone. The menses don't bother her and her energy is good. Her nose is still blocked on the right side.

Case

A 40 year old man is writing a book [Silver series] about

management and creativity [Silver series]. He has been spending a long time on it, but it isn't going very well lately. Instead of getting down to work he spends hours clearing his desk or doing other fiddly things [Stage 5]. And when he has finished those he doesn't feel like writing anymore, so he puts it off until the next day [postponing, [Stage 5]. This has been going on for more than six months. After Niobium 1M his book is finished within 3 months.

Molybdenum

metallicum

Julian (1984) describes a proving of Molybdenum carried out by Divanji. Tuminello (1995) has also published a proving recently.

Signature

The name Molybdenum comes from the Latin word 'molybdos', meaning lead. It was discovered in 1778 in an ore thought to contain lead.

The metal is rather greasy and gets used as a lubricant. It is also used in certain alloys,

where it increases the overall strength. It has a high melting point which makes it difficult to mould. But it is very resistant to acids hence its usefulness in alloys of iron and nickel to make cutting instruments and spacecraft. Molybdenum increases the tensile strength and the welding properties of steel.

Concepts

Stage 6

Challenge

Daring

Proving

Initiation

**Unavoidable
Force
Hiding
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Hurting
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis**

The challenge of creating something.

Taking on the challenge on your own.

Having to prove yourself as an artist.

Initiation in creativity.

Proving oneself in the face of admiration.

Proving that they can show their ideas.

Feeling forced to be creative even if they don't know how.

Must do something but afraid to fail: careful.

Afraid that they won't be able to prove themselves and that

**others will notice this:
humiliation.**

Exerting a hidden influence.

**Not up to the challenge of the
town and the province:
homesick.**

**Being brave enough to take on
the task as spokesman.**

Secret ambitions.

Candidate-minister.

Secretly religious.

The challenge of sex.

A tight voice.

**Picture of Molybdenum
Metallicum**

**Essence: creativity is a
challenge.**

Creativity is a challenge
They really want to start to express their creativity. They have gone past the stage of doubt, but it is the first time they are going to show what they can do and it is quite a challenge to create something all by themselves. They are being initiated in their own creativity.

Having to face the challenge by themselves

At this stage they are not open to advice from others. It is as if they are turning inwards to gather their strength for the

performance. Thus they can appear very stubborn and dominant, sometimes even quite hard.

They also don't want to burden other people with what they consider to be their own personal challenge, they feel it is all up to themselves anyway.

Proving that they can show their ideas

They get quite worked up before they start. They have to convince themselves that it is easy, that they are very good at it and that thousands of others have done it before them. They

have to convince themselves because deep inside they aren't so sure, after all it has never been proved that they have a special creative or scientific talent.

Feeling forced to be creative
Because they are on the verge of doing the impossible there is a certain element of force in the whole situation. They are afraid, afraid that it will go wrong and they will look a failure. But they also know that they have to go ahead with it, they have reached the 'point of no return'. So they put

themselves under pressure in order to take the step. Or they allow others to put them under pressure, for instance by accepting commissions. This way they are forced to get on with it. They feel as if they are being thrown to the lions when they are suddenly asked to hold a speech, but they'll do it anyway.

But on the whole they prefer to work by themselves, without interference. Life only has meaning to them when they can be creative so there is enough pressure coming from

themselves without the need for added interference. That is why they hate authority, they need to be able to follow their own path.

This theme is beautifully expressed in a proving done by Tuminello (1995): 'a woman [queen] has to perform some acrobatic tricks [art]. A man [king, Gold series] throws her up into the air and she groans 'Oh, I hope I won't have to do this again [forced, Stage 6]'. She lands on the outstretched palm of his hand, he is full of pride [Silver series], he

dominates her [force, Stage 6] and she feels humiliated [Silver series] and only complies because he is forcing her'.

Having to prove yourself to be admired

These people can appear to be very proud. They exude an 'air' of mastery, even though they haven't proved anything yet. It makes you feel you had better not come near them. The theme of success also comes back in their dreams. They dream that their performance is such an overwhelming success that they win all sorts

of prizes.

But they can be very afraid of failure, that is why they prefer not to show what they are making. They would rather try it out quietly first. But if you challenge them they'll want to show what they are worth, they are easily stirred into action.

Secret creations

They are so unsure of their creativity that they prefer to work quietly on their own. They don't like public discussions and can't bear being watched while they work. They like their work of art to

be self explanatory and they dislike to comment on it. They don't like their story to be recorded on video. They also prefer to keep their ambitions quiet, until they have made a name for themselves. Being famous has the added disadvantage that you can't hide any longer. Everybody will keep an eye out for any new productions.

Afraid of the challenge of the town: homesick

They often feel that they are far away from home. They don't really feel at ease in their new

place yet and suffer from a sort of homesickness. This sense of loneliness is partly due to the fact that they don't easily come out of hiding. They dream about looking for a house or being lost or always being on holiday and unable to find their home.

Forced to do something but afraid to fail: careful

Because they don't quite know how to go about being creative they tend to be very careful in their approach. They are not sure whether they will succeed in creating something worth

while. So they go about their work with great precision, planning it very carefully and displaying a lot of tact. But they also realise that they are obstructing themselves with this overly careful approach.

**Failure due to to force:
humiliation**

They have a fear of failure and failure feels like humiliation. But because they are only beginners their attitude tends to be a bit forced and things are more likely to go wrong. They are afraid of forgetting their lines during a performance.

And when everything goes right they wonder whether they really did do well.

When they get criticised they feel obstructed. They are afraid that the public won't appreciate their work, or find it too superficial and naive. But compliments don't help either, because they know that nobody but themselves can be the judge of their creativity.

A tight voice

Their style tends to be a bit cramped and public speaking is difficult for them. Their voice gets very shaky and they have

to clear their throat a hundred times. They want to say too much all at once and nobody understands what they are trying to get across.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, failure, weakness, humiliation, rape, falling, chair lifts, fainting, heart attack, cancer of the oesophagus, future, something will happen, death, water, buried alive, open spaces, going away from home, public transport.

Dreams: heights, falling, stairs

that run into each other, being trapped between trams.

Irritability: agg. hurt, agg. being obstructed, agg. being trapped.

Mood: haughty, restless, hurried, discontented, indifferent, discouraged. gloomy, crying.

Mental: confused.

Contacts: agg.-, amel. alone, agg.- talking.

Religion: has to be perfect, agg.- confessions.

Sexual: agg.-, impotent.

Professions: artist, painter, writer, singer, musician,

**teacher, scientist, doctor,
priest, bishop, shaman, vicar,
governor, secretary,
representative, advertising
agent, public relations officer,
top sports man, -woman,
homoeopath, doctor,
astrologer, teacher, actor,
circus artist.**

**Causes: disasters, hurt,
humiliation.**

Generals

Type: overweight, emaciation.

Locality: left.

**Weather: cold, cold feet, agg.
cold (2); hot flushes, slowly
rising from stomach: amel. dry,**

agg. damp (2); amel. outside.

Desires: fat, avocado, sweet, chocolate, milk, cold drinks.

Aversion: sour, citrus fruit, milk, cheese; eating.

Food: agg. fat, sulphite, sour, milk, buttermilk, alcohol, peanuts; agg. aldehyde, xanthine, agg. nitrite, copper, iron, amel. cold water, agg. spicy, salt.

Menses: profuse.

Sleep: sleepy, amel. yawning.

Physical: agg. smells; agg.-touch.

Complaints

Cancer.

**Weakness. Bruised pains,
itching.**

**Vertigo, sensation of floating,
agg. sudden movements,
unsteady walk.**

Multiple sclerosis.

**Headache in forehead, above
right eyes, in temples,
congestive, as from a dagger or
hammer; with nausea.**

**Eye problems, disturbance in
vision, inflammations. Pain
congestive, right side, red,
difficulty reading, letter
disappear, trembling, spots
before eyes agg. migraine.**

Ear problems, sudden

stoppage, followed by pressure in head, tinnitus, hissing; deafness.

Caries of teeth. Aphthae on tongue, agg. eating, salt (2), amel. cool drinks.

Colds, with watery coryza. Profuse yellow, stinking mucus. Loss of smell.

Salivation, stinking.

Voice problems: hoarseness, stammering (3), tension in jaws, hence difficulty speaking. Cancer of oesophagus (!).

Scraping.

Aphthae on edge of tongue, pain in tongue, agg. menses.

Sore throat with feeling of lump.

Lung problems. Bronchitis, rattling because of tough mucus, difficult to dislodge. Wheezing agg. inspiration, exertion, agg. night.

Pain in heart shooting to left side of throat. Palpitations. Anaemia. High blood pressure.

Cramp in heart region agg. pressure, tightness in chest agg. tension, agg. stooping, agg. eating, agg. anticipation, doctor, = nitrobrate, while eating radiating to shoulder and arms. Heart stops

suddenly, misses a beat, amel. movement, agg. sitting down in the evening.

Stomach complaints, nausea with fainting. Pain in stomach amel. crossing arms in front of stomach, feeling of hole in the stomach, agg. husbands hand on stomach.

Liver and kidney affections, nervous disorders (Dreisbach).

Abdominal colic. Constipation with dry, hard stools.

Burning pains during urination; urine dark yellow.

Problems of genitalia, testes and ovaries. Impotency.

Enlarged prostate, pain on pressure, pain in groin radiating to thigh. Nycturia. Inflammation of testes.

Foreskin red, with fissures.

Neck pains, tension, stiffness. Problems with arms. trembling hands.

Pain in limbs, coming in waves, lasting from 5 to 10 seconds, a wringing feeling, radiating to distal side, must move, restless feet.

Creaking of neck on turning head.

Tingling in thumb and index finger, later on moving to lower

arm and shoulder, horrible pain, electric pains agg. looking up, agg. shoulders hanging down, agg. leaning on a table, agg. sitting in a low chair with elbows on knees.

Pain in knees agg. kneeling.

Eczema, dry, scaling. like psoriasis; prolonged itching, spread out. Vitiligo.

DD: Silver series, Stage 6, Carcinodin, Leguminosae, soja beans, Fagopyrum.

Case

A 35 year old woman suffers from headaches, a feeling of pressure, as from a vice. The

pain starts in her neck, and is better from warm applications. It is worse before dinner and before the menses. It is accompanied by empty and sour eructations and vomiting. The next day she feels very dull. She used to feel faint and dizzy with it, as if everything is turning in a circle. Sometimes she gets a momentary blindness in her left or right eye. Bright lights, like the headlights of oncoming traffic can spark it off.

Six months ago she had a cyst in her thyroid. It hurt very

much during sneezing (2), coughing and talking, but not during swallowing.

She appears to be very firm and self assured. But she feels very unsure of herself, particularly about her small posture, her glasses and her breasts. She doesn't dare to show her feelings, especially not in the company of men. She doesn't want a video recording of the consultation, doesn't even want a student to sit in. She can't handle compliments, especially not in public, like when she was

presented with a bouquet of flowers for her work for the First Aid division. She always thinks she has to prove herself and she is a great perfectionist. She can't relax, always sits on the edge of her seat.

She loves art, she makes jewellery and she paints. She also sings, but only to herself, nobody else is allowed to listen. She practises yoga. She is very strong, stronger than a lot of men, she can beat them in 'arm wrestling' and she can swim faster than the lifeguard.

She is interested in nursing

and in homoeopathy.

Generals

Weather: cold, agg. cold; agg. wind; agg.- sun light, agg. sea, fear of thunder, -amel. rain.

Perspiration: little.

Time: agg. evening, 7-11 pm, agg. 9 pm.

Desires: apple, mash with red cabbage, salt, vegetables, carrots, onion.

Aversion: potatoes, brown beans, endive.

Menses: prolonged, 10 days.

Sleep: good, on right side.

Analysis

She likes art, she makes

jewellery, she sings and she paints. All this points to the Silver series. But she only sings to herself, nobody else is allowed to listen. And she has difficulty showing her feelings and ideas. This points to stage 6 and so we come to Molybdenum.

Other symptoms of the Silver series: unsure about herself, agg.- video and student sitting in during the consultation, perfectionist, -amel. yoga, -amel. homoeopathy.

Stage 6 symptoms: unsure, but appears self assured, agg.-

video and student, strong, agg.-compliments.

Reaction

One month after Molybdenum 1M she feels much better. No more sore throats, although she had the sensation of feathers in her throat for a while. The headache has mostly gone. She is slightly less energetic, a bit slower in her movements, but much quieter and more content with the way things are. She had a dream about her feeling of insecurity.

One year later she has no more migraines, only some slight

headaches from time to time.

Technetium

Technetium is an unknown remedy and has not been potentised yet.

Signature

The name is derived from the word 'technical', because it is an artificially created element that does not exist in a natural form, which is quite unusual for an element with a relatively low atomic number. It was first created in 1937 by bombarding Molybdenum with small

particles. The fact that this element cannot be found in nature is no doubt associated with the impossibility of its theme: to practice [Stage 7] creativity [Silver series].

The metal is silvery grey, slightly paramagnetic and superconductive below 11 degrees Kelvin.

Concepts

Stage 7

Adding to

Practising

Doubt

Teaching Learning

Fine tuning Feedback

Compliments

Cooperation

Helping

Silver series

Creation Inspiration

Ideas Culture

Unique Admiration

Aesthetics: Beautiful Ugly

Art Science Mysticism

Show Performance

Queen Ambition

Humiliation

Sexuality

Middle age

Town Province

Voice Hearing

Group analysis

**Practising your forms of art.
Wants to receive lessons in
creativity.**

**Admiration is shown through
compliments.**

Practising to be a minister.

Cooperation in science.

**Failure through continued
cooperation.**

Failure through techniques.

**Humiliated by comments
about technique.**

**Too much technique hampers
the top sportsman.**

Extending religion.

Practising sex.

Picture of Technetium

Metallicum

Essence: practising your forms of art.

Practising art

They like to practice their various forms of art because there is a lot to learn before they can call themselves an expert. There are a lot of experiments still left to be done before their research can be rounded off. The way they present themselves in public needs to be polished up until they are completely fluent.

Wants to receive lessons in creativity

They need a lot of feedback, because although they feel they can create something in principle, they can benefit from the comments of more experienced colleagues. They like to polish up their talents, to mould their inspirations into more refined forms of expression. They want to back up their theories with more detailed experiments. They often feel the need to have a guru, so they look for an artist or a scientist who excels in his field under whose guidance they can continue to learn.

Admiration expressed in compliments

They love to receive compliments because then they know they are on the right track. Compliments stimulate their ambitions, stimulate them to keep following their chosen path. But they are not averse to criticism either, as long as it is constructive. At least it will show them what adjustments to make to get even better results.

Cooperation in science

They like to cooperate with others, it encourages them and

they know they can learn a lot from others.

Failure through continued cooperation

Although their desire to cooperate with others can work in their favour in the beginning, it can also turn against them at a later stage. They haven't developed the ability to work on their own, to create their own ideas and experiments. This way they continue too long in the role of helper instead of discovering their own ideas. Ultimately there is no place for

**cooperation in the uniqueness
of ones own inspirations and
creations.**

Failure through technique

**They often fail because they
get caught up by all sorts of
wonderful techniques. They get
so absorbed by the technical
possibilities that they forget
that true inspiration has
nothing to do with techniques.
Their creations are often
technically perfect, but they
lack true spirit.**

**Humiliated by comments
about technique**

Eventually they feel miserable

because the comments that their work is technically perfect makes them realise that something essential is missing.

Too much techniques hamper the sportsman

This is the case of the top sportsman who doesn't progress beyond technique.

They have developed the best techniques known a that time, but they lack the real ambition to win. They have the most beautiful running style, but they don't run fast enough.

They alter their technique once more, but it never becomes

second nature in service to winning the race, it always remains a goal in itself.

Expressions

Fears: heights, narrow spaces, performances, speeches.

Dreams: heights, falling.

Irritability: agg. humiliation.

Mood: haughty, crying.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, bishop, shaman, vicar, governor, secretary, representative, advertising agent, public relations officer, top sportsman or woman.

Causes: disasters, humiliation.

Generals

Locality: left.

**Weather: cold, cold feet, agg.
cold (2), agg. damp (2), amel.
outside.**

Menses: profuse.

Sleep: sleepy.

Complaints

Cancer.

**Weakness. Bruised pains,
itching.**

**Headache in forehead,
temples, vertex.**

**Eye complaints:
inflammations, disturbance in
vision.**

Cold, watery coryza.

Voice problems: hoarseness, stammering, loss of voice.

Lung complaints.

Problems of genitalia, testes and ovaries.

Neck complaints, stiffness.

Pain in arms.

DD Silver series, Stage 7.

DD Molybdenum: has more fear to show his ideas and feelings, doesn't dare to present himself because everything is so new, he is afraid to be ridiculed.

Technetium has conquered his initial fears, is more quiet, has

**the courage to show his work,
is keen to show it to receive
feedback.**

Ruthenium metallicum

'Head of personnel'

**Ruthenium is an unknown
remedy.**

Signature

**The name is derived from the
Latin word 'ruthania', which
means 'Russia'. It was
discovered in 1844.**

**Ruthenium is very hard,
durable, corrosion resistant and
brittle. It is used in nibs for
fountain pens and in electrical**

points. Alloyed with platinum it increases the overall hardness. Just like Palladium it has a strong affinity to Hydrogen.

Concepts

Stage 8

Perseverance

Carrying on

Forcing

Heavy Pressure

Resistance Opposition

Calculating

Concentration

Silver series

Creation Inspiration

Ideas Culture

Unique admiration

Aesthetics: Beautiful Ugly
Art Science Mysticism
Queen Ambition
Humiliation
Sexuality
Middle age
Town Province
Voice hearing
Mysticism Priest
Group analysis
**Forcing yourself to present
your ideas.**
**Forcing your ideas on others:
convincing.**
Forcing works of art.
Writing a blockbuster.
A persuasive spokesman.

**A forceful spokesman, teacher.
Having to achieve as an artist.
The mediator who is under
pressure: the head of the
personnel department.
The pressure of a promotion.
The pressure of a creation.
Art is a struggle.
Opposition against creations.
Planning a work of art.
Failure through forcing the
creative flow.
A minister who is being
opposed.
A heavy religious task.
Forced sex.
A persevering sportsman, -**

woman.

Picture of Ruthenium

Metallicum

Essence: forcing yourself to present your ideas.

Forcing yourself to present your ideas

They feel that they have to force themselves to present their ideas. It is a heavy task and there is much work to be done. They feel the pressure, but they have to carry on to get the job done. A daily struggle to master a piece of music. A tremendous effort to write their book. A heavy task to get

their Ph. D. research project under way. But somehow they find the strength to persevere, they are very independent and resolute in their ways.

Forcing your ideas onto others: convincing

They are terribly enthusiastic about their profession, whether it is art or science or politics or spirituality. They exude an air of knowing how to do things, all they have to do is convince others. They like to convince others that they are right, that their ideas should be accepted. They are not to be deterred by

objections or irrelevant details.

In Holland we have a comedian who perfectly fits this picture. He carries on with his act with a dead pan face while the whole audience is collapsing with laughter.

**Opposition against creations
They experience their
inspiration as a form of
pressure, something which can
only be realised by a lot of hard
work. The pressure is in the
creative process itself, but they
tend to experience their
surroundings as an opposing
force as well. The pressure they**

have created inside themselves gets projected onto others who are felt to be uncooperative. Other people are jealous and hinder their artistic talents. Other people hamper their creative work. The little tasks of every day life get in the way, they act as a brake instead of a point of focus. They want to have plenty of time, space and money to concentrate on their creations without being interrupted.

They tend to get very angry when things don't go according to plan. Adverse comments

drive them mad, they can't bear criticism because it feels like opposition and they need all the strength they have got to persevere with their project.

Planning a work of art

In order to be able to cope with the large amounts of work they like to plan their days ahead. Learning the lines of a play requires endless repetition.

But inspiration can't be planned and the schedules they have constructed often don't work out, so they are always busy drawing up a new plan.

Failure through forcing their creations

When their plans don't work out they collapse into a worn out and apathetic state. They have forced themselves too much, not taking enough rest and finally breaking down under the pressure. The smallest task now seems like an impossible ordeal, the most minor detail a tremendous source of irritation. They are a failure and they no longer have the courage to appear in public. Every form of company is too much for them and they

withdraw into themselves.

**A persevering sportsman, -
woman**

This is the top sportsman who has to train hard to get to the top. The extreme training schedule may break him up eventually, before he can reach his goal.

Expressions

Fears: heights, narrow spaces, planes, teaching, performances, speeches.

Dreams: heights, falling, deformed babies because of a forced delivery, light.

Irritability: agg. humiliation.

Mood: stubborn, independent, haughty, crying.

Speech: halting, stuttering.

Hobbies: art, music, poetry, philosophy.

Needs: clearing up, restoring things, undertaking a task, refined erotic.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, public relations officer, advertising agent, top sportsman or woman, personnel manager.

Causes: disaster, humiliation.

Generals

Locality: left.

Weather: cold, cold feet, agg. cold (2), agg. damp (2), amel. outside.

Time: agg. 11 am; agg.

September.

Desires: meat, fatty meat, gravy, sweet, shrimps, alcohol, raw food, chocolate, smoking.

Aversion: spices.

Food: agg. spices.

Menses: profuse.

Sleep: sleepy.

Physical: agg. pressure, amel. working.

Complaints

Cancer.

**Weakness. Bruised pains,
itching.**

**Headache in forehead, temples
and vertex.**

**Eye problems, disturbance in
vision.**

**Ear ache with swollen glands
in front of and behind ears.**

**Feeling as if mandibular joints
are affected, dislocation, left,
agg. pressure.**

**Colds with watery coryza. Sore
throats.**

**Voice problems, hoarseness,
loss of voice, stammering.**

Lung problems: pressure on lungs, always aware of lungs; bronchitis, cough agg. after waking.

Hyperventilation.

Problems of genitalia, testes, ovaries.

Cancer of prostate, cancer of testes or ovaries. Retention of urine.

Neck problems, Whiplash [being hit, Stage 8, in the neck, Silver series], agg. turning head. Arm problems, stiffness. Arthritis of distal joints of fingers. Mandibular joint painful, gets dislocated agg.

yawning, eating. Sciatica.

**Feeling as if foot turn down,
torn ligament in front ankle.**

DD: Silver series, Stage 8.

**DD Technetium: has more
space to practice, can play
about with his creations, can
handle criticism. Ruthenium
has the feeling he has to
create, he is under great
pressure to perform, there is no
time for other pursuits and
criticism is felt as opposition
to his plans which makes him
very angry.**

Case

A 48 year old man suffers from

hyperventilation. He feels afraid wherever he goes, in tunnels, in cars, traffic jams, planes, shops and particularly when he is teaching. It feels as if the sky is falling down on top of him. The fears are accompanied by pain in his chest, cramp in his heart and shocks throughout his body. His hands and feet turn cold and he gasps for breath, his oesophagus feels as if it shoots to his back. He feels he will faint when he hears about accidents or when he sees blood. He feels as if he is

floating, as if the tables and chairs are moving. It started 14 years ago when he collapsed one day when he was teaching and he thought 'I am going to die'. It feels as if his heart will pack up. The worst of it is that something is happening in his body that he can't control, that his body seems to rule him, instead of the other way around. He also has fear of heights, a fear that the building will collapse or that he will get another attack.

He teaches first aid. It is a great hobby of his and he is

very good at it. But he can't handle it anymore at the moment so he has given up teaching. It all got too much for him, he felt he had to give his best performance at all times. He felt afraid that he would suddenly forget what to say and that people would think him a failure. He is afraid people will look through him and notice his fears. He feels like Cyrano without a nose. It also bothers him that other people in the group are talking about his 'case', that his breakdown is being discussed

by others. It makes him feel that his shield is being pierced by a knife.

His hands feel tired and numb in the morning. When he cycles he gets cramp in his thighs.

From the age of 18 he has suffered from high blood pressure, but the medicine he takes for this gives him nightmares. He dreams that everything becomes very large or very small. It wakes him up and then for a moment he doesn't know where he is. The room around him is either very huge or very small. He also

dreams of a stranger or an animal lying in bed next to him.

He gets the occasional head cold, his head feels stuffed up in the morning, especially on the side he has laid on, agg. dust. It is accompanied by a raspy throat. He has had problems with his vocal cords before. Once he lost his voice altogether.

Sometimes he gets stitching pains and cramps in his stomach, with eructations and occasional vomiting of bile.

He gets itching pain under his

dentures.

He comes across as a likable man who talks a lot. In fact he speaks so fast that he sometimes swallows his words. The first and last letters of every word don't get articulated at all. He looks like Toon Hermans (a Dutch comedian).

He dreams about falling into a ravine. A typical dream (after Argentum nitricum 1M) was that he drove his motorbike up a mountain with someone sitting behind him. At the top he discovers that there is a sheer drop on the other side.

Fortunately he discovers that he can fly. The feeling he gets in this dream is the same as the feeling when he is teaching: it all seems to be terribly heavy and difficult beforehand, but once he is doing it it turns out to be easy and light.

Generals

Weather: slightly cold, cold hands.

Perspiration: sometimes profuse at night.

Time: agg. morning (3).

Desires: salt, spices, sour (2), meat, fatty meat, skins, cheese.

**Aversion: peanut butter (2),
fat.**

**Food: headache from spicy
food.**

Sleep: difficulty getting asleep.

Analysis

**The problems around teaching
are quite remarkable. He feels
he has to give his best, he is
afraid of being a failure, that
people will look through him
and notice his fears. He feels
like Cyrano without a nose. All
these feelings are
characteristic of the Silver
series.**

The feeling of having to give a

top performance indicates Stage 8, the stage of force. The ride up the mountain is another indication of the beginning stages, the run up to the top. But he has obviously gone past the very first few stages (Zirconium or Niobium) because he has been teaching for quite a while. He knows he can do it and he doesn't have to learn more (Technetium). His problem is more that he doesn't know how to keep it up, and this is typical of the Ruthenium stage.

The aggravation at 11 in the

morning is also a Ruthenium symptom.

The hoarseness and loss of voice also belong to the Silver series, while the rapid speech and swallowing of words indicate the running up stage, once again fitting with Ruthenium. It is a sign of pressure and haste, wanting to say a lot, having to get your ideas across.

Reaction

After Ruthenium 1M he feels much better on the whole. His mental problems don't bother him anymore and he feels more

at ease with his chosen profession. After a few weeks he starts to teach again and six months later he is in full swing again. His fears are more or less gone.

He had a dream in which his friends dived off a boat and sank to the bottom of the lake. He dived in to get them up to the surface again, but he was afraid of running out of breath. However, the water proved to be clear and shallow and it was easy to bring them up.

He generally finds solutions to his problems in his dreams.

Case

A 50 year old woman has problems with her jaws. The joints dislocate when she yawns or eats an apple. They swell up in the evening around 7 pm., especially when she plays the violin [Silver series], because of the pressure [Stage 8] of the instrument [Silver series]. Her neck [Silver series] also gets stiff, amel. warm bathing and wraps. She plays in a chamber orchestra and has to practice a lot. But it isn't going very well, the daily practice is a struggle [Stage 8] and she can't

face any additional practice.

Case by Anton Kramer

A man is constantly feeling tired because he is working very hard [Stage 8] for his doctorate [Silver series]. He wants to become a doctor, he absolutely loves his work. But it is also very heavy [Stage 8] and he hasn't got a mentor, nor a permanent position at the institute. He has to force himself to take it easy [Stage 8], but rest doesn't ameliorate, work does [Stage 8]. He gets depressed when he is ill.

He is quite vain [Silver series],

likes to play the clever chap, he is introverted (2), avoids conflicts and prefers to be on his own. Socially he is not very well adjusted, he is afraid to show himself and always worries how he should present himself in public [Silver series]. His shyness and uncertainty make it difficult for him to talk about himself.

Proving

**By Kees Dam, Vera Kopsky,
Yvonne Lassauw, Huib
Wijtenburg.**

Poetic and light footed.

Happened to be playing some of

Beethoven's music and wanted to make ballet movements and pirouettes.

Heavy feeling in head, fullness, as if in a vice, nausea with eructations, must lie down which ameliorates but makes me irritable. Want to keep my feet high.

Making slow circular movements with arms and legs, but I don't feel it, there is no weight, no body, 'I am not there' it is as if I am a fairy.

General feeling about the remedy: alternately light footed, floating (fairy) and

bumping your head against the ceiling which causes a heavy feeling in the head; nausea, causing you to lie (the force of gravity gets too much). All strength has drained from your limbs. Also a pain in the inside of the left breast, squeezing, rhythmically contracting.

Sudden bouts of laughter. I am reminded of my aunt who didn't pass her driving test until the eleventh attempt when there was no traffic on the road at all.

Later on in bed I feel as if I have got flu, weak, sick, like a

wet rag, afraid that I will be 'knocked out by this flu tomorrow'.

Dreams: lots of cats, very beautiful, they are all sitting very quietly in the window of a very exclusive shop. Some of them even have a delicate chain running from the inner corner of their eye to their ear. They are probably very expensive. Even the cheapest one costs at least a thousand pounds. They are beautiful kittens but their eyes are very sad. At the back of the shop is a section of antique books and

erotic postcards. It was a very refined sort of erotic prints, something from the end of the last century. It showed a naked man lying on a sofa, the room bathed in the soft light of candles. He is covered by a delicate blanket of batiste and a woman is bending over him. She is dressed in fine lace, only her buttocks are naked. Later on everything becomes a bit eerie, something to do with incest. A dirty little man, like a thin old professor, did something he shouldn't do.

A girl who doesn't know the

town [homesick, Ruthenium] wants to see some of the sights [Culture, Silver series]. I show her a big imposing department store [Silver series] which sells dresses that have large houses printed on them; enormous rolls of material, very expensive [Silver series].

On the outside of my right thigh I developed five itching spots. I also got some on my left leg later.

Today, while I was talking with a patient I suddenly saw my patient's vagina [sex, Silver series], it was quite separate

from her body, something which I should sing about [Silver series], or which should be painted in candle light.

During the next consultation I have a vision of my male patient lying naked on a sofa, covered with a fine batiste sheet.

A courtesan, lying on a sofa, holding a beautiful crystal glass filled with the best champagne, someone lighting a cigarillo for you, you lean forward for a minute and then sink back in the cushions, decadent, refined, but missing inner

**strength, the upper classes,
'languishing', yearning,
everything is handed to you on
a golden plate. But at the same
time quite calculating,
anything to make an
impression. Exaggerated,
languishing, poetic, lyrical,
subtle tactics.**

**I am ascending, floating, I wish
someone will go down on his
knees for me, that someone
will look up to me. Elitism,
courtiers, paint glass windows,
aesthetic, painting.**

**Image of a call girl, she has
style, very beautiful but**

expensive, slowly building up the erotic tension during the course of the evening. The pain comes from not finding a buyer (the kittens), from being dependent on the higher aristocratic classes.

All sorts of French poets spring to mind: Guy de maupassant 'les jeunes filles en fleurs', Pascal, but not Balzac. I can only enjoy the music of the film 'The piano' when I lie down. That way I can fantasise and spin a story around it; great expectations, a higher plan, all my dreams will be

fulfilled without any effort; all I have to do is to be inspiring, to be beautiful, to have lots of money and to wait until someone turns up.

Slept badly for several nights. Often awake from 2.30 am to 3.30 am, making plans for the holidays.

Dream: I was looking for a plot of land at the edge of a wood, to build a house. But most of the plots had already been sold, there was only one left. I was not sure whether I would be able to get it, but I desperately hoped I would (the theme of

looking for a space for myself is very much a part of my own life at the moment).

Very 'speedy', nervous, restless, palpitations, but I achieved a lot; painted the practice rooms, cleared up, worked out many cases. I couldn't sleep after 5-6 am, so I got up and did all these things. But I was very clumsy at times, dropping things all over the place. Looked at the moon. Was my sleeplessness caused by the full moon?

Dream: I am clearing up a very dusty old house. I hadn't

finished yet when I woke up. (It reminded me of a Carcinosis dream: a large tree near a house with three stories, of which the attic needed to be cleared). To my mind I was now clearing the attic of that particular house.

I woke up in a fright in the middle of the night. I looked at the fluorescent face of my alarm clock and felt that someone with bad intentions was shining his torch at me.

When I woke up in the morning I noticed that my alarm clock was facing the

other way and then I suddenly remembered what had happened in the night.

During the first half hour after I woke up I felt as if I had a hangover: dizzy, light headed.

Burning feeling in my forehead, in the middle, above the eyebrows (I have some slight eczema there).

At 7 pm a terrible tickling cough (had been at the dentist in the afternoon to have a crown fitted).

Woke up feeling: I am a good doctor (or someone told me I was?).

Image: Jonah as a small child with earache.

Dream: I am at home and at the back of the house is an enormous pile of rubbish.

Amongst this rubbish there are some beautiful motorbikes. I walk amongst this rubbish in my oldest clothes. Then my landlord appears accompanied by some gentlemen in smart suits. I don't feel at all threatened because I am on my on territory (usually I would feel very uncomfortable in those circum-stances), but I do go inside to straighten my

clothes a little, because I feel it will put them more at ease.

I feel ill at ease, 'unheimish' [Ruthenium], Didn't sleep well, speedy. We did a lot today: decorated my practice room, I didn't want it to be just functional, it also had to look beautiful from now on. I was much more decisive than usual. Felt like dancing.

In the evening a terrible pain on the inside of my right knee, where I had had a meniscus operation in the past.

The next day a Ruthenium patient phoned to ask if I would

read and comment on a book her husband had written: 'The last year in freedom'.

A patient makes me say that I am the best father in the world.

Fishy smell in vagina and stinking feet.

Pain in right testicle (a few days ago it was the left one).

Dream: I was in a car with Ischa Meyer (A chat show host on T.V.) and he was in a hurry to find a house to buy. It had to be big and beautiful. He walks past several large, nice houses but he can't get near them because there are low iron

railing fences with spikes blocking his way. He is frightened of stepping over them so I drive him back in his own car. Then he gets very ill and says: I have so much pain, I won't make it. There was a lot of blood coming from his anus (associated with a feeling of glass in the anus).

He had a dilemma: he had to choose some people to appear on television and he was afraid that his choice would be different from what everyone expected. This was the final blow for him [Ruthenium].

When we arrived in town he got out of the car and disappeared in the crowd.

Dream: there was a big meeting (Scientology?) in a large hall. I had bought a ticket and there were two duplicates which the organisation had kept for their own files. On the day of the meeting I turned up but realised I had forgotten my ticket. I put it to them that they could either look through their files to find proof of my payment, or they could trust me and let me through. It was very crowded, masses of people

going inside.

Rhodium metallicum

'Always second'

Both Boericke and Clarke have written something about Rhodium. Boericke describes a proving of the metal done by Macfarlane and Clarke describes a proving of Rhodiumoxydenitrate done by Hering.

Signature

The name is derived from 'rhodos', or rose, because of the pink colour of its salt solutions.

It was discovered in 1803.

Rhodium is very corrosion resistant and is often used in protective coatings on other metals. It is also used in electrical points, aeroplane engine points and fountain pens. Glass covered with a thin layer of Rhodium makes an excellent mirror, hence its use in car reflector headlights.

Platina and Rhodium are components in exhaust fume converters.

Concepts

Stage 9

Getting ready

Setting up
Extension Harvest
Presentation
Finishing touches
Test Trial
Blunder
Not quite
Cancelling
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show performance
Queen Ambition
Hurt Humiliation

Sexuality

Middle age

Town Province

Voice Hearing

Group analysis

**The final steps before showing
your work of art.**

**The harvest of a scientific
career.**

**Getting ready for the
performance.**

Expansion of ideas.

**Preparing for a religious
experience.**

Winning will cause admiration.

Trial run.

Correcting mistakes in your

work of art.

Blunder during the performance.

Getting humiliated at the last moment.

Scientific blunders.

The top sportsman getting ready to take over the trophy.

Picture of Rhodium Metallicum

Essence: the final step before showing your work of art.

The final step

They feel they are almost there, they have nearly reached the top. There is just one more thing to be done and then it is all ready. They are about to

reap the harvest of their long preparations. They are longing for success, longing for recognition of their hard labours, longing for appreciation of their creative work.

Trial run

They like to test everything once more before the official opening, like a dress rehearsal before the the first night.

Final corrections

They like to make the last few necessary alterations so that the end product can be perfect. During the dress rehearsal

there are a few details to be improved. If it turns out that there are large pieces that need to be changed they get into a panic. In extreme cases they may call off the whole show out of fear that it will be a complete flop.

Blunder during the performance

Everything is going all right so far. There is every possibility that the performance will be a success. But the fear remains that it will be a failure. They are extremely nervous before the opening, afraid of

committing a blunder that will ruin all those years of hard work. Or that someone will put a blemish on their name and all their achievements, even if it is unfounded. It is like a harvest that may be spoilt by a plague of locusts or a heavy thunderstorm at the very last minute. They tend to feel hurt or humiliated at the last minute, as if a doubt is being cast on their abilities and their creations.

The top sportsman who is preparing himself to win the title

This is the stage of getting ready to take over the first place. Everything points to success. But they may get stuck at this stage and remain 'second best' for the rest of their days. They get so tense before the finals that they start to make mistakes and don't win the coveted first prize after all. Like Ivan Lendl who narrowly missed winning Wimbledon every single time.

Expressions

Fears: heights, narrow spaces, performances, speeches, blunder.

Dreams: heights, falling.

Irritability: agg. humiliation.

Delusions: whispering.

**Mood: haughty, laughter,
hilarious, soft, friendly,
nervous (2), hurried (2), crying.**

Contacts: introverted.

**Professions: artist, painter,
writer, musician, teacher,
scientist, doctor, priest, vicar,
bishop, shaman, governor,
secretary, representative,
public relations officer,
advertising agent, top
sportsman or woman.**

Causes: disaster, humiliation.

Generals

Locality: left.

Weather: cold, cold feet, agg. cold (2), agg. damp (2), amel. outside.

Time: agg. 5 pm.

Food: agg. sweet.

Menses: profuse.

Sleep: sleepy.

Complaints

Cancer. Leishmaniasis.

Weakness. Bruised pains, itching.

Headache behind eyes, temples and vertex; pressing outwards, feeling of lump; amel. rubbing, agg. waking, amel. getting up.

Eye problems, disturbance in

vision.

Twitching, drawing above left eye, near temple.

Nasopharynx feels dry and rough.

Lump of mucus in throat with much scraping which does not relieve.

Colds with watery coryza. Sore throats.

Voice problems, hoarseness, loss of voice, stammering.

Lung complaints: cough dry, wheezing, scratching; sore pain behind sternum, thick, yellow mucus.

High blood pressure, missing

heartbeats, sudden sinking of heart agg. deep breathing, amel. motion.

Heartburn, amel. sip of water. Problems of genitalia, testes, ovaries. Cancer of uterus.

Neck problems, stiffness, creaking, locked, C3. Problems in arms.

Pain in muscle between tibia and fibula. Compression syndrome. Achilles tendon.

Eczema. Itching without eruption, sides of the body.

DD: Silver series, Stage 9.

DD Ruthenium: feels more pressure, hasn't got time to be

**nervous, is more irritable.
Rhodium is more nervous,
always on the lookout for
details that can be improved
upon.**

Case

**A 56 year old man has high
blood pressure, the lowest
reading being between 90 and
110. Sometimes his heart
misses a beat. There have been
times when it suddenly felt as
if his heart was sinking, the
way you sometimes get in an
aeroplane. It can happen when
he breathes deeply, movement
ameliorates.**

It gives him a headache with pain behind both eyes, sometimes slightly worse on the left side. It makes him want to rub his eyes. The pain is agg. on waking and amel. on rising.

Sometimes he gets heartburn at night around 4 or 5 am. Drinking a sip of water ameliorates.

He is a professor and the responsibility towards his assistants makes matters worse. Recent financial restrictions are the cause of discontent and when one of his

assistants was going to be made redundant he blamed the professor personally.

His position involves frequent travels abroad to attend various conferences. He sometimes gets ill just before he has to travel: coughing, wheezing, mucus he cannot dislodge, sore muscles around his diaphragm during coughing, sore throat and headache. Then he gets more and more worried because the journey has to go ahead and he has to give his lectures. He gets quite worked up before these lectures, more than he

cares to admit. The worst thing he can imagine is that someone will ask a question he can't answer. Everything would be going fine and then suddenly he would let himself down.

His is quite closed, keeps everything inside, but he appears kind and friendly.

He has been nominated to become the next general secretary of the international federation of scientists. It would be a wonderful opportunity to round of his career like this. But although he is the only person on the list

of nominations he still worries whether it will fall through at the last minute.

Twenty five years ago he suffered a nervous breakdown during his Ph. D research. The atmosphere created by his promoter was very tense and this made matters worse.

Eventually he did his thesis under the guidance of someone else.

His neck tends to get stiff and it creaks a lot. The third cervical vertebra is painful when pressed. His throat feels swollen and he frequently has

to scrape it. He has had a lazy left eye since childhood.

Generals

Weather: -amel. fresh- and mountain air, agg.- sea.

perspiration: little.

Time: agg. morning, agg. 11 pm.

Desires: meat (2), cheese (2), spices.

Aversion: red vegetables such as beetroot, carrots, red cabbage.

Food: agg. cheese fondue: this 'sets' in his stomach.

Sleep: on the right side or back.

Analysis

His sense of responsibility as a professor towards his assistants reminds us of Aurum, but this remedy only worked temporarily. On closer investigation we can see that he isn't so much a manager, but much more a scientist. This takes us to the Silver series instead of the Gold series.

He is on the list of nominations to become general secretary of the international federation of scientist. This points to Stage 9, which takes us to Rhodium. The fact that

he worries whether the whole thing will fall through at the last minute further confirms this stage. Another confirmation is the fact that he gets ill just before he has to go on a journey to lecture abroad. And the worst thing he can imagine is that someone will ask a question he can't answer, that everything will be going all right and then suddenly he will commit a blunder.

Reaction

After Aurum there was a temporary improvement, but after it had been repeated it

had very little effect. But after Rhodium 1M he immediately felt a lot better, and he started to get to grips with a whole lot of issues. He realised that his own attitude was the most important, everything else would sort itself out accordingly. His headache had gone down a lot and his energy is much better after the first month.

After 6 months his blood pressure is better and the headache has almost gone. He is more relaxed about the financial cuts at work. He is

making sure that his own work and that of his assistants can continue and the more general business will have to take care of itself. And when there are not enough secretaries or colleagues to take care of the general running of things that is just bad luck, but it doesn't worry him.

Palladium metallicum

**'I sparkle so I am alive' or
'Glittering prizes'**

Palladium is the first element in the Silver series that is

relatively well known. But even here the group analysis can add a whole new dimension to the already well known symptoms. The need for compliments is explained within its proper context, which makes it easier to differentiate between similar remedies such as Calcarea sulphurica a.o.

Signature

This metal has been named after Pallas athena, the Greek goddess of wisdom [Silver series]. It was discovered in 1803, shortly after the discovery of an asteroid which

was also named after Pallas.

Palladium is used to make electrical points and surgical instruments because it doesn't rust. Its rigidity makes it useful in crowns and bridges to replace broken teeth. Very thin Palladium membranes are used in Hydrogen filters.

Concepts

Stage 10

Summit Centre

Success Shining

Self evident

Independent Noble

Self assured Haughty

Balance

Rigidity
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
**Successfully showing your
works of art.**

**A successful artist or scientist.
Ambition wants them to be in
the limelight.**

Rigid pride.

**Feeling hurt when they can't
be the sparkling centre of
attention.**

Successful but lonely.

The ultimate art form.

**The performance looks easy, a
matter of course.**

The ultimate creativity.

The ultimate wisdom.

A successful performance.

A sparkling performance.

Glowing under admiring looks.

Success means showing

yourself.

A master of arts.

A noble artist.

The unique centre.

**The sportsman who has
reached the top.**

Picture of Palladium

Metallicum

**Essence: successfully showing
your work of art, 'glittering
prizes'.**

**Successfully showing your
works of art**

**They feel that they will finally
succeed in showing what they
can do. They know what they
are worth and are fully**

confident in putting it across to the public. They are sure that they have enough inspiration to create something that will be a success. The actor plays his part brilliantly and he gets a standing ovation. Their exhibition is a success, they receive the recognition they deserve. Their Ph. D thesis is a success and their speech is received with great applause.

Performance is easy, it comes naturally

Their performance speaks for itself, they were made to perform. Even in childhood

they loved to act and they love being the centre of attention. They hardly know what stage fright is and they revel in the attention they are getting, all eyes and ears must be focused on them.

**Ambition makes them want to be the centre of attention:
pride**

They like to get all the attention, but also all the praise. They want to hear they have done well and they like to be flattered. They don't only want to be the best, they also want to hear that they are the

best. Their position needs to be acknowledged by others.

Rigid pride

Their honest conviction that they are brilliant and talented can easily turn into pride. They start to speak with the air of someone who has made it.

They may even become quite dictatorial towards newcomers, making sure they also know the score. They love appearing in front of an audience, being with large groups of people, the more people that admire them the better. They sparkle at parties, only to arrive home

completely exhausted and alone.

Humiliated when they can't sparkle

They have no doubt about the fact that they are brilliant and that they should be admired and honoured, but they sometimes doubt whether others will realise this fact. They feel very humiliated if they aren't the centre of attention and they can get quite jealous of the successes of other artists. They get annoyed when they aren't invited to large parties. This

type of humiliation is hard for them to bear and it makes them very angry.

Successful and alone

They tend to be quite lonely, there is little contact with other people. They have difficulty being sociable to other people because they feel so superior to the common man. Because of this they prefer to be on their own.

The sportsman who has reached the top

This is the stage in which the sportsman has really made it. He is standing on the highest

platform, receiving the first prize. It can also be the sportsman who stays at the top year after year. He exudes an air of being invincible and all his opponents are too impressed to break through and win. These are people like Eddy Mercks, Bjorn Borg and Carl Lewis, to name but a few.

Expressions

Fears: heights, narrow spaces, performances, speeches, anger, future, accidents.

Dreams: heights, falling of high buildings, being pursued, having done something

**wonderful, receiving prizes,
large houses, stairs.**

**Delusions: being very tall,
mad, time goes too slowly,
abandoned.**

**Haughty: air, ambitious,
egocentric, dictatorial, agg.
humiliated, ignored,
unappreciated, insulted,
criticised, amel. being
disdainful, insulting,
unsympathetic, ridiculing,
sarcastic.**

**Irritability: agg. humiliation,
agg. contradiction, coarse,
quarrelsome, cursing, swearing,
agg. trifles.**

Mood: happy, stubborn, hilarious, impatient, discontented, gloomy, crying; amel. agg. music.

Contacts: -amel., agg.-, -amel. being flattered (3!), agg. consolation, suspicious.

Hobbies: art, science, spiritism.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, public relations officer, advertising agent, top sportsman or woman, speech

therapist.

**Causes: disaster,
humiliation(3), wounded pride.**

Generals

Locality: left.

**Weather: cold, cold feet, agg.
cold (2), agg. damp (2), amel.
outside.**

**Time: agg. 1 pm, slowly
coming and going.**

Desires: meat, alcohol.

**Aversion: kohlrabi, milk, milk
products, beer.**

Food: agg. milk, milk products.

**Menses: profuse, agg. before
and after menses.**

Sleep: sleepy.

**Physical: agg. motion,
exertion, amel. touch, rubbing.**

Complaints

Cancer.

**Weakness. Bruised pains,
itching. Neuralgia.**

**Headache in forehead, temples
and vertex. Sensation as if the
head is swaying backwards and
forwards.**

**Eye problems, disturbance in
vision.**

**Deafness, especially in the side
they lying on.**

**Colds with watery coryza.
Inflammations in the mouth.**

Voice problems, hoarseness,

loss of voice, stammering.

Lung complaints: asthma.

Urging to urinate agg. shocks.

Porphyria.

Problems of genitalia, testes, ovaries. Cancer of the prostate.

Prolapse of the uterus.

Neck problems, stiffness.

Problems in arms.

back pains, sciatica, pain in hips.

Eczema. Lichen planus.

Infections of Pseudomonas, Proteus vulgaris, escherichia coli, Shigell flexnerri, Salmonella typhii, Klebsiella pneumonias.

DD: Silver series, Stage 10.

DD Rhodium: has more doubts, is nervous about things going wrong at the last minute.

Palladium hardly doubts his abilities, he is convinced that it will go all right. If there is any doubt it is about his audience, whether they will realise his excellence.

DD Pride: Other remedies in the Silver series don't have quite as much pride as Palladium. Palladium knows he is successful, the question is whether others know this too.

Case

A 50 year old man suffers from from cystitis. There is no pain during urination, but he experiences a sensation of pressure at the root of the penis and an urging to urinate when he drives over rough ground. The glans is red and slightly inflamed. These complaints started after his left testicle was removed because of a malignant tumour. He also had gonorrhoea in the past.

he loves to go out, to chat and to flirt. He loves company, it makes him feel less nervous. He had been married for ten

years when he got divorced because they had both started a relationship with someone else, this was very much the trend at the time. He has been living together with this woman for 10 years but he still feels himself to be a bit of an adventurer. He describes himself as playful and he has travelled a lot, partly due to his job as a representative.

Generals

**Weather: cold big toes; -amel.
and amel. sea.**

Desires: meat, alcohol.

Aversion: milk, kohlrabi (2),

salted herring (2).

Sleep: good, usually on his right side; dreams about being pursued.

Analysis

The cancer of the left testicle is an indication for the Silver series. This fits with his job as a representative. The anxiety relieved by company is typical of Palladium, which also fits the rest of his behaviour: strong sexual feelings, flirting, desire to talk, going out, playful. Platina is another possibility but it has more emphasis on power and it is a

right sided remedy.

Reaction

After Palladium 1M he gets an aggravation that lasts two days. After that he starts to improve and his mental/emotional state gets much better too.

Case

A 50 year old woman suffers from tiredness. Her tiredness and anxiety are ameliorated in company and aggravated when she is alone [Palladium]. When she is very busy she tends to get ill. As a child she felt unaccepted, different [Gold and Silver series] from the other

children, she didn't fit in with the other 12. Her mother always told her: 'We found you behind a big cabbage in the field'. She can't stand it when other people ignore her, or when they don't turn up for an appointment, it makes her very angry.

She dreams about well known people [Palladium, Argentum]; also that she finds a little baby and proudly [Silver and Gold series] shows it to others.

She is cold and feels worse from 1 pm [Palladium, Argentum] to 4 pm. She has an

aversion to kohlrabi [Palladium, Argentum], fat and apples, and feels worse after French cheese, egg white, coffee and fish.

Argentum metallicum

Argentum has already been described in the book 'Homoeopathy and Minerals' (Scholten 1993). Here I wrote about the themes of the Silver series in general: arrogant, dictatorial, artistic, religious, anticipation. But the specific theme of Stage 11 was hardly

mentioned.

I also realise that I only wrote about the mild and timid side of Argentum, while the hard, dictatorial fighter side didn't get a single mention.

Signature

The name comes from the Greek word 'Arguros', meaning brilliant white. The name silver comes from the old English word 'seolfor' or the old Saxon word 'silubar', which became 'silber' in German. This metal has been known for more than 3000 years because it is found in nature in its consolidated

(metallic) form.

Coins are traditionally made from silver because of its high value. Other precious objects like jewels, ornaments, medals, cutlery etc. are also made of silver, as are most mirrors.

It is used in photography in the form of silver bromide because of its image [Silver series] retaining [Stage 11] properties.

Sunglasses often contain silverchloride which gets split into its separate components under the influence of sunlight, after which the silver starts to

reflect the light.

Silver is the best conductor of heat and electricity. It is quite possible that we will be able to make even better conductors using silver than we presently do using copper.

Concepts

Stage 11

Holding on

Maintaining

Containing Supplies

Protecting

Possessions Wealth

Privileged

Enjoyment

Spreading

Sharing
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Holding to your talents.
Holding on to a successful

position.

Showing your respect.

**Holding on to ideas, religions,
art.**

**Holding on to ideas:
conservative.**

Protecting the arts.

**Extending ideas:
condescending.**

Enjoying success.

Prosperous through religion.

Holding on to sex.

Holding on to your voice.

**The top sportsman who has to
retain his title.**

**Picture of Argentum
Metallicum**

Essence: holding on to a successful position.

Holding on to a successful position

The want to hold on to their position at the top. Their beautiful creations in the past have caused them to have high expectations of the future. Their parents, friends, the general public, everyone expects them to continue their successes. But they are afraid that they might not be as good as they used to be, that they might not be able to perform as well as they did that time.

As long as they are busy to prove themselves they are very lively and talkative. They are always short of time, there is still so much to be achieved. They are cheerful and spontaneous people who are able to animate large groups of people. They love to talk and fantasise about the exciting times and the successes of the past.

Protecting the arts: mecenas
They like to protect the arts and the sciences. Their sense of responsibility makes them want to protect these treasures

for posterity. They are often conservative in their outlook and are keen to protect that which has been proved to be worthwhile and good. They are usually very culturally minded with refined taste. They love classical music, violin, piano, they are religious with a tendency towards the anthroposophical ways of thinking.

**Guarding against pride
They are quite proud and like to be acknowledges and admired. They love holding a speech in front of a large**

audience, to be the centre of attention. They also like to show off with their jewels, their large houses and beautiful clothes. They know what they want and make sure they get it, which can turn into condescending or even dictatorial behaviour. But their pride and their dictatorial attitude also frightens them and they are afraid that it might get out of hand, afraid that their pride will get out of proportion to their talents. So they hold themselves in and try to hide their delusions of

grandeur. They tend to become very quiet when something goes wrong and they get frightened when they fail.

Afraid they will not be able to continue their success

They are also afraid that they won't be able to continue their successes. They often don't feel good about themselves at all, sometimes they even feel very inferior. Or they dare not show their feeling of superiority out of fear that people will comment on it. In the past they have often been told: 'Don't think you are anything

special just because you have been successful once'.

This makes them timid, they don't talk much about themselves, let alone about their feeling of inferiority. They are afraid that their facade will crumble. For the same reason they tend to be afraid of intimacy because it breaks through the thin layer of civilisation. They may be afraid of speaking in public and of video recordings.

Holding on leads to injured pride

Having to hold on to success

makes them extremely nervous and tense, even if they don't show it. They can never be themselves because there is always a former status to keep up. This creates a feeling as if the earth is trembling beneath their feet, there is no feeling of solidity. Of course it is their own anxiety that creates these tremors but to them it appears as if the earth itself is shaking.

Keeping the voice under control

Their anxiety often betrays itself in their voice: they speak slowly and softly, sometimes

they get quite hoarse and one can often detect a tremor in their voice. Their face is tight and their jaws tremble, their teeth may even chatter when they have to talk about themselves. The more they believe in what they are saying, the stronger their voice will get.

The sportsman who has to retain the trophy

This is the case of the sportsman who has made it to the top but who is now faced with the task of holding on to his position. He has to live up

to his own and the nation's expectations that he can become champion once more.

Expressions

Fears: heights, narrow spaces, criticism, crowds, disease, anticipation, performances, speeches, palpitations, heart attack, concussion, going mad; easily frightened.

Dreams: heights, falling, nauseous, quarrels with friends, palpitations, business, devils, enemies, pursued, appear real, getting stuck.

Delusions: military, running into things, mania.

Irritability: hitting, agg. humiliation.

Mood: haughty, timid, yielding; cheerful, lively; hurried, impatient; changeable, hysterical, hyper sensitive; quiet, calm, serene, heavenly; worried, serious, gloomy; crying.

Mental: clear, confused, lack of concentration, forgetful, precise, delirious, exhausted, dull, insane, demented.

Contacts: -amel. talking, talks fast, agg.- consolation by friends, hard; amel. agg. large company, agg.- intimacy.

Hobbies: singing, art, music, violin, anthroposophy, bowling.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, public relations officer, advertising agent, top sportsman or woman.

Causes: disaster, humiliation(3), wounded pride.

Generals

Locality: left.

Weather: cold, but heat and sun agg., agg. damp and cold, agg. wind, agg. inside, amel.

outside.

Time: agg. 1 pm.

Desires: sweet (3), fruit, fresh (2), sour, chocolate, alcohol, wine, whiskey, coffee, salt, sauces (2).

Aversion: kohlrabi, fat (2), meat (2), sour, drinks.

Food: agg. peppers (2), cabbage (2), sprouts, cucumber (2), tobacco, alcohol, apples, meat; amel. coffee.

Menses: profuse.

**Sleep: difficulty getting asleep
agg. beautiful fantasies; on
right side; sleepy,
somnambulism.**

Physical: agg. rest (3), sitting, amel. motion, agg. touch; agg. coition.

Complaints

Cancer. Exhaustion.

Weakness, paralysis. Bruised pains, itching.

Stiffness, sensation of bands, constriction. Electric shocks, agg. beginning movement.

Parkinson's.

According to Kent grey discharges are typical.

Headache (3) in forehead, temples and vertex.

Neuralgia with shooting electric pains, tingling,

numbness.

Paralysis.

Eye infections. Strabismus, divergent, left. Lazy eye, poor vision.

Cornea is brown or green.

Visual disturbances. Affections of cornea.

Ear: infections, blocked.

Nose: colds with watery coryza, nosebleeds. hayfever.

Throat infection left side, agg. swallowing, amel. cold drinks.

Laryngitis, hoarseness, agg. talking, singing, loss of voice, stammering.

Inflammation of bladder.

Kidney diseases with oedema.

Incontinence agg. coughing.

**Inflammation of vagina,
ovaries, testicles, may lead to
cancer.**

**Affections or deformities of
cartilage: thickening,
calcification, arthritis, ribs.**

**Pain in neck and stiffness agg.
morning. Writers cramp.**

**Typical: pain on the front of
the left shoulder, radiating and
shooting through arm to hand,
accompanied by feeling of
paralysis, numbness and
tingling, agg. rest or staying in
same position for a long time,**

**amel. motion. Tennis elbow.
Stiff hands.**

**Back ache, sciatica, shooting
down leg, agg. sitting (3), agg.
drawing up legs, amel. motion.**

Skin: eczema, itching.

Melanoma.

**DD: Silver series, Stage 11,
Carcinosin, China, Lycopodium,
Manganum, Palla-dium,
Plumbum, Pulsatilla, Silica,
Zincum.**

**DD Palladium: feels his
position at the top is
completely natural. Argentum
feels he has to hold on to his
position, his success must**

continue.

Argentum nitricum

Argentum nitricum is a good example of a remedy that has been over prescribed. This was a result of the fact that we didn't know many other Nitricums, so it was often given when another Nitricum would have been more appropriate. The Argentum part of the picture was not very well known until recently. The fact that Argentum nitricum was so well known was mainly due to

its use in allopathic medicine against a.o. eye infections in babies, hence it was high on the list of early provings.

The result was that the Argentum picture became very big and almost got too many symptoms, many of them non-specific, as we will see later on in the 'Expressions'.

Before I wrote this chapter I looked at six old Argentum nitricum cases, most of them taken about 5-6 years ago. There were several things that I noticed. First of all in every single case the prescription had

been based on the main symptom of severe fright: fear with palpitations, fear of heights, fear of narrow spaces, fear of shops, streets etc.

Secondly it struck me that I had not bothered to dig out a deeper theme in any of these cases, they were what you might call very 'superficial cases'. At least this is how I view them now, and with hind sight I realise I could have asked many more questions. So I have chosen the best out of these six, a case that provides at least a little background

information.

Concepts

Argentum

Preserving art

Preserving ideas

Mecenas

Conservative

Arrogant

Condescending

Nitricum

Assertive

Enthusiasm

Tension Congestion

Relaxation

Enjoying

Sociable

Group analysis

Holding on to ideas in order to be assertive.

Preserving art from an idealistic point of view.

An idealistic mecenaz.

Enjoying art.

Holding on to success causes tension.

Cannot relax because of creative tensions.

Fear of not having enough space to show himself.

Being arrogant in order to enjoy life.

Conservative ideas lead to tension.

Failure through tension.

**Picture of Argentum Nitricum
Essence: holding on to ideas in
order to be assertive.**

**Holding on to ideas in order to
be assertive**

**These people feel they have to
prove themselves, they have to
preserve their creative talents
otherwise they won't be able to
assert themselves any longer.**

**They like to be in the
foreground, to take over the
lead, especially at parties and
other festivities. The love being
the centre of attention at a
social gathering.**

Preserving art from a sense of

idealism

Their involvement with art and philosophy is often based on idealistic motives. Without the arts a person cannot develop himself into a fully cultured human being, so they need to preserve all forms of art to make the world a better place to live in. This is often their motive to become a mecenas, to stimulate the development of art and science.

Enjoying art

They love to go to the theatre, to the opera, to art exhibitions etc. and it is something they

enjoy sharing with their family and friends and with the artists themselves, whom they often invite out for dinner to talk about their work.

Holding on to success leads to tension

The need to hold onto success once they have made it as an artist is often the cause of much tension. They are not sure whether they will be able to handle the pressure. It worries them that they might not be able to relax anymore because of all this tension around their creative talents.

Fear of not having enough space to show their creations
Eventually they develop a fear of failure and they no longer dare to show their work. It is a fear that they 'can't deliver the goods anymore'. The pressure makes them feel suffocated and they are afraid they will never be able to escape. They begin to look for a way out before every single performance, they feel terribly nervous before every speech etc.

Failure through tension
Their fear of being assertive can also be the cause of failure.

The tension rises to such a degree that they no longer want to undertake anything. Their conser-vative outlook only adds to this problem. They dare not change their designs, their performance, their style. But their is no progress without change so they are often confronted by explosive situations when change has become inevi-table. This is the reason of their fear of confrontation and their fear of narrow spaces. Their conservative attitude places them in an isolated position

and they can't hold on to the status quo. Their work comes to a standstill and they live in perpetual fear.

Expressions

Fears: vague, unknown, heights, narrow spaces (3), locked up, performances, speeches, exams, falling, failure, arriving late, work, business, high buildings, streets, shops, restaurants, trains, planes, travelling, tunnels, caves, crowds, eating, heart disease, disease, epilepsy, AIDS, deterioration of the brain, cancer, death; enjoying,

**life, strangers, future,
anticipation, accidents,
animals, insects, spiders,
snakes, dark, evil, murder;
easily frightened agg. sun,
noises.**

**Dreams: heights, falling,
animals, fish, snakes, stung by
insects, dead friends, well
known places, ghosts, hunger,
lascivious, monsters, dirty
water; being pursued by black
apes, saved by a white
elephant; clairvoyant, erotic,
violence, water.**

**Delusions: falling, failure,
passage getting narrower,**

buildings will fall down on top of him, parts of body expanded, heart stopping, death, heart attack, walls coming towards him, world is doomed, neglected by family, everything has changed at home, animals, black snakes, weakness of brain, surrounded by heavy black clouds, abandoned, dying, incurable disease, large distances, floating, neglected, ghosts, bottle of sodawater, swollen, forgetting something, predicts the time of his death.

Irritability: grumpy, irritable, disdainful, rage, murderous

impulses, agg. excitement, agg. humiliation.

Mood: haughty, frivolous, childish, lively, eccentric, excited, hysterical, extroverted, stubborn, restless, impulsive, hurried, impatient, nervous, precise, indifferent, helpless, complaining, discontented, moody, gloomy, suicidal by jumping from window or drowning, crying.

Mental: clear, imaginative, absent minded, dull, confused, thoughtless, dreamy, forgetful, lost in well known places, aphasia, numb. foolish,

**irrational, insane, mania,
dementia; agg. writing.**

**Contacts: -amel., agg.-, -amel.
agg.- talking, shy, reserved,
agg. crowds, agg. alone (2),
deceitful, lying, sympathetic.**

Religion: -amel., superstitious.

Work: agg.-.

**Professions: artist, painter,
writer, musician, teacher,
scientist, doctor, priest, vicar,
bishop, shaman, governor,
secretary, representative,
public relations officer,
advertising agent, top
sportsman or woman.**

Causes: disaster, humiliation,

**wounded pride, annoyed,
worries, adultery, neglect,
incest, parents absent, abuse.**

Generals

Type: obese (3).

Locality: left.

**Weather: warm; agg. heat, agg.
inside, amel. outside, agg.
damp.**

**Time: agg. 9 am and 1 pm, agg.
summer; complaints come and
go suddenly.**

**Desires: sweet (3), fruit, fresh
(2), sour, chocolate, alcohol,
wine, whiskey, coffee, salt,
sauces (2), fried bacon (3!), fat,
fatty meat, ham, cheese (3),**

salt, carbonated drinks.

**Aversion: fat (2), meat, (2),
cheeses (2), bacon, ham, beans,
sour, drinks.**

**Food: agg. peppers (2), cabbage
(2), sprouts, cucumber (2),
tobacco, alcohol, apple, meat,
cheese, fat, bacon, beans,
coffee; amel. coffee.**

**Menses: profuse, agg. before
menses.**

**Sleep: difficulty falling asleep,
agg. beautiful images; on right
side; sleepy; somnambulism.**

**Physical: agg. rest (3), sitting,
amel. motion, agg. touch; agg.
coition, agg. pressure, pressure**

**of clothes, agg. shocks, amel.
driving, agg. great change in
atmospheric pressure.**

Complaints

**Pains: bruised, stitching, like
splinters (3!), congestive,
pulsating (3). Stiff, tight, band.**

**Discharges are grey, foul
smelling and putrid.**

Cancer. Weakness.

Epilepsy. Vertigo.

**Headache in forehead, temples
and vertex.**

**Neuralgia with shooting
electric pains, tingling,
numbness.**

Paralysis.

Eye infections. Strabismus, divergent, left. lazy eye, poor vision.

Ear: infections, blocked.

Nose: colds with watery coryza, nosebleeds.

Crusts, difficult to dislodge and painful. Sneezing.

Hayfever.

Throat infection left side, agg. swallowing, amel. cold drinks.

Laryngitis, hoarseness, agg. talking, singing, loss of voice, amel. breathing in.

Voice problems: hoarseness, stammering, loss of voice.

Lung complaints, sighing.

Laryngitis, hoarseness, agg. talking, singing; loss of voice, hoarseness, stammering.

Heart and vascular diseases (3); angina pectoris.

Palpitations, arrhythmia.

Arteriosclerosis. Claudicatio, cerebral haemorrhage.

Palpitations amel. lying on left side, amel. inspiration.

Hot flushes (3), agg. night, agg. after urination.

Stomach complaints. Bowels: rumbling, flatus, odourless or stinking, diarrhoea and constipation. Pain in abdomen with distension, rumbling,

flatus and eructations.

Diarrhoea acrid.

Inflammation of bladder.

Kidney diseases with oedema.

Incontinence agg. coughing.

**Inflammation of vagina,
ovaries, testes, may lead to
cancer.**

**Pain in neck and stiffness agg.
morning. Pain in arms. neck
feels swollen. Writers cramp.**

**Inflammation of joints of
hands, with congestion,
swelling, stiffness. 'Pain on the
front of the left shoulder,
radiating and shooting through
arm to hand, accompanied by**

feeling of paralysis, numbness and tingling', agg. rest or staying in same position for a long time, amel. motion.

Tennis elbow. Stiff hands.

Back ache, sciatica, shooting down leg, agg. sitting (3), agg. drawing up legs, amel. motion.

Skin: eczema, itching, red patches, allergies. Melanoma.

DD: Carbon series, Silver series, Stage 11-15, Nitricums.

Case

A 30 year old man complains about pressure on the chest and many fears. He is afraid of criticism and afraid of failure.

It started about 3 years ago after his house had been burgled. When he and his wife came home one evening they discovered that there were burglars in the house. He didn't dare to go inside and went to the neighbours to call the police. He had been too afraid to confront the burglars while he had always said that if anything like that were to happen he would 'teach them a lesson'. The strange thing was that his wife hadn't been afraid at all and this is what irked him, 'because a man should be

able to protect his wife'. All this happened at a time when he had been very busy at work because he was about to be promoted to head of department.

After these events he started to develop vague pains in his stomach, accompanied by much belching and flatulence. He often woke up in a fright at around 4 am, which later on turned into palpitations with a pressing pain in his chest, worse lying on the left side. It was also worse when he thought about it or when he

thought about his work. He is always in a hurry, especially at work. He had to spend some time off work because the fears and the palpitations became too bad. He was afraid in restaurants and shops and afraid that someone would criticise his work.

He couldn't bear having people around him at work, afraid that he couldn't get away quickly if he suddenly started to feel bad. He also had a fear of narrow spaces (3) and a fear of planes.

He likes the type of work he is doing but he doesn't like the

mentality of his colleagues, they are very bureaucratic. He likes socialising but has become more reserved since his complaints started. He still plays football and likes to take the lead.

He is quite closed and often bottles up his feelings for days. He explains that he feels very insecure deep inside, although he comes across as someone who is very self assured. He likes to be prepared before he meets people, tries to imagine what they might think and feel. He has a fear of heights and

can't stand being late. He sometimes dreams about quarrelling with his colleagues.

Generals

Weather: cold, agg. heat; fear of thunder; -amel. and amel. fresh air (3).

Time: agg. 11 am.

Desires: sweet (3), spices, cheese, meat, vegetables, milk.

Aversion: potatoes.

Food: agg. chocolate.

Sleep: good; on left side.

Analysis

The pattern of fears and tensions is a classic example of Argentum nitricum: fear of

heights, narrow spaces, fear of disease, fear of failure, anticipation etc. The palpitations and general tension complete the picture.

But it would be interesting to see whether we can find any of the themes of the group analysis in this case.

First of all there is the theme of failure, which is common to all the metals. Next we see that he wants to be special and different, he wants to be head of department, which is typical of the Silver series (There is too little evidence of heaviness in

this story to indicate the Gold series).

The stage we are looking for can be deduced from the incident of the burglary: he can't put his words into practice. He had a certain image of himself, but this image proves to be invalid, he can no longer maintain the ideas he had about himself, which is typical of stage 11. And so we get to Argentum.

But there are also several symptoms that don't belong to Argentum, like the stomach complaints and the eructations

for instance. These are typical Nitricum complaints, as is the fear of disease and the fear of narrow spaces. The burglary might initially remind us of Arsenicum, but it is also a Nitricum symptom, as reflects the theme of loss belonging to stage 15.

Other Argentum symptoms: fear of being criticised about his work, fear of heights, -amel. sweets, -amel. sweets.

Nitricum symptoms: fear of narrow spaces, planes, restaurants, -amel. cheese, agg. heat, amel. fresh air.

Reaction

One month after Argentum nitricum he feels 60% calmer. He went back to work 2 weeks after taking the remedy. He had a dream that he had the courage to confront someone else for the first time since ages. A year later he was still doing well and since then I haven't heard from him.

Argentum phosphoricum

Boericke mentions Argentum phosphoricum as an excellent remedy against oedema.

Concepts

Argentum

Preservation of art

Preservation of ideas

Mecenas

Conservative

Arrogant

Condescending

Phosphoricum

Communicative

Sympathetic

Brothers

Friends and neighbours

Learning Curiosity

Travelling

Homesickness

Group analysis

Holding on to ideas in order to communicate.

Preserving art in order to learn.

**Preservation of art for friends.
Sympathetic towards other people's art.**

A brother who is a mecenaz.

An arrogant brother.

An artistic friend.

Having to be arrogant in order to be allowed to study.

Failure through open communication.

**Picture of Argentum
Phosphoricum**

Essence: preservation of arts

in order to communicate.

Preservation of arts in order to communicate

They want to be very special and they love to show how talented they are. They have to hold on to these talents in order to stay in contact with their friends and family. If their talent dries up their friends and acquaintances might lose interest in them and go and look for a more interesting artist to talk to instead. They keep an eye on everyone, they are very sympathetic and concerned about their friends,

but at the same time they like to be the centre of attention themselves with an interesting story or an unusual piece of work.

Artistic friends

They like to make friends with other artists or scientists. They are interested in the artistic performances of all their relations and love to have an intelligent conversation with interesting people. This stimulates their own creativity, it is as if they can work better and can hold on to their talents better when they are in the

company of like minded friends. Their relationships are often very deep and passionate.

A brother who is a mecenass

Perhaps they have got a brother who is an artist or a sportsman who has to prove himself and who might be very arrogant, wanting to attract all the attention to himself. Or perhaps one of their family members, like a brother or sister, is a mecenass who wants to preserve the arts.

Preservation of art in order to learn

They are often high achievers

at school, wanting to be noticed for their artistic talents. This may lead to the feeling that they have to achieve something very special in the artistic or scientific field in order to be allowed to continue their studies.

Or they will become teachers themselves, preferably in the art subjects. They like to play around with language and may even make it their profession. They tend to have a natural air of authority, especially as long as they are convinced of their aptitude for the subject. When

they get into unknown territory they are not so sure whether they can maintain their learned image.

Failure through open communication

They are very sensitive to criticism, especially when they are on unknown territory. As long as they can successfully display their creative talents everything will be fine, but when the criticism comes a bit too close to home they get very nervous.

They may fail by talking too openly about their ideas. Their

so called friends may run off with one of these ideas and develop it for himself, creating competition and eventually overtaking him. Trying to keep up and stay ahead of these development eventually proves to be too exhausting for them.

Expressions

Fears: heights, narrow spaces, performances, speeches, alone, dark, thunder, twilight, disease and death of family and friends, fears come and go easily; easily frightened.

Dreams: heights, falling.

Irritability: agg. humiliation.

Mood: haughty, timid, yielding; lively, cheerful; excited, hurried, impatient; changeable, hysterical, hypersensitive; soft, calm, serene, peaceful; worried, serious, gloomy, crying, nervous, restless, discontented.

Mental: clear, confused, lack of concentration, forgetful, precise, delirious, exhausted, numb, insane, dementia; curious, restless, imaginative, exhausted.

Contacts: -amel. talking, speech hurried, agg.- consolation by friends, hard;

amel. agg. large company, agg.-intimacy.

Hobbies: singing, art, music, violin, anthroposophy, bowling.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, public relations officer, advertising agent, top sportsman or woman.

Causes: disaster, humiliation, wounded pride.

Generals

Type: thin, tall, red haired.

Locality: right.

Weather: warm; but agg. heat and sun, agg. inside, amel. outside, agg. damp and cold, agg. wind, agg. thunder.

Time: agg. 9 am and 9 pm.

Desires: sweet (3), fruit, fresh (2), sour, chocolate, alcohol, wine, whiskey, coffee, salt, sauces (2), spices, salt, fish (3), ice-cream, chicken, cold drinks.

Aversion: fat (2), meat, (2), sour, drinks, salt, fish, oysters.

Food: agg. peppers (2), cabbage (2), sprouts, cucumber (2), tobacco, alcohol, apple, meat; amel. coffee.

Menses: profuse.

Sleep: difficulty falling asleep, agg. beautiful images; on right side; sleepy; amel. short nap; somnambulism.

Physical: amel. agg. motion, walking, lying on left side; amel. rubbing, agg. cats, smells, wool, agg. rest (3), sitting, amel. agg. touch; agg. coition.

Complaints

Pains: bruised, burning; itching, stiff, tight, band, constriction, electric shocks.

Discharges are grey, bright red blood.

Cancer. Weakness, anxiety,

paralysis.

**Neurological complaints,
shocks, Parkinson's.**

**Headache, migraine (3); in
forehead, temples and vertex;
agg. school.**

**Neuralgia with shooting
electric pains, tingling,
numbness.**

**Eye infections. Strabismus,
divergent, left. Lazy eye, poor
vision.**

Ear: infections, blocked.

**Nose: colds with watery
coryza, nosebleeds.**

Hayfever.

Throat infection left side, agg.

swallowing, amel. cold drinks.

Laryngitis, hoarseness, agg. talking, singing; loss of voice, hoarseness, stammering.

Lung complaints, bronchitis, asthma, tuberculosis.

Hyperventilation.

Palpitations amel. lying on left side, amel. inspiration. cerebral haemorrhage, petechia.

Stomach complaints. Vomiting agg. drinking; Bowels:

rumbling, flatus, odourless or stinking, diarrhoea and constipation.

Inflammation of bladder.

Kidney diseases with oedema.

Incontinence agg. coughing.

Inflammation of vagina, ovaries, testicles, may lead to cancer.

Bone problems, growing pains, rickets, osteoporosis. Cartilage problems, thickening, deformities, arthritis, ribs.

Pain in neck and stiffness agg. morning. Pain in arms. neck feels swollen. Writers cramp.

'Pain on the front of the left shoulder, radiating and shooting through arm to hand, accompanied by feeling of paralysis, numbness and tingling', agg. rest or staying in

**same position for a long time,
amel. motion. Tennis elbow.
Stiff hands.**

**Back ache, sciatica, shooting
down leg, agg. sitting (3), agg.
drawing up legs, amel. motion.**

Skin: eczema, itching.

Melanoma. Hair loss.

**DD: Silicium series, Silver
series, Stage 11-15, Carcinotin,
China, Lycopodium,
Manganum, Palladium,
Plumbum, Pulsatilla, Silica,
Zincum.**

Case by Rienk Stuut

**A 6 year old girl has frequent
headaches and stomach aches**

with nausea. Eating temporarily relieves the pains. She is always tired. She also has stitching pains below the sternum. She wants to do everything as best as she can, and always gives herself totally to whatever she is doing. Everything has to look beautiful, her drawings, the way she dances, the way she swims, etc. She likes to be an example to everyone. When she is criticised she gets very angry and starts to cry. When she is good at something she doesn't hesitate to say this, for

instance she'll say: 'I am very good at drawing'. But she needs a 'warming up period' for everything she undertakes. Once she has mastered something she suddenly becomes very good at it. She is always afraid before she starts something new, stays quietly in the background in unknown situations.

But at all other times people can't fail to notice her because she never shuts up, even when other people are talking. She does this because she is afraid she'll forget what she wanted to

say if she has to wait. She is always 'burbling', singing, playing, talking to her dolls in bed. Her family has noticed that she is very inventive with language, she jokes and plays with words in an extraordinary way. She likes teasing others, but hates being teased herself. She loves school, but comes home very tired. She wants to be grown up. She has always tried hard in everything, she was potty trained by the age of 18 months, which may have been the reason that she had cystitis when she was very

little. She doesn't want to use the school toilet, or any other toilet that is very small, she feels too embarrassed. She has an elder brother who is autistic and he needs a lot of attention. She has to work hard to get the attention she needs for herself. She is afraid of the dark and of scary animals. Her mother started her own acupuncture practice when she was pregnant and worked until just before the birth. As a baby she used to wake up frequently and needed to be comforted. Her mother thinks she already had

headaches even then. She once had double pneumonia but underwent it without any fuss. It took her 4 months to get over it, the fever kept coming back every morning, in spite of the antibiotics she was given.

Generals

Weather: warm; fear of thunder.

Sleep: difficulty falling asleep, sees images of scary animals and small red dots.

Physical: agg. narrow spaces, small bed; agg. noise.

Analysis

This little girl loves to be

special, she wants to dance and make beautiful drawings. This indicates a remedy from the Silver series. A striking symptom is that she doesn't feel happy until she has mastered it, she wants to learn it well before she has the courage to present it to the public. This is typical of Stage 11, hence the choice of Argentum. But besides this aspect we also see many symptoms that belong to Phosphorus: the theme of learning, school, tiredness and headaches and stomach pains.

And so we get to Argentum phosphoricum. The ability to play on words may also be a typical Argentum phosphoricum quality. Other striking aspects: she does her best (Silver series), to attract attention (Silicium series) because her brother (Phosphorus) is very much in the foreground. Other Argentum symptoms: drawing, dancing, agg.- ordinary things, anticipation, talkative, amel. being convinced, acupuncture practice, pneumonia, stitching pain in sternum (Tietze), agg.

narrow spaces.

**Phosphorus symptoms:
talkative, pneumonia, fear of
thunder.**

Reaction

**After Argentum phosphoricum
1M she got a short sharp attack
of fever and after that the
morning fevers stopped. She
also had diarrhoea for a short
time. The headache
disappeared after a few weeks.
She feels very well mentally
and emotionally.**

Cadmium metallicum

Cadmium metallicum is not mentioned in any of the old homoeopathic books. Julian (1979) and Stephenson (1986) have written a report on a proving, Dam told me he has done a proving and Shah has shown a Cadmium case once.

Signature

The name is derived from the Greek word 'kadmia', meaning earth. Cadmea used to be another name for Zincoxide. It was discovered in 1817.

Cadmium is usually found in

combination with Zinc. Its capacity to absorb neutrons is very high. It is a component in nickel-cadmium batteries and in colouring agents, in the form of bright yellow or bright red cadmiumsulphide. It is also used in telephone and tram cables. Asteria rubens, Cannabis sativa and Tabacum contain high amounts of Cadmium.

Concepts

Stage 12

Overshooting

Exaggerating

Repeating

Pollution

Decay

Divided

Enemies

Silver series

Creation Inspiration

Ideas Culture

Unique Admiration

Aesthetics: Beautiful Ugly

Art Science Mysticism

Show Performance

Queen Ambition

Humiliation

Sexuality

Middle age

Town Province

Voice Hearing

Group analysis

Exaggerated success.

**Ideas that are overshooting
the mark.**

Overdoing art: artificial.

Overdoing art: over-dramatic.

Overdoing culture: know-all.

Repeating art: reproductions.

Repeating art: forgeries.

**Repeating science: copying
research.**

Pollution of the arts.

Enemies of culture: barbaric.

Decay of the arts.

Dwindling of power: powerless.

**Divided in your ideas, getting
lost.**

Divided influence.

Picture of Cadmium

Metallicum

**Essence: decay and repetition
in the performance of the arts.**

Exaggerated success

**They have been very
successful in the past and they
still have high expectations of
themselves. They want to be
able to continue in the same
way, because they couldn't bear
going downhill. It can make
them extremely arrogant,
acting as if they are very
important and know it all.**

A variation on this theme is

that they may be far ahead of their times. They create all sort of things that nobody can understand or appreciate.

Exaggerated ideas: stubborn
Their ideas are a bit past it, they are very stubborn and conservative and refuse to accept anything from anyone. People should realise that they know best, haven't they proved that they know everything?

Another variation is that they lose themselves in all sorts of creative ideas. They can't keep up with themselves and scatter their energies in a thousand

and one projects. A typical symptom is that they often make mistakes in time or place, e.g. they end up in the wrong room, they arrive an hour too early, they misplace objects and can't find them again etc.

Overdoing art: artificial

They tend to exaggerate a lot because they are too caught up in their success. Their behaviour becomes a bit too dramatic, theatrical, or even quite bizarre. They want to translate everything into art, so that the whole thing

becomes unnatural and artificial. Or they may pretend that they are nobody special and do their best to remain incognito, which is equally artificial because there is no reason for it.

Repeating art: forgeries

They have produced everything they could and now they have nothing more to give. There is no more inspiration, no new projects they can think of. All they can do is repeat what they have made in the past, but the spirit has gone, it is only more of the

same.

Making a reproduction of a famous work of art is a legal way of repeating something that was unique. The illegal way is producing a forgery.

Decay or pollution of the arts

If they carry on producing more and more of the same it is as if they are polluting the beauty of the original. It becomes empty and meaningless. It is like the scientist who has to publish a paper every year in order to remain eligible for a state subsidy, but he has nothing

new to offer, so he changes his old reports a bit here and there, hoping people won't notice that it is the same old stuff. This is how scientific literature often gets clogged up with meaningless drivel. One can't see the wood for the trees.

Enemies of the arts

They develop the feeling that many people are against them. The art critics will start to criticise their work as being old and boring, the director of the theatre wants to cancel the show because the public is tired of the same old performance.

The mecenas will withdraw his support. Or the assistant manager will lose the support of his manager, all of which makes them feel powerless. It is as if everyone turns against them and even their supporters cannot be trusted in case they dare to give adverse comments. And so they feel unappreciated, betrayed and abandoned, the world is their enemy, everyone wants to steal his ideas and take the credit for it.

It can also happen that they are enemies of the art themselves, by only wanting to

reproduce the originals. Their stubbornness and suspicion creates hostility wherever they go and so they fulfil their own prophecy that the whole world is their enemy.

Expecting to be criticised whatever the occasion they are always ready with a sharp answer even before anyone has said a word. And of course they are always ready to criticise others, because it is a good way of diverting the attention away from themselves. They practice the age old 'divide and rule' tactic.

The situation is similar to the one Vincent van Gogh found himself in: nobody wanted to acknowledge his art and he felt betrayed by the whole world. He even fell out with his fellow artists. Only his brother made a supreme effort and managed to stay on speaking terms with him. Later on Vincent cut off his own ear (Silver series!) and eventually committed suicide. The bright colours in his paintings remind us of the bright yellow and red cadmium colours.

Decay of the arts

They have nothing more to give, it is all finished. The only possibility to continue is by artificial means, but there is really no point. There are other artists who have got something new to offer. They can't keep up with the competition.

Typical of this stage are the slow, retarded movements, they literally can't move with the times.

The high flying performer slows down, misses the mark and crashes (Dam, proving).

Loss of influence: powerless

They can't defend themselves

and they feel overwhelmed by their enemies, overwhelmed by the circumstances. They become the slave of a bureaucratic force that leaves them powerless. They have been misled by dirty tricks and false information. And whatever they say, nobody is listening. They are no longer able to say anything that might attract the attention. They are locked up in their old patterns and overtaken by a powerful force that leaves them utterly defenceless.

Loss of honour through

overdoing it

Once they can't live up to the expectations anymore they tend to collapse in a depression. They can no longer concentrate on what they were doing and become depressed and suspicious. It is as if they have lost all sense of honour and respect and because of this they secretly brood on revenge.

Top sportsman

This is the stage of the sportsman who has won the first prize several times but now feels he hasn't got the energy anymore to have

another go. He has won the Wimbledon title twice, but in the meantime there are some younger players who have gained much experience and who are bound to beat him in the finals this time. Once they know they are about to lose they may become very angry, fighting with the linesman, querying every decision of the referee. In fact they are angry with themselves and the mistakes they are making. Another way out is by turning the event into a comedy, making theatrical gestures and

throwing themselves on the ground after every lost point.

Expressions

**Fears: heights, narrow spaces, performances, speeches, dark, threatening; easily frightened
agg. breaking.**

Dreams: heights, falling, not reaching his goal, running behind someone, slow movements, running through water, ball travelling through the air very slowly, upper part of bodies, broken, plants that have grown too large, ceiling is restricting, old fallen down factory, large church, priest,

**altar, procession, treasure,
cold, sterile, gangster, erotic,
adultery, revelations, reciting a
poem, overwhelming, stiff,
surrounded by dangerous
powers, injured, lung diseases,
surrender to doctors,
competitions, trains, bright
colours, yellow, cellars,
jewellery, earrings, sacred
dance, oval ball, secret
treasures, party, robot,
monotonous rhythms, clapping
hands, tight clothes.**

**Delusions: unreal, no grip or
control, breaking, cracking,
slow and retarded movements.**

Mood: haughty; indifferent, without emotions, cold, hard; innocent, impatient, unstable, restless, agg. sunlight; excited; hyper sensitive, extremely unstable; cheerful, laughing; serious, gloomy, crying.

Irritability: anger, agg. humiliation, agg. least opposition.

Mental: forgetful about details, forgets where he put things, mistakes rooms, times, lack of concentration, confused, absentminded, clumsy, handicapped, loss of orientation with regard to front

and back.

**Contacts: agg. alone, -amel.
company; shameless.**

Work: agg.-.

**Hobbies: art, music,
philosophy.**

**Professions: artist, painter,
writer, musician, teacher,
scientist, doctor, priest, vicar,
bishop, shaman, governor,
secretary, representative,
public relations officer,
advertising agent, top
sportsman or woman.**

**Causes: disaster, humiliation,
wounded pride, too much in
demand, war syndrome.**

Generals

Locality: left

Weather: cold, cold feet, agg. cold (2), agg. damp (2), amel. outside (3), agg. draught, agg. sun.

Time: agg. 5 am and 5 pm; in waves.

Desires: brandy, water.

Aversion: sweet.

Food: agg. tobacco, beer.

Menses: profuse.

Sleep: sleepy, yawning, falling asleep agg. sitting.

Physical: agg. accidents; agg. motion, amel. lying down.

Complaints

Cancer, sarcoma.
Inflammations with fever.
Weakness, bruised pains,
itching. Encephalitis.
Headache; forehead, temples,
vertex; light, empty, clean, hot;
with waving and flickering
before eyes; amel. vomiting.
Eye complaints: infections,
disturbed vision; cataract,
cloudy cornea; lachrymation
agg. yawning.
Face dark red, numb,
paralysed.
Colds with watery coryza.
Ulcers in nose; loss of smell.
Cleft palate. Sinusitis,

paranasal.

Teeth have yellow roots, stop growing.

Voice problems: hoarseness, stammering, loss of voice.

Lung complaints: inflammation, asthma, emphysema, oedema, fibrosis, cancer.

Cough with thick, stringy, yellow mucus.

Heart problems, shock, high blood pressure, anaemia.

Stomach: cramps, nausea, vomiting, cancer.

Problems with genitalia; testes, atrophy and cancer,

cancer of prostate, affections of ovaries, sterility.

Kidney tubuli disturbed. Urine contains sugar, phosphates and protein.

Neck pains; stiffness. Arm problems; back of hand tingling, bruises, swollen arteries. Pain in back and thighs; osteoporosis, broken bones; waddles like a duck. Pain in anus and coccyx.

Eczema.

DD Silver series, Stage 12, Asteria rubens, Cannabis indica, Cannabis sativa.

DD Argentum: still feels he can

keep his position if he tries very hard, others will support him too. Cadmium feels he really can't do it and others will oppose him and try to make him fail.

DD Mercurius: doesn't feel so powerless, he still has some power, even if he is being threatened. The only power that Cadmium has got left is derived from his reputation in the past and when even that is being threatened he feels it is all getting out of hand and there is nothing he can do anymore.

Case

A woman of 45 years has severe depressions and panic attacks. She has fears in crowds and churches, has often a sudden fear that she will be left alone. She's afraid of diseases and death and thinks that she will have a fatal disease with every little complaint. She's afraid that she won't really die. She doesn't trust the doctors and thinks that they won't say the truth to her. Breathing therapy has helped her a bit with these complaints. Five times she has

had a kind of attacks of catalepsy: she could hear and see all, but could not move and had the feeling of being a prisoner in her own body, of being dead. She also has feelings or hallucinations that someone blows smoke in her face and when she has that she feels a pressure on her face and a trembling in her upper lip. She feels desperate and can hardly do anything during the day.

She has already for 10 years complaints of hyperventilation: palpitations, her heart races,

she has vertigo, feels as if sitting in a narrow barrel, cannot get air and must sit right up in bed.

She has a red and congested face, which is aggravated when she has had some glasses of wine. It feels very unpleasant, as if she can explode every minute. Sometimes she has an eruption besides the wings of her nose; it feels very tense. She can loose her voice in half an hour.

The problems started at the time of problems at her work. She was a supervisor of a group

of salesman. She trained these salesman and worked very hard, twelve hours a day. She was very ambitious and also very competent. When the directors started with reorganisations, she became angry about the way they treated the fellow-workers. It made her furious and sick, even more so when the directors offered her a promotion if she would stop her resistance. She felt as if sucked out by vampires. She stayed home sick for three months and when she wanted to go back to work,

they said that they hadn't counted on that anymore and she was fired. After this episode she started working part time as a secretary to be able to study law, but was unable to continue it due to the tensions and hyperventilation. She tried to start a bureau for consultancy for her self, but that failed too.

She looks for problem situations, 'when it is quiet, it is the silence before the storm'. This is also expressed in a dream: she walks in a street and a bridge behind her

suddenly closes with a bang. She is very communicative, but doesn't trust people easily. As a child she was timid and very sweet. At the other side she was suspicious of nice remarks about her beautiful hair. She was wise for her age and obstinate, even impertinent. She lived in her own world and was afraid that she would something that people should judge weird. In puberty she was terrible, had the idea that everyone was crazy and compensated her timidity with verbal violence. She had a lot of

quarrels and fights with her mother. After high school she studied arts. She is the eldest of four children. Her mother had had a stillborn child before her due to medical mistakes and got pregnant of her very fast after that episode in order to process the grieve.

She can be very stressed and irritable, especially when someone is doing injustice to her. For example, she felt very irritated and powerless when a civil servant tried to cut down her payments.

Generals

Weather: restless agg. heat and sudden changes of weather; hot head, cold body.

Time: agg. 4-5 pm, agg. morning.

Desire: sweet, chocolate, salt, meat, egg (2), cherries (3), avocado.

Aversion: spicy, sour, old cheese, milk.

Food: agg. alcohol.

Sleep: agg.- sleeping long.

Analysis

After different Ferrums that didn't do much good for her she told about her 'powerless' feeling, a keynote for

Cadmium. The catalepsy is an expression for that feeling. And then the rest fitted too. She felt as if sucked out by vampires [enemies, Stage 12]. She is very suspicious [Stage 12-14], as if there is 'silence before the storm', as if a bridge behind her suddenly closes with a bang. In Cadmium is also the 'agg. 5 pm'.

We can see a cause in the grieve of her mother during pregnancy about the stillborn child due to medical [Silver series] mistakes [Stage 12].

With Stage 12 fits: obstinate,

impertinent.

For the Silver series we find also: arts, middle management.

Reaction

Ferrum nitricum, Ferrum muriaticum and Ferrum arsenicosum gave only temporary relief. After Cadmium metallicum MK the real change started. She feels more at ease, the desperate feeling is gone after a month. With 6 repetitions she loses her complaints almost completely in the course a year.

Cadmium sulphuratum

Cadmium sulphuratum is the best known of all the Cadmium compounds. We have to make a subtle difference between Cadmium sulphuricum or Cadmium sulphate. Boericke gives us a description of Cadmium sulphuricum but this is probably a mistake because both Allen (Vol. 2, page 330) and Clarke (Vol. 1, page 328) are clearly talking about Cadmium sulphuratum.

Signature

Cadmiumsulphide is a

semiprecious stone with a yellow or red colour and it is called greenockite.

It is used as a yellow or red colouring agent.

Concepts

Cadmium

Powerless

Dwindling talents

Reproductions

Forgery

Dramatic Theatrical

Artificial

Sulphuratum

Love

Marriage Partner

Self love Egotism

Jealousy

Joy Satisfaction

Harmony Aesthetics

Clothes

Lazy

Ugly

Theorising

Group analysis

**Reproducing success in order
to be loved.**

**Forging success with the loss
of love.**

**Powerless against your
partner.**

Powerless as a partner.

**Using love in the fight against
decay.**

Dramatic relationships.
Artificial love.
Artificial, exaggerated clothes.
Dwindling of talent leads to neglect.
False love.

**Picture of Cadmium
Sulphuratum**

Essence: Reproduce success in order to hold on to love.

Reproducing success to hold on to love

They feel they have to continue their success whatever opposition they may encounter. Otherwise people,

**particularly their partner, won't accept them anymore and will leave them for the sake of someone else. But it is not easy to maintain their success, there are predators all around and they have to be on their guard all the time. By relying on the old and trusted methods they hope to be able to continue their artistic or scientific career, because they are convinced that only successful people will be loved. Forging success at the cost of losing love
When love is withdrawn they**

may seek compensation in their success. If they won't be loved they might at least get praised. They escape from the troubles in their marriage and throw themselves into their work, which is after all their strong side. They are very good artists or scientists etc. But even here they have to face the fact that there are newcomers on their way to the top who might soon take over. Holding on to the old ways is the only hope they have got to keep their position. In extreme cases they might even falsify

scientific data in order to keep on presenting something new and interesting to the public.

**Powerless against your partner
They feel powerless in front of their partner, or in front of powerful and authoritarian figures in general. They feel they can't talk to or get through to them. And when their partner talks to other women or flirts with the opposite sex they feel even more powerless and jealous. But they won't leave him because they haven't got the strength. They can't stand the**

sight of other women who follow their partner like a little lamb. This situation might come about from having a very dominating father.

A powerless partner

Or they choose a partner who is very weak and who can't maintain his position at work. They prefer to marry someone who has a creative profession, so they can easily be the stronger of the two. They want their own work to be better than their partner's and they often use his 'meagre' creations as a comparison against their

own brilliance. They may even use his success to create an even bigger success for themselves. They can also be quite bitchy towards their partner if he doesn't do exactly as they say. Thus the partner will often feel weak and threatened in his own creative career.

But on the other hand they don't have any respect for men who are too docile.

Dramatic relationships

All this often makes for a very dramatic relationship. They have great difficulty

surrendering to love, because they are afraid of losing themselves. Their love may even become a bit artificial until they no longer know whether they really love their partner or not. But all the drama that is created around the whole thing makes it look as if there is quite a strong tie between them. In extreme cases they may even use this drama to keep the relationship together.

Artificial clothes

The same difficulty with keeping things in proportion is

reflected in the type of clothes they wear. They may have quite good taste in principle but it is often a bit exaggerated. Their clothes are often just a little bit too far out, a little bit overdone, it doesn't quite go together.

Dwindling talents lead to neglect

They are also extremely sensitive to criticism, especially as far as their clothes and their creativity is concerned. Again they feel as if everyone is against them and that they can't win, because

the fight is unequal. They may try to turn the tide in the name of love, but this only means more drama. Eventually they feel that everyone, including their partner, is against them so they give up. They let themselves go, neglect their appearance and don't bother about their clothes or their creations anymore.

Expressions

Fears: heights, narrow spaces, performances, speeches, dark, threatening; being approached, poverty, ugliness, dirt; easily frightened agg. breaking.

Dreams: heights, falling, not reaching his goal, running behind someone, slow movements, plants that have grown too large, marriage, tight clothes, nightmares agg. lying on back.

Delusions: unreal, no grip or control, breaking, cracking, slow and retarded movements.

Mood: haughty; indifferent, without emotions, cold, hard; innocent, impatient, unstable, restless, agg. sunlight; excited; hyper sensitive, extremely unstable; cheerful, laughing; serious, gloomy, crying.

**Irritability: contrary, agg.
humiliation, agg. least
opposition.**

**Mental: forgetful about details,
forgets where he put things,
mistakes rooms, times, lack of
concentration, confused,
absentminded, clumsy,
handicapped, loss of
orientation with regard to front
and back.**

**Contacts: -amel., agg.-, agg.
alone, -amel. company;
shameless, suspiciousagg. being
spoke to.**

Work: agg.-, agg..

Professions: artist, painter,

**writer, musician, teacher,
scientist, doctor, priest, vicar,
bishop, shaman, governor,
secretary, representative,
public relations officer,
advertising agent, top
sportsman or woman.**

**Causes: loss of loved one,
divorce, disaster, humiliation,
wounded pride, annoyance,
sadness, worries, reproaches,
insults.**

Generals

Locality: left (3).

**Weather: cold, agg. cold, agg.
heat, amel. agg. open air,
outside; agg. sun; hot flushes.**

Time: agg. 5 am and 5 pm; in waves.

Perspiration: easy agg. exertion. Stinking.

Desires: sweet (3), alcohol, brandy, water, fruit, fat, fried, spices, sour, cold drinks.

Aversion: egg, bread, sour, sweet.

Food: agg. alcohol, tobacco, beer.

Menses: profuse.

Sleep: sleepy, yawning, falling asleep agg. sitting, deep; frequent waking; agg. sleeping late; groaning, smiling.

Physical: agg.- bathing, agg.

**sunlight; agg. agg. accidents;
agg. motion, amel. lying down.**

Complaints

**Discharges yellow and thick,
smelling of rotten eggs.**

**Burning (3) pains. Full, heavy.
pulsating feeling.**

Cancer, sarcoma.

**Inflammations with fever;
yellow fever.**

**Weakness, bruised pains,
itching.**

**Headache; forehead, temples,
vertex; light, empty, clean, hot;
with waving and flickering
before eyes; amel. vomiting.**

Eye complaints: infections,

**disturbed vision; cataract,
cloudy cornea; lachrymation
agg. yawning; night blindness.
Face dark red, numb,
paralysed.**

**Colds with watery coryza.
Ulcers in nose; loss of smell.
Bad smell in nose; polyps.**

**Teeth have yellow roots, stop
growing.**

**Voice problems: hoarseness,
stammering, loss of voice.**

**Lung complaints:
inflammation, asthma,
emphysema, oedema, fibrosis,
cancer.**

Cough with thick, stringy,

yellow mucus.

Heart problems, shock, high blood pressure, anaemia.

Vascular diseases, varicose veins, heavy legs, haemorrhages and haematoma.

Stomach: cramps, nausea, vomiting black and green mucus, like coffee grounds, agg. touching lips; cancer.

Diarrhoea, cholera; blood clots. Diabetes.

Problems with genitals; testes, atrophy and cancer, cancer of prostate, affections of ovaries, sterility.

Kidney tubuli disturbed. Urine

contains sugar, phosphates and protein.

Neck pains; stiffness. Arm problems; back of hand tingling, bruises, swollen arteries. Pain in back and thighs; osteoporosis, broken bones; waddles like a duck. Pain in anus and coccyx with itching, amel. cold water.

Skin blue, yellow; eczema, itching amel. scratching, scaling, with yellow pus.

DD: Silicium series, Silver series, Stage 12 and 16, Asteria rubens, Cannabis indica, Cannabis sativa.

Case

A 10 year old girl is always coughing. Usually it is only a little dry cough, but at the end of spring it tends to get deeper and she starts coughing up white lumps of mucus like bread crumbs. This has been going on for three years and it is worse when she is at school.

She has frequent colds and sniffs every five minutes. This comes and goes, but it is worse at home and when she visits other people. She sometimes has a stomach ache after swimming. During the first five

years of her life she had a fever at least twice a month with diarrhoea, vomiting and coughing, agg. between 5 and 9 pm. From the age of 5 onwards she had a high fever for one day every year.

She does very well at school. She is a very emotional type of girl, who can be extremely happy, or extremely sad. Her emotions come out in a violent rush and then it is all over again. She likes to do well in everything, she has to be good and she has to be fast. She is afraid of being different, of

missing the boat and therefore losing the affection of her family and friends. She is always focused on others, loves being with other people. She also likes to be independent, she played the recorder when she was very little and now has started playing the flute. She is always keen to do something different, she gets bored with things quite quickly.

Her birth was 6 weeks premature and she needed extra oxygen for a while. Her mother suffered from toxemia and had a craving for salt, she

was also very tired during the whole pregnancy. Her father was a vicar who had been made redundant just before the birth. He couldn't handle the pressure of the job and wasn't able to perform his duties adequately. He got depressed, started drinking and stayed in bed most of the day. Her mother tried her best to get him out of his depression, to be kind to him and cheer him up, but he didn't even notice her efforts, which made her feel very powerless. At first she thought it would all be different once

their child was born, but this didn't turn out to be the case. He stayed depressed until one day he fell in love with another woman. Her mother was very angry and left him. She was angry with the other woman because she did manage to get him out of his depressed state.

Generals

Weather: warm, feels suffocated agg. heat, cold toes and nose.

Time: agg. February and March.

Desires: pancakes, pizza, cucumber, egg, fish, vegetables.

Aversion: fat, gravy, sour, meat, sprouts (2), chicory (2).

Sleep: difficulty getting asleep; on right side.

Analysis

Her mothers problems during the pregnancy is the most significant aspect of this case. She felt powerless (Cadmium) with regard to her husband (Sulphur). In the little girl we can recognise the theme of Cadmium sulphuratum in the fact that she wants to be good at everything she undertakes, she is afraid of missing the boat (Cadmium), otherwise she

**might lose the affection
(Sulphur) of other people.**

**Other symptoms that confirm
the Silver series: father was a
preacher, she plays the
recorder and the flute,
achieving, agg.- routine.**

**Cadmium symptoms: intense
emotions, sadness and
happiness are extreme, agg. 5
pm.**

**Sulphur symptoms: jealousy of
the mother, focused on other
people.**

Reaction

**After Cadmium sulphuricum
she has a headache for three**

days. After another week she has increased mucus discharge from her nose. One month later the barking cough has gone, all that is left is the little dry cough from time to time. She is more cheerful and less irritable when tired. For the first time in her life she is having happy dreams instead of horrible dreams about witches or the death of her mother and father.

Case

A 30 year old woman has asthma. She has a relationship [Sulphur] with a Turkish man, but it isn't going very well. He

is already married and has several children, but he says he loves her and wants to spend the rest of his life with her. When they are on holiday in Turkey together everything is fine, but when she is back home on her own the troubles start again. He hardly ever writes or phones, it is always she who has to keep the communication going. She finds it difficult to talk about her problems, she can't stand up to him [powerless, Cadmium]. When she was little she wanted to go to ballet

[Silver series], but this was strictly forbidden by her Dutch reformed family [exaggerated, Stage 12, ideas, Silver series].

Cadmium muriaticum

Cadmium muriaticum is a new remedy.

Concepts

Cadmium

Powerless

Loss of talent

Enemies

Reproducing art

Dramatic

Artificial

Forgery
Muriaticum
Broken relationship
Mother Child
Care Nurturing
Attention
Mother
Self-pity
Attention seeking
Sadness
Alone
Anti-social
Group analysis
Having to continue their
success and be a good mother.
Reproducing success in order
to be cared for.

Forging success at the expense of motherhood.

Sacrificing care in the fight against decay.

Powerless against your mother.

Powerless as a mother.

A dramatic mother.

Mother is your enemy.

An artificial, unnatural mother.

Dwindling of talents leads to self pity.

Dwindling of talents leads to anti-social behaviour.

**Picture of Cadmium
Muriaticum**

Essence: having to continue to

be successful and be a good mother.

Success and motherhood must continue

They want to combine their creative career with motherhood, but they feel it is all too much. They feel they have enough creative ideas left inside them, but it is a matter of having to keep up the steady flow. And this is not easy because circumstances are against them. Having to take care of the children sucks out all their creative energy. This way they may even regard their

children as enemies who are trying to take success away from them.

Reproducing success in order to be cared for

They may go through life with the feeling that they have to continue their successful performance otherwise nobody will care for them anymore.

They not only have to keep up their schoolwork, they also have to do extra creative activities on the side, like music lessons, or acting lessons, otherwise mother won't be happy and won't take

care of them anymore. They might even forge their school reports in order to be appreciated.

**Powerless against your mother
Their own mother often felt the same need to develop her artistic talents and stay in touch with the art world or scientific developments. But motherhood forced her to give up her brilliant scientific career and for this she secretly blames the children. She is is expressed either through criticism or through projecting their own desires on to them,**

forcing them to be high flyers in the arts or sciences. But this has nothing to do with real love and nurturing. And gradually the children will begin to feel powerless against their mother. They can't compete with her use of language, her cleverness and her power. Her dramatic behaviour takes all power away from them and eventually they will see her only as their enemy.

Powerless as a mother

Another variation is that they feel powerless as a mother.

This may be the result of

having too little time for the children because they are too caught up in their creative career. It may also be because they didn't receive much care themselves when they were little and therefore feel unable to cope with children, it all feels very unnatural to them. Because they feel they haven't given enough love to their children, they tend to compensate by giving them anything they ask for, which in turn leads to a feeling of powerlessness later on when they dare not deny the ever

growing demands.

Dwindling talents leads to self-pity

They are very sensitive to criticism, especially where their way of handling motherhood is concerned. But they are also sensitive to criticism of their artistic achievements. On the whole they tend to be easily insulted, feeling that they are being treated unfairly, always afraid of being pushed aside. In order to maintain their successful career they may take it upon themselves to start looking

after influential people, hoping of course that they will safeguard their position.

As soon as they feel that appreciation of their talents is waning they become quite pessimistic and start to wallow in self-pity. They don't want to meet other people anymore because they will only be trodden on. They usually don't show their unhappiness.

Expressions

Fears: heights, narrow spaces, performances, speeches, alone, water, danger.

Dreams: heights, falling, water,

sea, waves, drowning, children, mother, disease and death of friends and relations, cutting of his finger.

Irritability: agg. humiliation.

Mood: haughty, sensitive, emotional, complaining, pessimistic, gloomy, self-pity, crying.

Mental: black and white ideas, -amel. freedom, agg.- laws.

Professions: artist, painter, writer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, public relations officer,

**advertising agent, top
sportsman or woman.**

**Causes: disaster, humiliation,
wounded pride, loss of mother
or relations.**

Generals

Build: thin

Locality: left.

**Weather: warm, amel. outside;
agg.. sea.**

Time: agg. 11 pm.

**Perspiration: easy agg.
exertion. Stinking.**

Desires: salt, starch.

Aversion: meat.

**Food: agg. alcohol, tobacco,
beer.**

Menses: profuse; agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses.

Sleep: difficulty falling asleep; sleepy.

Complaints

Cancer.

Weakness, bruised pains, itching.

Dryness of mucus membranes.

Headache; forehead, temples, vertex.

Eye complaints: infections, disturbed vision

Colds with watery coryza.

Voice problems: hoarseness,

stammering, loss of voice.

Lung complaints.

**Stomach pains, ulcer, cancer,
nausea, water in mouth,
vomiting, agg. smell of meat,
agg. exertion, lifting, pressing
during stool, amel. warm milk.**

**Problems with genitalia;
testes, affections of ovaries.**

**Constipation, stools hard and
dry.**

Oedema.

**Neck pains; stiffness. Arm
problems.**

**Ulcers, blisters and vesicles on
lips; herpes.**

Skin eruptions, on chest and

arms, red spots, agg. sun.

DD: Silicium series, Silver series, Stage 12 and 16.

Case

A 50 year old woman suffers from a stomach ulcer. She complains of nausea, water in the mouth and vomiting, worse from the smell of burning and meat. When she exerts herself lifting heavy things or pressing too much during stools she also has to vomit. Warm milk makes her feel better. She doesn't have much pain, only a feeling of pressure just before vomiting. The stomach

complaints started after she had a lump removed from under the skin over her stomach.

This happened when she had problems with her husband, a strict military type who already had four children. Everything was fine until she got two children herself and from then on life became hell. Her husband demanded her undivided attention the whole time and always told the children to shut up and be quiet and to clear up their mess. As soon as the lump on

her stomach had been discovered she knew it was a sign that she should choose for her children and get a divorce. After the divorce she felt relieved, eager to be there for her children. But on the other hand she also felt guilty that she was taking the children away from their father.

She had an unhappy childhood, the relationship with her mother was extremely difficult. Her mother used to make negative comments all the time: 'You are stupid and useless, you will never get

anywhere, you will never get married, you are too masculine' etc. Her older sister added to her misery by confirming everything the mother said. Even now she starts to tremble in fear whenever she visits her sister, totally unable to move or speak. She feels powerless because she never received any acknowledgement, especially not from her mother. She always had to fight to achieve anything. Her mother had sent her to boarding school in the hope that she might be able to get a diploma. She always

looked to her mother for a bit of love and attention but she never got it. She did her best to be a good girl, but her mother didn't even notice. She is still a kind type of person, but she cannot stand up for herself. Her son asked if he could borrow the car for three whole weeks and she had great difficulty saying 'no'. He said: 'I thought you wouldn't ', which made her think: 'Why do you ask then?'. She had a strange dream that she cut off the tops of the fingers of her left hand while lots of people were looking on;

She had a strange dream that she cut off the tops of the fingers of her left hand while lots of people were looking on;

she was very calm about it all and nobody amongst the group of onlookers took any notice. She dressed her wounds and, as before, nobody bothered to take help her. She teaches sowing and needlework and she is the only one of her sisters who has gone to college. She started college on her own initiative, 'that 'll teach them!'. She was desperate to prove herself. Later on she tried to retrain in textile designs, but couldn't keep it up. It all got a bit too much. She had a breakdown and had to resign because there

was no possibility for her to work part time. She feels she was never able to fully enjoy her children because of the pressure of work. It is a sense of loss which also makes her feel guilty.

She tends to be a bit heavy and pessimistic, always sensing trouble when there is none. She likes her freedom and can't stand rules and regulations. Medicines tend to wipe her out and she won't tolerate this. She is very black and white in her points of view, 'yes means yes and no means no'. She likes to

be busy, it makes her feel good. She gets discontented when she is idle. When she meets people she either likes them or she doesn't and in the latter case she is not interested in getting to know them better.

Generals

Weather: agg.- gloomy weather (2), -amel. fresh air, sea, space; cold feet.

Perspiration: during hot flushes, especially on the head, which ameliorates.

Time: agg. 9 am.

Desires: bread, vegetables, meat, sweet, chocolate, coffee.

Aversion: sour (3), onion, garlic, spices.

Food: agg. cooked food, sour, meat.

Menses: every 5 to 6 weeks; active and sleepless before menses.

Sleep: difficulty getting asleep (2), agg. waning moon (2), thunder, snow, amel. after dinner; wakes frequently, agg. 5 am, agg. restless legs; sleeps on abdomen.

Physical: amel. motion.

Analysis

Her remark that she feels powerless against her mother is

in itself almost enough to prescribe Cadmium muriaticum. She doesn't dare to say 'no' (Cadmium) to her son (Muriaticum). Through her work with textile designs (Silver series) she feels that she hasn't been able to fully take care of her children (Muriaticum). She feels powerless (Cadmium) because she never received any recognition (Silver series) from her mother (Muriaticum). She cannot stand up (Cadmium) to her husband who demanded all her attention and told her

children (Muriaticum) to be quiet. She dreams that she cuts the fingers off her left hand (Silver series) with a knife (Stage 12) and nobody cared (Muriaticum) for her.

There are other confirming symptoms for the Muriaticum aspect: she wants to do everything for her children and often feels guilty towards them. She tends to get pessimistic and feel sorry for herself. Other Muriaticum generals: agg.-sour, agg.- gloomy weather, agg. waning moon, amel. sea, -amel. bread.

Confirming symptoms for Cadmium: sleeplessness, agg. 5 am, teacher, textile design (art), stomach problems.

Reaction

After Cadmium muriaticum she soon starts to feel better. She is climbing out of the pit and won't be dragged down anymore. She wrote down her experiences of her childhood which released a lot of sadness.

Other remedies that had worked partially before Cadmium muriaticum: Kali iodatum, Gaultheria, Ginkgo

biloba, Zincum metallicum.

Indium metallicum

Indium is described by Boericke and Clarke, also by Julian (1979, page 298 and in 1984, page 155).

Signature

The name is derived from indigo, because of its blue spectrum. It was discovered in 1863.

Some of its uses: mirrors, photo-effect, transistors, car bearings, and long life batteries. It adheres to glass. It

squeaks on being bent.

Combined with Arsenicum it becomes a semiconductor (just like Gallium), used in infra red diodes. Alloys of Indium and Germanium are used to make transistors. For soldering of printing plates they add Indium to ensure maximum contact.

Concepts

Stage 13

Lagging behind

Outgrown

Nostalgia

Out of date

Falling behind

Secretive

Suspicion

Loss of faith

Withdrawal

Giving up

Silver series

Creation Inspiration

Ideas Culture

Unique Admiration

Aesthetics: Beautiful Ugly

Art Science Mysticism

Show Performance

Queen Ambition

Humiliation

Sexuality

Middle age

Town Province

Voice Hearing

Group analysis

**Withdrawing to the arts:
conservator.**

Nostalgia for the ancient arts.

**The science of nostalgia:
history.**

Outdated art.

Lagging behind in inspiration.

**Withdrawing to old ideas:
dogmatic.**

Lagging behind in science.

Outdated creations.

Outgrown admiration.

Holding back inspiration.

Holding back admiration.

Lack of faith in inspiration.

Withdrawal because of being

criticised over your talent.

Failure through dogmatic ideas.

The sportsman who is past the top.

Picture of Indium Metallicum

Essence: holding on to an outdated form of art.

**Withdrawing into the arts:
curator**

They are people who feel they know it all, especially as far as art is concerned. This is the only thing that they find worthwhile, and care should be taken that it gets well

preserved. This feeling is often expressed in a desire to collect old artifacts, paintings, antiques etc. They make very good curators, who like to show the public how well things were done in the past, compared to the inferior type of art that is being produced nowadays.

Nostalgia for the old arts

The hankering for everything that is old can also be expressed in a love for classical music. It is almost a sort of melancholy, a nostalgia for the beauty of the old days.

Withdrawing into the old ideas:

dogmatic

They have seen it all and heard it all and they are not interested in the opinions of others, as there is nothing new to add to what they know already.

This is probably quite true because their perfectionistic mentality has made them an expert in their field! But it makes them a bit dogmatic and stubborn, never giving others a chance to have their say.

Lagging behind in science

It is a waste of time to try and convince them of the value of

**the new ideas in their field.
They do everything they can to
keep these developments at
bay, saying they have no use
for such newfangled ideas.**

**Lack of faith in inspiration
Their lack of faith in anything
that is new goes hand in hand
with the lack of faith in their
own possibilities. They don't
believe they will be able to
produce anything new
anymore. Every possibility has
been tried and exhausted and
there is nothing left to create
that is worthwhile. It is the
lack of faith in the future of**

their own creative career that makes them want to hold on to the old with such tenacity.

Outgrown admiration

They can no longer admire other people's work, because they have seen it all before. Perhaps very occasionally an old piece of art will come to light that will temporarily rekindle their enthusiasm, but on the whole they have lost interest. 'There is nothing new under the sun'. Modern art is something that leaves them cold.

Withdrawing when their

talents is being criticised

They withdraw into their ivory tower. Nobody understands nowadays what art is all about, so why should they bother to try and explain it. Those who are really interested will probably know where to find them and for the rest they will be happier to pass the time undisturbed by stupid people.

**Failure through dogmatic ideas
They are involved in forms of art that are really outdated and that don't mean much to other people. They try to keep the production going, and they get**

quite upset when other people, or the government, try to restrict their activities or cut their grant. How dare these ignorant people who don't know what real art is all about try to take their livelihood away from them! They stare in disbelief at the crazy new artists who manage to convince the public of their wonderful new ideas and manage to get the backing of new sponsors.

It hurts them to see the classical arts go to ruin.

The sportsman who is past the top

The career of the sportsman is in decline. At the big events he gets no higher than 4th or 5th place if he is lucky. He still holds the hope of a win at one of the smaller tournaments, but that is about all he can manage now.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches.

Dreams: heights, falling, travelling in a foreign country; lost in mountains or woods; pursued by mad bulls; falling in love; failed coition, lascivious, strait-jacket, futile efforts to

escape, futile efforts to run.

**Irritability: agg. humiliation;
contradictory.**

**Mood: dry, serious, haughty,
excited, restless, indifferent,
sentimental, gloomy, crying.**

**Mental: dull, absent minded,
lack of concentration,
exhausted, numbed.**

Work: agg.-, agg..

**Professions: artist, painter,
writer, singer, musician,
teacher, scientist, doctor,
priest, vicar, bishop, shaman,
governor, secretary,
representative, advertising
agent, public relations officer,**

top sports man, - woman.

Causes: disasters, humiliation, hurt.

Generals

Locality: left.

Weather: agg. heat, amel. cold bath, agg. inside, amel. outside; agg. cold, cold hands and feet.

Perspiration: on hands and feet.

Time: agg. 1 pm.

Desires: sweet.

Food: agg. bread, tea; amel. eating.

Menses: profuse.

Sleep: sleepy.

Physical: agg. lying on left

side, amel. lying on stomach or back; -amel. deep breathing, amel. continued movement; agg. coition.

Complaints

Cancer.

Weakness. Bruised pains, itching.

Headache in forehead, temples and vertex.

Headache with nausea, vomiting, sleepiness, sleeplessness and tiredness: agg. constipation, amel. stools, amel. vomiting, amel. dry weather, amel. sleep, agg. chewing, amel. jerking, amel.

eating, agg. fasting, agg. stooping. From forehead radiating to the temples. With vertigo and fainting, agg. sitting. Sensation as if the top of the head will fly off. Red face.

Eye complaints: inflammations, visual disturbances, pain; sees yellow colours in front of eyes.

Colds with thin, watery, yellow-greenish mucus.

Voice problems: hoarseness, loss of voice, stammering. Sore throat, stitching pains with tough mucus.

Lung complaints. Lung injuries (Dreisbach), fibrosis.

Abdominal pains around liver and navel, agg. sneezing and laughing. Constipation (2).

Problems of genitalia, testes, ovaries. Pain in testes and spermatic cord; nightly seminal emissions causing weakness.

urine smell bad. Trembling during stools.

Pain in left scapula with stiffness, radiating to neck and shoulders, and on through the arm and elbow.

DD: Silver series, Stage 13, Lycopodium, Natrums.

Case

A 38 year old man gets frequent headaches. His head feels heavy and it makes him feel very tired. It happens especially in damp weather with low clouds. It is worst just before rain or thunderstorms, because he cannot tolerate the light that is reflected from the clouds. Sometimes he vomits during the headaches, with alternating heat and chill, chattering teeth and inability to lie still. Other modalities: agg. constipation, amel. stools, amel. vomiting, amel. dry

weather, amel. sleep, agg. 1 pm, and agg. red vegetables like red peppers. The headaches started when he was at secondary school, because he often felt tense before doing a test. He was not interested in school or homework, only in art. When he was at university he hardly ever had a headache, but when he started work the headaches came back.

He is often constipated especially when he is busy at work. Sometimes the constipation turns into diarrhoea. He gets stomach

pains when he doesn't eat for a long time. He can also get them from eating bread. His joints, particularly his hips and legs, get stiff when the weather is damp. He also feels tension in his chest, as if it is being tightened. He is afraid that it result in a heart attack. During the last two years he has had frequent colds with sore throats and much mucus in his nose and throat, difficult to dislodge. The mucus is yellow and very tough. It is worse in the morning and better in the fresh air.

He is a serious type of person, in fact, very serious. He has difficulty taking life at it comes. You can notice this by the way he speaks: very quiet and with a very serious tone of voice. He is a typical observer, who watches every detail. He is rather obsessive and describes himself as a perfectionist.

He is always convinced he is right and is proud that 'he knows it all'. He feels he doesn't have to enter into any discussion because his opinion is the only right one. He tends to be very forceful in his ways.

But he is also very sensitive to atmospheres.

He likes anything that is old; it makes him feel slightly melancholic. He has turned collecting old things into a hobby and he is now a great expert in antiques. He has learned so much about the particular sort of antiques that he specialises in, that his knowledge often surpasses that of the professional antique dealers. As he is a great perfectionist he thinks very carefully before he will buy something. He often takes

several days to consider whether to buy a certain piece or not. Sometimes the piece in question has been sold by the time he has decided to buy it. When he is on holiday he visits many museums to further his knowledge of art.

He pays the violin and is a member of an orchestra. When he started it was very hard, but since his playing has improved he has started to enjoy it a bit more and he feels emotionally involved in the piece they are playing. But he still gets very tense and nervous before a

performance. It irritates him when there are some people in the orchestra who can't play as well as the rest.

Antiques and his work are everything to him. His wife and child only come in third place. He was an only child and spent a lot of time with his father. His father had the same interest in art and antiques and had a hobby of repairing old things. He himself can't do this, unfortunately: he has got two left hands, he says. His father was very critical, a dominating type who never saw

much good in what other people achieved. He himself is more refined: he weighs up what is good and what isn't.

When he was little he used to have recurring dreams about a sort of strait-jacket, like a hollow tube in which he was imprisoned.

Another theme in his dreams was that he had very fat fingers and couldn't grasp a thin object like a blade of grass.

Generals

Weather: agg. damp (3), agg. before thunder and storms (3), stifling weather 93), amel. dry;

cold.

Time: agg. 1 pm.

Desires: sweet (3), salt, meat, beer with yeast, fried potatoes.

Aversion: dry food (2), lentils, boiled potatoes, egg.

Food: agg. bread, peppers, beer with yeast, tomatoes with pips, tea.

Sleep: on stomach.

Analysis

The extreme sensitivity to heavy and damp weather reminds us of remedies like Natrum sulphuricum, Rhus tox or Rhododendron. Symptoms that might confirm Natrum

sulphuricum are: wife and child only come in third place, serious, melancholic, -amel. sweet. But does not have the typical theme of perfectionism, knowing best, pride and sensitivity to art that we see in this case. But the most important reason why Natrum sulphuricum is not the correct remedy is that it only worked temporarily!

And there are few reasons to choose Rhus tox or Rhododendron, apart from the sensitivity to storm and damp. So this symptom alone will not

lead us to the right remedy.

Another modality that is very strong is the aggravation at 1 pm. When we look it up in the repertory we find Argentum metallicum, Argentum nitricum and Indium, all remedies from the Silver series. This seems to be more appropriate, as the patient is very involved with art. I chose Indium because the Argentum didn't quite seem to fit the case. It wasn't until later that I learned that the stubbornness and conviction that they know best is typical of Stage 13. His love for

conserving everything that is old is also expressed in his love for classical music. His irritability and refusal to listen to others is typical of this stage too.

DD: Argentum, Silica, Germanium, Calcareo carbonica, China, Cobalt, Carcinosisin, Stannum.

Reaction

The first remedy he was given was Natrum sulphuricum 1M. After a month he felt much better: he felt less locked up in himself and the headaches were less frequent, even during

damp weather. This seemed an excellent reaction, especially because he had an initial aggravation of the stomach pains. I repeated Natrum sulphuricum but three months later we were back to square one.

Then I gave him Indium 1M and after a month he felt better again. He had the impression that this remedy worked better but more slowly. He felt stronger, calmer and more grown up. He didn't get nearly so worked up when he had to perform or achieve something.

This time the amelioration continued and he has remained well for three years.

His three year old daughter also did very well on Indium. She was a serious, pale little girl who didn't like to mix with other children.

Case by Alex Leupen

An assistant director [middle management, Silver series] of a school suffers from dizziness when reading and when turning over in bed. The ceiling seems to whirl around. He is a very intellectual type of man [Silver series] and very sensitive. He is

nostalgic about the teaching [Silver series] he used to do. When he was 15 he had a stomach ulcer, the main complaint being a great distension of the abdomen.

Stannum metallicum

Stannum has been known since the olden days and it has also been used as a homoeopathic remedy for a long time.

Signature

The name is originally a Latin word. It is one of the oldest known metals. In astrology it is

associated with the planet Jupiter.

In the old days they used to make jugs, drinking beakers and spoons out of tin. This sometimes caused problems because of a phenomenon called 'tin-rot' which could suddenly pulverise a tin object. The same thing can happen in parts of the object, where you get 'tinspots' which are 'contagious'.

Bronze is made of tin and copper together (7% tin), and is used to make bells and statues. It is the tin that gives the bells

their beautiful ringing sounds.

The main use of tin is in the manufacture of 'tins', because it doesn't corrode. Other applications are in solder, alloys to make smooth bearings, and in organic tin compounds like pesticides and fungicides. It serves as a catalyst in the manufacture of PVC. It used to be a component of foil, as the name tin foil still suggests, but nowadays it has been replaced by aluminium, which is much cheaper.

Concepts

Stage 14

Empty Shell
Eliminating
Diverting
Shrugging off
Irresponsible
Indifferent
Distant Formal
Hiding Covering
Mask
Silver series
Creation Inspiration
Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Queen Ambition
Show Performance

Humiliation

Sexuality

Middle age

Town Province

Group analysis

Discarded ideas and creations.

Elimination of honour.

**Formal presentation of
yourself.**

Weakness through talking.

An irresponsible minister.

Blasé as an artist.

Empty inspiration: uninspired.

**Discarding other people's
ideas.**

Formal ideas: discrimination.

Someone who talks to

weaklings.

Diverting as a form of art.

Formal admiration: courteous.

**Failure through shrugging off
creativity.**

The decline of the sportsman.

Picture of Stannum Metallicum

**Essence: discarded ideas and
creations.**

Discarded ideas and creations

**They feel that their creations
are no longer admired and that
people are only tolerating them
out of a sense of politeness.**

**They feel discarded and pushed
aside. They are allowed to show
their ideas from the sidelines,**

but they are not the centre-piece of the exhibition any longer. They have no more say in the matter and all their designs are discarded.

Elimination of honour

They have been pushed aside and feel insulted. Their fame has dwindled to a mere fraction of what it was in the past; their former glorious position is reduced to a place in the margins.

This feeling is often the result of a loss of fortune or a loss of honour. They have had many successes but now their career

is nearly over. It is like a late afternoon, when the highlight of the day has passed.

Formal ideas: discrimination

They are extremely formal in their ideas and convictions.

Their opinions have not been updated and since their opinions don't really count anymore anyway, they don't mind what happens either way.

Everything has something good in it and as far as their own ideals are concerned, they don't go for any extremes. But there is also the other side: they are concerned about

**people who have been pushed
aside like themselves. Amnesty
International will appeal to
them because these people
haven't got a chance anymore.
And anyone else who is
discriminated against can
count on their support. They
hate rusty old ideas and like to
discuss their opinions with
others.**

**Formal presentation of
yourself**

**They are only allowed to
present themselves to the
public in a formal capacity.
They no longer represent a**

prominent or radical point of view and are often thought of as cowards. They never take any responsibility because everything is too relative in their eyes. As an artist they dare not take a definite stand out of fear of being dumped. They always want to have their cake and eat it.

**Formal admiration: courteous
Because they see everything as being relative they are very good at putting themselves in someone else's shoes. They are generous, easy going, courteous and often have an excellent**

command of foreign languages. They can become so good at imagining what it is like for the other person that they become quite clairvoyant. They are also good at diverting problems, they may even turn it into a form of art.

Weakness through talking
They may feel so powerless that they will go along with whatever is being said. They don't dare to express their own opinion anymore, always babbling along with other people. This makes them feel exhausted because it not their

own self expression and therefore doesn't energise them. Nobody listens to them so they have to shout to be heard.

Failure through shrugging off creativity

Eventually they will fail because they don't dare to show their work anymore. They haven't got the courage to risk their neck and show their original talent. Any demand from the outside world to show what they are doing nowadays they will simply shrug off with a non committal word. It is as

if they have got nothing to say for themselves. The public soon loses interest because their art is no more than an empty shell. Deep inside they feel very offended but they don't show it on the outside, remaining as courteous as ever.

**The decline of the sportsman
This is the stage where the sportsman still competes in the usual tournaments, but he has got no illusions about winning anymore. He will be lucky if he reaches the quarter finals nowadays. And having a big mouth doesn't help either, or**

his successors at the top will beat him without mercy.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, disease, cancer, poverty, future, housework, worms, getting angry, crowds, men, people.

Dreams: heights, falling, riots, battle fields, accidents, explosion, fight, fire, parties, glittering, erotic, business, cruelties, superiority, quarrels, noise, exertions, futile efforts to escape, futile efforts to run.

Delusion: that is the end of the

**day (of his former glory),
empty, disease, distances are
increased, fainting, fire.**

**Irritability: Contradictory,
quarrelsome, angry, malicious,
violent, hate, revengeful,
sarcasm, satire, teasing;agg.
humiliation, amel. working.**

**Mood: haughty, cheerful,
ecstasy, excited, hysterical;
timid; empty; mild, generous;
indifferent; sentimental;
uneasy, impatient, changeable,
restless, worried, suspicious,
discontented, complaining,
despairing, hopeless, anxious,
pessimistic, gloomy, agg.**

crying, suicidal.

Mental: dull, absent minded, lack of concentration, dreamy, confused, uninspired, insane.

Work: agg.-, agg., -amel., agg. agg. reading, agg. writing.

Contacts: agg.-; amel. alone; agg.- company, agg.- talking and answering questions, is not allowed to talk, agg. consolation.

Religious: praying agg. sleep.

Hobbies: dancingamel., art, philosophy.

Sex: -amel., agg.-, perverted, lascivious, agg.- men; orgasm agg. when they are being

kissed.

Professions: artist, painter, writer, singer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, advertising agent, public relations officer, top sports man, - woman.

Causes: disasters, humiliation, hurt, admonition, set-backs, loss of money or fortune, writing.

Generals

Build: pale, yellowish skin.

Locality: left.

Weather: cold, cold feet.

Perspiration: agg. night.

**Time: agg. 1 and 5 pm;
gradually coming and going.**

**Desires: cold, drink, sour,
refreshing.**

**Food: agg. beer, milk, warm,
smell and sight of food; amel.
cold food and drinks.**

**Menses: profuse; agg. before
menses, amel. during menses.**

**Sleep: sleepy, somnambulism;
begging, complaining, crying.**

**Physical: agg. exertion (3),
lying down; amel. lying on
stomach, pressure, bending
double; -amel. amel. dancing;
amel. carried across someone's**

**shoulder, agg. noise, smell,
music, amel. sitting, agg. lying
on right side, agg. coition.**

Complaints

Cancer.

**Weakness (3), agg. talking,
breathing, exertion. heavy and
lame.**

**Pressing and drawing pains;
Bruised pains, itching.**

**Headache in forehead, temples
and vertex; neuralgia.**

**Meniere, dizziness with
tinnitus.**

**Eye complaints:
inflammations, visual
disturbances.**

Colds with thin, watery discharge.

Taste bitter, metallic. Tongue problems (3).

Voice problems: soft, hoarse, weak, loss of voice, stammering; scraping.

Lung complaints. Asthma, tuberculosis, bronchitis, cancer. Sighing.

Chest feels weak, empty and hollow, agg. exertion and talking.

Cough hard, deep and painful, amel. holding chest, mucus thick, green, loose, sweet, metallic like tin. Stomach weak

and empty.

Liver problems. Worms.

Problems of genitalia, testes, ovaries. Endometriosis.

Prolapse of uterus, agg. stool.

Leucorrhoea. Prolapse of bladder. Cancer of bladder.

Neck problems, stiffness. Pain in arms. Writers cramp; trembling hands. Swollen ankles.

Vitiligo, white patches in face.

Eczema

DD: Silver series, Stage 14, Acidums, China, Gelsemium, Helonias, Laurocerasus, Lycopodium, Siliciums,

Veratrum.

DD Indium: has the feeling he knows everything better. The general public doesn't understand a thing. Stannum feels that everything is relative, that there is no absolute truth.

Case

A 65 year old woman has a whole series of complaints.

She is very restless, which started to manifest itself after the second war. Her parents had been caught and taken to the gas chambers and, being an only child, she had to cope on

her own from the age of 17 onwards. The restlessness was extreme until two years after she got married. Fortunately her husband was a tower of strength and slowly she began to relax a bit.

But she never feels really calm inside. Nothing is sure in this life and she always has to react and do something when something happens. There is never a moment when she feels free of cares; there is always someone or herself to worry about. She leads a very intense sort of life.

She hates narrow-minded people who are ready to spout their opinions. She herself has the feeling 'some things happen in life and there isn't a thing you can do about it'.

She likes to explain everything, to repair the damage, to neutralise a problem. When someone says something negative she immediately wants to say something positive to counterbalance it. She doesn't like uncertainty and she cannot stand injustice. She feels she will never stop crying, although

she never started. She can't ever completely let go and enjoy life, there is always something.

Her way of thinking is very black and white, she isn't very subtle, she reacts immediately. She is also very critical, 'like all people who use their brain'.

She used to be quite violent in her reactions in the past, but nowadays she tends to feel that everything is relative. Her children have also taught her to look at things from different sides, not always to stick to the same old opinions.

She has a strong sense of duty. She would like to be creative but she isn't.

She has many complaints and always feels tired. She can't stand traffic noise. She gets frequent colds with sinusitis, agg. dust, straw, agg. spring and summer, amel. winter, agg. left.

She has pains in her back, suddenly, agg. cold, amel. warmth, amel. sitting up straight, radiating to left hip, with a feeling as if everything is cut off, agg. pressure, agg. manipulation, which makes her

feel sick and dizzy.

The rims of her nails get inflamed, especially the right index finger and left ring finger.

Her hands and feet are icy cold: chilblains, red, painful or numb. She has thick, horny toenails.

Headaches starting from the neck, spreading all over her head, to her jaws, worse on the left side, with diplopia, nagging (2), amel. heat, agg. tension, - amel. sleep; she wants to carry on working because occupation ameliorates. She gets a dirty

metallic taste in her mouth, like tin.

She gets stomach pains with a sensation of a block in the stomach, agg. 3 to 4 am. She is dizzy when she lies down, a light, floating type of sensation. Her hands and feet are often swollen.

Her appendix has been removed and she also had a hysterectomy because of profuse bleeding. During her second pregnancy she had back pains for 4 months. The child was induced but the first attempt failed and the second

attempt only succeeded one week later when the child had been turned around in the womb; she developed eczema on the palms of her hands, with large blisters. She also got a breast infection with terrible pains after feeding.

Generals

Weather: cold, agg. damp, agg. draught, restless agg. storm, -amel. wind, fresh.

Time: agg. morning.

Desires: fruit (3), sour (3), sweet (3), chocolate.

Aversion: warm food, egg (2), milk.

Sleep: on left side.

Analysis

The metallic tin taste in her mouth would be enough in itself to prescribe Stannum.

This is what I did in fact, and it wasn't until later that I understood the mental symptoms in the light of the group analysis.

That the remedy should be one of the Silver series can be deduced from the fact that she is very interested in art and is always busy philosophising about different ideas and opinions. She likes to have an

explanation for everything (Silver series) and she wants to neutralise all problems (Stage 14). She hates narrow minded people who are always ready to spout their opinions and point a finger (Stage 14). She lives her life according to the principle: 'Things happen anyway and there is nothing you can do about it' (Stage 14). She has learnt to see that everything is relative (Stage 14).

Reaction

After Stannum 1M she soon starts to feel calmer, doesn't

turn things over and over in her mind so much anymore. The improvement continues gradually and she gets more and more energy. The headache, backache and inflammation around her nails come and go, but three months later they have disappeared. During the course of the next two years she gets three more doses of Stannum 1M for a recurrence of the sinusitis.

**Antimonium
metallicum**

Antimonium metallicum has never been described in the old literature. The most common Antimonium compound that we know of is Antimonium crudum, which is the sulphide of Antimonium. The picture of Antimonium crudum is for the most part determined by the Antimonium component. Only the sentimental and romantic aspect is due to the influence of Sulphur.

The obstinate, contrary and angry character of Antimonium crudum is quite well known, but in fact this symptom,

together with the sensitivity to touch and the aversion to be looked at, is common to all Antimoniums.

Signature

The name is derived from the Greek phrase 'Antimonos' meaning 'against loneliness'.

The abbreviation Sb comes from the Latin name stibium, meaning 'marking stick', because they used it to accentuate their eyebrows. It was discovered around 1450.

Antimony looks like Arsenicum: it is a silvery white, glossy, brittle metallic

substance that is easily pulverised. It is rarely found in its pure form: we generally find it in combination with other elements, mostly in the form of sulphides and oxides.

It is used in antimony-lead batteries and in tin alloys. Also in pyrotechnics and in the manufacture of textiles, rubber and glass.

Concepts

Stage 15

Passing on Loss

Bankrupt

Dying

Superfluous

Surrender

Sacrifice

Forgiving

Poison

Unforeseen

Refusing Stubborn

Silver series

Creation Inspiration

Ideas Culture

Unique Admiration

Aesthetics: Beautiful Ugly

Art Science Mysticism

Queen Ambition

Show performance

Humiliation

Sexuality

Middle age

Town Province

Voice Hearing

Group analysis

Loss of creativity.

**Loss as soon as you show
yourself: agg. looked at or
touched.**

**Farewell to the arts: farewell
concert.**

Superfluous talents.

Idealistic refusal: martyr.

**Refusing by using your voice:
'no'.**

Loss of admiration: disdain.

Unforeseen remarks: shocking.

**Refusing to go along with
ideas; contrary.**

Admiration is poisonous.

The messenger gets killed.

Picture of Antimonium

Metallicum

Essence: loss of creativity or presentation.

Loss of creativity

The general theme of the Antimoniums is the loss of creativity. They feel that they have got nothing new to offer anymore. Any creative idea they ever had has been worked out and shown to the public, and now they have nothing left to say. This is the final farewell to a beautiful career, a loss of

their former position. In the positive sense this could be cause for a celebratory concert or a farewell party.

They often develop problems when the possibilities of being creatively occupied are suddenly taken away, like the child who gets ill when he is not allowed to play the piano anymore or who has to stop going to drama classes.

One of their most favourite forms of creativity is playing music, particularly the flute.

**People refuse to hear him:
being told to shut up**

Or they feel that all opportunities to express themselves are being taken away. They quickly feel that others don't want to hear what they have got to say, as if they are being told to shut up. As if other people are trying to prevent them from airing their ideas and showing their work, through withholding financial backing or other forms of negative influences.

Loss of honour

It is a feeling of hurt pride, as if other people have no respect for them. When other people

**don't go along with their ideas
it feels to them as if their
sincerity and honesty are being
questioned. So they soon
develop the feeling that their
talents are superfluous and
that nobody admires them
anymore.**

Loss of admiration

**They start to feel insulted and
they may even dream of
insults. Even the most
innocent remark can suddenly
spark off this feeling of being
insulted.**

**They find it hard to swallow
what people have to say, even**

if it is well meant, as if everything goes down the wrong way. This is expressed on the physical level in a tendency to choke on their food or drink. They retch and cough and vomit to get the stuff out again, because it doesn't go down well, it lies too heavy on the stomach.

Losing yourself as soon as you present yourself: agg. looked at or touched

The most characteristic symptom of Antimonium is the aggravation from touch. They don't even want to be looked

at, otherwise they get extremely angry. They experience these looks as a sign of disapproval or suspicion because everything they had to offer has already been given. It is all over, so when people still come to look at what they've got, they are surely only doing so for a laugh, to have something to snigger about afterwards.

**Refusal to go along with ideas:
contrary**

They are generally quite contrary. There is nothing left to lose because it has all been

taken away already. Perhaps they can be persuaded to put on a last performance or show, but it won't be what it used to be. They may even turn it into a joke and show some ridiculous or awful pieces, just to shock people. The strange thing is that when they do go all out to shock, people suddenly get interested again. This contrary behaviour can also express itself in a point-blank refusal to go along with anything that is being proposed. Their first reaction is always a standard 'no'. You can

see this especially in children who refuse to do things your way and need endless persuasion to come along. They will only comply if they can do it in their own way and in their own time. It is the child who wants to do it 'by himself' and the best thing the parent can do is to let him get on with it. This child won't easily ask for help, he'll figure it out for himself, don't come near him! Or they refuse to eat what the rest of the family is eating and when the rest of the family is eating.

But this contrariness can also be expressed creatively. Everything they do is different, slightly mad, but definitely different. Every time they walk upstairs they'll find a different way of doing it, back to front, upside down, on their knees, etc. As long as it isn't the same way twice in a row. They can turn into real little comedians.

Admiration is poison

Because they no longer believe in their own success they also don't believe other people when they say they admire their work. This can't be true, they

can't possibly mean it. Or they may be afraid that admiration will poison their mind and make them too arrogant.

Or they may feel that is is silly to admire anything even if you are totally struck by the beauty of it. Admiring something would poison the critical mind and ruin your objectivity. They tend to guard themselves against admiring comments with sarcastic remarks about their own abilities, saying it is all vastly exaggerated.

They even have a physical fear that people will use subtle ways

of trying to get rid of them, for instance by sneaking some poison into their drink.

Unforeseen remarks: shocking
They have an intuitive sense of spotting weaknesses and mistakes and they are merciless in their comments. They have nothing to lose, so why be nice about it. It doesn't matter what other people think about their ideas.

At the same time they feel that only the most radical ideas have any chance of getting through to people. Nobody seems to realise how society is

losing the most elemental values. So you have to be hard to get through, otherwise you can't do anything about it.

Punks are a good example of the Antimoniums: they go right against the grain of all the standard moral values. Their behaviour is contrary, their hair is contrary, it sticks up at right angles to their head, and they pierce all parts of their body with pins etc. They are revolutionaries who can't wait to see our present day society collapse.

They may have many talents

which they accept as a matter of course. They can even be real naturals at art or music etc. But they waste their talents because they feel these are no use to them. However, having the talent enables them to see exactly how things should be done and they are very good at pointing this out in their usual tactless and shocking manner.

Idealistic sacrifice: martyr
The real talent of an Antimonium is to make a sacrifice from the courage of his conviction. The most

extreme form of this is the martyr or the kamikaze pilot. It is born from the idea that everything comes to an end one day and you cannot hold on to things forever. If you have to lose anyway you might as well surrender now. It is better to accept the situation as it is and to make your sacrifice.

Another form of sacrifice is forgiveness. They are very good at forgiving people for what they have done, even if they have been fighting them in a political or religious battle for

years. But they are only prepared to forgive after the other person has changed his ideas: until then forgiveness is out of the question.

They may end up in opposition groups like Greenpeace, because it is an ideal place to express their ideas and to be as contrary as they like, they will even be rewarded for it. Here they can make as many contra moves as they like, in the most literal sense of the word !

Expressions

Fears: heights, narrow spaces, shows, performances, speeches,

suffocating, choking (3!), alone, disease, death, evil, being approached, poisoned, ghosts.

Dreams: heights, falling, dinosaurs (a creature that is extinct), witch, gnomes, poison, being poisoned, lasting injuries, disease, death, accident, fire, party.

Mood: haughty, happy, cheerful, making faces, funny tricks, humorous; apathetic, changeable (3), hypersensitive (3); discontented, crying, desperate, depressed, melancholic, suicide with a

pistol; amel. thinking and dreaming about country of birth and old friends.

Irritability: cross, moody, grumpy, angry, kicking, hitting, biting, scratching, pulling hair, swearing, stamping feet, breaking things; agg. hurt and humiliation, agg. looked at, agg. touched (3); anger leads to coughing, vomiting or breath-holding spells.

Mental: dull, intelligent, wise, intuitive, delirious.

Contacts: agg.-, silent.

Hobbies: music, flute,

Greenpeace.

Sexual: -amel..

Professions: artist, painter, writer, singer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, advertising agent, public relations officer, top sportsman or woman.

Causes: disasters, humiliation, hurt.

Generals

Locality: left.

Weather: cold, cold feet, agg. cold (2), agg. damp (2), amel. outside.

Time: agg. 11 pm; suddenly coming and going (3); moonlight, full moon.

Desires: cucumber (3!), gherkins, sour (3), raw vegetables, fruit, alcohol, beer, brandy, pickles, eating, ice-cold water.

Aversion: cucumber, gherkins, sour, raw vegetables, fruit, alcohol, fat, eating.

Food: agg. milk (2), sour (2), wine, alcohol, bread, starch, fruit, stone fruits, cherries, kiwi, strawberries.

Menses: profuse; agg. before menses.

Sleep: sleepy, sleepless; jumpy; grinding teeth.

Physical: agg. touch (3), agg. looked at (3), agg. exertion, amel. rest; agg.- loud noises, agg. noise, music, pain.

Complaints

Sensation of a plug. Cancer. Leishmania.

Coma; fainting agg. cough.

Weakness. Stitching pains (3), bruised pains, itching.

Headache (3) in forehead, temples and vertex; neuralgia.

Eye complaints: inflammations, visual disturbances.

Colds with thin, watery discharge.

Tongue thickly coated white.

Voice problems: hoarse, loss of voice, stammering.

Chocking, retching.

Lung complaints. bronchitis, emphysema; breath-holding spells agg. anger.

Stitching pains in chest radiating to back and shoulders.

Cough dry, heavy.

Stomach problems (3), nausea, vomiting agg. cough; stomach ulcer, duodenal ulcer; stomach cramps. Eructations.

Diarrhoea, constipation. Pain in abdomen, distension.

Problems of genitalia, testes, ovaries; impotency, pain in testes, atrophy of testes or penis. Genitalia very small.

Painful urination, difficult, drop by drop.

Problems with joints; neck problems, stiffness. Pain in arms.

Bilharzia, sleeping sickness, aleppo boils or oriental boils, black fever or kala-azar, venereal granuloma.

Chickenpocks (3); warts, verrucca on soles of feet (3).

Cracks in corner of mouth and wings of nose. Boils on face, neck and genitalia.

DD: Silver series, Stage 15, Chamomilla, Cina, Cuprum, Ipecac, Magnesiums, Mercurius, Plumbum, Sarracenia.

Case

A 55 year old man suffers from bronchial asthma. He wakes up at 5 or 6 in the morning very short of breath. He also gets bronchitis several times a year. This often starts after a cold which he catches from others or when the weather turns cold. He has been taking antibiotics

as a precaution every winter for years. Change of weather makes him feel worse and smoking makes his cough more productive.

He suffers from frequent headaches, pulsating in the temples, radiating to left shoulder and right hand, agg. being busy with visitors, agg. irritability, agg. looking towards the left, amel. pressure, amel. relaxation. He usually takes a nap in the afternoon, otherwise he is exhausted by 10 pm. He often feels quite anxious and hurried:

he finds it impossible to wait patiently in a queue. He used to be a teacher, but he lost his job because he couldn't function well within the school. He had problems with his colleagues who wanted him to adapt to their old system of teaching with a blackboard. He preferred to work with video's etc., which his pupils loved and which got them very good marks. Another thing that irritated him was that nobody had taken his illness into account when they made up the teaching timetable. He often gets

depressed, and doesn't know how to enjoy life. He only feels happy when he listens to music, especially Mozart's piano concertos. He also loves opera's and singing, which is his greatest hobby. He always sings solos, and hates to sing in a choir. When he was little he sang in the church and he wasn't allowed to play football from September onwards in case he got a cold and couldn't sing his solo in the Christmas Eve service. He had wanted to become a professional singer, but he parents wouldn't let

him. From that moment onwards he lost interest. He felt he would never have got asthma if he had been allowed to sing. As a child he used to be quite sickly and puny because of his bronchitis and the whole family took the mickey out of him. They always spent their evenings at home competing with each other over who was the cleverest and who could convince the others of his superiority. This has made him hate any form of discussion or mind games. He is always the loser.

Generals

Weather: agg. changes of weather (2), agg. cold, agg. damp, amel. sea.

Perspiration: easy, agg. night; on chest, stomach and feet.

Desires: meat, cheese, sour, salt.

Aversion: fish (2), starch.

Food: onions, sauerkraut, stone fruits.

Sleep: difficulty getting asleep; on the right side.

Analysis

The most striking thing he said was that he would never have got asthma if he had been

allowed to sing. It had made him lose out (Stage 15) on his career as a singer (Silver series) and this brings us to Antimonium. He always loses (Stage 15) when they play mind games (Silver series).

The bronchial asthma is a confirming symptom for Antimonium, and there is no reason to look for one of the Antimonium combinations.

Other Antimonium symptoms: stubborn and contrary, agg. 5 am and 11 pm, left sided, agg. anger, agg. change of weather, -amel. sour, agg. stone fruit.

Reaction

After Antimonium 1M his complaints gradually become less severe and his lung capacity increases. He feels a whole lot better in general. Eighteen months later he still seems to be doing very well.

Antimonium tartaricum

Antimonium tartaricum is quite a strange remedy because on the one hand we have been using it for years because of its very characteristic physical symptoms, and on the other hand we hardly know anything about the mind picture. We

know even less about the influence of the tartaricum part because we don't really know any other tartaricums.

My own experiences with Antimonium tartaricum in the past had been unusual in the sense that it seemed to bring relief to just about every case of chronic bronchitis, but it hardly ever really cured anything at a deeper level.

A proving was conducted but didn't bring out many mind symptoms, so that didn't help either.

Antimonium tartaricum

contains some potassium. Its proper name is Kali Antimonium tartarate, or $(\text{KSbOC}_4\text{H}_4\text{O}_6)_2\text{H}_2\text{O}$. The acid of the tartarate is sometimes called wine-stone acid.

Concepts

Antimonium

Loss of creativity

Silenced

Disdain Insult

Observed or touched

Sacrifice Martyr

Contrary 'no'

Shocking

Poison

Tartaricum

Carbon series

Value

Body

Possessions

Picture of Antimonium

Tartaricum

They have got all the characteristics of Antimonium, being easily insulted, angry and feeling left out. They like artistic and special things. One of the dreams during a proving was that they are preaching a sermon and then get stuck half way through (Stage 15).

We also see the themes of the Carbon series: I, values, self-worth and desire for protection from family and friends.

A typical symptom seems to be the amelioration when someone offers their apologies to them. Another characteristic symptom seems to be their desire that people speak plainly, with no hidden meanings or clever games.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, suffocating, medical examinations, alone, disease,

death, evil, being approached, touched.

Dreams: heights, falling, preaching and not knowing what to say anymore, fire, ghosts, historical, difficulties, visions, water; carrying on to the next dream.

Delusions: head is separated from the body, death, fire, ghosts, water.

Mood: haughty, happy, cheerful, coward, shy, excited, laughing, restless, changeable, discontented, indifferent, groaning, moaning, gloomy, suicidal, crying.

Irritability: cross, moody, grumpy, angry, quarrelsome, violent, agg. humiliation, pain, noise, disturbed, agg. looked at or touched, being held.

Mental: quick thinking, confused, dull, absent minded, chaotic, forgetful, aphasia mania, coma.

Contacts: agg.-, -amel.; agg.- talked to, -amel. alone, clinging.

Hobbies: fire.

Work: agg.-.

Professions: artist, painter, writer, singer, musician,

**teacher, scientist, doctor,
priest, vicar, bishop, shaman,
governor, secretary,
representative, advertising
agent, public relations officer,
top sports man, - woman.**

**Causes: disasters, humiliation,
hurt, anger, excitement, looked
at.**

Generals

Locality: left.

**Weather: cold, cold feet, agg.
cold (2), agg. damp (2), mist,
amel. outside.**

**Time: agg. 11 pm; sudden (3);
moonlight, full moon.**

Desires: cucumber (3!),

gherkins, sour (3), raw vegetables, fruit, alcohol, beer, brandy, pickles, eating.

Aversion: cucumber, gherkins, sour, raw vegetables, fruit, alcohol, fat, milk.

Food: agg. milk (2), sour (2), wine, alcohol, bread, starch, fruit, stone fruits, cherries, kiwi, strawberries.

Menses: profuse; agg. before menses.

Sleep: sleepy, sleepless; jumpy; grinding teeth.

Physical: agg. touch (3), agg. looked at (3), agg. exertion, amel. rest; amel. carried

upright, amel. sauna.

Complaints

Sensation of a plug. Cancer.

Leishmania.

Coma; fainting agg. cough.

**Weakness, bruised pains,
itching.**

**Headache in forehead, temples
and vertex.**

**Eye complaints:
inflammations, visual
disturbances.**

**Colds with thin, watery
discharge.**

Tongue thickly coated white.

**Voice problems: hoarse, loss of
voice, stammering.**

Chocking, retching.

Lung complaints. bronchitis, emphysema;agg. cough; breath holding spells agg. anger; feeling of rawness behind sternum.

Stomach problems, nausea, vomiting agg. cough.

Diarrhoea, constipation. Pain in abdomen, distension.

Problems of genitalia, testes, ovaries.

Neck problems, stiffness. Pain in arms.

Tension causes pain in shoulders, left side stiff and painful

Bilharzia, sleeping sickness, aleppo boils or oriental boils, black fever or kala azar, venereal granuloma.

Chickenpocks (3); warts, veruca on soles of feet (3).

Cracks in corner of mouth and nose.

DD: Silver series, Stage 15, Chamomilla, Cina, Cuprum, Ipecac, Magnesiums, Mercurius, Plumbum, Sarracenia, Vitis vinifera.

Case

A 25 year old woman suffers from asthma, especially in foggy weather. She gets a lot of

mucus in her throat and has to scrape frequently when she is speaking. She often wakes up at 3. am. and has to take Ventolin, which loosens the phlegm so that she can cough it up. Everything is worse when she is lying down and when she wakes up in the morning. The cough is better from warm drinks and worse from cold drinks. Coughing leaves her short of breath and it creates a feeling of rawness behind the sternum. The amount of mucus increases when she drinks milk. The mucus is usually

white, sometimes yellow.

Concomitant symptoms are frequent colds and painfully red eyes that are gummed up in the morning.

Before the menses she tends to feel angry with everything and everybody and can't see the funny side of life. She is a person who is generally quite short tempered, but she quickly gets over it again.

Occasionally she will remain angry for a long time, for instance when a friend has done something wrong and hasn't offered his or her

apologies. If they don't apologize the friendship is over as far as she is concerned, but if they do apologize she will quickly forget the whole incident.

She doesn't have many friends but the ones she does have are very good friends.

Her parents gave her a lot of freedom when she was little, she was always allowed to choose for herself. She didn't really like this, because she never knew what her parents really felt about things. Her father was very short tempered

and was often very unreasonable towards her mother, looking for a fight and picking holes in everything she did. He never apologized to her afterwards. Her mother usually remained silent.

When she works the pressure soon builds up because she wants to do it well. This causes problems in her shoulders. The pain in her shoulders is worse on the left side, mostly situated on top of her shoulder and radiating to the scapula and left arm. The shoulder is stiff and painful, amel. sauna,

amel. night and morning, agg. paraffin, agg. tension in the her arm and crossing her arms in front of her and putting her hands on her shoulder (3). She likes to be busy however, otherwise she feels bored.

When she was 12 the family moved from Amsterdam to a small town where she had to start a new school. She hated it and couldn't fit in, nobody accepted her and they called her a punk with all her strange 'towny' manners.

She dreams about riding a motorbike in fine weather,

which she loves; as a child she used to dream of the death of friends or relations.

Generals

Weather: cold, agg. damp (2), agg. mist (3), restless during storms, amel. sea.

Perspiration: easy agg. exertion.

Time: agg. 3 am; agg. autumn.

Desires: vegetables, fruit (3), spices.

Aversion: sour, egg(2), milk.

Food: agg. milk.

Menses: profuse, ill with irritability, stomach- and back pains before menses.

Sleep: on right side.

Analysis

There are many Antimonium symptoms in this case: asthma, short of breath, agg. cough, cough agg. lying down, agg. talking, agg. mist, contrary, easily angered. The 'punk' theme is also typical of Antimonium.

At the time when she came to see me I only really knew Antimonium crudum or tartaricum. I chose Antimonium tartaricum because she feels the cold and she isn't particularly romantic.

Other Antimonium symptoms: cold, agg. damp, -amel. fruit, agg.- sour and milk, being called a punk.

Symptoms that belong to the Carbon series: dreams about the death of friends and relations.

Reaction

Two days after Antimonium tartaricum she gets a bad cold that lasts a week. After that the cold and the breathlessness diminish and her energy starts to increase. After a month her complaints are 50% better in spite of stopping with the

Becotide and using the Ventolin spray only very occasionally. She feels much better inside, she is more active and less nervous. Her dreams are different too, she doesn't get caught up in other peoples business so much.

Before she got Antimonium tartaricum I had given her Natrum sulphuricum with quite good results.

Proving

Method

This was a dream proving lasting two days. It was done by the students of the SHO school

in Wageningen on 5th and 6th February 1993. The remedy was taken in C30 potency, one of Friday morning and one on Friday night at bed time. Eight people have given a summary of their experiences.

Unfortunately this proving didn't seem to give us many symptoms, certainly not on the mental/emotional level.

There were a few complaints that fit the general Antimonium tartaricum picture: colds, agg. 11 pm, 'constricting' pain in the chest, pressing pain in the ears.

Mind

-relaxed, calm, pleasant feeling. Not tired anymore [in contrast to the previous days].

General

- warm at night, sleep very good, slight perspiration on upper part of body, back and stomach.

- hungry at 10 pm [very unusual]. Ate some crackers with butter.

- sleep good, much yawning in the morning.

- difficulty getting asleep.

- happy to be able to get up, everything is aching, couldn't

find a comfortable position at night [symptoms of flu?].

Complaints

- stitching and itching pains in left nipple, again after the second dose.

- menses quite heavy, no pain [this was the second menstruation after giving birth and breastfeeding. Normally the menses were profuse and bright red].

- got a cold with pressure in ears and head, 'sponge' like sensation in head.

- constricting, short lasting pains in chest agg. evening

after taking remedy.

**- as if I could smell wheat,
happened three times for a very
short while, until 12.15.**

**- back ache agg. getting up to
have lunch.**

**- low back pain agg. end of the
afternoon. Every muscle is
aching.**

Antimonium crudum

**Together with Cinnabaris this
is one of the very few sulphides
we know in the Materia Medica.
Its chemical formula is Sb_2S_3 ,
while Antimonium sulphuricum**

is $\text{Sb}_2(\text{SO}_4)_3$. Antimonium sulphurosum is the sulphide. Sulphides are also called Sulphuratum.

Signature

The mineral form of Antimonium crudum is quite common and is called stibnite. It is mainly found in Japan on the island of Chikoku and in the mines at Ichinokawa. The crystals in this mine can reach a height of 60 cm with a width of 5 cm, which makes them useful as poles to fence of certain areas. The crystals usually lie at right angles to the

magnetic field of the earth.

Antimonium also readily forms sulphides with the other metals. With lead it forms plagionite, boullangerite, semseyite, and zincenite. With lead and tin together it forms cylindrite and frankeneite, with mercury it forms livingstonite, with silver: miargite, pyrostilbnite, stefanite and pyrargyrite, with copper: chalcosine, tetraedrite and chalcostibite, with lead and silver: diaforite, with lead and copper: bournonite, with iron: gudmundite, and with nickel:

ullmannite.

Concepts

Antimonium

Loss of creativity

Silenced

Disdain Insulted

Observed Touched

Contrary 'no'

Sacrifice Martyr

Shocking

Poison

Crudum = Sulphuratum

Love

Marriage Partner

Self love Egotism

Jealousy

Joy Satisfaction

Harmony Aesthetics

Clothes

Lazy

Ugly

Theorising

Group analysis

Loss of creativity means loss of love.

Loss of creativity compensated by love.

Using love in the fight against a threatened loss of success.

Shocking clothes.

Love is like poison.

Contrary towards your partner.

A partner who is contrary.

Silenced by your partner.

**Your partner doesn't hear you.
Poisoned relationships.
Sacrificing yourself because
you love someone.
Love feels like an insult.
Loss of talent leads to laziness.
Loss of talent leads to neglect.
Picture of Antimonium**

Crudum

**Essence: Loss of creativity
means loss of love.**

**Loss of creativity means loss
of love**

**They feel they are going to
lose their creativity and with it
the love and respect of their
friends and family. When they**

are not famous anymore their loved one is bound to lose interest, so they think. So they always have to be different, to produce something that goes right against all the common expectations, just to catch the attention and make sure people will still take notice of them.

Loss of creativity compensated by love

A variation on this theme is that they start to look for compensation or their loss of fame. The loss of their former fame and glory isn't so bad as long as their partner still loves

them. They begin to build a very romantic picture of love, and can get quite sentimental about it. They may even sacrifice themselves completely, all for the sake of love, because they couldn't bear to lose it. Their partner may also throw him into the fight out of love for his wife, to try and rekindle the creative fire.

Poisoned relationships
But their relationship isn't always a bed of roses. They tend to expect so much of their partner that he or she will find

this impossible to live up to. But they experience this as if the partner is unwilling to cooperate and is doing that out of sheer stubbornness. They think that their partner is trying to silence them and stop them from doing what they want. This creates an atmosphere of jealousy and because they feel they are being obstructed they retaliate by going against the grain themselves and refusing every offer of help. They get so upset that they will be cross when you even look a them,

everything is considered as a huge insult.

Shocking clothes

They have a tendency to wear very romantic clothes. But when they feel unloved or unappreciated they develop a preference for shocking clothes. They turn into punks who like to have their hair standing up in spikes, who walk around in tatty clothes and colours that don't match.

**Loss of talent leads to neglect
When things really go wrong and their talents really aren't appreciated any longer they go**

all the way to be difficult and against the grain. They feel so insulted that they don't want anyone to look at them or touch them. A love disappointment may be the cause of such a state and they become moody or lazy or they neglect their artistic talents. They may even become suicidal in such situations.

Expressions

Fears: heights, narrow spaces, shows, performances, suffocating, choking (3), alone, disease, death, evil, future, approached, poisoned, ghosts,

**poverty, ugliness, dirt,
freedom, bathing, water, noise.**

**Dreams: heights, falling,
dinosaurs, witches, dwarfs,
poison, being poisoned,
mutilation, disease, wounded,
accident, death, fire, pig,
erotic, quarrels, anger, being
called, dead people, old friends,
country of birth, party.**

**Delusions: mutilations, dead
people, someone calling them.**

**Irritability: moody, obstinate,
grumpy, touchy, angry, hitting,
kicking, biting, scratching,
pulling hair, stamping feet,
throwing things, yelling; agg.-**

consolation; agg. humiliation, agg. looked at, agg. touched (3), being held; anger leads to coughing, vomiting or holding breath.

Mood: haughty, cheerful, ecstatic, hysterical, pulling faces, tricking, humorous; apathetic, changeable (3), hyper sensitive (3); discon-tented, crying, desperate, depressed, melancholic, suicidal with a gun, amel. thinking and dreaming about mother country and old friends.

Mental: dull, dreamy, intelligent, wise, intuitive,

delirious, dementia.

Contacts: agg.-, silent.

Hobbies: music, flute, poetry.

Sexual: -amel..

**Professions: artist, painter,
writer, singer, musician,
teacher, scientist, doctor,
priest, vicar, bishop, shaman,
governor, secretary,
representative, advertising
agent, public relations officer,
top sports man, - woman.**

**Causes: disasters, humiliation,
hurt, loss of loved ones (2),
friends or family, insults,
shame.**

Generals

Build: obese.

Locality: left (3).

Weather: warm, agg. heat, amel. open air; hot flushes; amel. outside.

Perspiration: easy, agg. exertion. Stinking.

Time: agg. 5 am and 11 pm; sudden (3); moonlight, full moon.

Desires: cucumber (3!), gherkins, sour (3), raw vegetables(2), fruit (3), alcohol, beer, brandy, pickles, eating, sweet 3), fat, fried, spices, cold drinks.

Aversion: cucumber, gherkins,

**sour, raw vegetables, fruit,
alcohol, fat, egg, bread.**

**Food: agg. milk (2), sour (2),
wine, alcohol, bread, starch,
fruit, stone fruits, cherries,
kiwi, strawberries.**

**Menses: profuse; agg. before
menses.**

**Sleep: sleepless; deep; frequent
waking; agg. lying in late;
sleepy; on stomach; jumpy;
grinding teeth.**

**Physical: agg. touched (3), agg.
looked at (3), agg. exertion,
amel. rest; agg. bathing; amel.
carried upright, agg.- loud
noises, agg. noise, music, pain.**

Complaints

Sensation of a plug. Cancer.

Burning (3) pains. Full, heavy, pulsating feeling.

Discharges are thick, yellow, stinking of rotten eggs.

Coma; fainting agg. cough.

Weakness, bruised pains, itching.

Headache in forehead, temples and vertex.

Eye complaints:

inflammations, visual disturbances, eyelids red.

Ear infections. Redness of ears.

Colds with thin, watery

discharge.

**Tongue thickly coated white,
mouth red.**

**Voice problems: hoarse, loss of
voice, stammering.**

Chocking, retching (3).

**Lung complaints; bronchitis
with yellow, slimy mucus,
emphysema; breath holding
spells agg. anger.**

Hear and vascular diseases.

Varicose veins, heavy legs.

Haemorrhages and haematoma.

**Stomach problems (3), nausea,
vomiting agg. cough, stomach
ulcer, duodenal ulcer; stomach
cramps. Belching.**

Diarrhoea, constipation.

Diarrhoea brown, watery, stinking, putrid, oily.

Problems of genitalia, testes, ovaries, impotency, pain in testes, atrophy of testes and penis. Genitalia small.

Urination painful, drop by drop, difficult.

Pain in joints. Neck problems, stiffness. Pain in arms.

Skin: inflammations with yellow pus.

Bilharzia, sleeping sickness, aleppo boils or oriental boils, black fever or kala azar, venereal granuloma.

**Chickenpocks (3); warts,
veruca on soles of feet (3).**

**Cracks in corner of mouth and
nose. Boils in face, neck and
genitalia.**

**DD: Silicium series, Silver
series, Stage 15 and 16,
Chamomilla, Cina, Cuprum,
Ipecac, Magnesiums, Mercurius,
Plumbum, Sarracenia.**

Case

**A10 year old boy, called
Douwe, is brought in by his
mother because of behavioral
problems. He is very easily
insulted and flies into a rage
whenever he gets teased or**

when things don't go his way. He even feels offended when his mother asks him to clear up his room or to go and brush his teeth, or any minor request like that. He gets very angry when other children call him 'Douwe Egberts'.

He always thinks he is being criticised or accused of something he hasn't done. His automatic response to everything is 'NO!' He has terrible mood swings too, one minute he is laughing, the next minute he is crying.

His behaviour cause a lot of

tension in the family, he almost acts like a tyrant. His mother thinks it is all due to the fact that he has got an older brother. But he can also be very sweet and caring. He likes drawing and makes little books which he gives to the children in his class. He is also very romantic, kisses his mother on the mouth, loves being cuddled and asks his mother how he should behave with his girlfriends when he is older. But he easily bursts into tears when something throws him off balance.

He is incredibly creative and always does things differently than the rest of the family. He never walks down the stairs the same way twice. He loves reading and drawing, his writing is very stylish and precise. He also loves water and likes to go swimming and sailing. He has joined a gymnastics group after school. During the consultation he does a drawing of a little man with a star on his belly.

He dreamt that someone found a dinosaur and that he and his father were building a cage,

because the dinosaur was going to be given to him. He also dreams about his birthday and getting lots of presents.

He wants to be a professor when he is older and do good work for the environment, protecting the ozone layer etc.

When he was little he always had a cold, which got worse when he drank milk. When he was a baby his mother had difficulty feeding him, because he was always choking on his food, which then made him vomit. It was worse when he was tired, which happened a

lot, as the feeding usually took ages. And so it was a vicious circle of getting tired, feeling sick, turning pale and finally vomiting. Only a good sleep would get him out of this circle.

Cows milk gives him eczema around the mouth. He gets very excited in stormy weather.

Generals

Weather: warm, always walks on bare feet; -amel. outside; agg. storm.

Desires: buttermilk, yogurt, chips, bread, sweet, fruit, tomatoes, cucumber, lemon,

sour, meat, fish, cheese, eggs.

**Aversion: warm food, soup (2),
melon (2).**

Food: agg. milk.

**Sleep: wants to go to bed late
and get up late.**

Analysis

**The contrary behaviour could
lead us directly to Antimonium
but we shouldn't forget the
other obstinate remedies like
Chamomilla etc. However the
standard reply of 'NO' is a
strong indication for
Antimonium. There are also
other indications for this
remedy: -amel. sour,**

buttermilk, fruit, cucumber, agg.- melon, agg. milk, vomiting after milk. There is no evidence in his story that he is not allowed to speak, but he definitely feels that he isn't being heard, a typical Antimonium symptom. The creative side, characteristic of the Silver series, is moulded by the contrariness of Stage 15.

Then there is also the fact that he wants to become a professor (Silver series), working to save the environment (the loss of a nice environment, stage 15).

Now we should decide which

Antimonium is the most appropriate for him. He is warm blooded, so it could be Sulphur. His romantic tendency, his jealousy towards his brother and his desire to be cuddled would seem to confirm this choice. So we end up with the combination Antimonium sulphuratum = Antimonium crudum.

Reaction

Three days after taking Antimonium crudum his behaviour became even worse and it remained like that for seven days. The aggravation

was made worse by the fact that it was holidays and he went to bed very late, and the weather was extremely hot. But after this first week things gradually started to improve. He didn't say 'no' quite so often and the children at school didn't tease him quite so much. Three months later everything is going really well. Much later on he needed some Zincum to round off the treatment.

**Antimonium
muriaticum**

Clarke had given us a brief description of Antimonium muriaticum.

Concepts

Antimonium

Loss of creativity

Silenced

Disdain Insulted

Touched or Looked at

Contrary 'No'

Sacrifice Martyr

Shocking

Poison

Anti-social

Muriaticum

Broken relationship

Mother Child

Care Nurturing
Attention
Self-pity
Attention seeking
Sadness
Alone
Group analysis
Motherhood has meant a loss
of career.
Sacrificing yourself as a
mother.
Silenced by your mother.
Not being heard by your
mother.
Contrary towards your mother.
Loss of talent leads to self-
pity.

Loss of ideas means loss of attention.

Attention is like poison.

Attention feels like an insult.

Picture of Antimonium

Muriaticum

Essence: motherhood has meant a loss of career.

Loss of career through motherhood

They feel that they have to give up their artistic career to be a mother. It is not something that can be combined, it is either one or the other. So being a mother they have to make this

sacrifice.

Silenced by your mother

**Or they may have the feeling
that their creative urge is being
smothered by their mother.**

**They have all sorts of creative
ideas, but their mother always
cuts them off before they have
a chance to develop them.**

**Their mother simply doesn't
hear them and goes right
against all their creative
wishes.**

**This often happens in cases
where the mother herself was
denied the opportunity to
develop her creativity and this**

has made her awkward and uncooperative.

**Turning against your mother
They become obstinate and turn against anybody who tries their mother as being over protective and smothering, stopping them from doing what they want. It is as if the mother's care and attention works like poison, and they react with poisonous looks whenever anybody dares to come near them.**

Loss of talents leads to self-pity

When they feel there is no

room for their creative talents they become pessimistic and very melancholic. They start feel sorry for themselves and think they are a martyr. They may also adopt shocking tactics towards anybody who asks for attention.

Expressions

Fears: heights, narrow spaces, shows, performances, alone, water, danger.

Dreams: heights, falling, dinosaurs, water, sea, waves, drowning, children, mother, disease or death of family and friends.

Irritability: obstinate, contrary, angry, agg. looked at, agg. touched, agg. humiliation.

Mood: haughty, sensitive, emotional, unstable, self-pity, gloomy, crying.

Mental: aphasia, coma.

Contacts: agg.- talking.

Professions: artist, painter, writer, singer, musician, teacher, scientist, doctor, priest, vicar, bishop, shaman, governor, secretary, representative, advertising agent, public relations officer, top sports man, - woman.

Causes: disasters, humiliation,

hurt, wounded honour, loss of mother and loved ones.

Generals

Build: thin.

Locality: left (3).

**Weather: warm, agg. cold (2),
agg. damp (2), amel. outside,
agg.. sea.**

**Time: agg. 11 pm; sudden (3);
moonlight, full moon.**

**Desires: cucumber (3!),
gherkins, sour (3), yogurt, sour
cream, raw vegetables(2), fruit
(3), alcohol, beer, brandy,
pickles, eating, salt, starch.**

**Aversion: cucumber, gherkins,
sour, raw vegetables, fruit,**

alcohol, fat, meat.

Food: agg. milk (2), sour (2), wine, alcohol, bread, starch, fruit, stone fruits, cherries, kiwi, strawberries.

Menses: profuse; agg. before, during or after menses, agg. after pregnancy; swollen and painful breasts before menses.

Sleep: difficulty falling asleep; sleepy; jumpy; grinding teeth.

Physical: agg. touch (3), agg. looked at (3), agg. exertion, amel. rest.

Complaints

Sensation of a plug. Cancer.

Coma; fainting agg. cough.

**Weakness, bruised pains,
itching.**

**Dryness of mucus membranes.
Headache in forehead, temples
and vertex.**

**Eye complaints:
inflammations, visual
disturbances, eyelids red.**

**Colds with thin, watery
discharge.**

**Tongue thickly coated white,
mouth red.**

**Voice problems: hoarse, loss of
voice, stammering.**

Chocking, retching (3).

**Lung complaints; bronchitis,
emphysema; breath holding**

spells agg. anger.

Stomach problems (3), nausea, vomiting agg. cough, Diarrhoea, constipation. Constipation, hard, dry stools, fruitless urging for stool. Diarrhoea.

Problems of genitalia, testes, ovaries.

Neck problems, stiffness. Pain in arms.

Chickenpocks (3); warts, veruca on soles of feet (3).

Cracks in corner of mouth and nose.

**Ulcers, vesicles on lips; herpes.
DD: Silicium series, Silver series, Stage 15 and 17,**

**Chamomilla, Cina, Cuprum,
Ipecac, Magnesiums, Mercurius,
Plumbum, Sarracenia.**

Case

A 30 year old woman suffers from sore throats and pain in her neck. During regression therapy it emerged that this had something to do with her mother and the birth process. She had experienced her birth as being very violent and she is still afraid of violence even now. She doesn't like being touched and always tries to avoid it. During the birth she had become stuck in the birth

canal and this had caused the pain in her neck. Her mother had not really liked getting pregnant because it meant she would have lots of obligations towards her child. Her mother was a very capable woman and had to put all her own wishes aside for the sake of the children. But she (the daughter): 'I am here anyway because I want to be here, whether you like it or not!'

The pain in her throat also brings up memories of having her tonsils removed and being tied down in a chair. This is

also connected with the feeling of not wanting to be touched, it makes her want to wave her arms around and beat anybody who comes near. She gets very angry when that happens and afterwards she feels sick, and sad with sore muscles.

She has been sexually abused when she was very little. This has also left her feeling threatened in her femininity and sexuality. She feels threatened when she hears footsteps behind her in the dark. It makes her afraid and gives her stomach pains

accompanied by nausea.

As a child she never wanted to be touched, but felt very guilty about this. She feels she had to hide who she really was.

Nobody took any notice of what she wanted. Her mother didn't want her to pursue the things she was good at out of jealousy, because she had really wanted to do all these things herself.

This created many conflicts, especially because her mother also told her to do the cooking because she was a girl, but never asked her brothers to help in the house.

Her father always wanted to show off how clever she was and wants her to go to university, but at the same time he doesn't want to let her go and be independent.

She want to either go and study physics or go to art school.

Generals

Weather: suddenly feels hot, -amel. summer and sun, agg.-gloomy, amel. sea.

Perspiration: agg. heat.

Time: agg. winter.

Desires: fruit, yogurt, sour cream, warm food, sour (3).

Aversion: meat.

Food: agg. meat. fish, protein, grapes, cheese, coffee, beans, citrus fruit, cherries.

Menses: depressed and changeable moods before menses; back pains and stomach pains during menses.

Sleep: sleeps much because she is always tired.

Analysis

The fact that she doesn't want to be touched is a very strong pointer towards Antimonium. There are other remedies who have this symptom to a greater or lesser degree, Cuprum and

Cina amongst others. But this woman has an aversion to be touched accompanied by stomach pains and nausea, which are typical Antimonium complaints.

The theme of not wanting to be touched is in this case connected with the memory of being stuck in the womb and the rather violent birth process. This aspect indicates a Muriaticum problem, which leads us to the combination of Antimonium muriaticum. her mother was very talented (Silver series) but had to put

her wishes aside (Stage 15) for the sake of the children (Muriaticum). Her mother (Muriaticum) stopped her (Stage 15) from pursuing her own talents (Silver series). She feels threatened (Antimonium) in her femininity (Muriaticum).

Other Antimonium symptoms: agg. being tied up, hitting people who come near, sore throats, neck pains, stomach pains, nausea, agg. heat, -amel. fruit, yogurt, sour cream, sour, agg. grapes, citrus fruit, cherries.

Muriaticum symptoms:

depressed and unstable before menses; stomach - and back pains during menses, agg. heat, amel. sea.

Reaction

During the third week after she had taken Antimonium muriaticum 1M she had an aggravation of the depression and listlessness. She went for another regression session and found herself stuck in her mother's womb once more. She froze and got into a sort of trance, an apathetic state. Suddenly she recognised that this is what happens to her in

every day life and it made her laugh with relief. Since then she feels something has been dissolved and she is free to do what she wants. She has become more active and more cheerful. The neck pains, sore throats and soreness in the muscles have almost gone. During the course of the following six months she needed a few more doses of the remedy and she has been getting better every time.

Tellurium metallicum

Tellurium has long been known as a homoeopathic remedy. But it has mainly been prescribed on physical symptoms such as sciatica or ear infections, because the mental / emotional picture was not clear. Julian (1979 page 499 and 1984, page 305) has described a proving done by Reaside. Peters (personal comment) has recognised the theme of 'gone down' in one of his cases.

Signature

The name is derived from the

Latin word 'tellus', meaning earth. It was discovered in 1782. It is heavier than Iodum although it has a lower atomic number. It has some metallic and some non-metallic properties. It is quite similar to Selenium.

It is used together with Selenium and Bismuth to make tiny refrigeration units based on thermo electric effects.

Other uses are: radio detectors, silver alloys to retain shine, disinfectants. colouring of silver bromide in photography and semi conductors. It

increases the electrical and heat conductivity when it is combined with other metals. It is also used as a catalyst in the vulcanisation of rubber.

Concepts

Stage 16

Lost

Used up

Expectation

Tempting

Deepen

Remembering

Imagination Fantasy

Reconciliation

Using up

Neglecting Lazy

Rotting
Dwindling
Silver series
Creation Inspiration
Ideas culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Hurt Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Lost creativity.

Expecting admiration.
Experimental art: extravagant.
Tempting with tricks.
Using up your creations.
Giving away your creations.
The theoretical artist.
Theorising about designs.
Living on your reputation.
Professor in retirement.
The veteran top sportsman.
Picture of Tellurium
Essence: neglecting your
creativity.
The loss of creativity
They feel that their creations
are no longer accepted by the
general public. They have come

to the end of their career and it is only the goodwill of the people that keeps them going. They are not taken seriously anymore. They don't take themselves seriously either, but they still get very angry when they are not being accepted or understood. This feeling often comes about after several big projects have failed. It can also be the situation of someone who has had it too easy, who has never had to exert himself to create something and who therefore doesn't take his own talents

very seriously.

Neglected as an artist

They often give their power away so they no longer have a grip on what is happening. Or they handed over their financial affairs to an agent so they no longer have a say in the matter. This is also a way of handing over responsibility.

Experimental art: extravagant

They become interested in experimental art. They have grown tired of the well trodden paths and are searching for freedom by indulging in all sorts of experiments. They are

really different from the rest. Their creations are extraordinary. They are the musicians who like to improvise. It also saves them the trouble of having to study and rehearse their pieces, so it makes life a lot easier. They tend to be quite provocative, they like to see the reaction when they produce something strange. They like to lure their audience with clever tricks.

Neglecting their unique creativity

Their creativity is going downhill and they tend to

neglect it. In the beginning they will continue to make new designs, but they don't bother with the final product anymore. Their presentation become more and more shabby and disorganised and they don't take themselves seriously anymore. Later on their designs become fewer and fewer because they think that it is wasted on the general public anyway.

Fantasies and memories of the good old days of fame

Eventually all that is left is the memory of the old days when

they were still famous. They tend to fantasise about all sorts of abstracts ideas, about art and about the things they would have created. It is a dream world in which they create the most wonderful things. And when others remind them that these days are over they feel very upset.

Expecting admiration

They expect to be admired, even if they do very little to deserve it. If their experimental and extravagant designs aren't immediately recognised as something very special they

become indifferent towards their audience. They'll become slack and careless because they expect to be dismissed anyway. This careless presentation causes the public to lose interest very quickly and so they get into a vicious circle. They make very little effort to convince people that what they are presenting is really something worthwhile. They expect others to recognise the uniqueness of their creations without any further explanation. And so they become indifferent to fame and

admiration. They may even provoke the public and create an adverse reaction. Eventually they start to neglect themselves and turn into a shabby artist. Hence their own dislike for shabby types, drug users and other 'down and outs'.

Living on past reputations

Although they know that they have lost the fame they once had, they simply can't believe it. 'I used to make the most wonderful things, I used to be really famous, where has it all gone?' They prefer to live in

the past, the world of memories is infinitely better than the present reality.

The veteran sportsman

This is the top sportsman after his career has come to an end.

He still plays in the odd veteran competition or charity tournament, but all that is left of the great days is memories and photograph albums.

Expressions

Fears: heights, narrow spaces, shows, performances, speeches, being touched, looked at or threatened, accidents.

Dreams: heights, falling,

smoking cigars.

Mood: haughty, cheerful, sensitive to atmospheres, serene quiet, indifferent, gloomy, crying.

Irritability: grumpy, angry, violent, temper tantrum, agg. humiliation and hurt.

Mental: dull, absent minded, forgetful about business.

Hobbies: music, singing, parties, top sports.

Work: agg.-.

Professions: artist, painter, writer, scientist, singer, musician, teacher, doctor, priest, vicar, bishop, shaman,

**governor, secretary,
representative, advertising
agent, public relations officer,
top sport man, -woman.**

**Causes: disasters, humiliation,
hurt.**

Generals

**Locality: left, upper part, right
lower parts, left handed.**

**Weather: warm, agg. heat (2),
amel. outside.**

**Perspiration: profuse agg.
exertion, smells of garlic.**

**Time: agg. 5 am and 9 pm;
periodical, every week; gradual.**

**Desires: melon, apples,
chocolate, vegetables, fruit (3),**

ice-cream, bread, salt, cold drinks.

Aversion: melon, fish, crab, meat, tobacco.

Food: agg. melon, rice.

Menses: profuse.

Sleep: sleeplessness, agg. lack of sleep; sleepy. falls asleep while doing things, narcolepsy.

Physical: agg. laughing, sneezing, coughing, being touched; agg. pressure, lying on affected side, rest, rubbing.

Complaints

Cancer. Weakness.

Bruised pains, stitching, burning, radiating; itching.

**Vertigo. Neuropathy.
demyelization.**

**Headache above left eye, neck,
congestive.**

**Eye: inflammation of iris,
choroid and conjunctiva;
infiltrations, cataract agg.
accidents; pterygium;
lachrymation; visual
disturbance.**

**Ear infections (3) with watery,
stinking, acrid discharge, which
may cause eczema. Yellow, grey
or green discharge. itching in
ear, radiating to throat. Loss of
hearing.**

Colds with watery discharge;

**blocked nose. Hawks mucus
from nose to throat.**

**breath smelling of garlic (3),
metallic taste, no appetite,
injuries of the liver (Dreisbach).**

**Problems with voice:
hoarseness (2), loss of voice,
stammering.**

Lung complaints.

**Pain in stomach, heartburn,
nausea; stomach feels empty
and weak, after headache, +
fainting.**

**Problems with testes, ovaries
and genitalia.**

Urine smells of ammonia.

Sciatica (3), agg. laughing,

sneezing, coughing, pressing during stool, agg. sitting, lying on back, stretching, stooping, moving, changing position, amel. warmth, lying on left side; + tingling on lateral side of thigh and foot. Pain in back, dorsal area.

Pain in neck, stiffness, arms. Pain in hollow of elbow, muscles too tense, radiating to hand. Hamstring tendons too tight.

Ringworm. Eczema on hands and feet, ears and occiput, itching and stinking.

DD: Silver series, Stage 16,

**Allium cepa, Arsenicum album,
Chininum sulphuricum,
Phosphorus, Radium
bromatum, Rhus
toxicodendron, Sepia,
Tetradym, Tuberculinum.**

**DD Antimonium: is angry
about losing fame, he wants to
be heard but everybody pushes
him aside. Tellurium has
accepted the fact that nobody
wants to know about him
anymore. He doesn't even want
to stoop so low as to speak to
the general public, because
they wouldn't understand
anyway.**

Case

A 40 year old man has problems with his arm. It started after he strained himself playing an old musical instrument called a dulcimer, which he had to hold like a guitar. Afterwards he couldn't stretch his arm anymore, the muscles in the hollow of his elbow were too tense, with the pain radiating to his hand. He couldn't bring his hand up to his shoulder anymore either. Physiotherapy didn't help.

He also had problems while playing tennis because he is

left handed. But he won a veteran tennis tournament the other day. In the past the public didn't support him, but he didn't exactly make himself popular either. He used to challenge them if they only applauded when the home players was scoring a point. If they didn't clap when he hit a winning point he would shout: 'how about a bit of applause for this shot?' He used to get very angry during these games, throwing his racket around from time to time, which caused the crowd to jeer at

him. Later on he still used to make provocative remarks, but he tried to keep it funny, so that he eventually got the people on his side.

He has been a bit depressed lately. He is an architect but he feels his work is not really appreciated and business isn't going very well. He always seems to attract people who want something very ordinary, nothing on which he can let his imagination run riot. It has to be cheap and normal and he has to accept these commissions because he has to

earn a living, but he doesn't like it. He would love to design something really extravagant, also because his studies incorporated the most advanced ideas of the present times.

He doesn't really earn enough to make a living, so they depend on his wife's income, she is an art teacher. Because of this precarious financial situation he hasn't got the money to start any new projects, to buy a place to start his own advisory office.

He has got all sorts of fantastic

plans for the future, but the area in which he lives is very conservative and they are not interested in his outlandish ideas. A while ago he had designed a huge project all by himself but handed it over to a development firm which didn't do anything with it. So it has come to nothing and he has lost all control over the situation. This was a terrible disappointment. Since then he is afraid of losing out all the time because he has got no financial backing anymore. He is afraid of raising his hopes

too much in case things go wrong again. He ridicules his own plans and tries to avoid responsibility of having a go. His environment thinks he is a bit strange anyway, but he pretends it doesn't matter to him.

His presentations were shabby and disorderly, especially before he had a computer. They still lack commitment, as if he doesn't take himself seriously. After a visit to a client, where he laughs about his own plans, he returns home feeling angry that nobody understands him.

He spends most of his time living in a world of fantasy.

His father used to have a big architects agency. He should have really taken this over, because then he would have had the backing of a large firm. But he didn't get on with his father who didn't take him seriously.

He loves playing the piano, but only freestyle. He recently gave a concert together with a friend in which they played a piece they had written themselves, with a lot of improvisation in between. The audience didn't

like it on the whole, although a few of them thought it was great. They gave several performances, some of them turned out all right, others didn't. When it goes well it is as if a whole new world opens, in which they can improvise to their hear's content.

What he loves most of all is singing. When he sings he feels he can really get through to the core of things. He would love to express himself in this way all the time, but it never really happens, because nobody seems to be interested. He

would feel embarrassed if he tried, because it doesn't fit in the daily life of ordinary business. He once sang in the streets when he was abroad and nobody knew him. That gave him a 'buzz'.

He often dreams about a friend who died. In the dream they go out and have a good time together and he says to his friend: 'So you are not dead after all?'. This was an old friend from university who was very intelligent, a genius really who could turn his hand to anything. But nothing

succeeded in the end and he eventually committed suicide.

Generals

Weather: warm, agg. too much heat.

Perspiration: profuse agg. exertion.

Time: agg. morning.

Desires: ice-cream, raw vegetables, steak, fruit.

Aversion: purslane(2), melon.

Sleep: good.

Analysis

He is an architect who likes to draw up plans, which indicates a remedy from the Silver series. But his plans are not

appreciated and they come to nothing, so he resorts to fantasies, which is Stage 16. This brings us to Tellurium, further confirmed by the other symptoms. He makes up many plans (Silver series) in his mind (Stage 16). He used to provoke (Stage 16) the audience (Silver series). He used to get very angry which amused (Stage 16) the audience (Silver series). He makes extravagant (Stage 16) designs (Silver series). He has many ideas and plans (Silver series), but they all came to nothing (Stage 16). His shabby

and disordered (Stage 16) in his presentations (Silver series). He doesn't take his designs seriously (Stage 16) when he presents (Silver series) them. He loves playing the piano (Silver series), improvising (Stage 16) all the way. He is the odd one out (Stage 16) in the area (Silver series), but it doesn't matter to him (Stage 16).

Other Tellurium symptoms: warm, profuse perspiration, -amel. ice-cream, fruit, agg.-melon.

Reaction

Just the sound of the word Tellurium alone makes a deep impression on him. It sounds good to him, especially because it is an unusual remedy, which acknowledges that he is a special person.

One month after Tellurium 1M the pain in his arm is almost gone. He is much more self assured in his presentations. He takes himself more seriously and dresses in ordinary clothes when he visits his clients. He knows he is good at his job and this is what he radiates out. He doesn't

**ridicule his own designs
anymore and is prepared to
work for it. He feels more
active, more optimistic and
more positive.**

Iodium

**Iodium is a well known remedy.
Vithoulkas has brought many of
its important characteristics to
our notice. Sankaran has
conducted a proving in which
the provers dreamt that they
didn't get enough to eat, all the
food was finished before they
were able to get to it. These**

themes will be further expanded in this chapter. It is remarkable how many themes are similar to the ones we find in Jewish history.

Signature

The name is derived from the Greek word 'Iodes' meaning violet. It was discovered in 1811. It is a bluish black solid substance that evaporates into a violet gas when heated. There is a high concentration of Iodum in seaweed, from which it used to be extracted in the old days.

It is a good disinfectant and

gets used in many different solutions. Halogen lamps also contain Iodum. It has also been used as a pigment in writing ink.

Concepts

Stage 17

Extinguished

Letting go

Holding on

Loose demanding

Climax

Condemned

Banned

Fleeing

Silver series

Creation Inspiration

Ideas Culture
Unique Admiration
Aesthetics: Beautiful Ugly
Art Science Mysticism
Show Performance
Queen Ambition
Hurt Humiliation
Sexuality
Middle age
Town Province
Voice Hearing
Group analysis
Letting go of art.
Letting go of ideas: forgetful.
Holding on to ideas: obsessive.
Condemned because of your
ideas.

Without ideas.

Letting go of ideas: humour.

**Condemned by the governor:
prison.**

**Condemned in your region:
right of existence.**

**Condemned by the governor,
your landlord.**

Banned from your culture.

**Fleeing from your region:
emigration.**

**Banned from your region:
flight.**

**Fear of letting go of your
cultural background.**

Picture of Iodum

Essence: letting go of

creativity.

Letting go of art

They have to let go of any preconceived idea or theory.

Any thought of being famous, of being praised and appreciated is now totally out of the

question. Any sense of pride must be got rid of. It is the

theme of Job who had to let go of his possessions, who lost his wife and children and who still retained his faith in God.

Letting go of ideas: forgetful

They let go of their thoughts and therefore become very forgetful. They are so busy with

other things, there are so many thoughts going through their mind that they can't keep track of them. The only way of coping is by writing everything down on little bits of paper. But even so there are still many things that they simply forget. Holding on to ideas: obsessive The fear of forgetting something also makes them quite obsessive. They have to remember, so they are constantly repeating to themselves: 'mustn't forget to do this, mustn't forget to do that'. This obsessive way of

thinking may filter through to their activities: 'must check whether I have locked the door', and again and again. These thoughts control their mind to such an extent that they are unable to develop any other interests.

**Letting go of ideas: humour
They have a great sense of humour and they tend to make fun of their own and other people's ideas. They love to tease others and tell jokes and generally clown around. This humour is a sort of self defence, it makes others**

**unsure of their own position.
But it also makes themselves
unsure of what they were really
wanting to do or say or create.**

**They don't like being teased by
others.**

Without ideals

**Every thought and every idea
is only relative as far as they
are concerned. Until they
eventually reach the point
where nothing has any meaning
anymore. There is nothing left
than can spark of any
enthusiasm. They may even
become quite immoral or turn
into a criminal, nothing**

matters anymore.

Condemned because of your ideas

They have the feeling that they are being condemned for their ideas and opinions. Their ideals or their religion might be the reason that they are put in prison or banned from their country.

Banned from your region: right of existence

They have to leave the area where they grew up and had build up an existence. This may be due to war or famine or some other disaster that

threatens their existence. The theme of famine is particularly important in their life. They tend to have the feeling that there isn't enough to eat and that they'll die of hunger.

Making sure that they get their daily bread is very important to them.

**Escaping from your region:
emigration**

A typical theme in this remedy is emigration, leaving your country of birth. They are the refugees, driven away from home and hearth. They have fled because there was nothing

left in their area, no harvest, no food, no work. Or they had to flee because of their religious convictions that were not tolerated anymore. Or they had lost their whole family already and there was no reason to stay any longer, so they might as well go in search of the promised land.

**Banned from your area:
refugees**

There is a constant underlying feeling of having to flee, which makes them very restless. It is like the feeling of the Jews, always on the run. This

restlessness expresses itself in a constant desire to work and be busy. They are active, excited, hasty and impulsive. They think, speak and act quickly. The restlessness is also a result of the urge to build up an existence wherever they go. Always on the lookout for some food, something to live on. This situation may arise after the loss of family or the loss land that belonged to the family. After the war, or after the floods and the loss of their family they no longer feel at home on their own land and

**go in search of a better
existence elsewhere.**

**Fear of letting go of your
culture**

**But they are also afraid of
cutting all the ties. This is
expressed in a fear of infinity, a
fear of endless open spaces, a
fear of the sea where the
horizon is so far away. They are
afraid of letting go of their own
culture, their own base,
because they have no idea
where and how they will end
up.**

Expressions

Fears: heights, narrow spaces;

**failure, show, performance,
speeches, disasters, evil,
hunger, trifles, present, future;
disease, doctors, insanity from
rest; touched, looked at,
approached, held tight; people,
buildings, water, work; agg.
horror stories.**

**Dreams: heights, falling,
failure, prison, fleeing,
travelling, fire, eating, walking
in mud, daughter falling in the
water, accidents, erotic,
danger, dead people, smeared
with excreta, exertion,
exhaustion, restless, failed
coition, ruins, water.**

Delusions: dead people, fasting, going insane, water, illness, health, forgetting.

Irritability: quarrelsome, yelling, destructive, tearing things; agg. offence, agg. fasting, agg. looked at, agg. touched, murderous impulses agg. being held (3!), agg. noise, agg. insults.

Mood: haughty; lively, excited, ecstasy, extravagant, hysterical; changeable; busy, restless, impatient, hasty, discontented, uneasy, indifferent; serious, gloomy, suicide by jumping from a

height, crying.

Mental: precise, dull, absent minded, confused, forgetful for what he was about to say or do, forgets his purchases, exhaustion, obsessive thoughts, flights of fancy, lack of concentration, mad, imbecile, delirious, dementia.

Contacts: agg.-, friends, strangers; agg. conversations, agg.- answers; shy.

Work: -amel. (3), amel. agg. agg.-.

Hobbies: walking, travelling.

Professions: artist, painter, writer, scientist, singer,

**musician, teacher, doctor,
priest, vicar, bishop, shaman,
governor, secretary,
representative, advertising
agent, public relations officer,
top sport man, -woman, clown,
comedian, cartoonist.**

**Causes: disasters, war, famine,
floods, ethnic cleansing, fires,
humiliation, hurt, looked at,
love disappointments.**

Generals

Build: thin; brunette.

Locality: right, external throat.

**Weather: agg. heat, amel. fresh
air, outside, agg. sea.**

Time: agg. 5 am; agg. summer.

Desires: starch, large amounts, alcohol, meat.

Food: agg. fasting (3), fruit, wine; amel. eating (3), milk.

Menses: profuse; agg. suppressed menses.

Sleep: sleepy.

Physical: amel. agg. rest (2), amel. amel. agg. motion (2); agg. pressure; agg.- touched; agg. noise, pain, impressions.

Complaints

Discharges acrid and watery.

Cancer. Weakness. Glands swollen and hard.

Bruised pains; itching.

Headache in forehead, temples

and vertex.

Eye: inflammations; visual disturbance.

Sinusitis. Parotitis.

Colds with watery discharge; hayfever.

**Thyroid problems (3!):
enlarged, cysts, cancer,
atrophy, too fast or too slow;
metabolism too fast or too
slow: thin or obese.**

**Problems with voice:
hoarseness, loss of voice,
stammering.**

**Allergies, asthma, hayfever,
colds.**

Lung problems;

hyperventilation.

Palpitations. Arteriosclerosis.

Thrombocytopenia.

Diarrhoea.

Affections of the kidneys.

**Problems with testes, ovaries
and genitalia.**

**Pain in neck, stiffness, arms;
Whiplash.**

**Acne. Eczema on arms and
legs. Blisters and vesicles.**

**DD: Silver series, Stage 17,
Arnica, badiaga, Mancinella,
Spongia, Tuberculinum,
Zincum.**

**DD Tellurium: feels there is
still something he can do here**

and there, there are still a few people who recognise his work. Iodum feels totally abandoned, he has to do everything on his own. The only way out is to flee, because everybody is against him.

Xenon

Xenon is a new remedy that has not been potentised yet.

Signature

The name is derived from the Greek word 'xenos', meaning strange. It was discovered in 1899. It is the rarest gas in our

atmosphere.

It is being used in flashbulbs because its electronic structure is very loose and it can give an instant flash of very bright light. It is also used in tube lights, projection lights, electronic flash lights, solariums, lasers and arc lights.

Concepts

Silver series

Creation Inspiration

ideas Culture

Unique Admiration

Aesthetics

Art Science

Show Performance

Queen Ambition
Hurt Humiliation
Sexuality Mysticism
Middle age
Town Province
Voice Hearing
Stage 18 = 0
Rest Inactivity
Retreat Cocoon
Internalised
Locked up
Denial
Transformation
Transit
Free Unbound
Confusion
Gold series

**Leading Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Failure Hurt
Sexuality Religion
Ripe old age
Land
Eyes Vision
Group analysis
Rest after being an artist.
Not bound to any ideas.
Free from creations.
Retreat after a scientific**

career.

Denial of power.

Stranger in your own country.

**Stranger in this country:
asylum.**

Denial of sight: blindness.

Denial of sight: unconscious.

Picture of Xenon

**Essence: rest after a life of
being an artist.**

Rest after being an artist

**They no longer feel there is
anything more to create. They
don't have to develop any new
ideas, they don't have to
support any more ideals, they
don't mind who thinks what,**

they are free to do as they please.

Denial of power

They don't feel like getting involved in any power struggle. They even deny the existence of power. It is something that people have invented as a pastime, but there is no need to play this game.

Stranger in your own country

They may feel like a stranger in their own country. They don't really feel a very strong connection. Nationalism is a concept that is alien to their way of thinking.

Denial of sight: blindness

They can travel around the world and be invisible. Or they may be blind themselves, even being born blind.

Expressions

Mood: cheerful, diffuse, unaffected by negative circumstances.

Complaints

Coma, narcosis (Penrose, page 369).

They are very slow to react to sounds.

Lightheaded, floating sensations.

DD: Silver series, Gold series,

Stage 18.

DD Iodum: is still preoccupied with ideas and creations, even if only in his mind. He hasn't let go of the thoughts yet.

Xenon is not attached to ideas or philosophies, he is totally free.

The Gold series:

Caesium to Radon

Leadership management

The theme of this series is leadership and management.

They are the leaders in the family and in the business.

They try and steer the firm

towards success. They are the people who take on large projects, people like managing directors, mayors etc.

Organisation structure

They are involved in the larger structures of society. They think about the organisation of businesses, town councils, matters involving the whole of society, the whole country.

They are always busy delegating and planning to make the organisation work.

Responsible

Responsibility is another important theme, as we have

seen in Aurum. The most characteristic aspect of this series is that their sense of responsibility includes the whole of society. They feel responsible for their family, their employees, their fellow citizens or their subjects.

They can also be very helpful, or at least appear very helpful. But it is not the helpfulness of a servant, it is the helpfulness of a king who tries to assist his subordinates. The theme of help may also be expressed in the feeling of receiving (divine) guidance.

They don't feel they have to justify their actions to anyone. On the contrary, they are very independent people who feel their only judge should be either themselves or God.

Serious heavy

The sense of responsibility can make them very serious. They carry the burden, not only of themselves but of their whole country. All these people are dependent on him and this can be a heavy load. Like the director of a company that is about to go bankrupt feels that it is not only his job, but the

job of all his employees that is on the line.

Even as a child they were probably quite serious. They didn't play a lot, didn't laugh a lot, they remained calm and composed. Their face can often appear bloated and congested.

Kings emperors

The theme of leadership is most pronounced in the case of a king or an emperor. But their are other people in society who come under this heading.

People like judges, directors, lord mayors or bishops. The preciousness of the metals is a

reflection of the preciousness or nobility of these people, even if the nobility is only an outer facade. The most precious metals are the ones around the top stages, i.e. Osmium, Iridium, Platinum, Aurum and Mercury.

Power death

Power is a key word in the Gold series. Like the king who waves his sceptre and has total power over his people. They like to exercise their power over others. They may even feel they have power over life and death, as if they are the

representative of God here on earth. This is why we see so many murderous impulses in this group of remedies, as well as suicidal impulses, which is the projection of the murderous impulses towards themselves. When someone commits suicide he takes the law into his own hands and doesn't allow life to determine its own course.

Rubrics we often see: 'death, desires', death, thoughts of', 'dreams, dead bodies'.

Dictatorial

The love of power can lead to

dictatorial behaviour. Instead of using their power they begin to abuse it. The elements that are at, or just past the top are particularly prone to this kind of behaviour, elements like Platina, Aurum, Mercurius and Thallium. This is the shadow side of power, the pitfall to be aware of. It is also the lesson the Gold series has to learn: power is an illusion, everybody is equally powerful and everybody deserves to be respected.

The dictatorial behaviour also calls forth the opposite force:

the enemy that breaks down power. This theme is very strong in Mercurius and Thallium as we see in the Mercurius symptom: 'delusion surrounded by enemies'.

In the 'Complete repertory' (Zandvoort) we also find rubrics like: 'dictatorial', 'obstinate', 'headstrong'.

**Dignified haughty respect
They carry out their managerial tasks in a very dignified manner. But the position of king can make them feel haughty. They are so high up on the ladder that they can**

only look down on the ordinary people. This feeling is very strong in Platina who feels that they are bigger, better, and stronger than anybody else. This feeling of being raised above the crowd is also expressed in symptoms like: fear of heights, dreams of falling and dreams of walking up or down long staircases. They like to blow themselves up, impress other people, appear bigger than they really are.

The haughtiness is expressed in various ways, depending on

which stage they are in. In the beginning stages we hardly see any sign of it. In the later stages it is there but it doesn't really come out. It isn't until we get to the top stages that we can clearly recognise it, particularly in Platina. In the following stages we see a gradual decline again, the feeling becomes less intense and it is less openly displayed. The solution to this whole problem of power and haughtiness lies in the ability to let the power flow through you, not as something to hold

onto, but as something to pass on to the people you are responsible for'.

In the complete repertory of Zandvoort we find this theme under the rubrics: 'haughty', egotism, self-esteem'.

Courage

There is also a strong element of courage in this series. They feel there is a mighty task to complete that takes a lot of courage. It is almost too much for an ordinary mortal to achieve. But the fear of failure has to be conquered and they have to understand that their

is no such thing as failure in the end. Even if you do fail you will have completed your task. The only failure is not trying. The fear of failure is also linked to haughtiness, because failure means your air of superiority was only show.

Another link between failure and superiority can be: as long as you fail you don't have to be afraid of becoming too haughty. This variation is often present in the beginning stages, where they dare not manifest their abilities out of fear of becoming too arrogant. These rubrics are

**found in the Complete
Repertory under: 'audacity',
'cowardice', 'discouraged',
'irresolution, indecision', 'obsti-
nate, headstrong', 'timidity'.**

Workers

**They tend to be real
'workaholics'. They want to
achieve what they have taken
on as their responsibility and
they will go on without a break
if necessary. They put a lot of
pressure on themselves and
this shows in their face which
is often congested and blown
up. They are also prone to high
blood pressure resulting in**

heart problems or strokes.

The other side of this picture can present itself as a complete lack of interest in work. They feel like a king who doesn't have to work anymore, who only has to order other people to do the work for them. This aspect is found in the rubrics: 'indifference, apathy', 'indolence, aversion to work', 'work, aversion to mental', 'work, impossible'.

Offended hurt

Because they feel so superior to other people they are easily offended. The slightest remark

is taken as a great insult and they tend to feel that they are not being treated with due respect and consideration.

They may feel mortally wounded in their pride and this is the cause of the murderous impulses.

Their reaction to being offended can vary according to the stages. Baryta would probably hide it and withdraw and Tantalum would think that it is better to quit the task they have taken on. Osmium will try to do even better, Platinum will be most indignant and superior,

Aurum and Mercurius will show increasing anger and Plumbum and Bismuth are likely give up altogether.

Here we see the Complete repertory rubrics: 'ailments from mortification, humiliation', 'ailments from anger, vexation, indignation, with', 'contradiction, intolerant of', 'offended easily'.

Failure

They may also get a feeling that they cannot complete their mighty task. This creates a feeling of failure which makes them want to give up. They

don't feel like doing anything anymore and become depressed or even suicidal. But they are the ones who determine whether they are a failure or not. This is an important differential point with the Ferrum series, and to a lesser the degree the Silver series as well. In the Ferrum series it is usually the other people who determine whether they have succeeded or not. The Ferrum series feels more observed, dependent on other people's judgments.

A variation on this theme is

that they don't hold a managerial position themselves, but they are being manipulated by somebody higher up the ladder, a power that is greater than them that can have a negative influence on them.

The fear of failure is expressed in fear of heights and fear of falling from high buildings.

Alone isolation

Another feeling we frequently meet in the Gold series is the feeling of isolation. They may be the king, but because of that they feel separate from the

ordinary people. They are so separate that they can no longer share their own, ordinary human beingness with others. This creates an intense feeling of isolation. There is no warmth, no contact with others. They have ceased to be human in a way, because they have gone above all that. 'It is very lonely at the top'.

This is analogous to the non-reactivity of the precious metals, they are above it all, they don't form connections with other elements. They are very active as a catalyst

however, they facilitate reactions between other elements, but remain unaffected themselves. In the Complete repertory we find rubrics such as: 'aversion to family members', 'consolation agg.', 'fear, men of', 'fear, people of, anthropophobia', 'forsaken feeling', 'reserved', 'misanthropy', 'suspicious, mistrustful', 'talk, talking, talks, indisposed to, desire to be silent, taciturn'.

Religion god

They often have very strong religious feelings, as we already

know from the Aurum picture. Aurum starts to pray when things go wrong. But it is a theme that belongs to the whole series. They feel they are God's representative on earth. Like the old kings, who were the rulers about life and death, who ruled almost like gods. The pharaoh's in Egypt were seen as demi gods. The elements of the Gold series might view their task as one given to them by God Himself. They communicate with God all the time and know what needs to be done for the welfare of his

people. A variation on this theme is the feeling they might have that God has abandoned them or that they are being punished by God. Or that the state or the king is punishing them, that this is a fate that they have called upon themselves. Sometimes they accept it as a lesson they needed to learn, but sometimes it may feel like a terrible injustice imposed by a super power. In the latter case they regard it as an indiscriminate act of dictatorial behaviour that they need to fight against.

But this turns out like the fight of Don Quichotte against the windmills. In the repertory we see rubrics like: 'delusions, religious', 'Godless', 'religious affectations', 'delusions, spectres, ghosts, spirits, sees', 'religious mania', 'religious sadness'.

Sexuality

Sexuality also plays an important role. Sexuality is linked to power and creativity, it creates new life. In this respect they might feel like a king who creates a country and keeps the race intact. Kings

always have a harem, for as long as history has been recorded. A king passes on his nobility to his children and to his people. Here we see a strong association with the animal kingdom where, for instance, the queen bee is the creator of all her descendants, or where the stallion is the father of all the foals in the herd.

The opposite of this is an aversion to sex, which we also find in this series. They may feel far too superior to mix with ordinary people, let alone make

**love to them. Here we find
repertory rubrics like: 'ailments
from, sexual excesses', 'dreams,
amorous, with erections',
'lasciviousness, lustful',
'nymphomania'.**

Creative

**This group also has a creative
side, like the Silver series. But
in the Gold series it is
expressed in the creation of
structures and organisations,
businesses and states. This
creativity is also connected to
sexuality where a new life is
being created.**

Expressions

They are easily angered and don't hesitate to express it. A king doesn't have to hold himself in in front of his inferiors. We find this phenomenon in its most extreme form in dictators who won't tolerate any advice and immediately burst out into fits of anger.

Some rubrics: 'anger, irascibility, trembling, with', 'abusive, insulting', 'dreams, quarrels', 'ailments from anger, vexation', 'cruelty', 'morose, cross, fretful, ill humour,

**peevish', 'irritability',
'malicious, spiteful, vindictive',
'quarrelsomeness, scolding',
'repulsive mood', 'violent,
vehement'.**

**They may easily become
depressed about their failures
and their isolation: 'anxiety,
suicidal disposition with',
'complaining', 'despair',
'discontented, displeased,
dissatisfied', 'ennui', 'tedium',
'hypochondriasis', 'lamenting,
bemoaning, wailing', 'loathing
of life', 'sadness', 'serious,
earnest', 'shrieking, screaming,
shouting pain, with the',**

**'suicidal disposition', 'sulky',
'weary of life', 'weeping, tearful
mood, alternating with
laughter'.**

**They may also become very
happy: 'cheerfulness, gaiety,
happiness alternating with
moroseness', 'excitement,
excitable', 'fancies, exaltation
of', 'mood, alternating', 'mood,
changeable, variable', 'mirth,
hilarity, liveliness', 'vivacious-
ness'.**

**They can get very frightened:
'anxiety difficult, with heart,
region of', 'anxiety, driving
from place to place', 'anxiety**

**about future', 'anxiety,
palpitations with', 'anxiety in
stomach ', 'fear, driving him
from place to place', 'fear,
death of', 'frightened easily'.**

**They may also have mental
problems: 'absent minded',
'concentration difficult',
'confusion', 'insanity, madness,
puerperal, religious, imbecility',
'ideas, abundant, clearness of
mind', 'ideas, deficiency of',
'ideas fixed', 'intellectual',
'dullness, forgetful', 'prostration
of mind', 'mental exhaustion,
brainfag', 'memory, weakness
of, loss of', 'stupefaction, as if**

intoxicated'.

Other characteristic symptoms: 'hurry, haste', 'impatience, 'sensitive, oversen-sitive, to noise, odours, pain' and 'hysteria, mania'.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religious, devil, God.

Dreams: heights, falling.

Delusions: superior, alone; mania.

Mood: haughty.

Irritability: agg. offence.

Mental: absent minded,

confused, rigid, mad.

**Professions: king, leader,
director, manager, president,
captain, lord mayor, bishop,
top sportsman or woman,
judge.**

**Causes: disasters, humiliation,
insult.**

Generals

**Type: male, dark haired,
overweight; blown up.**

Locality: right sided.

**Weather: cold; amel. open air;
agg. gloomy, agg. dry.**

Time: agg. night.

**Desires: alcohol, narcotics,
bread, sweet, meat, cold water.**

Aversion: meat, eating.

**Food: agg. narcotics, amel.
eating, agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. labour.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion; agg. dark, amel.
pressure, amel. rubbing, agg.
touch; amel. stretching.**

Complaints

**Weakness, nervousness,
restlessness.**

Pains: boring, contracting.

**Sensations; swollen, blown up,
heavy, full.**

**Glands swollen, inflamed,
indurated. Abscesses, necrosis.**

**Paralysis, Parkinson's, multiple
sclerosis. Epilepsy, tonic,
clonic, tetanic.**

No feeling.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

**Eye complaints:
inflammations, disturbance in
vision.**

**Heart complaints: high blood
pressure, infarction, failure.**

**Pulse: too fast, too slow, full,
weak, irregular.**

Congestion of blood. Cerebral

haemorrhage. Anaemia.

Complaints of ovaries and testes: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorrhagia.

Bone affections: necrosis, inflammation.

Baldness (2), as in men.

DD

DD: The Silver series has many themes in common with the Gold series: power, pride, creativity, sexuality, religion, loneliness, feeling offended etc. But the element of power is less pronounced in the Silver series. It is more of an indirect

power and the emphasis in the Silver series is on the creative expressions. The power of the Gold series is much more absolute, they only have to justify their actions to themselves and to God, and certainly not to any other human being. The Gold series also has a much stronger emphasis on death and suicide. The Silver series is more concerned with ideas and ideals. It is the difference between the Chief of the tribe, representing the Gold series, and the Shaman, representing

the Silver series. The Silver series is less arrogant. They tend to suffer from wounded honour, while the Gold series suffers from wounded pride.

Caesium metallicum

'Don Quichotte'

Caesium is a hitherto unknown remedy. It can't be potentised in its metallic form, because it is highly reactive with water.

Signature

The name is derived from the word 'caesius', meaning sky blue. The salts give off a blue

flame when oxidised. It was discovered in 1860, its chemical symbol is Cs.

Caesium is a soft, light metal with a golden yellow sheen. It is highly reactive and melts at 28 degrees Celsius. It is used in vacuum tubes, atomic clocks, photo-electric cells, scintillation counters and in the glass industry.

Concepts

Stage 1

Initiative Impulse

Instinctive Spontaneous

One Simple

Lonely Alone

Stubborn Selfish

Narrow minded

Ill considered

Naive

Not taken seriously

Quitting

Gold series

Leadership Management

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial

Dignified Haughty

Alone isolation

Failure Offended

Religion Sexuality

Ripe old age

Land

Eyes Vision

group analysis

**Handling impulsively as if you
have power.**

Initiating projects: pioneer.

**A newcomer in search of
power.**

Spontaneous leadership.

A naive king.

**Displaying dictatorial
behaviour without reflection.**

**A king without inner
reflection.**

Uncontrolled leadership.

Naive projects: castles in the

air.

Not taken seriously as a leader.

A stubborn, narrow minded leader.

Starting all sorts of projects.

A foolish director.

Failure through lack of thought.

Impulsive sexual behaviour.

Picture of Caesium Metallicum

**Essence: Initiating projects:
the pioneer.**

Initiating projects

They like to start up all sorts of projects. They have so many plans, as soon as one of them has been realised they start on

the next one.

Spontaneous leadership

They immediately become president of every club or society. Taking on the leadership is natural to them. When they go to a new place the other people there will feel within five minutes that they have just got a new chairman. They are the newcomers in search of power, they like to have their plans carried out within the shortest possible time.

Uncontrolled leadership

But they often don't think

**properly about their plans
beforehand. They feel they
simply have to go ahead and
take charge of things. It should
be sufficient that they are the
way they are, they don't bother
to reflect on what they are
saying, or the way they take on
the leadership. They tend not
to listen to other people's
opinions, they stubbornly carry
on with what they had in mind,
regardless of whether it is a
good idea or not.**

**Failure through
thoughtlessness**

Because they never stop to

think about what they are doing things tend to go wrong. When you lead a large organisation it is essential that you should consider every move very carefully. You can't let fate take its course. They are like a foolish director who thinks that the organisation will automatically take care of itself.

Eventually people realise what is going on and don't bother to listen to them anymore. They don't take him seriously anymore, they don't bother to discuss matters with him

anymore, they just let him do his own thing.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religious, devil, God.

Dreams: heights, falling.

Delusions: superior, alone; mania.

Mood: haughty.

Irritability: agg. offence.

Mental: absent minded, confused, rigid, mad.

Professions: king, leader, director, manager, president, captain, lord mayor, bishop,

top sportsman or woman.

Causes: disasters, humiliation, insult.

Generals

Locality: right sided.

Weather: cold; amel. open air; agg. gloomy, agg. dry.

Time: agg. night.

Desires: alcohol, narcotics, bread, sweet, meat, cold water.

Food: agg. narcotics, amel. eating, agg. fasting.

menses: agg. menses, agg. pregnancy, agg. labour.

Sleep: sleeplessness.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel.

**motion; agg. dark, amel.
pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness,
restlessness.**

Pains: boring, contracting.

**Sensations; swollen, blown up,
heavy, full.**

**Glands swollen, inflamed,
indurated. Abscesses, necrosis.**

**Paralysis, Parkinson's, multiple
sclerosis. Epilepsy, tonic,
clonic, tetanic.**

No feeling.

Cancer.

Headache. Face swollen.

Tremblingagg. anger.

**Eye complaints:
inflammations, disturbance in
vision.**

**Heart complaints: high blood
pressure, infarction, failure.**

**Pulse: too fast, too slow, full,
weak, irregular.**

**Congestion of blood. Cerebral
haemorrhage. Anaemia.**

**Complaints of ovaries and
testes: inflammations, cancer,
cryptorchism, sterility,
amenorrhoea, metrorrhagia.**

**Bone affections: necrosis,
inflammation.**

DD: Gold series, Stage 1.

DD Xenon: is still quietly content within himself. Doesn't need to display his power. Caesium feels he has to follow his impulse to exercise power. They have lots of good ideas concerning the general welfare of society and they feel they must put them into action.

Baryta metallicum

'The Jester'

Baryta is available in many different combinations. But Baryta metallica is a new remedy which has not been

potentised yet because of its high reactivity.

Signature

The name Baryta is derived from the word 'baros', meaning heavy. It was discovered in 1809 and its chemical symbol is Ba.

It is a soft, silver coloured metal that oxidises quickly and that is a good conductor of electricity.

The 'defencelessness' of Baryta is also expressed in its physical properties: it is used as a cathode in televisions because it gives off electrons very

easily, it doesn't offer any resistance so to speak. But this property causes it to oxidise very quickly. In order to protect the t.v. cathode from oxidation they cover the inside of the tube with a very thin layer of Baryta which will catch any small amount of oxygen that might accidentally go through in the tube. This covering layer is coloured white, but when the tube breaks and oxygen enters the system it will immediately turn black, the oxidation process is extremely fast. And because

there is no resistance, there is also no energy released in the process. This is in sharp contrast to the oxidation of Magnesium where a flame is needed to get the process started and where a tremendously bright flash of light is consequently emitted.

The ease with which Baryta lets go of its electrons also shows in its general character: they give whatever is being asked of them, they yield to anyone who happens to be passing by.

Baryta nitrate is a substance

**that is used in fireworks to
create a green colour.**

Concepts

Stage 2

Observing

Appreciating

Criticising

Shy Uncertain

Joining in

Finding ones place

Adapting Yielding

Passively observing

Covering up

Gold series

Leadership Management

Organisation Structure

Responsible

**Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Offence
Religion Sexuality
Eyes Vision
Ripe old age
Land
Group analysis
Criticised on their leadership.
A timid leader.
A passive leader: powerless.
A timid manager: small.
Yielding to criticism on his
leadership.**

Yielding so as not to lose the leadership.

Observed as being someone who has no power: imbecile.

Seeing others as more powerful.

Yielding to power: defenceless.

Powerless to be dignified: ridiculed.

Putting the leaders in their place: the Jester.

Hidden arrogance.

Excluded from power.

Appreciating mysticism.

Picture of Baryta Metallica

Essence: powerless in leadership.

A hidden leader: timid

They feel as if they have a lot of power and they think they should take the lead. But on the other hand they feel totally incapable of asserting themselves. They are so unsure of themselves that they dare not take on any task or exert any power. The merest glance from an observer is enough to make them feel criticised and they turn away quickly to avoid any further looks. Their power is completely hidden.

A powerless leader: small

They feel very small amongst

the big leaders. They tend to give in at the slightest hint of criticism, hoping to hang on to the little bit of power they have got. But they don't realise that giving in is in itself a token that they have handed over their power to someone else.

Yielding to power: defenceless
Having seen that other people are more powerful than they are they immediately surrender to this power. They are as defenceless as a little child. They are always yielding to their superiors. I could be compared to the strategy of a

**baby who evokes the
compassion of his parents by
his vulnerability.**

**Observed as a powerless figure:
imbecile**

**In extreme cases they can feel
so weak that they almost look
retarded. They don't even want
to take responsibility for the
simplest day of day activities.**

**Powerless to be dignified:
ridiculed**

**The contrast between wanting
to be powerful and dignified but
feeling defenceless and passive
is so extreme that it appears
quite ridiculous to the casual**

onlooker. It is like a king who behaves like a baby. They are aware that they must appear ridiculous, that is why they are so sensitive to be laughed at. They feel that the strong people in this world are always laughing at them. This ends in a vicious circle where they shy away from power and at the same time feel excluded by power.

Hidden haughtiness

They tend to hide themselves to avoid being observed by others. Deep inside they know that they do possess power and

dignity, but they don't have the push to let it come out. To them being visible is tantamount to being powerful, and this is what they are unable to manifest. In childhood they will hide behind their mothers skirts or behind the furniture. In later life they tend to blush easily.

Emperor claudius

A good example of the situation described above is that of Claudius, emperor of Rome. He was lame and he had a stammer and thus became the object of ridicule in his

family. He was able to observe what was going on, but he made no attempt to participate in the power games that were going on. His predecessor was Caligula, who was so suspicious that he killed almost his entire family. But in the eyes of Caligula Claudius didn't pose the slightest threat to his power. When Caligula got murdered there was nobody to take his place except that 'idiot' Claudius. And so Claudius became emperor of Rome, whether he liked it or not. He had the particular

talent to act so ridiculously that he slipped through the net of the usurper every time.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling.

Delusions: superior, alone; mania.

Irritability: agg. offended.

Mood: haughty.

Mental: absent minded, confused, rigid, insane.

Professions: king, leader,

**director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

Generals

**Type: male, dark hair,
overweight.**

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night.

**Desires: alcohol, drugs, bread,
sweet, meat, cold water.**

Aversion: meat, eating.

**Food: agg. drugs, amel. eating,
agg. fasting.**

Menses: agg. menses, agg.

pregnancy, agg. giving birth.

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.**

**pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

**Glands: swollen, inflamed,
indurated. Abscesses, necrosis.**

**Paralysis, Parkinson's, multiple
sclerosis. Epilepsy, tonic,**

clonic, tetanic.

Lack of feeling.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

Eye complaints:

**inflammations, visual
disturbances.**

**Heart complaints: high blood
pressure, infarction, failure.**

**Pulse: too fast, too slow, fill,
weak, irregular.**

**Congestion of blood. Cerebral
haemorrhage. Anaemia.**

**Problems with testes and
ovaries: inflammations, cancer,
cryptorchism, sterility,**

amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 2.

DD Caesium: Caesium simply follows his own impulses on how to be a leader. He doesn't stop to think and he doesn't make plans as to how he is going to use his power. Baryta considers himself to be a leader but knows that other people think he is powerless and incapable.

Baryta bromata

Baryta bromata has not been written about before. Its chemical formula is Babr.

Concepts

Baryta

Powerless

Little

Ridiculed

Retarded

Timid

Hiding

Bromata

Finishing work

Redundancy Pension

Forced labour

Guilt Fault
Passion Aggression
Psychosis
Fleeing
Anti-social
Group analysis
Ridiculed for your mistakes.
Powerless to prevent mistakes.
Hiding your aggression and
instincts.
Hiding your mistakes.
Embarrassed because of other
peoples mistakes.
Retarded and psychotic.
Ridiculed for their psychosis.
Picture of Baryta Bromata
Essence: you are ridiculous if

you make mistakes.

Powerless to prevent mistakes

They feel they are always making mistakes, there is simply nothing they can do to avoid it, they are completely powerless. Even when they are doing well they still think they are doing it wrong. This feeling gets even stronger when they are faced with a new task.

Anything that is new makes them feel out of control. New people make them feel more inferior and less able to cope.

Ridiculed for their mistakes

They are very afraid of being

laughed at because of all the mistakes they are making. Even when someone just looks at them they think they are being ridiculed. Every mistake is bound to invite derisive laughter from everyone around. A typical situation where this feeling can be expected is in a school where they are newcomers and they have to learn how things are done. They need a lot of support and encouragement, because they are sure that the others think they are stupid. They can easily become the laughing stock of

the school. They are incapable of putting up a fight against the school bullies, they might even attract this sort of situation.

Later on in life they might come up against similar circumstances, where everybody at work takes the mickey out of them because of their clumsiness.

Embarrassed because of other peoples mistakes

A variation on this theme is that they are very concerned for other people who make mistakes and become the object of ridicule. They really

feel for these people and try and stick up for them wherever they can. They feel sympathy for people who cannot cope with the cruelty of modern day society, people who end up in a psychiatric hospital because they can't handle the rat race. They may go and work in a psychiatric hospital to help these types of people.

**Ridiculed for their psychosis
They may end up needing psychiatric treatment themselves because of failure, or ridicule or of being excluded by society. They get**

overstressed and feel that everyone looks down on them because they can't cope. They also feel they have no control over their emotions and are prey to the most primitive instincts. Hospitalisation only worsens the problem because then they feel that everyone will talk about the fact that they have had psychiatric treatment. A person who has been in a psychiatric hospital must be weak and unable to cope, such a person is bound to be aggressive and unable to control his sexual instincts, so

they think.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religious, devil, God, failure, criticism, opposition, observed, anticipation, alone, dark, ghosts, water.

Dreams: height, falling, futile efforts, paralysis, anger, dead people, fights, death, funerals, travelling.

Delusions: superior, alone; mania, somebody looking over their shoulder, being pursued, fasting, becoming insane,

travelling, ghosts.

**Irritability: quarrelsome,
anger, shouting, agg.
humiliation.**

**Mood: haughty, sensitive,
dynamic, gloomy, indifferent.**

**Mental: absent minded,
confused, rigid, insane, deja vu,
forgetful, imbecile.**

Work: -amel., agg.-.

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

**Causes: humiliation, disasters,
hurt, redundancy, pension,**

psychiatric treatment.

Generals

Type: male, blond, blue eyes, overweight.

Locality: left.

Weather: cold; amel. open air; agg. gloomy; agg. dry, amel. sea (3), agg. draught.

Time: agg. night, agg. summer.

Desires: chocolate (3), alcohol, drugs, bread, sweet, meat, cold water.

Aversion: meat, eating.

Food: agg. drugs, chocolate, tobacco, fasting amel. eating, cold food.

Menses: agg. menses, agg.

pregnancy, agg. giving birth.

**Sleep: sleeplessness (3),
somnambulism.**

**Physical: agg. rest, agg. sitting,
agg. lying, on left side, dust
amel. walking, amel. motion,
agg. dark, amel. pressure, amel.
rubbing, agg. touch.**

Complaints

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

Acrid and watery discharges.

**Weakness, nervousness,
restlessness. rearded growth
and development.**

Glands: swollen, inflamed,

indurated, painful or painless

(3). Abscesses, necrosis.

fever without perspiration.

Paralysis, Parkinson's, multiple sclerosis. Epilepsy, tonic, clonic, tetanic.

Lack of feeling.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

Eye complaints:

inflammations, visual disturbances.

Colds with acrid carries, hoarseness. Air feels cold.

Mumps.

Affections of the throat with

greatly swollen tonsils (3).

Hype-, or hyperthyroidism.

Enlarged thyroid.

Allergic asthma with flapping of alae nasi, constriction in pit of throat. Whooping cough.

Heart complaints: high blood pressure, infarction, failure.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis,

inflammation.

Skin: acne, cobweb sensation on face.

DD: Ferrum series, Gold series, Stage 2 and 17, badiaga, Fluoratum, Meddorhinum, Veratrum.

Case by Sonja Obbink

This concerns an 8 year old girl. The first thing she says is that she is afraid of being laughed at, especially at school. She is afraid that the other children will laugh at her hair or laugh at her clothes, which she likes very much herself.

She never dares to try out

something new. She is also afraid that she isn't doing her work properly. She constantly asks her teacher how she should do things. She doesn't put her hand up to answer questions in class, too afraid that she'll be laughed at because it was the wrong answer. She assumes that it will be wrong even before she has said anything. She has difficulty with maths, difficulty with any new subject, difficulty making choices, even simple choices like which flavour ice-cream to take. She doubled a

class last year, but now she finds it difficult to make new friends. She is very shy. She doesn't like to be away from her mother. Her mother has a part time job in another town. On the days that her mother is away she doesn't feel well, complains of stomach pains and doesn't want to go to school in the morning. When she was still at nursery school she used to cling to her mother and wouldn't let her go. She is afraid of strangers. When there is anything exciting going on she complains of cramp in her

stomach, worse in the right hypochondrium. She doesn't like to go to stay with other people because she gets homesick, especially for her mother. She is also afraid of the dark, there might be ghosts who will come to get her. She is a very mild and quiet little girl. She likes to please people and is very afraid of making mistakes in case her mother gets angry and blames her for doing it wrong.

Past history: She is the eldest of twins, born at 37 weeks. She was a bit behind in her

development and has never really caught up. She remained a bit on the small side. She was late learning to walk, not until 16 months old, late dentition and late being potty trained. She had her tonsils removed when she was 4.

Generals

Build: small, slight, face, long and thin, blue-grey eyes, dark blond, thick hair, large and crooked teeth.

Weather: warm.

Desires: sweet (2), spices(2), chocolate (3), egg, (2), fruit (2).

Aversion: sauerkraut, spinach,

**strawberry ice-cream,
buttermilk.**

**Sleep: on right side or
stomach.**

**Skin: wart on sole of right foot,
peeling skin around her nails.**

Analysis

**She starts by saying that she is
afraid of being laughed at:**

**Baryta carbonica. But this
remedy didn't do very much. So
we had to look further. The
second theme is the fear of
making mistakes, particularly
connected to the fear of being
laughed at if she does make
mistakes. This brings us to**

Baryta bromata. (Homoeopathy is that simple ?!)

Further confirmation for Baryta: unsure, shy, afraid of new situations and strangers, indecisive, slow development, late teething, walking, potty training, small, -amel. sweet, throat affections, retarded growth and amel. lying on stomach.

Bromium symptoms: throat affections, -amel. chocolate, skin peeling around the nails, blond, blue eyed.

A striking symptom is her aversion to strawberry ice-

cream, while she loves other flavours of ice-cream. In the repertory we can only find an aversion to rich cream ice-cream in Radium bromatum. Radium is placed directly underneath Baryta in the periodic table.

Reaction

First she got Baryta carbonica. The reaction was a few days of constant stomach pains and some slight sore throats. Her fears didn't really go away.

The next time she got Baryta bromata. And the time after that she came into the

consulting room skipping and she hopped onto a different chair from the one she had sat on the previous times. Things are going very well. She looks much more at ease. Her teacher says that she is more self assured. She isn't so afraid of making mistakes and she doesn't ask for help all the time anymore. She is able to make choices and decide what she wants, regardless of what others think of it. Today she is wearing a jersey that she never dared to put on before, because it is rather large and the other

children might have laughed at it. She mixes better with other children, is even talking to boys! She doesn't cling to her mother when she visits other people, but will go off and explore. No more stomach aches, even on the days when her mother has to work. She went to stay with a friend for 2 nights. No homesickness, no stomach pains, no fear in the dark. A slight fear of ghosts from time to time is all that is left. She feels as if she has been set free, freed from the little

cage she had been locked up in.

Baryta iodata

Baryta iodata is mainly known as a good remedy against arteriosclerosis. Its chemical formula is BaI.

Concepts

Baryta

Powerless

Small

Ridiculed

Retarded

Timid

Hiding

Iodata

Loss of talent

Forgetful

Obsessive

Humour

No ideals

Right of existence Food

Emigration Moving house

Fleeing Restlessness

Prison

Group analysis

Powerless to exert the right to exist.

Ridiculous when they let go of their inspiration

Ridiculous when they don't have any ideals.

Ridiculed for their loss of

talent.

**Ridiculed for their
forgetfulness.**

**Hiding the fact that they have
no ideals.**

Hiding obsessive behaviour.

**Lack of power hidden behind a
facade of humour.**

**Embarrassed by other people's
humour.**

Powerless and obsessive.

Ridiculed as an immigrant.

Picture of Baryta Iodata

**Essence: powerless to exert
the right to exist.**

**Powerless to exert the right to
exist**

They feel too small and too weak to exert their rights. They feel hurried and sense that something can go wrong any moment, something so terrible that it will threaten their very existence. And they are unable to do anything to prevent it. They seek support from their friends and superiors to keep this feeling of powerlessness at bay. Or they obsessively stick to fixed patterns, just to have something to hold on to.

Ridiculed if they don't have their own ideals

They feel they should know

what is best for them, which ideals to follow in life, which philosophy to choose. But they have no faith in any of these ideals, they think they might as well give up on these ideas because it won't give them any strength anyway. But the knowledge that they dare not take a stand for anything makes them feel weak and ridiculous. So they neither have a vision to hold on to, nor do they have the strength to assert themselves.

**Ridiculed for their restlessness
Their uncertainty makes them**

restless and they are always busy trying to hide the fact that they simply don't know what to do. They are impatient and can't afford to lose time, things can go wrong any minute. They look for work that involves a lot of stress so they can get rid of their restless energy. They are very nervous, always on the go. But they are also afraid that their restlessness looks strange and that people will laugh at them because they are so forgetful or so obsessed with their activities.

Hiding behind obsessive behaviour

They tend to hide their obsessive behaviour out of fear of being laughed at. They also hide the way they look at life and the fact that they don't have any firm ideals anymore.

Powerlessness hidden behind humour

They try to hide their powerlessness and their shyness behind a facade of humour. If they make enough jokes people might not notice that they never stick up for themselves.

Embarrassed by other people's humour

But they get very upset when they are at the receiving end of little jokes and teasing remarks. It makes them think that people are laughing at them and that they are not worth being taken seriously. It makes them feel acutely embarrassed, they will probably start blushing and this makes it even worse. They will desperately try to hide this.

Ridiculed as immigrants

If the ridicule at work becomes too much to bear they will want

to escape. They will want to move house or even emigrate. Anything to try and build up a new existence where they won't be laughed at or spurned. But they don't have the strength to set it in motion. They feel powerless to undertake a journey, let alone a move to another country. And if they do succeed they still feel that they are being treated as the stupid immigrant who hasn't a clue about their new country.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease,

**stroke, insanity, people,
crowds, religious, devil, God,
failure, narrow spaces, shows,
performances, speeches,
disasters, accidents, evil,
hunger, trifles, present, future,
disease, doctors, becoming
insane from having to sit still,
touched, approached, held,
people, buildings, water, work;
agg. horrible stories.**

**Dreams: height, falling, failure,
prison, escaping, travelling,
fire, eating, walking through
mud, daughter falling in water,
accidents, erotic, danger,
death, smeared with excreta,**

**exertion, exhaus-tion, restless,
failed coition, ruins, water.**

**Delusions: superior, alone;
mania, dead people, fasting,
becoming insane, being ill,
being healthy, forgotten
something.**

**Irritability: quarrelsome,
anger, shouting, destructive,
tearing agg. humiliation, agg.
fasting, agg. looked at, agg.
touched, murderous impulses
agg. being held (3), agg. noise,
agg. offence.**

**Mood: haughty, lively,
hysterical; shy, timid, blushing,
changeable, busy, restless,**

**impatient, hurried,
discontented, uneasy,
indifferent; serious, gloomy,
suicidal, crying.**

**Mental: precise, absent
minded, confused, forgetful
about his purchases, what he
was about to do or say,
exhaustion, obsessive thoughts,
flights of fancy, rigid, lack of
concentration, insanity,
imbecile, delirious, demented.**

**Contacts: agg.-, friends,
strangers; agg. conversations,
agg.- answering; timid.**

**Work: -amel. (3), amel., agg.,
agg.-.**

Professions: artist, musician, teacher, scientist, doctor, priest, vicar, secretary, representative, advertising agent, comedian, clown, cartoonist, leader, director, manager, president, chairman, captain, mayor.

Causes: humiliation, disasters, hurt, hunger, famine, floods, fires, looked at.

Generals

Type: male, dark, thin, overweight.

Locality: right, external throat.

Weather: warm, agg. heat; agg. gloomy; agg. dry, amel. open

air, amel. agg. sea.

Time: agg. 5 am., agg. summer.

Desires: alcohol, bread, sweet, meat, cold water, starch, large quantities.

Aversion: meat, eating.

Food: agg. drugs, amel. eating(3), agg. fasting(3), wine.

Menses: profuse; agg. suppressed menses; agg. menses, agg. pregnancy, agg. giving birth.

Sleep: sleeplessness (3), sleepy.

Physical: amel. agg. rest (2), agg. amel. amel. agg. motion (2), agg. sitting, agg. lying, amel. walking, agg. dark, amel.

**rubbing, amel. agg. pressure;
agg.- touch, agg. noise, pain,
impressions.**

Complaints

**Pains: boring, contracting,
bruised.**

**Sensations: swollen, blown up,
heavy, full, itching.**

Acrid and watery discharges.

**Weakness, nervousness,
restlessness.**

**Glands: swollen, inflamed,
indurated. Abscesses, necrosis.
Hodgkin, lymphoma.**

**Paralysis, Parkinson's, multiple
sclerosis. Epilepsy, tonic,
clonic, tetanic.**

Lack of feeling.

Cancer.

**Headache, on temples,
forehead and vertex.**

**Face swollen; trembling agg.
anger.**

**Eye complaints:
inflammations, visual
disturbances.**

Sinusitis.

**Colds with acrid carries,
hayfever.**

**Voice problems: hoarseness,
stammering, loss of voice.**

**Thyroid problems (3!): Hype-,
or hyperthyroidism. Enlarged
thyroid, cysts, cancer, atrophy,**

metabolism too fast or too slow, thin or overweight.

Lung problems, asthma, allergies, hyperventilation.

Heart complaints: high blood pressure, infarction, failure, palpitations, arteriosclerosis.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Diarrhoea.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Neck problems, stiffness;

whiplash. Pain in arms.

Affections of bones: necrosis, inflammation.

Skin: acne. Eczema on lower arms and legs.

Inflammation of axillary glands.

DD: Silver series, Gold series, Stage 2 and 17, Arnica, badiaga, Mancinella, Spongia, Zincum.

Case by Anton Kramer

A 29 year old man has an inflammation of the glands in the axilla. It starts with a pain deep inside under his arms and then it starts to swell up. The

pain is worse on motion, playing sports, lying, heat, and company, because he doesn't know how to make himself comfortable. It is better at night. he has been operated on it once, without much result.

He also suffers from acne in his neck, back, chest and face. It is a subcutaneous swelling without a head, sometimes it has some blood or pus coming out. Better in the sun and during winter sports.

Three years ago he had stomach problems. There is a family history of acne, prostate

cancer and Hodgkin.

He works in a hospital at the cardiology intensive care unit and he loves his work. But when he first came there he felt he didn't know enough and was afraid to speak and act. Now he loves the stress, the necessity to be alert at all times. He can remain calm in the most critical situations. But he is also impatient, cannot wait or he will lose interest. 'Don't bother anymore'. 'No use wasting time'.

He is a sociable type of person

who likes to have other people around him. he feels insecure deep inside, but he 'tries to hide it'. He often wonders whether he has acted correctly and likes to be reassured. Once he almost had a nervous breakdown because the atmosphere in his department was very unpleasant and he felt very unsupported.

He is quite clear in his communication with others, but when he can't make himself clear he will cut himself off. He has difficulty sticking up for himself, he turns bright red and

feels awful for hour afterwards. Friends are very important to him. After work he runs around trying to see everyone or to go and play sports with them all. He enjoys his students club and likes inviting friends over for a meal. But when there are more than six of them he feels 'as if he is going to die'. It is too much to try and entertain such a crowd, the task is too heavy. He is a nervous type of person, constantly moving his lips and his cheeks and wobbling on his chair.

He is often indecisive about

matters of work, what he wants to do eventually and whether he should travel or not. He ends to get depressed in the winter, especially in November.

Fears: doctor, acne, thin.

Generals

Weather: warm, -amel. open window in winter; -amel. 10 degree C, cannot tolerate higher than 20 degrees C.

Desires: fruit, oranges, bananas, mashed potatoes, fruit salad, spices (3), mustard (3).

Aversion: sour, fish (2).

Sleep: on left side.

Analysis

What is striking in this case is the fact that although he feels so unsure of himself, he still chooses to work in the intensive care unit. He is afraid that he won't know enough and won't do well enough and he needs a lot of support. This reminds us of either Baryta or Calcarea. The uncertainty is so strong that I felt inclined to choose Baryta, especially because he wants to hide the fact. Baryta carbonica gave only temporary relief.

He feels attracted to the

cardiology intensive care because of the stress, he likes to be under a lot of pressure, he is at his best in such situations. It is also related to his restlessness and his impatience. This is a strong Iodum symptom, and the sensitivity to heat confirms this choice. So does the acne and the inflammation of his axillary glands. But we should not overlook Bromium or Fluorine for these same symptoms.

However, the restlessness and the acute dangers of intensive

care job are more characteristic of Iodum. So is his impatience: 'I hate time wasters'.

So we get Baryta iodata as the remedy for this case. Typical is the fact that he can't handle (Baryta) having too many people to feed (Iodum).

Other Baryta symptoms: blushing, difficult to stand up for himself, much doubt, -amel. friends.

Other Iodum symptoms: fear of getting too thin, acne, warm, Hodgkin.

Reaction

One month after Baryta iodata

1M he tells me that he has much more energy but he takes life easier. He doesn't feel like running around so much and can quite easily stay at home for an evening. The inflamed glands became much worse to tart with, discharging some bloody pus, but after that it all calmed down. He remained well during the following year.

Lanthanum metallicum

Lanthanum is a new remedy.

Signature

The name is derived from the

**Greek word 'lanthanein',
meaning: lying hidden. It was
discovered in 1839. Its
chemical symbol is La.**

**It is highly reactive and easily
oxidises when exposed to the
air. It is used in very expensive
camera lenses because of its
special refraction properties.**

**The lanthanides are used as:
semiconductors, masers, lasers,
superconductors, magnetic
cooling elements, and
heatproof and pliable alloys.**

Concepts

Stage 3

Investigating

**Discerning Comparing
Trying
Hesitating
Changeable Unstable
Underestimating
Discouraged
Unofficial Uncommitted
Confusion
Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation**

Failure Hurt

Religion Sexuality

Ripe old age

Land

Eyes Vision

Group analysis

**Hesitating whether to take on
the leadership.**

**Giving up the throne on the
slightest opposition.**

**Doubt about their leadership
qualities.**

Exploring leadership.

Trying to get inspiration.

Exploring power.

Unofficial leadership.

Comparing power structures.

**Discouraged by criticism.
Isolation through
uncommitted leadership.
Discouraged through looking.
Picture of Lanthanum
Metallicum
Essence: hesitating whether to
take on the leadership.
Hesitating whether to take on
the leadership
The want to take on the
leadership, to direct and
organise other people. But they
doubt whether they will be able
to do it. They take on a small
managerial position here and
there to try out what it feels**

like, they volunteer as chairman of the local fishing club and similar sorts of posts. By trying out these different roles they get a taste of what leadership is all about, because they want to become familiar with the different power structures.

Giving up the throne on the slightest opposition

As soon as there is any form of opposition they immediately give up. The slightest criticism is enough to make them hand over the chairmanship. They tend to be very noncommittal

**about their leadership task.
They like the challenge and
they may shout about their
greatness, but as soon as
someone shouts a bit louder
they run a mile.**

Expressions

**Fears: heights, falling, murder,
being murdered, death, suicide,
heart disease, stroke, people,
crowds, religion, devil, God.**

Dreams: heights, falling.

**Delusions: superior, alone;
mania.**

Irritability: agg. offended.

Mood: haughty.

Mental: absent minded,

confused, rigid, insane.

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

**Causes: disasters, hurt,
humiliation.**

Generals

**Type: male, dark hair,
overweight.**

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night.

**Desires: alcohol, drugs, bread,
sweet, meat, cold water.**

Aversion: meat, eating.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. giving birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.
pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

Glands: swollen, inflamed, indurated. Abscesses, necrosis.

Paralysis, Parkinson's, multiple sclerosis. Epilepsy.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

Eye complaints: inflammations, visual disturbances, pterygium.

Heart complaints: high blood pressure, infarction, failure.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage.

Problems with testes and

ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 3, Calcareo.

DD Baryta: considers himself so small and powerless that he doesn't even consider taking the lead, although he would secretly like to. Lanthanum is beginning to like being a leader. He is having a little taste of it now and then, although he withdraws into his shell as soon as things threaten

to go wrong even slightly.

Hafnium metallicum

**Hafnium is an unknown
remedy.**

Signature

**The name is derived from
'Hafnia', the Latin name for
Copenhagen. It was discovered
in 1923 and its chemical
symbol is Hf.**

**It is a metal that absorbs
neutrons extremely well, hence
its use in the atomic industry
and in the nuclear reactors
driving submarines.**

Concepts

Stage 4

Establishing

Opening Beginning

Determining Official

Joining in

Deciding Uncertain

Amazing

Half

Gold series

Leadership Management

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial

Dignified Haughty

Alone Isolation

Failure Hurt

Religion Sexuality

Ripe old age

Land

Eyes Vision

Group analysis

Establishing a new firm.

Establishing a kingdom.

The beginning of power.

Establishing your own power.

Starting a managerial job.

Semi-arrogant.

A half hearted director.

**Failure at the start of the
business.**

Picture of Hafnium Metallicum

Essence: the start of a kingdom

Establishing a kingdom

These people are involved in the start of a business, organisation, kingdom or society. They have been planning it for quite a long time, but now they are really going ahead with it. They officially announce the opening of their business and they fill in all the necessary registration forms. Or they sign the official declaration of independence.

Starting a managerial job

They start their career as a

leader by taking on a managerial post. Because they aren't used to all this power they don't quite know how far they can go.

A half hearted director

They are afraid of getting too arrogant, that is why they try to remain on equal footing with their employees. They may get stuck in this half way position, on the one hand being equal to their employees, and on the other hand knowing they are higher up on the ladder. They can only assert their authority in a half hearted manner, they

**don't take full responsibility
and they don't radiate enough
self confidence to be taken
seriously by their minors.**

**Failure a the start of the
business**

**Because they are so uncertain
about their leadership qualities
things can easily go wrong.**

**They are quite afraid of the
unknown and of the future of
the organisation, afraid they
won't be able to make a go of it.**

Expressions

**Fears: heights, falling, murder,
being murdered, death, suicide,
heart disease, stroke, people,**

crowds, religion, devil, God.

Dreams: heights, falling.

**Delusions: superior, alone;
mania.**

Irritability: agg. offended.

Mood: haughty.

**Mental: absent minded,
confused, rigid, insane.**

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

**Causes: disasters, hurt,
humiliation.**

Generals

Type: male, dark hair,

overweight.

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night.

**Desires: alcohol, drugs, bread,
sweet, meat, cold water.**

Aversion: meat, eating.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. giving birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.
pressure, amel. rubbing, agg.**

touch.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands: swollen, inflamed, indurated. Abscesses, necrosis.

Paralysis, Parkinson's, multiple sclerosis. Epilepsy.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

**Eye complaints:
inflammations, visual disturbances, pterygium.**

Heart complaints: high blood pressure, infarction, failure.

Injuries of the liver (Dreisbach)

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 4.

DD Lanthanum: is still trying out his leadership here and there in a non committal fashion. As soon as things go wrong he is out of it. Hafnium isn't in a take it or leave it situation anymore, he has

signed the official contract for his position as a director.

Tantalum metallicum

Tantalum is anew remedy.

Signature

This metal was named after the Greek king Tantalus, who became so arrogant that the Gods sent him to the underworld to undergo some terrible tortures. Tantalum was discovered in 1802 and its chemical formula is Ta.

The metal is quite resistant to corrosion, hence its use in

surgery to replace parts of bone, nerves, muscles and in heart transplantations.

Its melting point is extremely high: 3000 degrees C. It can increase the strength of other metals at high temperatures. It is used in condensers, cutting tools, heating elements in vacuum tubes and in camera lenses.

It is also used as a mallet in heart and vascular operations.

Concepts

Stage 5

Preparing

Advance guard Scouts

Proposal Doubt
Postponing
Evading
Preposterous Unrealistic
Alternating
Torture Tantalising
Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality

Ripe old age

Land

Eyes Vision

Group analysis

**Doubting whether they are a
real leader.**

**Hesitating to take on the
responsibility.**

**Hesitating out of fear of
dictatorship.**

**The foundation of a kingdom is
an impossible task.**

**Unrealistic expectations about
their leadership qualities.**

**Indecisive out of fear of
arrogance.**

Preparing the business.

Postponing the real leadership tasks.

Evading their responsibilities.

Alternately taking on and leaving their religious task.

Tortured by irresponsibility.

Tortured by tarn.

Tortured by their sexuality.

**Alternating their eyes:
nystagmus.**

Picture of Tantalum

Metallicum

Essence: doubt and hesitation about their fantastic plans.

Doubting their qualities as a leader

They have a desire to manifest

themselves but they don't really know if they can. They may have all sorts of grandiose schemes but they don't know how to carry them out. Their life is one of many starts and stops. As soon as they have started a project they begin to wonder whether they can really manage it properly. So they are always hesitating where to take on the responsibility or not.

Founding a kingdom is an impossible task

Many times they feel that it would be better to stop, but that means they have failed.

Things do go wrong of course, because they haven't got much experience yet. But they have an intense desire to reach for the top. This alternation of moods often cause them to wonder what on earth they have let themselves in for. It is a tantalising problem. They feel that their plans or the organisation are a bit too far fetched, that they don't have the capacity to lead their business on the road to success.

Unrealistic expectations about their leadership qualities

One day they see themselves as a brilliant leader, the next day they feel they haven't got any power at all. Their lack of experience makes it even more difficult to have a realistic view of their own capacities. Outside influences are likely to affect them a lot. A small mishap or a negative remark can throw them off balance and make them think they are totally useless. But an encouraging word and a minor success is likely to make them feel they have made it and that from now on the world will lie at

their feet.

**Indecisive from fear of
arrogance**

**The other side of the coin is a
tendency to become very
haughty. This side doesn't
often come to the foreground
because it is usually hidden
behind their uncertainty and
their fear of failure. But they
can become quite indecisive
and hesitant, purely because
they are too afraid that the
successes will go to their head
and that they become too
arrogant or dictatorial. In the
story of Tantalus the emphasis**

is placed more on his arrogance and this is the cause of the torture he has to undergo. Tantalus was the king of Lydia and he was very rich and powerful. He used to sell the secrets of the gods to his people, he stole the heavenly ambrosia and nectar and gave it to his people. He became so presumptuous that he even attempted to put the all knowing wisdom of the gods to he test (Schwabb, 1993). He does this by presenting his son on a dish as food for the gods. This proves to be his undoing.

It is decided that doesn't deserve the riches and the happiness he has been enjoying.

Postponing the real leadership tasks

In the story of Tantalus the torture is a punishment for his arrogance. But we can also see this torture as something that is directly connected to arrogance. The endless and fruitless striving to reach something can be a compensation for arrogance. As long as you haven't reached your goal yet there is less

danger to become too arrogant. But deep inside they will always think of what could have been. The lack of perseverance can also be a way of avoiding possible failures. As soon as they really go full steam ahead they may discover that they can't get to where they wanted. So in that respect it is better not to try too hard, the disappointment would be too great if their dreams were no more than castles in the air. The theme of power and arrogance is a general theme of the whole Gold series, coupled

to the realisation of their plans. The different stages show us how the realisation of their great plans is coming along and how they handle it. In the story about Tantalus the torture is the solution to the problem of having to make their professed greatness come true. They get stuck in their own doubts, in a constant yearning for something that is just out of reach. They keep trying to grasp it, but their attempts are too feeble to have any effect. This is the tantalising torture: he had to stand in the middle

of a lake, where the water was reaching up to his chin, but he just couldn't reach it to quench his unbearable thirst. As soon as he bent over to drink the water would recede and the lake became dry. The water suddenly disappeared, absorbed into the bottom of the lake as if swallowed up by a bad spirit. But not only did he suffer from an unquenchable thirst, he also had to suffer unspeakable hunger pains, that nearly drove him insane. And just above his head there was the most gorgeous fruit hanging down

from the trees in great abundance. Apples, pears, figs, olives, all equally tempting and luscious, but as soon as the desperate man reached out his hand to grab them, a sudden gust of wind would sweep the branches away high up into to air, far out of his reach. And as if a burning thirst and a raging hunger weren't enough torture, there was also the constant threat to his life in the form of a huge boulder hanging suspended in the air just above him, threatening to fall down and pulverise him at any

moment (Schwab 1993).

These people never feel able to lead a large company, they consider themselves too much of an amateur to take on such a task.

Setting up a business

They are very good at setting up a business. They know a large project like that requires a thorough preparation and proper planning. They go into all the details of such an enterprise and try to foresee any possible problems. But they have to be careful not to get stuck in the preparations and

never get any further than this preliminary stage. Sometimes they can't see the wood for the trees and get totally lost in all the details.

Evading their responsibility

Getting lost in details may be a subconscious way of trying to avoid full responsibility and the risk of failure.

Alternately taking on or avoiding their religious task

Some of them might feel they have a religious task to fulfill.

Their project is more than a worldly venture, it also has some religious aspects. They

feel responsible for adding a spiritual element to their project. But here we also see their changeable nature. Sometimes they really try to push this through and at other times they are happy to leave it out.

Tortured by their sexuality
They may also feel tortured by their strong sexual drives. They want to be respected sexually, but they don't know how to put it across. This may cause them to doubt whether sexual experiences are meant to be there in their lives. They may

approach other people with a view of a sexual relationship and then suddenly stop short of the actual event. As if they get stuck in the leading up phase, without ever getting to where they want to.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, fallen, failure, money, a stronger power, preparations, forgetting, steep walls, high mountains.

**Delusions: superior, alone;
mania, not able to manage, not
strong enough, back against
the wall, powerless, heaviness.**

Irritability: agg. offended.

Mood: haughty.

**Mental: absent minded,
confused, rigid, insane.**

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

Generals

**Type: male, dark hair,
overweight.**

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night.

**Desires: alcohol, drugs, bread,
sweet, meat, cold water.**

Aversion: meat, eating.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. giving birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.**

**pressure, amel. rubbing, agg.
touch.**

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands: swollen, inflamed, indurated. Abscesses, necrosis.

Paralysis, Parkinson's, multiple sclerosis. Epilepsy, tonic, clonic, tetanic.

Lack of feeling.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

Eye complaints: inflammations, visual disturbances. Nystagmus (!).

Heart complaints: high blood pressure, infarction, failure.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

Eczema.

DD: Gold series, Stage 5.

DD Hafnium: is just beginning his managerial task and doesn't know what he has let

himself in for. Tantalus does know what is involved, but it isn't until now that he realises how many problems there are to be solved, which he doesn't want to tackle in case he makes a mistake.

Case

A 28 year old man has come because of mental and emotional problems. He feels very unsure of himself and he is afraid of people. He thinks that people are looking at him all the time. He feels inferior and can't make decisions. He prefers to stay at home. In his

dreams he has many confrontations with other people. When he feels nervous his diaphragm starts to contract. It happens in a spot exactly between the xyphoid and the navel. The pain is worse from taking a deep breath and sometimes it makes him feel sick. His anxiety is also expressed in other physical symptoms. He has a nystagmus that is very severe, he never looked straight at you. His speech is halting. He had a severe attack of hiccoughs once or twice that he could

hardly stop. He also smiles constantly, as if he wants to please you. His sense of smell is diminished and he gets a sore throat in strong, dry winds. He gets frequent headaches right between his eyes, agg. heat and sunlight. His neck and shoulders are usually quite stiff, and he gets an itch on his lower legs. Also a nagging pain in the region of his kidneys, as if his kidneys are being squeezed out. Occasional pain in the testes. His parents were divorced because they were always

fighting. They were incompatible and there was a horrible atmosphere at home. After the divorce his mother always spoke bad about the father. During his secondary school years he went to live with his father, but when his father got a new girl friend they told him to leave.

He feels very vulnerable, as described above. It is a sense of apathy, as if everything is grey and flat, he can't really feel things. He has become far too serious, lost his sense of humour. He is also very

sensitive, especially with regard to appreciation from others. He used to be criticised for his ideas. People also find his behaviour and his nystagmus off putting. He is an individualist and likes to pursue his own ideas. He can get too obsessive about it, he wants things done fast. He can get very annoyed by his friends who want to push him into a direction he doesn't want to go. He is afraid of getting stuck and not finding his way back again. He loves games, but only for the sake of playing. He

hates it when it gets too serious. He once had a relationship but split up after a while. Now he is afraid of committing himself because he thinks he will lose his freedom to speak for himself. His father always forced him to study hard, 'otherwise you'll get nowhere in this big, hostile world'. He is good at learning, he studied law and English language, but didn't finish it, he couldn't absorb any more information in the end. Now he does administrative work on a free lance basis.

Generals

Weather: cold, cold hands and feet, agg. heat and sunlight; agg. dry, strong wind; -amel. sea.

Perspiration: profuse, forehead and back.

Time: agg. 3 pm.

Desires: spices, biter; he is a vegetarian.

Aversion: sour, sauerkraut, sprouts, meat, fish, egg, milk.

Sleep: tense, on side.

Analysis

After Magnesium

phosphoricum he improved considerably, emotionally as

well as physically with respect to his nystagmus. But after a year there was no further improvement, not even with higher potencies. Other remedies such as Cadmium phosphoricum and Baryta sulphurica did nothing. An analysis based on nystagmus, using Reference works, gave a whole range of remedies, far more than mentioned in the repertory, but none of these worked either. But I still felt that the nystagmus represented the core of his problem. It was so obvious and

so severe that you couldn't deny it. Eventually I decided to translate the nystagmus into a 'stuttering with the eyes', an uncontrolled, 'stammering' movement of the eyes.

Stammering is a symptom of Niobium, and of the 5th stage in general, with its theme of hesitation and doubt. The eyes however are more involved in the Gold series and so I go to Tantalum. The pain in the testes is also typical of the Gold series.

Reaction

After Tantalum 1M suddenly

all sort of things started to happen. He realised that he never manifested his abilities, never put his ideas into practice. He noticed he was caught up in a sort of bubble that he couldn't get out of. Every time he tried to reach the end to break out, the wall would recede and he couldn't get through. The likeness to the story of Tantalus is most striking! He had a dream in which he was a king (Gold series) who got poisoned (Gold series). His own people had betrayed him, because he was

standing in the way of a revolutionary new era. The poison had turned his teeth green. He received treatment from some spiritual healers (Gold series) who stuck needles in his gums. After a while he began to feel stronger and more sure of himself. The world is no longer threatening. He is being asked to treat other people and he now feels he is being asked to make a choice (moving towards Stage 6, challenge).

The tension and the energy in his eyes is easing up. The nystagmus is getting less and

after one year it is only a third of what it used to be. His vision used to be weak, chaotic, foggy and didn't reach further than about 3 metres. Now it has become much stronger.

Proving

By Kees Dam and Yvonne Lassauw.

Pain the heart region [Gold series], cramping, violent, radiating to left under arm, shoulder and arm; happened again later; amel. hands under armpits and hunched up shoulders. A feeling of: 'I am going to die right now'.

groaning and moaning, want to cry out for help but can't. My breathing is audible, as if I am suffocating, with the impression of a decompensation of the heart. It happens very suddenly, is totally overwhelming and feels life threatening. I feel helpless and overwhelmed, I can't do anything.

I get a vision of a little flower that is being bashed by the waves on the beach. Suddenly a huge wave comes along and that flattens the flower unto the beach. it is lying there all

sad and squashed, but its roots are still in place [rooted but still weak, Stage 4 or 5].

Image: a firm cactus that remains upright and lets the water wash over it without being affected.

My voice is trembling, goes up into a little squeak, as if frightened. Making little noises, like, 'iiih, ooh' and 'aah', not from fear, sooner as a sort of joke [N.B. going from iih, to aah, is going down in tone; is this a compensation?]. After this a sort of hilarious spell, making trilling sounds,

humming, mimicking voices and making fun. Jumpy from noises.

Afraid of an impulse to throw hot soup in Kees' face and then asking him if it hurt.

In bed I had a feeling as if my left cheek was stung by a mosquito, itching and pricking, this sensation moved to between my breasts, (where I developed a few spots), after that to the inside of my right heel, then high up on my forehead, on elbow, knuckles of hands. The sensation on my left cheek is the the strongest,

but there is also a strong, stitching sort of itch underneath my right toe that doesn't go away, worse when I uncover the blankets.

A patient was going to give a seminar on the difference between animal and plant remedies. She said you could see the difference in the patients' eyes. She was talking about the snakes and how introverted they could appear. (I had been thinking of a snake remedy for her myself).

My mother wants to drive me to the station. My granny is

coming with us and an aunt is driving so slowly that I am worried about missing the train. My mother is crying, telling my grandmother how sad she felt when she (my grandmother) died. My grandmother is also visibly moved by this story. I have to go and buy a ticket, so I grab my bags and run to the counter. I can hardly find the ticket office in all the chaos at the station so I shout: 'One Pulsatilla please!'. Fortunately the lady at the desk understands that I want a

ticket to Amsterdam. When I run up the stairs to the platform I can see the train leaving. When I get back to the car I notice that all the doors are open and all my bags are still on the seats. Apparently I had forgotten to take them in the rush. Feeling: I am obsessed with the thought of catching the train, like a blinkered horse.

I have a prickling, electric shock like sensation in my chest, left and right side. Before menses quite weepy and sentimental, more sensitive to

a kind word and a cuddle.

There is a sort of theatre competition in a small room, an informal space without chairs, with cushions on the floor and children crawling around. Kees has won the first price and I became second. Somebody had gone too far in presenting the image of a manic, half nude person and had tried to get the audience involved. I started crying about a slight quarrel with Kees, who said I shouldn't cry here. Kees' first place had been a surprise, that is why they showed a

video of his winning piece. We see Kees swimming in the water with tears in his eyes. It is a sort of reunion. I also come swimming along (and think: perhaps I shared a bit of the first prize?'). The prize is handed over by Kees's parents.

Pain in left upper arm, rubbing.

Acute, stitching pains in the region of the liver and right groin, in waves lasting 15-25 seconds.

After the pain another hilarious spell with iih's, and aaah's, much movement of the

mouth, rhythmic tapping of the feet and singing.

Sudden thought: drinking water is a very important aspect of his remedy.

I get the impression that this remedy isn't very aggressive. I feel weak and weepy from music (mouth organ).

I get spots on my left shoulder, wrist, and back of hand successively with an itch on the acupressure point 4 of the large intestine, situated on the left hand.

I have to give a speech for a large audience. But a very

loudmouthed man wants to steal the show. At first he restricts himself to some funny remarks about a woman who is sitting in the front row, but then he puts a bag over his head so that everybody is forced to look at him. He becomes more and more exuberant and I can't cope with this. Later on Jan Scholten gives me a hand to get this man to the front row so that he will shut up. But then there are suddenly three more characters like that who begin to shout. Jan tells me: 'These are all

Mongezers (Hyoscyamus type people from Africa) and you'll never win. Now they are all leaning across the table with my lecture notes: 'How on earth will I be able to manage?'

A man who had fallen in love with me was trying to make contact. He was using all his charm to get my attention, a real perseverer. I wasn't interested, so I locked all the doors and windows of the house and pretended I wasn't there. Then he started to push presents like earrings and bracelets through the letter

box. I changed my telephone number about five times but they still managed to find me.

I feel there is no antidote for this remedy.

A have been given the opportunity to appear in a t.v. programme but I have to be very careful that nothing will happen to spoil my plans.

I give large amounts of money, about f. 100, to a beggar in the street. This happens three times and I also give a large sum to two women who are selling something.

It was a bit naive of me

because they will probably spend the money on drink. I would have been more sensible to buy them something useful like a coat or something.

A tramp in the park with thick eyebrows and a thick coat is taking 'Parkinson like' little steps backwards, as if he is retreating from some danger and will soon be pushed back up against a wall [Stage 5].

(This man does live in the Vondel park in real life and does show this kind of behaviour).

I see lots of silver earrings and

also an ugly white cupboard with many beautiful decorations, as if to hide its ugliness.

One of my patients is taking some money out of my purse. I try to protest but when she takes an even more authoritative stance and says that it is her money I quickly try and pacify her saying: 'O,K., O.K. , it is your money, I totally trust you!'

A strange, untrustworthy man has to shake my hand. He was always carrying a sharp piece of glass to hurt others with. So I

try to avoid giving him my hand, but if I have to I'll do it in such a way that he can't harm me.

Catharina had had to work very hard on the farm she runs with Wim. I thought: 'Why should she have to do all that as well, she has plenty of work bringing up two children and studying at the same time'. She was totally exhausted and was leaning on her right shoulder. I asked if she at least had been given some money for her labours and she said: 'eh, no I didn't. I wondered whether she

had asked for money and she said again: 'eh, no' (Heavy, tired, exhausted.)

Vomiting, tough mucus in throat.

I can't go on, everything is so too much, too heavy [Gold series], as if a ton of bricks is resting on my body, I haven't got the strength to tackle anything.

Too tired even to sit, to eat, to work. I wish I were dead. I cancel my patients' appointments. The worst thing about is that I won't earn any money today. The feeling of

pressure, as from a lump of concrete is mainly situated in the upper part of my body, the elasticity has gone. I can't cry even, although it would probably bring some relief. I can't have an orgasm, it did happen, but I didn't feel it. (A week later this whole day seemed to have been erased from my memory).

Image: a vagina [Gold series], with a large thick earthenware dish in front of it, which was broken down the middle (grey, orange). It was so heavy that it broke.

I took off my rings and I didn't put them back on for a week, the imprints of the rings are still visible on my fingers.

I suddenly feel that I should give a message to a friend. I am walking and walking, in a countryside with high, thick hedges. I am searching, but I can't ask anything, I have to go ahead now. Then I see her house, overgrown with ivy and rather low down, as if it had sunk into the ground. I find her in a shed busy doing the washing. She is too thinly dressed for the time of year

although she is very ill. I suddenly realise I have forgotten what message I was going to give her, I had been to fixated on finding her house. She is happy to see me and not at all surprised. She takes me inside for a cup of coffee. Inside a man in waving a duster over the sitting room table. He sands up but doesn't offer to make the coffee. He says in a flat voice: 'I was planning to leave this house anyway, although my girlfriend doesn't know this yet'. I am shocked, thinking 'She'll need some

Ignatia quickly'.

I have a desire for physical activity like walking. It doesn't feel like an exertion, I could go on forever. I am running around like mad. It is a case of having to, to stay abreast of the opposition and the forces that are stronger than myself.

Periodicity: seven days.

A strange feeling in my head, right in the centre. A sort of fainting, with a fear that I won't be able to use my brain anymore. It is not like fainting from lack of air, it is not a light headedness, more a dull

pressure from several points towards one spot. A feeling of pressure towards the back, as if something is going to be switched off and you'll control over your brain. It is as if my head moves backwards because I am powerless to give contra pressure. It was worse when I had to concentrate or look my patients in the eye. After playing the piano (Harlem nocturne) I felt more relaxed.

Image: foreigner, man with black, hair in tight curls, lots of gel, hair running down into his neck (like the Mongueze in the

previous dream).

Feel threatened in a foreign country by a group of men who want to rob me. I can't do anything to prevent it. A nice shop is heavily fortified with lattice iron railings. I found a strong piece of blue sheeting which I grip tightly while I float just above ground level, like a sort of surfing.

I feel as if people are spying on me., I would like to bury myself in a hole in the ground. I can't find my shopping list and I immediately think the Mongeze people have taken it.

I repeat things I have just said, either because I forgot I had said it, or because I want to make sure that it has been heard.

I am constantly checking things, whether the door is locked, whether I have put my purse in my bag, that sort of thing. And even then I still forget.

Discharge from right ear (before that from left ear).

Tough mucus in throat with retching, worse mornings.

Tired and sleepy but can't go to bed, can only sleep on the

sofa or the floor.

I was looking for a students flat in a good position and a nicer view. The road was very steep [Stage 5, 4-8]. There was a notice on the side of the road saying the incline was so many percent, followed by an exclamation mark. When you looked at it you would lose all hope of ever getting up that hill [discouraged, Stage 5] before you had even tried it [Stage 5]. We did walk a little way up, but soon felt we couldn't go on. It was almost impossible, like walking up a steep rock face,

and when you stood up straight you could fall backward any moment.

Pushy people asking me to marry them. A woman had had an accident and three men came up to her and started making advances. One man wanted to marry me to get a residence permit. Another man followed one of the women all the time and even asked for her telephone number.

**Tungstenium
metallicum**

'The mountaineer'

Tungstenium is an unknown remedy. I did a dream proving at the SHO college, a report of which follows below. Chhabra (1995) has also done a proving.

Signature

The name is derived from the Swedish words 'tung' (heavy) and 'sten' (stone). It was discovered in 1783. It is sometimes called Wolfram, hence its chemical symbol 'W'.

The wire is used in lightbulbs because of its high heat resistance. Tungsten has the highest melting point of all the

elements, 3410 degrees C. It gets used in nuclear reactors for this same reason.

Protective shields and harnesses, as well as cutting and drilling instruments are made out of Tungsten because of its hardness. Tungsten increases the elasticity and the cutting properties of steel.

Concepts

Stage 6

Challenge

Daring

Proving

Initiation

Inevitable

Force

Hiding

Gold series

Leadership Organisation

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial

Dignified Haughty

Alone Isolation

Failure Hurt

Religion Sexuality

Ripe old age

Land

Eyes Vision

Group analysis

Having to prove yourself a a leader.

Initiation as a leader.

Having to prove yourself to a greater power: fire.

Proving that they are responsible for others.

Fear of not being able to prove themselves and being observed: failure.

Hidden power: camouflage.

Having to act but afraid to: careful.

Daring to take on the responsibility.

Feeling forced to take on the leadership although they don't

know how to.

Forced arrogance.

**Having to take up the
challenge on your own.**

**Candidate for a directors
position.**

Hidden religiosity.

Hidden arrogance.

The challenge of sex.

**Challenging death: fire brigade,
mountain climber.**

**Having to prove you are worth
the power you have been given.**

**Proving they can show their
ideas.**

Constriction of vision.

Picture of Tungstenium

Metallicum

Essence: Having to prove yourself as a leader.

Having to prove yourself as a leader

They have to make a start with the real leadership. It is the first time that they are taking the lead, it is as if they are being thrown into the deep end. Now they have to learn to trust in themselves. They have to lead a group, but they don't know how the group will react. Will they recognise him as their leader ? Or will they behave like a mob of uncontrollable

rabble. Whatever happens, it won't stop them from taking on the challenge, to dare others to defy their position as leader.

Having to prove your power over a stronger force: fire

It is a n enormous task they have taken on. It isn't like proving you can do some ordinary, every day things. It is something very special, something that is almost overwhelmingly difficult to conquer. Like having to do a firewalk for the first time. He knows he has to do it, but he doesn't know what it will be

like and whether he will succeed. Like a baptism by fire. A similar situation is that of the mountain climber, who has to conquer one of the most difficult mountains with all the dangers that will entail. They may be terribly worried about the prospect, thinking they will never do it. The sheer enormity of the task can evoke fears in everyone.

Children who have seen a fire may be haunted by nightmares of their house catching fire. This fear is especially strong if you have been forced into the

situation, where it wasn't your own choice. Here the fear can easily become overwhelming.

Having to face the challenge on your own

They like challenges and will look for situations where they can prove themselves. But they have to do it all alone, whether they like it or not. There is no superior or protector who will lend a hand, it is all up to them now. But they also feel that if they didn't do it on their own they still wouldn't have proved anything.

These people are very keen on

new situations and challenges and where there isn't one they will create it. They choose the most difficult studies or the most dangerous jobs. They may become stuntman for a movie, they love the challenge. And when something goes wrong they'll simply try again: 'I will do it!' If you say to them 'I bet you won't dare to do that', they'll go for it immediately.

Proving they are responsible or others

These people are quite prepared to take on the responsibility. They like

situations where they may have to save other people's lives, like firemen. Or they become mountaineers, anything where there is a challenge of life or death.

Unable to prove their power: failure

But besides the desire for a challenge there is also the fear of failure. They may have secret doubts whether they can succeed. This makes them tackle their task with great care. They may look impulsive, but this is only when the immediate situation demands

such action.

When they fail they feel it as a personal loss. Other people's opinions are not that important to them.

Felling forced to take on the leadership, even if they don't know how

They often feel as if they have been forced to take on a certain task. They are up against it and there is no way out. Like being thrown in the lion's den.

They may be quite bewildered to start with, wondering what is expected of them.

They can't get out of the

situation and when there is some form of restriction added to their task they can get very angry. They can well do without any added difficulty. These people hate being restricted by things like illness, handicaps, lack of financial means etc. The task must be completed and they don't need any restrictions.

**Hidden power: camouflage
Their uncertainty makes them a bit weary to show of their talents. They first have to prove whether they can be a good leader, whether they can**

really found that kingdom. Their power is hidden, new, unknown. In their situation it is a good idea to hide their strategies, to camouflage their power. Others don't have to see how they go about their task, it would only provoke unnecessary opposition or envy. They like to hide their power beneath an air of innocent cheerfulness. It will hide their uncertainty at the same time, there is no need for others to see that either. They might think that someone who is that uncertain can't possibly

be fit to be a leader.

Hidden arrogance

They tend to be quite aristocratic on the whole, feeling they are really somebody, but at the same time not wanting to be proud of it. After all, they haven't shown they are worth it yet. They are very courteous to others and like to be treated with the same respect themselves. They are easily offended, especially by dubious or rude remarks and gossip. Their sense of superiority is also expressed in the desire to be able to have a

wide view. They like wide open spaces.

Candidate for the managerial post

They usually start taking the lead at a young age. They are not afraid of hard work and know how to handle their own insecurities and possible shortcomings. They always find a solution to problems they meet on the way. This ability helps them to pick up any job that is going and to make a success of it too. It isn't long before the upper ranks notice these bright young people and offer them

promotion. And so they manage to climb the social ladder in a very short time.

Hidden religiosity

They are usually very religious, but once again this is a feeling they find deep within themselves. It is the challenges they meet on their path that they find the essence of life. When they are able to prove themselves they feel at one with God and the whole world, like a mountain climber who reaches the top and has an ecstatic religious experience.

Sex is a challenge

They like to prove themselves sexually, but they prefer to keep this hidden from the outside world. It is their own experience and doesn't concern anyone else.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God, war, men, fire (3), heights (3), tunnel, rats, mice.

Dreams: heights, falling, fire, pursued across soft sand, having to enter a high building via the balcony.

Delusions: superior, alone, being a failure; mania, saving the world, fighting against corruption, fighting evil, doing everything on their own.

Irritability: angry, destructive, agg. offended.

Mood: haughty, cheerful, enthusiastic, optimistic, finding a solution to everything, distant, unmoved, controlled, closed, direct, impulsive, serious, gloomy.

Mental: quick as a flash, forgetful, absent minded, confused, rigid, insane.

Professions: king, leader,

**director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman, general, fireman,
mountaineer, stuntman.**

Generals

**Type: male, dark hair,
overweight, bald.**

Locality: right.

**Weather: cold; agg. cold, agg.
storm, amel. open air, agg.
cloudy weather, agg. dry.**

Time: agg. night, 5-6 am.

**Desires: alcohol, drugs, bread,
sweet (3), coffee, cold water,
liquorice.**

Aversion: meat, eating, fat,

peppermint, menthol.

Food: agg. drugs, agg. fat, amel. eating, agg. fasting, agg. tobacco, agg. apple, orange, tangerine.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3), heavy, deep, difficulty getting up.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch, agg. ley lines.

Complaints

Weakness, nervousness and

restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Energetic, tired, dull.

Glands: swollen, inflamed, indurated. Abscesses, necrosis.

Paralysis, Parkinson's, multiple sclerosis. Shocks and jerking.

Epilepsy, tonic, clonic, tetanic.

Lack of feeling. Cerebral haemorrhage.

Cancer.

Headache (3). stitching, pressing, left sided, under in the back of the head; above eye, temple, + pain in eye,

**pressing, dull; + shimmering
and seeing black threads, agg.
light, agg. noise, + right hand
swollen and stiff, paralysed, as
if not her own, flashes of light,
pink and purple, stiff arm and
shoulder, agg. ouch, amel. agg.
lying, agg. storm; beforehand
much urination and diarrhoea,
+ pain in jaws, from neck.**

Sinusitis.

**Face swollen. Trembling agg.
anger.**

**Eye complaints:
inflammations, visual
disturbances.**

Watery carries, raw burning

throat. Dry tickling cough, impossible to suppress.

Sore throat, agg. evening, agg. swallowing + nausea.

Coughing up and scraping mucus.

Fibrosis of lungs (Dreisbach).

Heart complaints: high blood pressure, infarction, failure, arteriosclerosis.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Pain in chest, left, just beside the sternum, in the 4th and 3rd intercostal space, pressing like

a heavy lump, amel. strong pressure, amel. sip of cold water. Sensation as if this water was trickling past a hard lump. heart feels like a heavy lump.

Stomach pains, agg. eating, agg. morning, amel. eructations, agg. warm weather.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

Stiff neck and shoulders, cold

**elbows, pain in coccyx agg.
labour, back pains, agg. night,
agg. lying, amel. stretching
legs, agg. lifting. amel. having
legs pulled, sciatica,
underneath buttocks.**

Eczema on middle of forehead.

DD: Gold series, Stage 6.

**DD Tantalum: still tries to
postpone his task as director,
because he feels he hasn't
prepared himself well enough
yet. He hasn't worked out his
plans sufficiently to see how to
proceed with the organisation.
Tungstenium feels there is no
reason to delay any longer, he**

has burnt his ships behind him and he has to act immediately.

Case

This is the case of a 30 year old woman who has come complaining of migraines. The attacks start with frequent urination and occasional diarrhoea. She sees little black threads before her eyes and flashes of light in all colours, purple, pink and blue. She also gets trouble in the right side of her body, her arm leg and particularly her hand feel stiff and swollen. They feel as if paralysed, as if they don't

belong to her. Her face gets the same sensations. The right half of her face is swollen, stiff, numb and tingling. It stops her from speaking, she can't pronounce the words properly anymore. At these times she cannot bear to be touched. All these symptoms are awful and she is very relieved when they go away and she gets a bad headache instead. This headache is stitching, pressing and dull, above her right eye, as if it is being squeezed tight. It feels as if the pain comes from her neck and back. The

pain is also situated in her jaws, the eyeballs, temples and occiput. It is agg. sunlight, amel. sunglasses, = noise, agg. storm, agg. before menses. Before an attack she usually gets a strong craving for sweets. She prefers carrying on with her work. Movement makes it bearable, but when she goes to lie down in the evening it gets much worse. Carrying on with her work can also postpone the headache but it will reappear even worse later on. The migraines started when she was 12, shortly before

her first menses. After these severe attacks she often has an other sort of headache for days, a constant nagging sensation, like a faint replica of the violent attacks.

Until she was 12 she often got bad ear and throat infections. She often had her eardrums punctured.

When there is much pressure at work it affects her headaches. She is a busy type of woman who often takes on more than she can manage. She always thinks: 'if others can do it, so can I' and she was given a

managerial post when she was only 21. Because she was so young, and because she was a woman, she had to work hard to prove herself. At first she occasionally asked for advice from an older colleague, but after she had been given some rather curt replies once or twice she decided she wouldn't bother in the future. She has a full time job, but it is really more than one person can manage. She feels she can't say show that it is a bit too much, so she works extra hard to stay on top. She likes to have things

perfect, so that others can't find fault with her. Her director is very dominant and everybody listens to what he says. He is the sort of person who likes to have something to complain about, so she is never sure whether the work she has produced will be to his liking. She is afraid he will say she hasn't thought it through properly.

Besides all this she also has a family to run. She has one child and is expecting a second. She doesn't want her children to suffer because of her job.

She likes challenges, but she also has fears that she won't succeed. She was brought up with the motto that you should do things properly and not make a fuss. Her father was a very warmhearted and happy man who was keen on equality for men and women. She is a very cheerful and optimistic person herself, she laughs a lot during the consultation. She doesn't talk about her personal problems with others, nobody knows anything about her headaches. But as far as her opinions are concerned she is

happy to discuss them with others. She speaks openly about her work and what she thinks about it. It doesn't matter to her who is present when she offers her opinion, even if it is the highest boss, because 'work is work'.

She has a repeating dream that she has to get into a high building, but she should use the most difficult route. She has to climb along a dangerous ledge to reach the balcony, which she manages to do after several fearful moments. She often dreams about having to fulfil a

difficult task, but she always succeeds.

She hates being restricted in her activities through illness or similar circumstances.

She has a strong fear of heights. When she was little she didn't dare to cross a bridge even if it was only a foot above the water. She is afraid of rats and cats, because they come towards you even if you don't like them.

Generals

Weather: cold, hands and feet stiff with cold; agg. storm, - amel. outside, amel. sea (2),

agg.- mountains; agg. ley lines.

Perspiration: little.

Time: agg. morning, agg. 4 pm.

Desires: sweet.

Aversion: potatoes (3), milk.

Food: agg. warm food, smell of meat (2), orange (3), apple (3), tangerine (3), alcohol, coffee (2), cucumber (3), onion (2), leeks (2), peppers; agg. fasting.

Menses: nausea and headache before menses, agg. late menses.

Sleep: has to go to bed early because she feels very tired.

Physical: agg. touch, amel. motion, working.

Analysis

Her managerial task indicates the Gold series. The fact that she feels she has to prove herself and wants many challenges indicates the sixth stage. Together this means we need Tungstenium in this case.

Other symptoms of the Gold series: independent in her opinions, doesn't like to be restricted, amel. work, agg. rest, agg. cold, fear of heights, agg.- restrictions.

Symptoms of the sixth stage: feeling she 'must' do things, being 'squeezed' (headache).

her repeating dream is also quite typical: she has to (Stage 6) enter a very high building (Gold series), but doesn't this in a very complicated (Stage 6) way, via a ledge along a steep drop (Gold series) to the balcony.

Reaction

After a few doses of Tungstenium 1M the migraines start to decrease and a few months later she hardly has any headaches. She has started to look at her work from a different perspective. She has changed her job, the tasks are

being shared by two people now, here she has managed to hold on to the parts she likes best. She would like to take it easy for a while, she is even contemplating being just a housewife for a while. But his is going a bit far, she doesn't think she can do without the challenge altogether.

Case

A 5 year old girl has nightmares about fire [Tungstenium]. It started after she saw a department store near her house burn to the ground. After Tungstenium 1M

the nightmares disappear straight away.

**Tungstenium proving
Procedure**

This was a two day dream proving carried out on 27-28 November 1993 by the participants of the homoeopathic college in Wageningen. A C30 potency of the remedy was taken once on Friday morning and once on Friday evening at bed time. Fifteen people have given their report, 4 of which described the ongoing effects.

Mind

- Distanced from my own emotions [Gold series], more sensitive to sexual [Gold series] feelings. Less inclined to talk, introverted, conversation didn't touch me. Less task consciousness about housework but also less aversion to it.

- Chilling. Aversion to company and parties. Aversion to loud clothes.

- Very irritable towards the children. 'Don't bother me with your problems, hurry up'.

- It seemed as if certain incidents didn't touch me. (My friend's father was getting more

and more ill). But the usual feelings were not there.

Dreams

- None.

- There was a fire

[Tungstenium] in the house. It wasn't my own house. First a case with budgies burnt down. I couldn't get to it to save them [Gold series]. I woke up at 5 o'clock. Then I went back to sleep and continued my dream. Now my 23 year old daughter was also in the room. I couldn't get to her to save her either, I don't know why. It was as if I was watching a film, it was

awful. I panicked and in the end all I could see was fire [Tungstenium] and iron bars [Tungstenium]. Terrible, frightened, suffocated. Don't want to repeat it.

- Woke up too late.**
- Had the same dream three times: about an accident [challenge, stage 6], a car had turned over and was lying in the street, upside down, with the driver still trapped inside. The first time I was watching it from behind my window and saw the police and ambulance standing around the car. The**

second time there was only the police and the car. The third time there was only [Gold series] the car. I woke in a fright, realising I was doing a proving.

- A friend of mine tells me she has got a boyfriend and shows me a photograph. It is a photo of him and his son, and they look exactly alike, like twins.

- A large barn with lots of monkeys locked up inside, white ones and black ones, large ones and little ones. They decide to break out of their prison. The guard is a sluggish

man with glasses and is feeling homesick. When he enters the barn the monkeys escape through the door behind his back and run into the woods. The boss [Gold series] is furious and goes to look for them [responsible, Gold series]. In the meantime the monkeys have turned into children who try to confuse the boss by making funny noises from behind the bushes and then running away very fast. Because they are young and nimble the boss can't catch them. During this dream I

thought that the guard needed Capsicum.

- I have to go to a sort of tea sorting firm, together with two friends. We will have to undergo a test. We are a precious metal [Gold series] and two semi precious metals, and the people at the firm are going to investigate how we make love [Gold series].

General

Energetic. Dull. Tired.

Temperature: very chilly.

Perspiration: unpleasant odour during the afternoon.

Sleep: waking at 5.30 am.

**Didn't get to sleep until 5 am.
Heavy, woke up too late [never
happens usually], forgot my
dreams. Very deep.**

Complaints

**- Pain in temples, worse right
side. Headache, central, 'sore'
as from flu.**

**- Headache, stitching,
pressing, Right side, next to
vertex, later on left side in
occiput, low down, stitching
(2*).**

**- Pain left side, in sinus
frontalis agg. cold wind.**

**- Slight nagging pain above left
eye.**

- **Eyes swollen agg. waking.**
- **Sneezing.**
- **A cold that lasts three weeks [unusual]. First week: a watery discharge, running like a tap, sometimes hardly have time to get a handkerchief. A raw burning feeling in throat, worse right side. Glands in angle of jaw swollen, right side, painful, agg. turning head sideways.**

A heavy dull feeling in the morning, need a long time to get going, unrefreshing sleep. Second week: runny nose slightly better, coughing worse. A dry tickling cough I can't

suppress, sometimes really loud, agg. physical exertion, agg. inhaling cold air, agg. tobacco, agg. lying in bed, agg. talking and laughing, amel. drinking water (briefly). Once lay awake from 2 to 4 o'clock because of cough. Felt desperate and hopeless, embarrassed what my patients might think. Couldn't tolerate contact lenses anymore. Took Drosera 30.

Third week: Slept extremely well after Drosera. Woke up with terrible, bursting headache, frontal, symmetrical,

sometimes worse left side. A heavy feeling of pressure. Nasal discharge and cough less. Now it feels like sinusitis, as if there is a lot of mucus in the sinuses. headache agg. stooping.

Feeling of heaviness, difficulty thinking.

- Coughing up mucus and scraping.

- Palpitations, in throat.

- At 5.30 pm gradual pain starting in chest far around the third and fourth intercostal space (heart region) [Gold series], pain reaching a maximum at around 6.30 pm.

Pain is worst just beside the 4th intercostal, in one spot. Pain was pressing, like a heavy lump, amel. broad, firm pressure, amel. while taking a sip of cold water. Sensation as if water was running down past a lump (I thought my heart felt like a lump). The sensation of the water trickling down was nice, so I wanted to drink large gulps of cold water frequently. After meals the pain was 95% better. So probably amel. after eating, (which is a modality that I recognise, headache amel. eating). Half an hour after

eating the pain was still there slightly, mainly near the third intercostal. During the following three weeks I still had the occasional feeling of pressure in the sternum with stitching pains. Drinking warm or cold water felt very nice, it still felt as if it was flowing past a lump. I got the impression that I had had a type of cramp in the oesophagus.

- Nausea agg. cigarettes.**
- Nausea.**
- Stool at 3.30 pm [never happens usually].**
- Pain in left ankle, agg.**

walking, feeling as if it will give way.

Rhenium metallicum

'The trainer'

Rhenium is a new remedy.

Signature

Rhenium was named after the river Rhine. It was discovered in 1925 and its chemical symbol is Re.

Rhenium is a rare metal. It is used in electric switches and electronic thermometers. It is very heat resistant, hence its use in heat wires and

thermocouples. Jewelry is often coated with a thin layer of Rhenium, because it has a nice silvery sheen.

Concepts

Stage 7

Adding on

Practising Training

Doubt

Fine tuning

Feedback

Compliments

Cooperation

Helping

Gold series

Leadership Management

Organisation Structure

Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Practising leadership.
Practising to be a king.
Seeing everything together:
overview.
Desire to be assisted in

directing.

Leading people by getting them to work together: trainer, coach.

Leading people by giving compliments: stimulating.

Receiving compliments with dignity.

Compliments stimulate haughtiness.

Cooperation between directors. Offended by remarks that their leadership is too technical.

Failure through leadership that is too technical.

Expanding religion.

Practising sex.

**Picture of Rhenium Metallicum
Essence: practising leadership.**

Practising leadership

They have taken on the function of being a leader, and now they need some space to practice. They like to do it well, so they welcome some feedback that will get them on the right track again should they make a mistake.

Overview

They like to have an overview of how things work and what needs to be done. This is the only way they feel they can get a grip on the whole

organisation.

Desire to be assisted in their directorship

They really need feedback, from superiors and from employees. They hate having to sort it out all on their own.

They are very good at handling criticism, as long as it is constructive in showing them how to steer company.

Compliments are even more welcome, it makes them glow with pleasure, and with pride if they are not careful.

Leadership by getting people to work together: coach

Their type of leadership is characterised by a desire to get people to cooperate with each other. The business will run much more smoothly because of it.

Leadership by giving compliments: stimulating

They tend to stimulate their employees into giving more of themselves. This way they improve the overall production. Occasionally they will give some negative feedback, but only if they think that people will learn from it.

Cooperating directors

They like to see a board of directors that cooperate with each other. They believe that the sum of their individual qualities can achieve more than a single person on his own.

Offended by criticism that their leadership is too technical

If the organisation isn't doing too well they may get very sensitive to criticism. They will try to keep the exchange of ideas going, but the situation doesn't allow too much time for lengthy discussions. They feel most hurt when people say their leadership is too technical

and they don't use enough muscle power to push ahead.

Failure through technical leadership

Their pitfall is their tendency to be too technical. They act according to the book, the way they learned it at their managers course. But they don't trust their own intuition enough to make decisions when they should. They may also fail by putting too much emphasis on cooperation, so that there is nobody who takes overall responsibility when the situation demands it. They run

the risk of getting stuck in endless discussions with other directors, union leaders, personnel managers etc. When a compromise is finally reached, there is very little left of the power of the original ideas.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling.

Delusions: superior, alone; mania.

Irritability: agg. offended.

Mood: haughty.

**Mental: absent minded,
confused, rigid, insane.**

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

Generals

**Type: male, dark hair,
overweight.**

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night.

Desires: alcohol, drugs, bread,

sweet, meat, cold water.

Aversion: meat, eating.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. giving birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.**

**pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

Sensations: swollen, blown up,

heavy, full.

Paralysis, Parkinson's, multiple sclerosis. Epilepsy, tonic, clonic, tetanic.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

**Eye complaints:
inflammations, visual disturbances.**

Heart complaints: high blood pressure, infarction, failure.

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Thrombocytopenia.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 7.

DD Tungstenium: still feels the challenge. Likes danger to prove himself as a powerful leader. Rhenium is quietly sitting in the managerial position, looking around to see how he can best learn to do the job properly.

Case

A 30 year old woman has

severe eczema. The skin is very red, especially in her face and everybody remarks on it. Her neck and face are affected, between her eyes on her upper lip. The face is red and swollen and the skin is thin and full of cracks, exuding a sticky, watery fluid. It is worse in the morning and when she feels tense. It started when she was 21.

It became much worse when she working at the reception of a very large hotel/ restaurant. She liked being in charge, but she did feel the need to be able

to ask for advice here and there. She would have liked to be involved in some kind of team work. She wanted people to explain to her how things were done in the business and why. But she got no back up at all and was left to her own devices. She also had to 'keep a straight face' at all times because the 'client was always in the right'.

Generals

Weather: cold, -amel. wind, agg.- draught (2), -amel. outside, amel. sea (!), amel. sun.

Perspiration: arms.

Time: agg. 6-7 pm.

Desires: fruit (3), orange, pear, sweet (2), chips (2).

Aversion: fat, slimy food, oysters.

Food: agg. wine.

menses: back ache during the first day.

Analysis

The aggravation of the eczema at the time when she was put in charge of the reception desk indicates a remedy in the Gold series. She likes to take the lead, but she appreciates some feedback and support. This

indicates stage 7, the 'practising' stage, which is Rhenium.

Rhenium is only a layer in this case. She needed Calcarea silicata and Baryta fluorata to clear the eczema completely.

Reaction

A few days after Rhenium the eczema starts to get worse, which lasts for about ten days. After that it start to clear up and two months later it is 50% better. The problem about taking charge has resolved itself, it isn't an issue that

concerns her anymore.

Osmium met.

'The crisis manager'

Osmium has long been known as a remedy, without a clear picture however. Shah (1995) has shown us a beautiful case recently.

Signature

The name Osmium is derived from the Greek word 'osmos', meaning 'smell', because of the nasty smell of osmium tetroxide. It was discovered in 1804 and its chemical formula

is Os.

This metal is very hard and difficult to mould or shape. It is the heaviest metal in the periodic system and also the most resistant to pressure.

Making use of its resistance to corrosion and its hardness it is often a component in fountain pens, clock bearings and in jewellery. Compass needles also contain Osmium because it is very magnetic. It is also used as a catalyst in the production of ammonia.

Concepts

Stage 8

Persevering
Carrying on
Forcing
Heavy pressure
Opposing forces
Calculating Insight
Planning
Concentration
Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation

**Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Pushing the organisation
ahead.
Forcing power: crisis
management.
Establishing a large
organisation.
Persevering as king.
Insight into power structures.
Leading the organisation
through making plans:
strategic.**

A forceful leader.

**Having to achieve as a
director.**

The pressure of responsibility.

**Planning the foundation of the
organisation: strategy.**

**Failure through dictatorial
behaviour.**

A king who is being opposed.

Forced sex.

Picture of Osmium Metallicum

**Essence: persevering in
exercising leadership**

**Persevering in leadership:
steadfast**

**The feel they have to make a
tremendous effort to exercise**

their power. The task is huge and the responsibility weighs heavily. They have to put their whole weight into this venture to make it work. It is as if they want to create a kingdom out of nothing. They know that it is no mean task they have taken on, but they also know they can do it, because they can handle an awful lot of pressure. They are relentless in pushing through their plans and they won't hesitate to sack people if they need to.

**Forceful power: crisis manager
They often look for work that**

involves the reorganisation of a business within a very short time. They are very good at 'clearing up the rubble'. They know how to get the dispersed energy of an organisation that has grown too fast for its own good back together again. They cut through deadlocks that have been created through too much compromise. They solve the problems that the direction doesn't know how to handle any more. They love acting as crisis manager in businesses that have come adrift.

Planning an organisation:

strategic

They have a very sharp insight into the structure of an organisation. They often know long before anyone else where the potential problems are going to arise. They are very structured in their way of dealing with these problems. When there is a tough nut to crack they are there to deal with it, their long term vision knows that these actions are necessary for the future of the business.

Opposed as a king

But when they want to bring

about necessary changes they are likely to run up against other people who hesitate and splutter because they can't see the use of all these new measures and who consider these plans to be a personal attack on their own integrity.

So the other people will often oppose their plans out of jealousy or out of spite. As if the task isn't difficult enough already! They have difficulty dealing with any outside circumstances that may slow them down. Their daily routine is seen more as an impediment

than as a point of rest in a busy day. They would rather get on with the task in hand than be distracted by the day to day things. But although they don't like opposition, they are not to be deterred by it, they carry on regardless.

Failure through dictatorial behaviour

Their pushy sort of power may eventually be their undoing. Either the pressure becomes too much for them to bear, because they can't relax and take a break from being responsible all the time. Or

they might attract too much opposition with their forceful behaviour. This can happen especially when they are dealing with older leaders who will get annoyed by their arrogant behaviour and their 'know all' attitude.

Sisyphus

The Osmium theme is represented by the legend of Sisyphus. He condemned to push a huge boulder up a hill. He set about his task with all his power, it was an enormous struggle but eventually he managed to get the boulder in

motion and to roll it slowly to the top of the hill. When he was nearly there and he already thought he had made it the treacherous rock escaped his grip and bounced down the hill again. So the poor conemned man had to start all over again. And when he had nearly reached the top once more he lost the rock again (Schwab).

Here we see the immenseness of the task and the sheer impossible strength that is needed to complete it. This is typical of Stage 8. We also see that Sisyphus is on his way to

the top but cannot reach it. An interesting aspect of this story is that Sisyphus was the founder of Corinth, a typical city state [Gold series].

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling, failure, jewels, mountains, responsibility, blessed by a saint, saving people who are threatened by floods, being busy, painful and important

events, fire.

Delusions: superior, special, specially chosen, mixing with important people, alone; mania.

Irritability: angry, obstinate, screaming agg. offended.

Mood: haughty, shy, relentless (2), impatient, restless, sober, crying.

Mental: intelligent, absent minded, confused, dull, making mistakes in words, rigid, obsessive thoughts of the past, exhaustion, insanity.

Contacts: helping.

Work: agg.-.

Professions: king, leader,

**director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

**Causes: disaster, hurt,
humiliation.**

Generals

**Type: male, dark hair,
overweight.**

Locality: right.

**Weather: cold; amel. open air;
agg. gloomy; agg. dry.**

Time: agg. night, 6-9 pm.

**Desires: alcohol, drugs, bread,
sweet, meat, cold water.**

**Aversion: radish, coffee, meat,
eating.**

**Food: agg. drugs, tobacco,
amel. wine amel. eating, agg.
fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. giving birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.
pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

Paralysis, Parkinson's, multiple sclerosis.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

**Eye complaints:
inflammations, visual
disturbances, glaucoma.**

**Heart complaints: high blood
pressure, infarction, failure.**

**Congestion of blood. Cerebral
haemorrhage. Anaemia.**

**Stomach problems: swelling,
pain agg. touch, agg. pressure;
rumbling, flatus smelling of
slurry, rotten, sudden urging,
but only passing wind.**

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation. Fungus round nails. Rim of nails stay attached and grow with the nails. Sinus pilonidalis (!).

DD: Gold series, Stage 8.

DD Rhenium: sits quietly on the managers chair, surveying the scene and trying to learn the business. He feels he has plenty of time to do this in.

Whereas Osmium is under great pressure to establish a business

within a very short period of time. He has not time for endless board meetings, there are decisions to be made and deadlocks to be broken, otherwise the organisation will never get there.

Case

A 40 year old woman has a whole series of complaints. The first one is a severe allergy, which makes her sneeze, with a watery, biting discharge from the nose and headaches that make her feel as her eyes are being rigidly fixed in her head. Her neck and shoulders are

often stiff too. She has difficulty breathing, ameliorated from stretching her back. The complaints are agg. cold, changes of weather, in May and June, dogs (3). cats (3), birds, smoke, mimosa (3), grass, exhaust gases and house dust. Sometimes she has a hollow cough. As a child she used to get asthmatic bronchitis.

A second complaint is an irritable bowel. She suffers from wind, with much distension, the flatus often smells of rotting slurry. Her

abdomen is sensitive to touch, the pain is agg. touch, clothes, sitting a long time, changes of weather, walking long distances, fat and cream, and amel. stool, stretching and putting her hand on her stomach. These complaints are clearly related to stress.

A third complaint is pain in her joints and muscles, especially in neck, shoulders, lower back and right hip. The joints are swollen, especially in the wrists, worse from sitting still for a long time and eating salt.

The stress has to do with her work. She has her own organisation advice agency. The work load is varying, sometimes very busy, sometimes not. She says: 'I have made a business out of clearing up other people's rubbish', which refers to the quarrels her parents used to have. She always had to act as a go between. She has a sharp insight into the patterns of an organisation. She can predict years in advance what will happen if they don't take certain preventative measures.

Other people are often surprised when she is proved to be correct in her forecast. She says she is a pushy sort of woman. She doesn't give up and often takes on more than she can handle. She does her job, and she runs the house, and she studies and she is doing some alterations in the house at the moment. She also has time consuming hobbies like making her own clothes and repairing cars. She loves using her hands. She has a slight fear of heights.

She is happily married, but

**they didn't want any children.
On her part this choice was
based on her own unhappy
childhood experiences.**

Generals

**Weather: cold (2), agg. draught
(2), agg. change of weather;
amel. outside, amel. mountains
(2), agg. sea, agg. damp.**

**Perspiration: sometimes on
waking.**

Time: agg. 5 am, agg. 8-9 am.

**Desires: spices (3), sour (2),
wine, juicy fruit.**

**Aversion: radish (2), sweet,
milk, cauliflower, sprouts.**

Food: agg. fat, salt, eating too

much.

Menses: painful (2), a sensation of drawing and stamping in her abdomen; tired, irregular; breasts painful and swollen.

Sleep: unrefreshing, can't relax; short; tingling arms and legs on waking.

Physical: amel. motion, agg. sitting long.

Analysis

Her job as an management advisor indicates the Gold series. She takes the lead temporarily to get the organisation on the right tracks

again. She is pushy, works under pressure and doesn't give up. All these are themes of Stage 8. These two themes combined give us the remedy Osmium.

Her fear of heights also fits the Gold series.

Symptoms belonging to Stage 8: creating a job out of clearing rubble, strategic, recognises the patterns in an organisation, takes on more than she can handle.

Her stomach complaints and the stinking flatus were typical of Osmium.

Reaction

After Osmium 200K the stomach problems gradually subside. She develops a different outlook on life, doesn't want to work under pressure anymore. She would like to do something a bit more creative. Later on she got several more doses of Osmium 200K and 1M to help her through this process.

The hayfever however wasn't touched by this remedy.

Proving

Reaction of a patient after Osmium 1M.

- A strong feeling of detachment.

- Dream: I had to look after [Gold series] two children who were exactly alike, they were twins. They belonged to a friend of mine. I took them to the swimming pool but the water was dark, like a lake. One of the twins could swim, the other couldn't. I am not a good swimmer myself so we started off by doing nothing and lay down to sunbathe for a while. The boy that couldn't swim disappears in the water and I jump after in and just manage

to grab him by his swimming trunks and drag him up on the side. No sooner had he been revived or he jumped in again [persevering, Stage 8]. The water has become clear and now I see a ledge on where the shallow part ends and the deep end begins. He jumps and hits his head on this ledge. He is killed instantly [Gold series]. I feel responsible [Gold series] and also angry because he did it on purpose. The other boy is laughing sarcastically, as if he knew all along that this was going to happen. I didn't dare

tell the parents that he had done it on purpose.

- Stomach ache above the groin, right sided [Gold series], in a vertical line along the stomach. Stitching and burning pains, as if the stomach lining is inflamed, as if the whole inside, including the ovaries [Gold series], spleen and liver are affected and inflamed. I am thinking of cancer [Gold series] of the ovaries.

- Little spots or lumps.

Iridium metallicum

'The eternal crown prince'

Iridium is not very well known as a remedy. Sherr has done a proving recently.

Signature

The names is derived from the word 'iris', meaning rainbow, because of its colourful range of salts. It was discovered in 1804 and its chemical name is Ir.

It is a hard metal, difficult to mould. It is used to make fountain pens and injection needles. It is also used in standard weights and measures

and the international standard meter is made out of an alloy of Platina and iridium.

Iridium is quite commonly found in the remains of meteorites and supernova's.

The great meteor crash in Mexico that happened 65 million years ago and that was the most probable cause of the extinction of the dinosaurs left large deposits of iridium in the earth (Volkskrant 21-1-95).

Concepts

Stage 9

Getting ready

Setting up

Harvest Extension
Presenting yourself
Finishing touches
Test
Trial
Blunder Let down
Not quite
Calling it off
Gold series
Leadership Management
Organisation Structure
Responsibility
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation

Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Taking the final step to
become a leader.
Extending the power.
The harvest of a managerial
career.
Getting ready to take over the
power.
Extending responsibility.
Clearly taking responsibility.
Getting ready for the religious
experience.

**Not quite arrogant.
Finishing touches and
corrections in the organisation.
A blunder during the
conducting of a business.
Robbed of their power at the
last moment.
Blunders within the
organisation.
Picture of Iridium Metallicum
Essence: taking the final step
to become a true leader.
Taking the final step to
become a leader
They are now in a position
where they have almost
reached the top in their**

particular organisation.

Everything is ready for its final conclusion. They only have to take one more step to become leader, director, or king. They have almost succeeded in turning their ideas into the finished product, it is really going to happen any moment now, they will be a leader at last. They feel as if it is just about to happen, all they have to do is make the final move.

**Extending their responsibility
They feel very responsible for their minors and for society as a whole. Their aims are high**

and they work hard to achieve them. They can be real workaholics. They always feel they have to extend their business, to go into it in more depth, to do more. They haven't nearly finished what they set out to do and they do their best to get the business to the very top. Their potential hasn't been fully exploited yet. And that which remains outside their reach is seen as a sign that they have failed to be a super power.

**On the verge of being arrogant
They tend to be quite single**

mindful, they are always preoccupied with what is yet to be done. The people around are usually several steps behind and blame them for being unrealistic or irresponsible. They may seem irresponsible but this is only because they see everything from the point of unexplored possibilities. But they do feel very responsible, much more than others might suspect. In fact they find it hard to relax with all the responsibilities they have taken on. That is why they may appear to be dictatorial.

Trial run for power

They would like to give their project a trial run, to see if it really works. They know the organisation is sound in principle, but there may be some details that need to be seen to. They don't like to shout about their leadership yet, because they may need to make one or two alterations to the plan. They often appear hurried, because they are nearly there. They can hardly wait to take the final step.

Robbed of their power at the last minute

But they also live in fear that something will go wrong at the last moment and that the post of manager will be given to someone else. In spite of the fact that the official approval of their leadership is no more than a mere formality, they keep thinking that they might not make it. They may be afraid that their organisation will be taken over or that their plans will be taken over by a stronger power who will take all the credit for it.

Blunder while directing

They may also be afraid of

committing the most awful blunder which will wipe out all the years of hard work. The final step could be the one where they make a terrible mistake. They get so tense about it that they could well make that awful mistake at the last moment.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling rainbow, wars, imprisoned,

bandaged in, sentenced to death, anal sex.

Delusions: superior, alone, number 7, 7 angels with 7 wings measuring 7 inches, rainbow, wants two of everything, contradiction of wills.

Irritability: agg. offended.

Mood: haughty, hurried, pushy.

Mental: intelligent, absent minded, confused, dull, rigid, insane, exhausted, mania.

Professions: king, leader, director, manager, president, chairman, captain, mayor,

bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation.

Generals

Type: male, dark hair, overweight.

Locality: right.

Weather: cold; amel. open air; agg. cloudy; agg. dry.

Desires: alcohol, drugs, bread, sweet, meat, cold water.

Aversion: meat, eating.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and

after giving birth.

Sleep: sleeplessness (3).

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple

sclerosis. Shocks and twitching.

Epilepsy, clonic, tonic, tetanic. No feeling. Cerebral haemorrhage.

Cancer.

Headache.

Face swollen. Trembling agg. anger.

Eye complaints: inflammations, lateral, red, visual disturbances, ingrowing eyelashes, far sighted.

Bridge of nose painful, feels too narrow.

Short of breath, agg. climbing stairs.

Heart complaints: high blood pressure, infarction, failure, pain.

Congestion of blood. Sensation as if an iron rod is standing straight in the heart region. Sensation of iron band round chest. Difficulty breathing deeply.

Pulse: too fast, too slow, full, weak, irregular. Anaemia.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Trypanosoma infections.

Affections of bones: necrosis,

**inflammation. Achilles tendon
painful agg. walking, torn agg.
jumping.**

Eczema, urticaria.

DD: Gold series, Stage 9.

**DD Osmium: is under great
pressure to get an organisation
of the ground within a very
short time. He has no time for
endless meetings, it is time for
action, otherwise they will
never get there.**

Case

**A 70 year old man has pain in
his right testicle. it started
with pain in the abdomen, just
above the right groin, better**

from pressure. After that his scrotum and right ball became sore and swollen. The pain is very bad on getting up and being touched, better from continued movement. The front of his thigh is also quite painful. It reminds him of some problems he had in the past, where he had blood in his urine on three separate occasions, usually in about September, October.

He is retired but he has got his own agency in forensic investigation. He has developed several good ideas on the

subject and he would like to see them carried out. But the government is not cooperating. They told him to work out the details first and then they might have another look at it. He then founded a limited company where several professors and himself worked out these ideas and presented them at a large conference. But the government is still opposing him, although they keep saying they will go ahead with his plans. He feels that he has reached the last hurdle but he can't quite clear it. The

government is trying to trick him into expanding on his ideas even more, but all they want is to use them for their own benefit, leaving him out of it altogether. He is very weary of them and feels he is being ignored, belittled and cheated. They are hurting his pride.

He is a real 'go-getter', he wants to achieve things that are unique. He keeps saying: 'I will do it', 'I will get to the bottom of this'. At the same time there is also the tension: 'Will I really be able to do it?'

He is concerned about the

welfare of other people and likes to help them. He also likes the company of friends. He is very afraid of heights (3).

He had a dream in which there was a war going on and somebody had been taken prisoner and been wrapped from head to foot in white bandages. He was lying on his stomach on a table; he had been sentenced to death; one of the guards had anal intercourse with him.

When he woke up he felt nauseated and disgusted.

He had diphtheria when he was

younger.

Generals

Weather: cold, agg. damp and rain (2), agg. draught; -amel. outside, sea and mountains.

Perspiration: profuse, agg. night (2).

Desires: meat (3), boiled potatoes (3), Chinese (3).

Aversion: sour, fish, fat.

Sleep: good; on right side.

Analysis

The inflammation in the testicle indicates either the Silver or the Gold series. But his plans regarding the solution of forensic problems would

point to the Gold series, especially because he feels he isn't given the authority (Gold series) to go ahead with his plans.

Other symptoms that indicate the Gold series: right sided, urge to achieve, belittled, underestimated, doing something unique, -amel. meat, 'heavy' (see reaction), cold, dream about the condemned prisoner.

As far as the stage is concerned, it is clear that he has nearly reached the top, his plans are more or less finished.

But just as he should be given permission to go ahead the whole project is stalled. He gets stuck at the last hurdle. This is typical of stage 9, and so we get to Iridium.

Reaction

After Iridium 1M the inflammation in the testicle gets worse for a few days and it swells up to the size of a potato. After that his complaints gradually decrease, without antibiotics. A few months later they are as good as gone. Urination is easier and his potency has increased. He

doesn't get so worried anymore, the problems don't feel as heavy as before (Gold series). He is more relaxed and feels that if the government doesn't accept his plans it is their loss, not his. One year and three doses of Iridium 1M later all his problems have gone.

Platinum metallicum

Platina is a well known remedy, especially with respect to haughtiness, dictatorial

behaviour and sexuality. But the Group analysis will bring out some more aspects: their sense of responsibility, their religious feelings and their sense of failure (Julian 1979, 1981).

Signature

The name is derived from the Spanish word 'plata', meaning small silver. It was discovered in the 16th century and its chemical symbol is Pt.

Platina is very hard, unyielding and corrosion resistant. It only reacts with Fluorine. It is used in weights and measures, in

electronic gadgets, precision instruments and laboratory beakers.

It is is also used as a catalyst in many chemical reactions, amongst others in the catalyst converters of car exhausts.

Concepts

Stage 10

Summit Ultimate Centre

Success Shining

Self evident

Independent

Haughty

Balance

Rigidity

Gold series

Leadership Management
Organisation Structure
Responsible
Noble Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land Eyes Vision
Group analysis
Self-evident leadership: a
natural leader.
The noble emperor.
Summit of power.

**The centre of power.
Shining as a powerful leader.
It is lonely at the top.
Success makes you haughty.
Responsibility has created
success.
The arrogance of power.
Directing successfully.
A master leader.
Rigid organisations.
Hurt if they can't shine.
The ultimate dictator.
Failure through rigid power.
Picture of Platina Metallicum
Essence: the ultimate power:
emperor.
A natural leader**

These are the natural leaders. They radiate self confidence and they know they are going to get the organisation up and running. Their authority attracts other people and they become the centre of the group without being questioned. They have no problem taking on the sole responsibility of a large organisation.

Success through taking responsibility

They are good leaders and they know how to steer the organisation in the right direction. When they are in

charge the business flourishes. The are the noble king whose reign brings prosperity to all his people. The are at the top of their leadership career and they exude a natural authority.

The Taj Mahal is a good example of Platina. Its blinding beauty leaves you in awe of the sheer perfection of such a building with all that marble and all those jewels. It was built by 20.000 labourers over a period of 20 years during the reign of one of the great moguls.

The arrogance of power

But success can be the cause of arrogance and these people can become the ultimate example of haughtiness. They have reached the top and they are head and shoulders above the ordinary people in every sense of the word. They may become very disdainful of all lesser mortals.

There are several rubrics in the Complete repertory (Zandvoort) that indicate this state of being: they have the delusion of being taller or bigger, delusion that others are mentally much inferior, that all

objects are much smaller, that passages are too narrow, that their legs are very long.

The ultimate dictator

They can also be very dictatorial. They no longer feel that they are the humble leader, instead they imagine they are the almighty representative of God Himself. They have no qualms about handing out a death sentence wherever necessary. They become more and more obsessed about trifles, everything has to be done exactly according to their

wishes. If one of his minors wants to do it differently they get furious because it offends their pride as a king. Thus their organisation tends to become more and more rigid. But at least that way they won't have to keep telling people how it should be done and the organisation will more or less run itself.

It is lonely at the top

Because they are far above the ordinary crowd they gradually lose contact with the normal world. They become estranged from other people, even their

parents are considered to be rather inferior, he doesn't really want to be associated with them anymore.

Offended when they can't shine

**They have to be honoured and respected at all times. They can feel terribly offended when their minors don't treat them with due respect. It is an offence that carries the death sentence. They won't lose sleep over sending someone to the gallows or 'insulting' behaviour. The summit of sexuality
Sexuality plays an important**

role in their life. The continuous sexual arousal of Platina is well known. It reminds us of a king and his harem. He deserves to have many wives and even more children.

But they may also show the other side of the coin: sexual frustration or frigidity. One example is the problem of vaginismus. One of the reasons why they make reject any form of sexual contact is that they feel too superior to make contact with an ordinary mortal, let alone go to bed with

them. Another reason why they might not want to have sexual contact is that they feel they have failed in their leadership. They haven't been able to manifest their royal power, so they can;t have a royal harem or a wife.

Sexuality is very important to them because it is just about the only way in which they can make contact with ordinary human beings. Analogous to this theme is the fact that Platina only reacts with Fluorine, where Fluorine stands for sexuality.

In the Complete repertory we find many rubrics related to this theme: 'adulterous', 'ailments from, excitement, celibacy, being unmarried', 'amativeness', 'ailments from sexual excesses', 'ailments from sexual excitement', 'amorous disposition', 'dreams, amorous', 'dreams, lewd, lascivious', 'delirium, erotic'.

Being the focus of religious power

Religious feelings also play a large role. They feel intimately connected to their religious power and consider themselves

a representative and executor of God's plans. In the Complete repertory we see: 'anxiety; salvation, about, hell, of', 'delusion, devils; possessed of', 'delusions, religious', 'despair, religious', 'godless, want of religious feeling'.

**Failure through rigid power
They don't often fail, because they have an inborn aptitude or leadership. The people around them sense this natural power they exude. But their dictatorial behaviour may cause these people to turn against him. Their greatest**

pitfall is rigidity. They have become so isolated and far removed from the reality of ordinary people that they don't realise when change is needed.

Or they might feel superior but are unable to make it come true. 'Strange how other people don't realise how great they are!'. Their outer weakness is compensated by inner illusions of grandeur, by murderous impulses or by sexual fantasies.

Expressions

Fears: heights, falling, future, murder, being murdered, death, suicide, heart disease, stroke,

**insanity, people, crowds,
religion, devil, God, blood,
giving birth, being hanged,
strangled, pointed objects,
conscience, ghosts.**

**Dreams: heights, falling,
erotic, coition, lascivious,
battles, competitions, fights,
quarrels, war, business, dead
people, foreign countries,
death, troubles,
embarrassment, fire, offence.**

**Delusions: superior, alone,
noble, proud, being under
supernatural powers, talking
with spirits, being superior,
tall, swollen, rich, others being**

**small, everything is too narrow,
alone in the world, abandoned,
well known places seem
strange, people are devils,
possessed by a devil, devilish,
black people and object,
doomed, cut in half, gruesome,
fire, war, death, dead people.**

**Irritability: quarrelsome, angry
malicious, cruel, hatred,
furious, agg. offended, agg.
contradiction.**

**Haughtiness: (3!), disdainful,
religious, self love, rude.**

**Mood: critical, changeable,
moody, cheerful, dancing,
laughing, singing, ecstatic,**

**extravagant, flourishing,
pompous, unashamed,
hysterical, slimy, excited,
bored, courageous, audacity,
indecisive, cowardly, restless,
hurry, impatient, indifferent,
gloomy, suicidal.**

**Mental: intelligent, fantasies,
absent minded, confused, dull,
rigid, confuses ideas and
objects, empty, forgetful,
insanity, mania.**

**Contacts: agg.-, -amel. alone,
agg.- relatives, partner, own
children, agg.- caresses, agg.-
consolation, agg.
conversations, estranged.**

Religion: idealistic, godless, delusions.

Sexual: strong, lascivious, obscene, kisses everyone, -amel. anal sex, -amel. little girls, nymphomania; agg.-opposite sex, vaginismus, jealousy, feminine men and masculine women.

Work: agg.-.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation.

Generals

Type: male, dark hair, overweight.

Locality: right.

Weather: cold; amel. open air; agg. cloudy; agg. dry.

Desires: alcohol, drugs, bread, sweet, meat, cold water.

Aversion: meat, eating.

Food: agg. drugs, coffee, bread and butter; amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3).

Physical: agg. rest, agg. sitting,

agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch, amel. spreading legs apart.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full, band, numb, thread.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis. Shocks and twitching. Neuropathy.

**Epilepsy, clonic, tonic, tetanic.
No feeling. Cancer.**

Headache.

**Face swollen. Trembling agg.
anger.**

**Eye complaints:
inflammations, lateral, red,
visual disturbances, far sighted.**

Lung complaints, asthma.

**Heart complaints: high blood
pressure, infarction, failure.**

Congestion of blood.

**Pulse: too fast, too slow, full,
weak, irregular.**

**Problems with testes and
ovaries: inflammations, cancer,
cryptorchism, sterility,**

amenorrhoea, metrorragia.

Kidney infections.

Affections of bones: necrosis, inflammation. Problems with knees.

Eczema (Dreisbach).

DD: Gold series, Stage 10.

DD Iridium: wants to take on the leadership but is afraid he will just miss it. Something will go wrong at the last moment. Platina is a born leader and he is put in a position of power as a matter of course.

Case

A 30 year old woman comes with symptoms of hayfever,

sneezing, itching nose and watery discharge, agg. cats, agg. dogs, agg. hair and dust, agg. damp houses, amel. dry and warm air. It started when she was 17 and she had taken her final school exams. She didn't know what to do next and felt alone in her situation.

She often feels tired and weak and it makes her feel depressed and lonely. All she wants to do is lie in bed and cry, although a strict regime of work usually makes her feel better. She feels worse when she is doing things that other people, like parents

or society, are expecting her to do. She feels she has to create something very big to satisfy everybody.

She is quite proud and easily offended. She won't say it but will show it by going off on her own. She feels totally out of place in society, as if she is not accepted. She also feels terribly powerless and has the sensation as if she is wearing a coat that is too big. This theme often comes out in her dreams. She dreams she has to play tennis using a tea strainer. The tea strainer is too small and

keeps bending. She can't hit the ball properly because there is a big machine in the way just behind her.

She also had a dream in which she was walking near an area that was fenced off with little flags. There was a little girl inside the fenced area. She jumped in as well and turned round to discover a huge black crowd of people who had followed her. She thought: 'What have I started?!'.

She is having a relationship with another woman. Sexuality is a painful subject. She can't

surrender to it because she is afraid. She also has sexual dreams, that she is going insane from too much sex, or that someone catches her masturbating.

She loves books and theatre and she is very poetic. Sometimes she gets onto the stage with tow friends and they perform all sorts of rituals, which gives them the giggles because they are just talking rubbish.

She has a good sense of humour and she is very loyal. She tends to live with her head

**in the clouds and hates reality.
She is very involved in
spirituality and following her
inner path.**

Generals

**Weather: cold, agg. damp cold,
-amel. sun, fear of thunder.**

Perspiration: axilla, agg. night.

Time: agg. night.

**Desires: oven dishes, starch,
spices, nuts, alcohol.**

Aversion: fatty meat, milk.

Food: agg. fried bacon.

**Menses: much bleeding (3),
stomach pains (2) and
tiredness.**

Analysis

A typical symptom is her pride and touchiness. This would indicate either the Silver- or the Gold series. The dream that there is suddenly a huge black crowd of people behind her is more indicative of the Gold series. Being big is a matter of course for her: she is wearing a coat that is too big, she has to create something big. This indicates Stage 10, thus we get to Platina.

I have to add that I took this case 5 years ago and solved it in the 'classical' manner.

I took the symptoms: feeling

large, easily offended, lesbian, fear of sexuality, dreams of going mad through too much sex.

Apart from this there are some more symptoms belonging to the Gold series: depressed, amel. tight work schedule, agg.-reality, -amel. spirituality.

Other Platina symptoms: going off on her own, away from other people, feels she doesn't fit in society, dreams about playing tennis with a tea strainer that bends [too small], not being able to hit the ball properly because there is a big

[Platina] machine just behind her, unable to realise her power, lonely and sick.

Reaction

The hayfever disappeared within a month of taking Sabadilla 1M. But after Platina her whole condition improved. She gradually felt better and better and within a few months she didn't feel depressed or tired anymore.

Aurum metallicum

Aurum is a metal that has been well known since the old days. It has also played an important

role in homoeopathy since the very beginning. Vithoulkas (1991) describes the theme of gloom and doom and the suicidal impulses. Sankaran (1991) has also pointed out the responsible and serious side of the remedy. These two versions are the two poles of Aurum. But they mainly emphasise the overall themes of the Gold series.

The most characteristic aspect of Aurum however is the them of guarding his flock. Aurum cannot let down the person or the task that has been

entrusted into his care. This theme is beautifully portrayed in a nightmare of an Aurum patient who repeatedly saw his people falling down a huge crack in the ground during an earthquake.

As soon as Aurum is unable to live up to his responsibilities he is inclined to drop everything. Eventually he will drop himself, preferably from a great height.

Signature

Aurum is originally a Latin name. Gold is named after the English word 'geolo', meaning

yellow. It has been known since as far as records go back in time. Its chemical symbol is Au.

Gold has always been used in coins, crowns, jewels, medals and other objects of value. The weight of gold is expressed in names like gold 'bars', bar meaning heavy, like in Baryta. Gold was melted down into heavy bars to facilitate storage. The noble character is still preserved even in names like dental crowns, which are made of gold. It is also used in electric points.

Concepts

Stage 11

Holding on preserving

Maintaining

Supply Reserves

Protecting

Possessions Wealth

Privileged

Enjoyment

Spreading

Sharing

Gold series

Leadership Management

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Holding on to their power.
Trying to hold out as a leader.
Holding on to the throne.
Showing respect.
Maintaining responsibility.
Preserved because of
responsibility.
Holding on to power:

conservative.

**Protector of organisations:
shepherd.**

Expanding the organisation.

Enjoying success.

Wealthy through religion.

Holding on to sex.

Picture of Aurum Metallicum

**Essence: holding on to power
and responsibility.**

Holding on to power

**They feel they have to keep
the organisation intact. The
employees have to keep their
job and they must protect the
organisation from ruin. They
might expand the business if**

this is the only way to maintain its viability. They also want to hold on to their own position as a leader. The king wants to extend his reign for as long as possible and they will work very hard to make this happen.

Maintaining responsibility

They feel very responsible for the task they have taken on. They are driven to perform it to the best of their knowledge and power, they are real workaholics. Work often ameliorates their pains and depression, because they are busy fulfilling their duty. They

are usually morally upright people.

Preserved because of responsibility

Their responsible attitude can make them very serious. They feel they have to acquit themselves of their task in a sensible and responsible manner, after all, everybody depends on them. They tend to be precise and fastidious, they must know that everything is being done properly. They are able to foresee problems and responsible enough to get them out of the way immediately.

**Holding on to power:
conservative**

Their attitude is usually very conservative. Changes are only necessary if it can be proved that it will have long term benefits for the whole society.

Enjoying success

But they are also able to enjoy their successes. The organisation is up and running and all they have to do is make sure it keeps going. They don't really have to prove their worth, they have done it. They only have to be alert for possible snags and clear them

out of the way as soon as possible. This gives them plenty of time to lean back with satisfaction and seeing that they achieved what they wanted to.

Showing respect

They feel very important in their position at the top. And they want to be treated accordingly. The king does his best to guard the welfare of his people and in return they expect to be treated with respect. They may sometimes act superior, especially when others try to take liberties.

They are above the ordinary folk and nobody should forget that. This feeling is connected to their ear of heights and dreams of falling from high buildings.

Alone in their guardedness

They would really like to share what they have achieved, but this is impossible because leadership can't be shared. This makes them feel even more lonely than they were before.

Wealthy through religion

They aren't usually very religious because they have managed very satisfactorily on

their own. On the other hand they may be extremely religious, feeling God has given them their task. When the business goes downhill they may get depressed and start to pray. They ask God for help and feel they are being punished by him.

Inability to maintain the organisation means they have failed

The responsibility may get to heavy in the end, they are simply not up to carrying such a heavy burden. This may be because they haven't reached

their full power yet. As for instance in the case of a young son who has to succeed his dead father as head of the family (Sankaran). Or the burden may really be too big, as in tasking on the lead of a whole conglomerate of businesses.

When they feel they won't stop to think whether their plans were the right ones for this business, they will immediately assume it was all their fault. Their plans simply don't enter the discussion. Also, there is nobody else to fall back on.

Other people's opinions or good advice is always ignored. But when their inferiors turn against them and accuse them of negligence they feel terribly offended.

Depression sets in as soon as they can't live up to their own expectations. They have failed and it all their own fault. They can become quite suicidal, and will easily carry this out. They think of jumping from a high building, jumping in front of a train or running into car.

Expressions

Fears: heights, falling, murder,

being murdered, death, suicide, heart disease, stroke, insanity, crowds, people, religious, salvation, conscience, devil, God.

Dreams: heights, falling, erotic, death, killing, fire, fantastic, dark, quarrels, burglars, accidents, offence, violence.

Delusions: superior, alone, mania; neglecting his duty.

Irritability: critical, angry, agg. offence, agg. contradiction.

Mood: haughty, cheerful, bored, complaining, worried, gloomy, suicidal by jumping

from high building or driving car against a wall.

Mental: absent minded, confused, forgetful, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, too much responsibility.

Generals

Type: male, dark hair, overweight.

Locality: right.

Weather: cold; amel. open air; agg. gloomy, agg. dry, agg. storm.

Time: agg. 3 am, amel. evening, agg. winter; every 21 days.

Desires: alcohol, drugs, bread, sweet, meat, milk, spices, refined food, cold water.

Aversion: meat, eating.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3).

Physical: agg. rest, agg. sitting,

agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch, agg. driving a car; agg. agg. mercury.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis. Shocks and twitching. Neuropathy.

**Epilepsy, clonic, tonic, tetanic.
No feeling. Cancer.**

**Headache, boring, congestive,
above right eye, in bones.**

**Eye complaints: inflammations
of cornea, iris, and conjunctiva.
Pannus and trachoma. Far
sighted.**

**Disturbance in vision, upper
part of vision lost (3!).**

**Ear infections, stinking
discharge, profuse; deafness
and vertigo.**

**Affections of nose, blocked
nose, ozaena, ulcers, stinking
discharge.**

Lung complaints, pneumonia,

interstitial.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia, aplastic.

Colitis. Liver abnormalities, necrosis.

Pulse: too fast, too slow, full, weak, irregular.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Syphilis.

Affections of bones: necrosis, inflammation, caries,

exostoses, fistula. Rheumatoid arthritis.

Eczema, asthma.

DD: Gold series, Stage 11.

DD Platina: the question of leadership isn't a problem for Platina, he doesn't really have to do anything for it, the organisation or society runs itself. Aurum feels he has to keep the organisation intact and make sure it doesn't fall apart.

Case

A 40 year old man suffers from several complaints. Since about 5 years ago his the vision in his

left eye started become hazy and now his sight has been reduced to 5% in this eye. He also suffers from headaches, worse when he has been working hard. He gets a sort of 'starting pain' in his feet, they creak in the morning when he bends his heels. His nose is blocked and the eustachian tube feels full, better from blowing while holding his nose shut. He gets a peppery type of sensation in his mouth when he eats currants or raisins. He has two operations to lengthen his Achilles tendon, because he

always walked on his toes.

All these troubles started after stress at work. He was given a bad report because they wanted to get rid of him. And all this because he didn't want to participate in a certain research project because he simply wanted to carry doing his other work properly. He thought putting in 10 hours a day was more than enough, he also didn't like the mentality of the other people, they were always very blunt. He felt he wasn't respected and it made him feel depressed, as if there

was nothing to look forward to in the future.

And when his wife suggested it might be his own fault he felt completely betrayed. He doesn't understand why they should want to get rid of him because he has always worked hard and has built up quite a reputation as a surgeon. He doesn't understand why they don't want to keep what he has built up and expand it for the university college. But apparently all professors have to do what the government tells them to do: so many hours

of work, so many hours of teaching and so many hours of research.

Hard work does him good, he is good at his job and he can do operations that nobody else can do. He wants to be the best and needs to be appreciated. He is a perfectionist and is afraid of failure, which gets worse as soon as doubt starts to creep in. Criticism and stress aggravate the problem. What he likes best is to do his work and to train the students. He has been feeling tense for two years, but none of his

colleagues have noticed it. He likes to keep his problems to himself. He is very closed and often doesn't know himself what he would enjoy doing. He is loyal to his colleagues often at the cost of his own wishes. The present problems have made him wonder whether he should look for another job, but he is afraid of being rejected. Verbal communication is his strong point and he gets on well with his colleagues. One day, after a quarrel, he suddenly felt an acute fear of death. He thought he had a

brain tumour because of all the headaches. He is quite nervous, fiddle with his nails, picks the skin around the rims. He loves classical music and plays the clarinet himself.

Dreams: operations that go wrong, slides that are in the wrong order during a lecture; burying his father.

Generals

Weather: warm, amel. walking outside, -amel. sea and water.

Perspiration: profuse, agg. stress, sweaty feet.

Time: agg. night; 3 am, morning.

Desires: fat, gravy, chips with mayonnaise, chocolate, coffee, grapefruit.

Aversion: meat, fruit.

Food: agg. currants and raisins.

Sleep: amel., unrefreshed in the morning; awake around 3 o'clock, anxiety about the problems at work.

Analysis

A normal repetorisation will bring up Aurum: serious, perfectionist, anxiety of conscience, workaholic, amel. work, music, agg. 3 am, amel. outside, agg. contradiction (of

his wife, at work).

Later on the group analysis proved to bring up the same remedy: the nature of his work indicates that his remedy is one of the metals. This must be a metal in the Gold series, because of his desire to be the best, his need for respect and the independent way of working. The attack on his position indicates one of the later stages: Aurum, Mercurius, Thallium or Plumbum. His strong urge to keep the development in surgical techniques for the benefit of

the university college shows us that his remedy must be Aurum.

Reaction

One month after Aurum 1M he feels much better. His mood has improved, he has given up his job and is busy applying for a post somewhere else. The headache and pain in his feet have gone. The first two weeks after taking the remedy he had a feeling of fullness in his stomach, not related to eating, with pain in his lower abdomen and urging for stool. He felt quite ill with it. He dreamt

about the death of his grandfather and cried, which he hadn't been able to do at the time, when he was only 10 years old. He no longer dreams about his work and the things that went wrong. Three months later he has improved even more and he is really enjoying life. He still needed an eye operation, Aurum wasn't able to cure that.

Aurum sulphuratum

Aurum sulphuricum has not been described yet as a homoeopathic remedy. Its

**chemical formula is $\text{Au}_2(\text{SO}_4)_3$.
We do have some information
about Aurum sulphuratum,
 Au_2S_3 . Lassauw (1993) was the
first one to write extensively
about Aurum sulphuricum.**

Concepts

Aurum

**Holding on to power
responsible**

Conservative

Protector Shepherd

Guardian

Dropping Ditching

Sulphuricum

Love

Marriage Partner

Self love Egotism

Jealousy

Joy Wellbeing

Harmony Aesthetic

Clothes

Lazy

Ugly

Theorising

Group analysis

**Responsible leadership in
order to preserve love.**

**Holding on to power at the
cost of losing your lover.**

Protecting your partner.

Responsible as a partner.

Using love to protect others.

Protective love.

Ditching your lover.

Neglect after you have been let down.

Picture of Aurum Sulphuricum

Essence: responsible leadership in order to preserve love.

Responsible leadership to preserve love

They feel responsible for a good relationship, especially the relationship with their partner. They want to maintain a feeling of love and harmony with their relatives and partner, and also at work. A harmonious atmosphere is very

important to them. They feel personally responsible to maintain this atmosphere-sphere. They expect a lot of themselves and of others.

**Using love to protect others
They feel responsible for the wellbeing of all the people who work for them. They want them to be able to work in harmony and happiness. This desire may even go so far that they feel responsible for the personal happiness of all the employees. In order to achieve this they like to become a member of the board of directors, so that they**

can use their influence to safeguard this atmosphere.

Holding on to power at the cost of losing your lover

A variation on this theme is that they'll work so hard that there is no time for love. They feel so responsible for the wellbeing of the organisation that their private life gets neglected and they may lose their lover.

Responsible as a partner

They feel responsible for their partner and are very protective towards them. They also feel responsible for their marriage

and may even want to keep it intact when there is very little love left between the two partners.

Ditched by their lover

If their partner breaks off the relationship they feel as if they are being dropped into a deep hole. They were so committed to the relationship and have worked so hard to keep it intact that they can't understand why their partner is quitting. They feel deeply hurt. They may get this same feeling if their partner dies, as if they are being let down by outside

circumstances.

Neglecting yourself after you have been let down

They might not succeed in keeping the peace in the end. They are too serious and too absorbed by their work to be able to create a gentle and loving atmosphere. The lack of love and warmth makes them feel lonely. They feel let down by their partner or their friends who have deserted them and it hurts their pride. They start to neglect themselves, get depressed, wear depressing clothes and even commit

suicide.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, crowds, people, religious, salvation, conscience, devil, God, poverty, dirt, ugliness.

Dreams: heights, falling, erotic, death, killing, fire, fantastic, dark, quarrels, burglars, accidents, offence, violence.

Delusions: superior, alone, mania; neglecting his duty.

Irritability: critical, angry, agg. offence, agg. contradiction.

Mood: haughty, cheerful, bored, complaining, worried, gloomy, suicidal by jumping from high building or driving car against a wall.

Mental: absent minded, confused, forgetful, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman, psychiatrist.

Causes: disaster, hurt, humiliation, too much responsibility, loss of loved ones and relations.

Generals

Type: male, dark hair, overweight.

Locality: left (3).

Weather: warm, agg. heat; amel. open air; agg. cloudy, agg. dry, hot flushes.

Perspiration: easy, agg. exertion: stinking.

Time: agg. 3 and 5 am, amel. evening, agg. winter.

Desires: sweet (3), alcohol, fruit, fat, fried, spices, sour, cold drinks, drugs, bread, meat.

Aversion: egg, bread, sour, meat, eating.

Food: agg. drugs, alcohol,

sweet, egg, pepper, amel.

eating, agg. fasting.

**Menses: agg. menses, agg.
pregnancy, agg. during and
after giving birth.**

**Sleep: deep, frequent waking,
agg. sleeping late; sleeplessness
(3), snoring.**

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.
pressure, amel. rubbing, agg.
touch, agg. - bathing; agg. agg.
mercury.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting, full, pulsating.

Sensations: swollen, blown up, heavy, full.

Discharges: thick and yellow, stinking of rotten eggs.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis.

Epilepsy, clonic, tonic, tetanic. No feeling. Cancer.

Headache, boring, congestive, above right eye, in bones.

Eye complaints: inflammations of cornea, iris, and conjunctiva.

Far sighted.

Disturbance in vision, upper part of vision lost (3!).

Affections of nose, blocked nose, ozaena, ulcers, stinking discharge, colds with itching and redness of nostrils.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia, haemorrhages, haematoma, congestion; varicose veins, heavy legs, cerebral haemorrhage.

Pulse: too fast, too slow, full, weak, irregular.

Diarrhoea. Diabetes.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Syphilis.

Affections of bones: necrosis, inflammation.

Skin: inflammations with yellow pus; acne.

DD: Silicium series, Gold series, Stage 11 and 16.

Case

A 35 year old woman suffers from pre menstrual syndrome. Before the menses she feels tense, but finds it difficult to

explain what is wrong. She feels unreal, as if she isn't her old self anymore. She is irritable and frightened of noises.

Sometimes the menses don't come. It started when she was 35. Her boyfriend had died of a heart attack the previous year. The night he died it felt as if she was dying herself, she felt so desperate, frightened and angry. She is still very upset and can hardly talk about it. She cries when she is telling me this. She has found a new partner and she would like to have children but she hasn't

been able to conceive so far. She had some hormone therapy, without results.

She is a psychiatrist and she works very hard. She is good at her job, very sympathetic. She even takes on other people's problems. She never had any problems at work. But she did notice herself working more and more and eventually she started to wake up at night overwhelmed by sadness. She lies awake from 2 to 4 am and feels she is going mad. Last year she felt very suicidal.

When she was little she felt

very responsible for her youngest sister who was mentally handicapped and very restless and who would often scream for no apparent reason. Her mother told her that she was responsible for keeping her little sister quiet and when she didn't succeed her mother would beat her with a stick. Another sister who was slightly younger was quite cruel and would laugh at her when her mother beat her. She also teased the little sister so she would scream even louder. All these problems made her

feel different from the rest, the responsibility she felt for the wellbeing of the whole family became heavier and heavier. She is fastidious and has high expectations of herself and others. She has a high level of tolerance.

Since the age of 23 she went into therapy because she didn't feel anything. She can work it all out in her mind, as she did during the consultation, but she can't control her feelings.

Generals

Time: agg. 3 am.

Desires: vegetables (2), fruit

(2), meat (2).

Aversion: milk.

Menses: absent; premenstrual syndrome.

Analysis

The suicidal tendency, the desire for work and the sense of responsibility are all classical Aurum keynotes.

It is interesting to see that the group analysis will lead us to the same remedy: the responsibility is a symptom of the Gold series as a whole, and the desire to maintain continuity in the present situation is typical of Stage 11,

so this also leads us to Aurum.

Now we should decide which Aurum is the most appropriate in this case. It might be Aurum phosphoricum because of the responsibility towards her sister from an early age onwards. But the Phosphor element doesn't fit her heavy moods and the reasoning mind. The task she was given as a little girl was to maintain the harmony otherwise she would be beaten. Maintaining (Aurum) the harmony (Sulphur) brings us to Aurum sulphuricum. The 'never well since' factor of the

death of her partner fits with Sulphuricum.

Other Aurum symptoms: agg. 3 am., -amel. meat, agg.- milk.

Other Sulphur symptoms: -amel. vegetables, -amel. fruit.

Reaction

After Aurum sulphuricum 1M she cried for almost two days. It seemed as if it would never stop. After that she began to feel better, didn't evade problems so much, was able to get angry. She had a dream in which she stood up for herself. She had another dream in which she was in a room with

two other people but she felt very lonely and excluded. Suddenly the whole situation changed and the feeling went away.

Her work used to be the most important thing in her life, but since she has got other priorities in life her work is going better too. She feels warmer, more open and more whole.

Aurum muriaticum

Aurum muriaticum is not that well known. We also use Aurum muriaticum natronatum and

Aurum muriaticum kali. The chemical formula is AuCl₃.

Concepts

Aurum

Maintaining power

Responsible

Conservative

Protector

Sheppard

Guardian

Dropping

Muriaticum

Break in relationship

Mother Child

Care Nurturing

Attention

Mother

Self pity

Attention seeking

Sadness

Alone

Anti social

Group analysis

**Having a managerial job and
being a good mother.**

Very responsible as a mother.

The heavy task of a mother.

**The first responsibility of a
king is to care for his people.**

Queen-mother.

**Protecting in order to
maintain care.**

**Leadership at the cost of
motherhood.**

**Nurturing to save letting
someone down.**

**Protective towards your
mother.**

A protective mother.

**Letting people down is anti
social.**

**Picture of Aurum Muriaticum
Essence: a managerial position
and being a good mother.**

**A managerial position and
having to be a good mother**

**They have the heavy task of
being a good mother and
holding on to a responsible job
at the same time. They want to
do both things well, because**

they are very responsible people. They can take on a lot, because they are strong and they don't easily give up. If needs be they'll only sleep a few hours and get up at the crack of dawn to do the housework.

**A very responsible mother
They feel very responsible towards their children. As if they are the only person who can bring up the children properly. They tend to be rather anxious and may worry that the children will have an accident and such things. They**

may become overprotective, wanting to shield them from all possible dangers.

They also want their children to grow up into responsible adults, so that they can get a good job later in life, preferable a managerial job.

Being a leader at the cost of motherhood

Their managerial job can be so demanding that they don't get round to taking care of the children. Their organisation comes first and the family suffers. It is as if they sacrifice their children for the greater

good of the society.

**Protective towards your
mother**

**They also feel responsible for
their own mother, especially
when she is old and helpless.
They feel it is their duty to
take care of their mother after
all she has done for them in the
past. They can't suddenly drop
her, even if she is turning into
a complaining, difficult or
dictatorial old woman.**

**Letting people down is anti
social**

**Their over protectiveness may
turn their children against**

them. The children feel suffocated and try to escape as soon as possible. But the mother doesn't understand how people can be that irresponsible and anti social, suddenly forgetting their duty towards their parent. It makes them feel depressed and suicidal.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, crowds, people, religious, salvation, conscience, devil, God, alone, water, danger.

Dreams: heights, falling,

**erotic, death, killing, fire,
fantastic, dark, quarrels,
burglars, accidents, offence,
violence, water, sea, waves,
drowning, children, mother,
disease or death of friends and
relations.**

**Delusions: superior, alone,
mania; neglecting his duty.**

**Irritability: critical, angry, agg.
offence, agg. contradiction.**

**Mood: haughty, cheerful,
bored, complaining, worried,
sensitive, emotional, gloomy,
suicidal by jumping from high
building or driving car against a
wall.**

Mental: absent minded, confused, forgetful, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, too much responsibility, loss of family and mother.

Generals

Type: male, dark hair, overweight.

Locality: left.

Weather: cold; amel. open air;

**agg. gloomy, agg. dry, agg.
amel. sea.**

**Perspiration: easy, agg.
exertion: stinking.**

**Time: agg. 3 am and 11 pm,
amel. evening, agg. winter.**

**Desires: alcohol, drugs, bread,
sweet, meat, cold water, salt,
starch, fish.**

**Aversion: meat, eating, salt,
starch, fish.**

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. during and
after giving birth, swollen and
painful breasts before menses.**

**Sleep: sleeplessness (3),
difficulty falling asleep.**

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.
pressure, amel. rubbing, agg.
touch; agg. agg. mercury.**

Complaints

**Weakness, nervousness and
restlessness.**

**Pains: boring, contracting, full,
pulsating.**

**Sensations: swollen, blown up,
heavy, full.**

Mucus membranes dry.

**Glands swollen, inflamed,
indurated. Abscesses and**

necrosis.

Paralysis, Parkinson's, multiple sclerosis.

**Epilepsy, clonic, tonic, tetanic.
No feeling. Cancer.**

**Headache, boring, congestive,
above right eye, in bones.**

**Eye complaints: inflammations
of cornea, iris, and conjunctiva.
Shingles.**

**Disturbance in vision, upper
part of vision lost (3!).**

**Ear infections; profuse,
stinking discharge; deafness
and vertigo.**

**Affections of nose, blocked
nose, ozaena, ulcers, stinking**

discharge, colds with itching and redness of nostrils.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia.

Breasts: painful, swelling, inflammation, nodules, cancer.

Pulse: too fast, too slow, full, weak, irregular.

Constipation, stools hard and dry.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Syphilis. Uterus: fibroma,

cancer.

Affections of bones: necrosis, inflammation.

Acne. Herpes on lips. Eczema agg. sun. Ulcers, vesicles on lips.

Oedema.

DD: Silicium series, Gold series, Stage 11 and 16.

Case

A 40 year old woman has lots of lumps in her breasts. The breasts are swollen and painful when touched, even when you jut look at them. It is worse during the 2 weeks before the menses. She has always had

these complaints but they are gradually getting worse. The menses last a long time, 10 to 14 days. She usually feels ill on the first day with the sensation as if there is a stone in her stomach and cramps, like labour pains. She feels feverish and clammy and quite ill. Better from sitting still or lying down. She also gets a headache in her forehead at the same time.

She is a very motherly type of person who feels very responsible for her children. She feels she is the only one

who can bring up her two sons. She is always anxious about their wellbeing and worries that something will happen to them when they are out.

She suffers from hyperventilation when she is in narrow, stuffy rooms. It makes her hands tremble and her mouth go dry, her heart starts racing, she can feel it pulsating in her right ear and she fears she is going to faint.

She had polio when she was little, which left her with a right leg that is slightly less developed. She has had 5

operations on it. She had shingles in her left eye once. It happened at a time when she was too stressed because of her children. Her eldest son was 'killing' the younger one at the time. After the births she suffered from tiredness and post natal depression.

Her mother was a very sweet woman, 'wanted all three of us to make something of our lives'. Her mother used to make sure that she walked correctly in spite of her bad leg, took her to the best doctors and constantly took care that she

would grow up into a woman who could take care of herself. Her father used to be away a lot for his work but he loved his children, and she was his favourite.

Generals

Weather: cold (2), cold hands, nose and feet; agg. heat, warm, stuffy rooms.

Time: agg. 1 pm.

Desires: sweet, sour, egg, citrus fruit, lemon ice-cream.

Aversion: snails, crab, game, mutton.

Food: fat, sauerkraut with sausages.

Sleep: long, on right side.

Physical: agg. touch, shaking.

Analysis

The theme of breasts and motherhood reminds us of Muriaticum. She feels very responsible towards her children. This sense of responsibility is very much an Aurum symptom, so mixing the two together we get Aurum muriaticum.

She has a great (Aurum) sense of responsibility (Aurum) as a mother (Muriaticum). She is the only one (Gold series) who can bring up her sons

(Muriaticum). She had shingles (Muriaticum) in her left eye (Aurum) and was suffering from a nervous breakdown because her eldest son was 'killing' (Aurum) the little one (Muriaticum). Her mother (Muriaticum) wanted her to make something of her life. Her mother (Muriaticum) felt very responsible (Aurum) for her handicap and made her stand up for herself.

Other Muriaticum symptoms: post natal depression, breasts painful and swollen, agg. before menses, menses protracted,

agg. too much heat.

Reaction

One month after Aurum muriaticum 1M her breasts feel much better. She herself feels less depressed and not so worried about her children. Six months later, after three more doses of Aurum muriaticum she is still improving. Her breasts don't start to be sensitive until just before the menses and she can now lie on the at night without much problem. The exaggerated responsibility towards her children has been brought back to more normal

proportions.

Mercurius solubilis

Another name for Mercurius is quick silver. The ordinary metal is called Mercurius vivus in homoeopathic circles, vivus indicating that it is 'alive, i.e. it is fluid at room temperature. But the most commonly used homoeopathic form is Mercurius solubilis, a combination of mercury, ammonium and nitrate, invented by Hahnemann, its chemical formula is

2(NH₂Hg₂)NO₃. H₂O.

Hahnemann invented this compound in his pre-homoeopathic years as a substitute for the more aggressive mercury compounds which were used in allopathic medicine at the time. It was quickly taken up by his contemporaries and soon replaced the other mercury compounds. However, Hahnemann preferred to use Mercurius vivus as a homoeopathic medicine: 'One small globule, moistened with the dilution of hydrargyrum

purum is the appropriate dose of this very medicinal metal for all suitable cases (MM page 146).

Geukens (seminar Wageningen) was of the opinion that there was no noticeable difference between the different mercury compounds and that Mercurius solubilis was sufficient to treat all cases. But during the course of my practice I have discovered that there is indeed a difference between the various mercury substances and that it is useful to try and differentiate between them.

Clarke (Vol. 2 page 438) doesn't differentiate between Mercurius solubilis and Mercurius vivus.

I must say that the difference between the two can be quite subtle, but the relationship to fat and butter seems to me to be due to the nitrate component of Mercurius solubilis.

Signature

Mercurius is named after the Roman God Mercurius, the God of trade and science. The planet Mercurius is named after the same God. Mercurius is sometimes called hydrargyrum,

'watery silver'. Its shine and colour are very similar to silver, but mercury is a fluid at room temperatures. The name quick silver is a translation of hydrargyrum, where the word quick describes its tendency to scatter away in all directions.

The droplets have a tendency to conglomerate to one big mass, but on being shaken they fall apart into countless little droplets again. It is used to ignite explosives, like mercury fulminate, the explosive character is one of its general themes.

Mercury dissolves gold, silver, natrum and kali. It is used in amalgam fillings (a mixture of mercury, silver, tin and zinc). It is also used in mercury switches,-aligner and -batteries, as well as in barometers, thermometers, blood pressure gages, lights and ultra violet lamps.

Concepts

Stage 12

Overshooting the mark

Exaggerating Over reacting

Overdoing

Repeating

Pollution

Decay

Divided

Enemies

Gold series

Leadership Management

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial

Dignified haughty

Alone Isolation

Failure Hurt

Religion Sexuality

Ripe old age

Land

Eyes Vision

Group analysis
Overdoing the power:
dictatorship.
Exaggerated arrogance.
Exaggerated organisation.
Decay of power.
Exaggerated responsibility.
Repeating strategies to hold on
to power.
Repeating tricks to hold on to
power: manipulation.
Enemies of the king.
Enemies of the organisation:
suspicion.
Everybody is an enemy and
they are totally alone.
Exaggerated feeling of

loneliness.

Enemies have to be dealt with dictatorial measures.

Decline of the empire.

Picture of Mercurius Vivus

Essence: the position of power is being threatened.

Exaggerated power: tyranny

They want to hold to to power at any cost, but they feel they are being threatened. This makes them overreact in an effort to maintain control. They become dictatorial and will not tolerate any contradiction or insult. Their thirst for power turns them into real tyrants,

using the techniques of: 'divide and rule'.

Exaggerated responsibility

The responsibility for their task is very important to them. They feel they are the only one who is capable of taking this on and they dare not hand over to anyone else out of fear that it might all go wrong. That is why they get so angry when someone takes over without asking them first. They are also hard workers, can be workaholics.

**Enemies of the organisation:
suspicion**

Danger is lurking on all side, their exaggerated control and dictatorial behaviour doesn't make them very popular. There are enemies all over the place and they don't know who they can trust anymore. Well meant advice from trustworthy people is seen as a scheme to overthrow their reign. The only way to cope is by planning all sorts of intrigues themselves. It is a typical picture of paranoia.

**Exaggerated organisation:
manipulation**

Their tendency to control is based on their fear that others

will try and oppose them and rob them of their power. They would register and control every single thought and every single act if they were given the chance. The most extreme form of control is seen in the situation of the dictator and his secret service. Manipulation and intrigues are the order of the day. It is meant to be a way to keep their feeling of insecurity at bay, but it soon turns into an uncontrollable quagmire of schemes and counter schemes.

The delusion of grabbing

someone's nose is symbolic for the fact that that is what they do all day long, in the sense of trying to mislead other people so they can remain in control.

Repeating old strategies as a means of holding on to power

The are very conservative and want everything to remain the same. The only way to hold on to power is to make sure that nothing changes, or so they think. They cannot move with the times, that is why the times turn against them. They cannot tolerate any change in the status quo, neither

physically nor mentally. As Vithoulkas says: 'Mercurius has a narrow range of tolerance to everything'. They are a living thermometer. Slight aberrations are seen as an attack to their power, whether this is on the physical or on the mental level; agg. cold, agg. heat, agg. damp, agg. dry, etc.

Repeating tricks to hold on to power: manipulation

They have a tendency to repeat the same old tricks time and time again. It worked in the past so why shouldn't it work now? The difference is

that the tricks of the past were relevant to the situation at that time, but now they are totally outdated. Not only that, but everyone knows these tricks by now and is not in the least bit fooled by the antics of the old king. The people have developed their own measures to deal with it and are likely to outsmart him in any confrontation.

**The decline of the empire
They also tend to repeat the old solutions to problems within the empire. But this doesn't always work anymore,**

'more doesn't always mean better'. On the contrary, repeating the same old strategies brings the economy out of balance. There is a shortage in one area and a surplus in another and it becomes impossible to even it out. The community drowns in its own 'success' and decay has started to set in.

Exaggerated arrogance

The enemies are digging holes in the fortress of the old empire. This is symbolic for the physical symptoms we find in Mercurius: ulcers, caries of the

teeth, syphilis, etc. They see enemies all around them but often interpret this as an injustice. The enemies haven't got the 'right to' oppose them like this.

**Enemies of the king:
revolutionary**

A variation on this theme is that they are the ones who turn into enemies of the powers that be. They feel that the dictator has gone too far, he has become too arrogant and his days are numbered. They feel that either they themselves, or their family members have

been treated unfairly and they have had enough. They turn into revolutionaries or anarchists and try to take over the power from their usurpers. They decide who will live and who will die, they use explosives and bombs, often containing mercury, in a ruthless bid for power.

Isolated by enemies

They feel terribly alone as a leader because there is nobody they can trust, everybody has turned into an enemy.

Enemies have to be controlled with dictatorial measures

They feel very angry that their power has been attacked. They usually contain this anger, although it isn't easy. But the extreme control that is needed to keep this in check results in different involuntary movements, such as trembling of the hand or trembling voice, even stammering. Deep inside their is an impulse to murder everybody, to kill them with a knife, to stab them with a hot iron rod and any other such methods. They are very afraid of death themselves, afraid that their enemies will kill them to

take over the reign. Betrayal is a very strong theme in this remedy. It can be likened to the situation of Julius Caesar who was stabbed by enemies coming from all directions, even by his 'trusted' friend Brutus.

Failure

When their organisation comes under attack they feel they have failed. They may even get the feeling that they have committed a crime.

Sexuality

Sexual maturity comes to them at an early age.

Vithoulkas describes them as being very sexual, but only after they have come to trust someone. They are monogamous but once they have sexual contact with someone they can be quite perverse in their desires, wanting to have anal sex or tending towards homosexuality. They may also have many different sexual partners.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people,

**crowds, enemies, religious,
devil, God, cat, thunder,
poverty, looked at, fire,
pension, accidents, murder.**

**Dreams: heights, falling,
suicide, attacked, threatened,
violence, murder, war, fights,
angels, hell, vulnerable,
travelling, cracking walls,
falling of a revolving platform,
brakes not working.**

**Delusions: superior, angels,
alone, everyone is his enemy
(3!), criminal, being in hell.**

**irritability: checked (!),
obstinate, irritable, cynical,
quarrelsome, angry, aggressive,**

**furious, murderous impulses by
stabbing people with a hot iron
in their stomach, agg. injustice,
agg. offence, agg. minor insult.**

**Mood: haughty, suppressed (!),
laughing alternating with
crying, restless, hasty,
indifferent, discontented,
sadness, gloomy, desperate,
wants to be dead, suicidal with
knives, crying.**

**Mental: absent minded,
confused, no thoughts, no
ideas, forgetful, lack of
concentration, rigid, mistakes
in speaking, insane; mania.**

Contacts: closed, withdrawn,

silent, timid, agg.- talking, slow in talking, clear, direct, reserved.

Sexual: nymphomania, excesses, homosexual.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman, magistrate, judge, lawyer, criminal.

Causes: disaster, hurt, humiliation, too much responsibility, loss of position, business or power.

Generals

Type: male, dark hair,

**overweight, small weak chin;
robust or weak or aristocratic
(Van der Zee, personal
comment).**

Locality: right.

**Weather: cold; agg. cold or
warm(3!); amel. open air; agg.
gloomy, cloudy agg. dry.**

**Perspiration: profuse, agg.
night, stinking, putrid,
aggravates (3!).**

Time: agg. 9 pm, agg. night (3).

**Desires: alcohol, drugs, bread
and butter, sweet, cold water.**

**Aversion: meat, eating, sweet,
butter, alcohol, coffee, fat.**

Food: agg. drugs, amel. eating,

agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3), on left side.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis. Shocks and jerking, tremors (repeats, 3!).

Cancer: bones, lymph glands, uterus, testes, ovaries, nose, breasts, bones, Kahler, Hodgkin, leukemia.

Epilepsy, clonic, tonic, tetanic. No feeling.

Headache, boring, congestive, above right eye, in bones.

Eye complaints: inflammations, disturbance in vision. Near sighted.

Strabismus (3). Colour blind.
Ear infections, throat
infections (3), nose infections,
ozaena, sinusitis.
Loss of hearing.
Dirty sweetish odour from
mouth (3!), metallic taste,
profuse salivation agg. sleep.
Aphthae. Teeth imprints on
tongue, yellow coating, ulcers.
Trembling voice, stammering.
Problems with teeth,
inflammation of roots, and
gums.
Throat infections, inflamed
tonsils. Pain in sternum.
Hyperventilation.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia.

Breasts: painful, swelling, inflammation, nodules, cancer.

Pulse: too fast, too slow, full, weak, irregular.

Infections in the bowels, stools thin, stinking, with blood and mucus.

Cramps and terribly painful urging. Crohn, colitis ulcerosa.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

**Syphilis (3). Urethritis,
leucorrhoea, balanitis, cystitis.**

**Affections of bones: necrosis,
inflammation. Inflammation of
the joints.**

**Acne. Deep ulcers with grey
lardaceous base, spreading.**

Lepra.

**DD: Gold series, Stage 12,
Acidums, Magnesium, Natrums,
Anacardium, Androc.,
Arsenicum, baptisia,
Causticum, Helonias, Hepar
sulphuris, Medorrhinum,
Mercurialis, Mezereum, Nux
vomica, Stannum,
Staphysagria, Syphilinum.**

DD Aurum: doesn't feel so threatened, knows that all he has to do is to keep the organisation up and running. Mercurius feels that he is being threatened from all sides, that he has to manipulate and use all sorts of tricks to keep his power intact.

DD Astatinum: is a real anarchist who doesn't take any notice of anybody. Mercurius is more of a revolutionary type of person.

Case

A 35 year old woman has problems with her bowels. She

gets cramps in the middle of her lower abdomen, alternating with diarrhoea. The stools are thin, and have a nasty acrid smell. Her complaints are related to tension and she feels unsafe at work. She has conflicts with her managers who don't support her at all. She is a manager herself and she likes doing it. She wants to make sure that everything runs well. She is happy to take responsibility and she wants to let people do what they are good at. One of her bosses is particularly manipulative, he is

quite ruthless and dictatorial. This man, and several others are interfering with her work, although it is her department and they have no business interfering with her. She regard them as her enemies and she is afraid of them. But she can't stand up against them so she swallows her anger and thinks: 'I'll do what I like because this is my department'. She often makes cynical jokes to get release the pressure. She studied law and worked as a lawyer for many years. She liked that type of life, having to

fight to a well defined case.

She is easily offended, especially when people don't treat her with respect, for instance when they copy one of her files without asking her first. She likes everything to be above board, that way everyone knows where they stand. She usually bottles up her anger until she has a violent outburst when the pressure has built up too much.

She has difficulty sleeping because of the problems at work. Her breathing is fast and shallow, sometimes she is on

the verge of hyperventilating.

She had a dream that she was standing on a platform with a crowd of people; the platform is revolving and when you stand on the edge you are likely to fly off. At another night she dreamt that she wanted to build a house but the ground didn't belong to her. In a third dream she wanted to build a house at the seaside. The walls were there already, but they started to crack.

When she was younger she often dreamt that she was on a journey. She also had violent

dreams about a family member who committed suicide, or about a cat who was grinning at her while being boiled alive.

She always woke up screaming.

She also had nightmares about being involved in a war and try to escape from the fighting.

Generals

Weather: cold, agg. too much heat, agg. too cold (2), agg.-gloomy.

Perspiration: agg. exertion (2), agg. night.

Time: agg. 7-9 am.

Desires: chocolate, liquorice, cakes, fruit, salad.

Aversion: fat.

menses: profuse; with stomach pains.

Sleep: tense; difficulty getting asleep; wakes at 5-6 in the morning.

Analysis

Her managerial position at work indicates the Gold series. She enjoys her job and takes responsibility for her department. But she feels unsafe and threatened in her own territory. This is typical of Stage 12 and so we get to Mercurius.

She feels that her boss (Gold

series) is like an enemy (Stage 12). Her boss (Gold series) is manipulative (Stage 12) and ruthless. She feels indignant (Gold series) and hurt when people don't respect her feelings (Stage 12).

Her dream about flying off the edge of a revolving platform is quite symbolic. So are the cracks in the walls of the house and the dreams about violence, war and battles. The cramp in her bowels and the stinking diarrhoea are well known symptoms of Mercurius. Other Mercurius symptoms: she is a

lawyer, fighting, desire for clarity and directness, travelling, dream about a family member committing suicide, difficulty getting asleep, cold, agg. heat and agg. cold, perspiration agg. exertion, agg. night.

Reaction

After Mercurius 1M she starts to feel better. Less threatened and nervous at work, although the situation remained the same. The eczema became worse for a few days, accompanied by a bad swelling

around her ear.

Cinnabaris

'If they touch my wife I'll kill them'

Cinnabaris is a mercury compound that is found in nature in the form of a red mineral, called mercury sulphide, or Mercurius sulphuratum. Its chemical formula is HgS.

Concepts

Mercurius

Disturbing

Tyranny

Conservative
Anti revolutionary
Revolutionary
Division
Suspicion
Igniting
Manipulation
Sulphuratum
Love
Marriage Partner
Self love Egotism
Jealousy
Joy Satisfaction
Harmony Aesthetic
Clothes
Lazy
Ugly

Theorising

Group analysis

Acting like a tyrant to hold on to love.

Manipulation at the cost of love.

Suspicious towards your partner.

A suspicious partner.

Using love in the fight against revolution.

Disturbed relationships.

Tyrannical love.

Manipulating clothes.

Decline of power leads to neglect.

Picture of Cinnabaris

Essence: Acting like a tyrant to preserve love.

Acting like a tyrant to preserve love

They feel they have to achieve an awful lot in order to be loved. They think that their partner or their friends won't love them if they don't reach a high position in society. They have to get and hold on to a good managerial post. The first part of it is not so difficult, but holding on to it is not easy as there are always predators around who want to take over. So they have to be on their

guard all the time, they even have to apply dictatorial tactics to make sure they can keep hold on to the position as leader. They have to be the best manager in the best job, but they are afraid of failure and of being pushed aside.

Suspicious towards your partner

They don't really dare to show their inner feelings to their partner, out of fear that he or she will look through them and not love them anymore. If their partner really sees what is inside them they are bound to

leave them, take over their position, threaten them or even kill them. Because they are so suspicious they find it hard to really love their partner.

A suspicious on behalf of your partner

Or they may be afraid that their partner is going to be threatened, especially if their partner is involved in politics and he has to take some rather unpopular decisions in his function as leader. Then they are afraid that the revolutionary factions will try and take revenge. They can get

terribly angry with people who threaten their partner, they may even want to kill these 'enemies'.

Decline of power leads to neglect

As soon as they realise that they can't hold on to their power they get depressed and suicidal. They may neglect their partner and refuse to take care of themselves. Their first reaction is to start working even harder, to try and regain some sort of dignity and respect. But deep inside they still feel unloved and will soon

also begin to neglect their work.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, crowds, people, religious, salvation, conscience, devil, God, poverty, dirt, ugliness.

Dreams: heights, falling.

Delusions: superior, alone, mania.

Irritability: suppressed (3!), angry, murderous impulses, agg. offence.

Mood: haughty, hasty, impatient, indifferent, gloomy,

suicidal.

Mental: absent minded, confused, forgetful, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, too much responsibility, loss of loved ones.

Generals

Type: male, dark hair, overweight.

Locality: left (3).

**Weather: warm, amel. open air;
agg. cloudy, gloomy, agg. dry.**

**Perspiration: easy, agg.
exertion: stinking.**

**Time: agg. 5 am and 9 pm, agg.
night.**

**Desires: sweet (3), alcohol,
fruit, fat, fried, spices, sour,
cold drinks, drugs, bread, meat.**

**Aversion: egg, bread, sour,
meat, eating.**

**Food: agg. drugs, alcohol,
sweet, egg, pepper, amel.
eating, agg. fasting.**

**Menses: agg. menses, agg.
pregnancy, agg. during and
after giving birth.**

Sleep: deep, frequent waking, agg. sleeping late; sleeplessness (3), snoring.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch, agg. - bathing.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting, full, pulsating, burning.

Sensations: swollen, blown up, heavy, full.

Discharges: thick and yellow, stinking of rotten eggs.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis.

Epilepsy, clonic, tonic, tetanic. No feeling. Cancer.

Headache, as if eyes are being pushed out. Face swollen.

trembling, agg. anger.

Eye complaints: inflammations, disturbance in vision, Strabismus, divergent.

trouble with teeth: pain.

Throat infections (3).

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia, haemorrhages, haematoma, congestion; varicose veins, heavy legs, cerebral haemorrhage.

Pulse: too fast, too slow, full, weak, irregular.

Diarrhoea. Diabetes.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

Skin: inflammations with yellow pus; acne.

DD: Silicium series, Gold series, Stage 12 and 16.

Case

A 70 year old man suffers from headache and depression. The headache is situated behind his eyes, with the sensation as if the eyes are being pushed out of their sockets. The headache is agg. in the weekend, amel. sleep, agg. evening. It often starts at 5 pm with yawning and some lachrymation. Besides having these headaches he also feels anxious and depressed. He wonders 'what will happen to him after his

death', 'Am I doing it right, am I doing enough?'. But acts as if everything is fine and nobody knows how he feels.

He also has problems with his teeth, and every time they start to ache he gets another bout of depression. He grinds his teeth and clenches them until it hurts. He gets frequent colds, hayfever, bronchitis and problems with his joints. He has had strabismus since the age of 6, divergent to the left. His left eye is better than his right, but he reads with his right eye.

In 1933 he had a tubercular inflammation of the glands in his neck on the left side. In 1965 he had an infection in his gall bladder.

About 30 years ago he had some psycho analysis sessions because he suddenly had a breakdown with much crying during his father in law's funeral. He felt suicidal because the thought he hadn't done his work properly. He has always been very ambitious, often using other people to climb the social ladder. He worked like a mad man when he was 30. He

started work when he was only 15 and gradually worked his way to the top. But he tends to feel his is not doing enough or he is doing things wrong. He has a low opinion of himself. He used to be the strong second in command in a large company with a weak director. He liked being in that position because he could go his own way without having to refer to the parent company in America very often. He has had some ideas about starting his own business in the past but he decided against it because he

was afraid it would fail. He would rather not take the risk: 'If I make a mess of it I would look a complete arsehole'. When he thinks he can't be best he would rather not try it at all. He was made redundant in 1976 and it made him panic. The thought that he might have to sell his house and eat into his capital almost drove him mad. Fortunately he found another job in no time. He grew up in the recession of the thirties and this has left its mark on the way he thinks. He is very weary of of people

taking over his position. He dreams that he has to write a course in X-ray diagnostics but there is someone else sitting at his desk who has taken over the task. He also dreams that someone has stolen his shoes.

He feels very lonely: 'I never want to love someone again, because I'll only lose them again'. His mother died when he was 18 and this was the first time he cried. He can give love, but he can't receive it. He would probably lose his self control if someone touched him or put their arm around

him. The only people he really loves are his wife and daughter, but he can't show it, he simply can't say the word 'I love you'.

He can be very violent and it takes a lot of self discipline to control it. He once nearly killed a boy who was bothering his 12 year old daughter. He turned bright red with anger and grabbed him by the throat without thinking. This outburst frightened him a lot afterwards.

He cannot tolerate being ordered about, he is a born rebel. Since he has joined the freemasons when he was 60 he

has become a bit milder, until 'his behaviour was worse than dog'.

He dreams about wanting to be violent but restraining himself, about bringing food to people who are in a camp and about things not going the way he wants them to. He also dreams about driving a heavy articulated lorry, about playing bridge and laying large best and about holding in his aggression, which makes him wake up with a headache. The day before the consultation he dreamt about a large rock in the sea that he

had to climb down from along a dangerously steep path.

Generals

Weather: warm, agg. rain, agg.-cloudy, -amel. sunny, frosty weather, agg. damp heat.

perspiration: profuse, agg. exertion, agg. night.

Time: agg. evening.

Desires: meat (3), fish (3), everything, sweet, spices.

Aversion: sour, sauerkraut (3), vinegar(3), sloppy food (2).

Food: amel. muesli: constipation.

Sleep; excellent, makes him feel better; on right side.

Analysis

His position as a director points to the Gold series, although this could be debatable, because he didn't want to start his own business and prefers to remain second in command. But the fact that he wants to make his own decisions and can't tolerate being bossed around is very typical of the Gold series. The fear of losing his job indicates one of the latter stages: Aurum, Mercurius, Thallium, Plumbum, Bismuth. But the problems with his teeth and jaws

immediately point to Mercurius. Confirming symptoms for Mercurius: suppressed violence, closed, strabismus, agg. evening, grinding teeth, suicidal, profuse perspiration at night.

But which Mercurius should we choose? Besides the theme of depression there is also the theme of love: it is better not to love someone, because they will die anyway. And if anybody touches his wife or daughter he will kill them. He loses control when someone puts his arm around him. This aspect leads

us to the combination Mercurius sulphuricum or Mercurius sulphuratum, which is Cinnabaris. Because his behaviour is rather direct and he is not preoccupied with his own gain I preferred to give him Cinnabaris, which doesn't have the Oxygen component.

Other Sulphuratum symptoms: warm, agg.- sour, -amel. sweet, -amel. spices and left sidedness.

He had had some Lachesis and Tarentula in the past, without any results. He had temporarily improved on Sulphur, but it

didn't last. This fact in itself was a further incentive to try Cinnabaris.

Reaction

Cinnabaris 1M is a 'bulls eye'. Two days after the remedy he had an aggravation that lasted 5 days; cold, pain in left lower molar, headache as if a nail is sticking in the vertex, with hair pain. After that he starts to feel more positive. After a month he feels that his depression and his anxiety has gone. During the course of the next few months the complaints of nose, sinuses, teeth, head and joints

gradually improve. One year and 6 doses of Cinnabaris 1M later he does not suffer from depression anymore. He thinks he probably wouldn't commit suicide now if his wife were to die. The headaches are much improved.

Mercurius dulcis

Mercurius dulcis could also be called Mercurius muriaticum, as it is really the chloride of mercury. But there is another

type of mercury chloride, i.e. Mercurius corrosivus. The difference is that in Mercurius corrosivus the mercury is bivalent in HgCl_2 , whilst in Mercurius dulcis it is monovalent in Hg_2Cl_2 . One might think the latter should be written as HgCl , but it appears that the mercury still makes two connections, even if it is monovalent: Cl-Hg-Hg-Cl , like a short chain. Another name for this compound is calomel, which means beautiful (kalos) black (melos).

Concepts

Mercurius
Disturbance
Tyranny
Conservative
Anti revolutionary
Division
Suspicion
Manipulation
Igniting
Muriaticum
Broken relationship
Mother Child
Care Nurturing
Attention
Self pity
Attention seeking
Sadness

Alone

Anti social

Group analysis

**Conflict between leadership
and motherhood.**

**leadership and having to be a
good mother.**

**A dominating and suspicious
mother.**

**Reproducing power in or to be
cared for.**

**Using care in the fight against
decline of power.**

**The heavy task of being a
mother.**

**Protecting in order to preserve
care.**

Regarding your mother as an enemy.

An artificial mother.

Decline of power leads to self pity.

Decline of power leads to anti social behaviour.

Picture of Mercurius Dulcis

Essence: being a leader and having to be a good mother.

Being a leader and having to be a good mother

They are very ambitious and want to reach a high position in society. They like the praise and the respect that goes with the job of manager, they like to

feel special. But they also want to be a good mother and give their children the best care. They have to be the perfect mother.

Conflict between leadership and motherhood

But they often want too much and they can't do everything they had in mind. Their managerial position takes up so much time that there isn't much left for running the house and taking care of the children. They may ease up on their work to be able to spend more time with the children,

but then their work may suffer and they might get the feeling that their lucrative position is at risk. They are afraid that someone else who has more time to devote to the job might take over. This threat makes them irritable towards their colleagues or towards their children. But they try to keep their anger inside, nobody is allowed to see what goes on inside them.

A very dominating and suspicious mother

They have often had a mother who was very ambitious herself.

She may have had to give up hope of reaching a managerial position for the sake of her children, so she often took her frustration and anger out on them. By insisting on strict rules and enforcing them with almost tyrannical behaviour she tried to create as much time for herself as she could. If the children tried to escape from this straight jacket the mother considered it as an act of rebellion. Or the mother may have tried to manipulate and bribe the children with care and kindness to do the

housework for her.

Regarding your mother as an enemy

This kind of situation has often led to a hostile relationship between mother and child. The child regards the mother as an enemy because instead of care and attention they only receive tyrannical rules. Another reaction is that the child may take on the care for the rest of the children in order to free her mother from this heavy task and to get her approval in this way.

Decline of power leads to self

pity

When their position does get undermined they become irritable, which they don't show. They express it by manipulation the people around them to try and keep matters under control. If they don't succeed they start to complain, get depressed and even become suicidal. They feel offended and want to go away, they are not interested in taking care of whoever needs it.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide,

**heart disease, stroke, insanity,
crowds, people, religious,
salvation, conscience, devil,
God, alone, water, danger.**

**Dreams: heights, falling, water,
sea, waves, drowning, children,
mother, disease or death of
friends and relations.**

**Delusions: superior, alone,
mania.**

**Irritability: irritable agg.
offence.**

**Mood: haughty, complaining,
sensitive, emotional, gloomy,
suicidal.**

**Mental: absent minded,
confused, forgetful, rigid,**

insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, loss of family and mother.

Generals

Type: male, dark hair, overweight or thin.

Locality: left.

Weather: cold; amel. open air; agg. cloudy, agg. dry, agg. amel. sea.

Perspiration: easy, agg.

exertion: stinking.

Time: agg. 3 am and 11 pm.

Desires: alcohol, drugs, bread, sweet, cold water, salt, starch.

Aversion: meat, eating.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth, swollen and painful breasts before menses.

Sleep: sleeplessness (3), difficulty falling asleep.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg.

touch.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Mucus membranes dry.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis, Parkinson's, multiple sclerosis. Shocks and twitching.

Epilepsy, clonic, tonic, tetanic. No feeling. Cancer. Cerebral haemorrhage.

Headache. Face swollen.

Trembling agg. anger.

Eye complaints. Disturbance in vision, trembling eyelids.

Throat infections (3).

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia.

Breasts (3): painful, swelling, inflammation, nodules, cancer.

Pulse: too fast, too slow, full, weak, irregular.

Constipation, stools hard and dry.

Problems with testes and ovaries: inflammations, cancer,

**cryptorchism, sterility,
amenorrhoea, metrorragia.**

**Affections of bones: necrosis,
inflammation.**

Nose colds with watery coryza.

**Skin eruptions, on chest and
arms, red spots agg. sun.**

Oedema.

**DD: Silicium series, Gold
series, Stage 11 and 17.**

Case

**A 40 year old woman has
painful breasts before the
menses. It starts one and a half
weeks after the previous
menses and lasts for about two
weeks. I makes her feel**

irritable towards her husband and her son. She feels that everything is getting too much. There is a conflict between work and motherhood. She loved becoming a mother, it was awe inspiring: 'It is the biggest change in your life'. But she didn't find it easy. She wants to carry on the way it was before, but it is impossible. She has had to adapt and work fewer hours.

Her mother had arranged her life around the children and was always at home. She doesn't want to become like her

mother, she would like to be able to continue her job as manager in a publishing company. She wants to do something that gives meaning to her life, something impressive. She wants to achieve something especially on the intellectual level and often wonders why she just can't sit quietly at home. She needs to be complimented on her achievements and wouldn't like to be like her sister who can never participate in a reasonably intelligent conversation. She likes her

work. Her whole family is ambitious, her father is a professor and her sister has got a degree.

She tells me about her character: 'I am proud and ambitious. She likes to pull the strings. She is rather closed and only really talks with her husband, parents and a few good friend.

I noticed that her eyelids were trembling a lot, especially when she was speaking. There is something heavy about her.

When she was 22 she had a viral meningitis and spent 3

weeks in hospital. It started after a neglected flu with stomach cramps, diarrhoea, vomiting and fainting. Her symptoms at the time were: double vision, tingling all over her body, weakness and difficulty in moving, speech slurred with swollen tongue. She felt so numb that she wasn't even afraid of possible paralysis or death.

Generals

Weather: cold, cold feet (2).

Perspiration: frequently wakes up soaked with sweat at night.

Time: after 10 pm.

**Desires: sweet, biscuits,
cheese.**

**Aversion: fatty meat, sour.
menses: with backache,
stomach ache and much
bleeding.**

Analysis

**The conflict between work and
motherhood reminds us of one
of the Muriaticums. The fact
that the conflict is centred
around her work indicates a
metal. Her pride and ambition
indicate a metal from the Gold
series, as does the fact that she
likes to be a leader and that it
all feels rather heavy.**

But which metal? The way she goes about her job as a manager doesn't give us many clues, although she tended to be rather irritable when her employees didn't cooperate. This would indicate a metal from one of the later stages: Aurum, Mercurius, Thallium, Plumbum.

Symptoms that might go for Mercurius: night sweats, trembling eyelids, meningitis after diarrhoea. I decided to give Mercurius muriaticum but once again I had to make a choice: which of the two

**Muriaticum: Mercurius dulcis
or Mercurius corrosivus?**

**Mercurius corrosivus seemed a
bit too aggressive for this case
so I chose Mercurius dulcis.**

Reaction

**One month after Mercurius
dulcis the pain in her breasts is
as good as gone. She also feels
much better. The tiredness and
the heavy moods and
irritability before the menses
are still the same however.**

**During the next six months her
energy increases and the
irritability before menses
decreases. She has also decided**

that her son is her first priority. She takes more time to enjoy being with him, she is not always in a hurry anymore.

Mercurius iodatus flavus

Mercurius iodatus flavus is described in Clarke under the heading Mercurius protiodatus. Its chemical formula is HgI.

Concepts

Mercurius

Disturbance

Tyranny

Conservative

Anti revolutionary

Revolutionary

Division

Suspicion

Igniting

Manipulation

Iodatum

Loss of talent

Forgetful

Obsessive

Humour

No ideals

Right of existence Food

Emigration Moving house

Escaping

Prison

Group analysis

**Restlessly leading others.
Using tyranny to exist.
Obsessively conservative.
Restlessly sowing dissent.
Anti revolutionary without
ideas.
Escaping into conservatism.
Manipulation is viewed with
humour.
Suspicious and forgetful.
Emigration after failure.
Picture of Mercurius Iodatus
Flavus
Essence: restlessly leading.
Restless leader
They want to hold on to their
position as leader, that is why**

they are working restlessly. They feel something might happen any moment which could affect their position. Fortunately they are strong and they don't shy away from work. Their ceaseless activity makes sure that they can hold on to what they have got. They also inspire their employees with their humour and cheerful good mood.

**Obsessively conservative
They like to stick to their principles, it makes them feel secure. They run the business along fixed rules with fixed**

working hours and everybody is required to stick to that. This way they manage to keep things under control. They like society to be controlled in a similar fashion, they don't like shady figures who try to undermine the general running of things. They also do their best to take care of people who have fallen on hard times.

Using tyranny to exist

When things threaten to get totally out of hand they may turn into real tyrants. Whether the threat is personal or whether the business is about

to be undermined financially, they'll insist on holding the reign even tighter. They won't stop at sowing dissidence amongst their employees to keep the business running.

Manipulation viewed with humour

They cannot tolerate much criticism, they immediately feel offended or manipulated, particularly when the criticism comes from their parents or their superiors. They suspect that people are scheming behind their back to take their power away from them. This

makes them angry, they might even think of killing their opponents if they see no way out. The only other way out is to move out, sometimes in the most literal sense of the word, in the form of emigration. But before things have gone this far they often know how to diffuse the situation by trying to see the humour of it.

Emigration after failure

Their position and dignity means a lot to them and when it is threatened in any way they may get depressed. They see everyone as their enemy. This

feeling is particularly if they have been threatened by a sudden robbery etc. They feel that any any moment now someone will be threatening them with a knife again. To protect themselves they may not hesitate to take the law into their own hand and kill their attackers. They will probably want to build up a new business in another place, somewhere far away from all these threats. Or they give up and commit suicide.

Expressions

Fears: heights, falling, murder,

**death, suicide, people, crowds,
religious, devil, God, failure,
narrow spaces, shows,
performances, speeches,
disasters, accidents, evil,
hunger, trifles, present, future,
disease, heart disease, stroke,
doctors, becoming insane from
having to sit still, touched,
approached, held, people,
buildings, water, work; agg.
horrible stories.**

**Dreams: height, falling, failure,
prison, escaping, travelling,
fire, eating, walking through
mud, daughter falling in water,
accidents, erotic, danger,**

**death, smeared with excreta,
exertion, exhaustion, restless,
failed coition, ruins, water.**

**Delusions: dead people,
fasting, becoming insane, being
ill, being healthy, forgotten
something.**

**Irritability: quarrelsome,
anger, shouting, destructive,
tearing agg. humiliation, agg.
fasting, agg. looked at, agg.
touched, murderous impulses
agg. being held (3), agg. noise,
agg. offence.**

**Mood: haughty, lively,
hysterical; shy, timid, blushing,
changeable, busy,**

**restless, impatient, hurried,
discontented, uneasy,
indifferent; serious, gloomy,
suicidal by jumping from a
height, crying.**

**Mental: precise, absent
minded, confused, forgetful
about his purchases, what he
was about to do or say,
exhaustion, obsessive thoughts,
flights of fancy, rigid, lack of
concentration, insanity,
imbecile, delirious, demented.**

**Contacts: agg.-, friends,
strangers; agg. conversations,
agg.- answering; timid.**

Work: -amel. (3), amel., agg.,

agg.-.

Professions: artist, musician, singer, writer, teacher, scientist, doctor, priest, vicar, secretary, representative, advertising agent, governor, shaman, top sports man,-woman, comedian, clown, cartoonist, leader, director, manager, president, chairman, captain, mayor, bishop.

Causes: humiliation, disasters, hurt, hunger, famine, floods, fires, ethnic cleansing, looked at, love disappointments.

Generals

Type: male, dark, thin, overweight, thin.

Locality: right, external throat.

Weather: warm, agg. gloomy; agg. dry, amel. open air, agg. sea.

Time: agg. 5 am and 9 pm, agg. summer.

Desires: alcohol, bread, sweet, meat, cold water, starch, large quantities.

Aversion: meat, eating.

Food: agg. drugs, amel. eating(3), agg. fasting (3), wine.

Menses: profuse; agg. suppressed menses; agg. menses, agg. pregnancy, agg.

giving birth.

Sleep: sleeplessness (3), sleepy.

**Physical: amel. agg. rest (2),
agg. amel. amel. agg. motion
(2), agg. sitting, agg. lying,
amel. walking, agg. dark, amel.
rubbing, amel. agg. pressure;
agg.- touch, agg. noise, pain,
impressions.**

Complaints

**Pains: boring, contracting,
bruised.**

**Sensations: swollen, blown up,
heavy, full, tingling.**

Acrid and watery discharges.

**Weakness, nervousness,
restlessness.**

**Glands: swollen, inflamed,
indurated. Abscesses, necrosis.**

**Paralysis, Parkinson's, multiple
sclerosis. Epilepsy, tonic,
clonic, tetanic.**

Lack of feeling.

Cancer.

**Headache. Face swollen;
trembling agg. anger.**

**Eye complaints:
inflammations, visual
disturbances.**

Sinusitis.

**Colds with acrid carries,
hayfever.**

**Voice problems: hoarseness,
stammering, loss of voice.**

Thyroid problems (3!): hypo-, or hyperthyroidism, enlarged thyroid, cysts, cancer, atrophy; metabolism too fast or too slow; thin or overweight.

Lung problems, asthma, allergies, hyperventilation.

**Heart complaints: high blood pressure, infarction, failure, palpitations, arterial-
sclerosis.**

Pulse: too fast, too slow, fill, weak, irregular.

Congestion of blood. Cerebral haemorrhage. Anaemia.

Diarrhoea.

Problems with testes and

ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Neck problems, stiffness; whiplash. Pain in arms.

Affections of bones: necrosis, inflammation.

Skin: acne. Eczema on lower arms and legs.

DD: Silver series, Gold series, Stage 2 and 17, Arnica, badiaga, Mancinella, Spongia, Zincum.

Case by Anton Kramer

A 40 year old woman caught a cold a few months ago and suddenly became seriously ill

for the first time in her life. Her cheeks and throat were swollen, she had ulcers in her throat with yellow and grey exudates. Painful swallowing and much thirst. She wanted to drink lemonade and refreshing things. Occasionally she coughed up yellow and grey bits of tissue. She felt: 'they have got me now'. She was hoarse and talking was too tiring.

She got tonsillitis and was treated with antibiotics. But she still has a raw sore throat, pressure in the throat, agg.

talking, feeling of lump in throat, especially in the throat pit. She wanted to be left alone, and not be bothered with any emotions within the family. She was tired and moody and inclined to snarl at her family. She also had a pain in her shoulder.

She had had two difficult pregnancies, where the dilation didn't take place and the children had to be extracted by vacuum suction. She nearly bled to death from a retained placenta and fibroids. The second she had a caesarean to

prevent all this from happening again and then she was sterilised to be on the safe side.

She is head of a filling station on the motorway. She is very strict with security, since her husband was robbed 5 years ago. Her husband had a nervous breakdown three years after that when he heard about a colleague who had been shot dead in a similar sort of robbery. She puts a lot of time into her work, at least 60 hours a week, the business is like a family and 'the show must go on'. She runs a tight schedule

and she adheres to it very strictly. When she is home she is there 200% for the children. They can always reach her when they need her.

The is cheerful and positive, always sees the positive side of things. She is warm hearted and lively. She is sensitive to criticism and either suppresses her anger or lets it out in a violent outburst. She kicked the midwife once when she was unfriendly to her. She tackles difficult clients all by herself, doesn't hesitate to personally kick them out of the shop.

She has strict principles: 'You should always help and respect other people', 'You should never hurt others by stealing from them'. She can be strict because she feels you have to live as an upright and honest human being. You should also be kind to people who have fallen by the wayside in this society.

She has little appetite, but easily puts on weight. Her teeth leave imprints in her tongue.

Generals

Weather: -amel. cold.

Perspiration: can't.

Desires: snacks, cake, sausage, meat, butter (3), bread (2) with butter and cheese.

Aversion: vegetables.

Analysis

She is director of a filling station so we have to look somewhere in the Gold series. This is confirmed by her the fact that she works like a man and deals with intruders like a man. The throat infections and the feeling of: 'They have got me now' are both Mercurius symptoms. The yellow and grey exudates are typical of Mercurius, Mercurius cyanatus

and Mercurius iodatus flavus. The Iodum part has many symptoms that we see in this case: sudden, hoarse, throat pit, 'show must go on', cheerful, positive.

The theme of the robbery that happened to her husband fits Mercurius iodatus flavus: it happened suddenly, their position was being threatened, the thieves run away with the loot.

Mercurius symptoms: strong principles, tight schedules, agg. criticism, she takes on difficult customers with her own bare

hands and kicks them out of her shop, hot fever without sweat, trembling fingers, -amel. bread, butter, yellow coating, imprints of teeth.

Iodum symptoms: looks after people who don't fit into society, tight schedules, talkative, active, hoarse, little appetite, overweight, -amel. cold.

Reaction

After Mercurius iodatus flavus 1M she had an aggravation lasting two days with feeling of having caught a cold, dizzy, everything whirling round.

Afterwards she felt a lot better, the pressure in her throat and the mucus in the lung were 75% better. The pain in her shoulder and neck, radiating to upper arm and beyond were also better. She felt less tired.

Case

A 15 year old boy has come to ask for advice as he eats too much [Iodum] and he quarrels with his parents. He always looks for a quarrel after he has eaten food colouring, as in coloured gum balls, but it is really due to a power struggle between him and his parents.

They do what they like behind his back [Stage 12, 13] in spite of their previous agreements and he is not allowed to speak for himself anyway, so he might as well go away [Stage 17, Iodum]. He had hydrocephalus [a.o. Mercurius and Iodum] and had a drain fitted in his head. He is always busy [Iodum], agg. heat [Iodum], -amel. outside [Iodum], -amel. bread [Iodum], agg. citrusfruit. After Iodum he gets a right side throat infection [Mercurius iodatus flavus]. After taking Mercurius iodatus flavus he

soon feels much better. There are less quarrels with his parents and he feels they are more understanding. No more binging sessions.

Thallium met.

Thallium is relatively unknown. Julian (1979) describes a few provings.

Signature

The name is derived from the Greek word 'thallos', meaning 'green shoot'. This is because the Thallium spectrum has a bright green colour. It was discovered in 1861 and its chemical symbol is Tl.

Concepts

Stage 13

Lagging behind

Outgrown

Nostalgia

Overtaken

Going down

Holding back

Suspicion

Disbelief

Withdrawal
Giving up
Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis

Withdrawing to the old position of power.

Nostalgia to the old power.

Organisations that are outdated.

Falling back on old ideas: dogmatic.

A suspicious leader.

Staying behind in isolation.

Lagging behind in taking responsibility.

Outgrown dignity.

Withholding religion.

Disbelief in own leadership qualities.

Withdrawing when criticised on their leadership.

Failure through over dogmatic leadership.

Picture of Thallium Metallicum

Essence: trying to hold on to the power that is being taken away from them.

Withdrawing to the old position of power

They try to hold on to their power at any cost. This means they have to hold on to the ways they rule their country, because they worked very well in the past. They are very meticulous and precise in their leadership. Being a perfectionist is the best way to

rule a country according to their point of view.

**Outdated organisations
They know that their organisation is a bit outdated and power is slipping away from them. Their methods are no longer relevant to the present situation, because time hasn't stood still and new developments have taken place. They feel that their position of power is being eroded day by day.**

Nostalgia to the old days of power

The feel nostalgic for the old

days, when everything was going well and they were still at the centre of all decision making.

Falling back on old ideas and ways of leading: dogmatic

They are extremely stubborn and won't believe that their advisers have the best intentions when they want to discuss some alternative ways of running the organisation.

They are very suspicious because towards newcomers because before you know it they will have ousted you from your position of power. Or even

worse, they suspect that their ministers are proposing some useless plans on purpose, to bring the country to ruin so they can take over. The only way to prevent this is to insist on strict enforcement of the old rules.

A suspicious leader

As said before, they are very suspicious and feel they can't trust anyone. They are inclined to get rid of their opposition before they cause too much trouble. Getting rid of them in the most literal sense of the word in the form of killing

them seems to be the best solution.

**Withdrawing from power
Eventually they start to
withdraw into themselves. They
can no longer trust anyone so
they have to make sure that
noone can threaten them. The
way to do this is to see to it
that nothing can be changed
and that all recent changes are
reversed. Every newcomer is a
potential enemy and needs to
be put out of action.**

**They cannot delegate and,
ironically, when they do
delegate it is usually to the**

wrong person, someone whose intentions are not totally honest.

Disbelief in their own leadership qualities

They have lost faith in themselves. Whatever they have achieved in the past is now about to be taken away from them. And they can see no way of adapting to the new situation, they don't think they are flexible enough to learn a new way of doing things. There is no way they can deviate from the well trodden path, and they restrict themselves to a limited

range of possible solutions. They usually don't struggle against the opposition because they feel overwhelmed and can't cope with the powerful force of innovation taking place.

Withdrawing when they are criticised on their leadership

Because everybody has turned into an enemy they are quite alone in their position of power. And this position is not going to last much longer.

Their conservative attitude only hastens the take over bid. And thus it turns into a case of

the self fulfilling prophecy. The enemies do arrive and they are ousted from their country.

They don't understand how it could have happened, how they could have been manipulated to such an extent that they are totally powerless. It is a very painful experience. The physical pains they may feel are equally unbearable. They are shooting, violent, unbearable pains which come and go suddenly. It can be so extreme that they scream with pain, it may drive them to commit suicide in the end.

Failure through dogmatic leadership

It is the dogmatic quality of the leadership that is the cause of their failure. They hang on to the old ideas out of sheer nostalgia and don't take responsibility to keep up with the times. When they are finally abandoned and the whole business grinds to a halt they feel a complete failure as a leader.

A typical example of Thallium is Shakespeare's King Lear. King Lear wants to hand over the reign of his kingdom to his

daughters but he only trusts one of them. So he hands over his power to her, but she happens to be the only one out of the three who could not be trusted. So eventually the kingdom falls apart and although his court jester is always trying to make him see sense, King Lear thinks he is just a silly old fool.

Expressions

Fears: heights, falling, murder, being murdered, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling.

Delusions: superior, alone, rats, surrounded by enemies; mania.

Irritability: agg. offended.

Mood: haughty, persevering, over sensitive, restless, nervous, hysterical, excited, impatient, discontented, suspicious, complaining, gloomy, suicidal, crying.

Mental: absent minded, confused, lack of concentration, rigid, insane.

Religion: -amel., agg.-, nostalgic, dogmatic.

Professions: king, leader,

**director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman.**

**Causes: disaster, hurt,
humiliation, accidents (3),
beaten, robbed, attacked in
their position of power.**

Generals

**Type: male, dark hair,
overweight, thin, face drawn.**

Locality: right.

**Perspiration: agg. night, agg.
sleep.**

**Weather: cold; amel. open air;
agg. cloudy; agg. dry.**

Time: agg. 1,3 am and 7 pm

periodical, daily; suddenly.

Desires: alcohol, drugs, bread, sweet, meat, cold water.

Aversion: meat, eating.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: absent, profuse, black; agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3).

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel.

pressure, amel. rubbing, agg.

touch, agg. agg. accidents, agg.

pressure, -amel. and agg.

motion.

Complaints

Weakness, nervousness and restlessness.

Pains: violent, unbearable, shooting, electric, boring.

Neuralgia, trigeminus neuralgia, Horton.

Sensations: swollen, blown up, heavy, full.

Paralysis: painful, atrophy, heightened reflexes; legs;

Parkinson's, multiple sclerosis.

Ataxia.

Epilepsy, clonic, tonic, tetanic.
No feeling.

Cancer.

Numbness: numb and tingling.
Hypersensitivity: itching,
tingling, formication.
Headache. Occiput.
Face swollen. Trembling agg.
anger.
Eye complaints:
inflammations, iritis, poor
vision, blindness, retrobulbar
neuritis. Near sighted.
Aphthae and salivation. Bitter
taste. Toothache.
Hyperthyroidism, goitre.
Heart complaints: high blood
pressure, infarction, failure,
pain.
Congestion of blood. Cerebral

haemorrhage; anaemia.

Pulse: too fast, too slow, full, weak, irregular.

Stomach pains, pains as if an iron rod is pushed through umbilicus.

Constipation. Diabetes.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Trypanosoma infections.

Kidney infection, urine containing blood or sugar.

Enuresis.

Back pains, sciatica, radiating to inside of thighs and feet.

Neuralgia of face, arms and legs with urge to move, and agg. motion.

Affections of bones: necrosis, inflammation. Rheumatism, Lupus erythematosus.

White spots on nails, ribbed laterally.

Hairloss, particularly on the lateral side of eyebrows.

DD: Gold series, Stage 13.

DD Mercurius: feels he can hold on to his power if he does his best, even if he has to use some unconventional methods, i.e. liquidating his enemies.

Thallium feels he cannot hold

out any longer, he doesn't believe he can manage total power anymore, so he decides to withdraw to a smaller territory.

Case

A 40 year old woman has problems with her joints. Her right shoulder is painful, it is diagnosed as bursitis. Four weeks rest and some injections gave little relief. The pain is violent and her whole arm and hand tingles. The pain is worse when she lifts her arm and moves it forwards or backwards, better from letting

it hang down or pulling it down. Sometimes her fingers tingle when she lets her arm hang down and it makes her drop things. Worse from a warm shower and around 7 pm. Also worse when she works hard. It started six months ago when she was working 12 hours a day for a while. Weather doesn't affect it. Twenty four years ago she had neuritis in that same upper arm. She works as an assistant attorney and has 9 people working for her. She loves being in charge. She isn't afraid of anything and will

tackle whatever comes along. She is easily angered but it is also easily forgotten. She gets angry at injustice and when things don't go the way she wants them to, or when people don't stick to their agreements. She attacks them immediately. She is always loudly proclaiming her opinions and her ideas. She is independent and very black and white in her way of thinking. She has some problems with her own family and with her in laws. She doesn't want to be too involved with her family because

everybody always lived for himself. Her mother sent her to a catholic boarding school. There, as a torture, they often locked her up in a dark room or tied her up when she did something wrong. She ran away several times, but each time her mother sent her back because she didn't believe these awful stories. Her mother couldn't cope with five children at home. Her mother used to taunt her and once even cut off the tip her finger by squashing it with a metal box.

She has suffered from high

blood pressure for a long time. It makes her feel rushed and restless, as if there are hordes of people chasing her. She suffered from heart problems for a while, with pain radiating down her left arm, making the arm turn blue. She also gets back pains, radiating from her coccyx via the outside of her pelvis to her stomach, going up to her chest and down to her groin. It is a drawing sort of pain, worse from tension and before urination, better from pressure, and sitting hunched up tightly. It started during her

first pregnancy when she slipped on the ice and fell on her coccyx.

She gets frequent headaches, starting from her neck, going to the forehead, amel. fresh air, agg. turning head, noise, amel. lying flat in bed, sleep. She gets pain in her joints, in ankles, knees and wrists, agg. rain, agg. winter, agg. cold. She gets bronchitis 2-3 times a year, coughs up green-brown smelly lumps, agg. sea. Frequent vaginal discharge. As a child she had profuse salivation, it was so bad that they had to buy

her a new pillow one.

Generals

Build: rather overweight.

Weather: agg. too hot and too damp, agg. draught, agg. sea.

Perspiration: profuse, agg. night (3).

Time: agg. 7 pm

Desires: sweet, chocolate, cake, spices, mango.

Aversion: fruit, snails, buttermilk, yogurt.

Food: agg. oranges.

Analysis and reaction

This woman had been coming to see me from time to time for the past seven years. She had

**had the following remedies:
Kali carbonicum, Dulcamara,
Natrum muriaticum,
Staphysagria, Helleborus,
Natrum sulphuricum, Arnica,
Lachesis, Caulophyllum,
Pulsatilla, Aurum, Cereus
bonplandii, Cactus, kreosotum,
Latrodectus mactans,
Viburnum, Calcareo carbonica,
Mancinella, Crataegus, Kali
iodatum, Kali fluoratum,
Sanguinaria, Rauwolfia. Only
Aurum, Cactus and Crataegus
had a lasting effect, where
Crataegus cured the heart
problems.**

At this point she returned with the shoulder pains. She felt hurried, as if being chased by hordes of people. Her blood pressure was still high and she had profuse perspiration at night. This reminded me of Mercurius, also because of her managerial position. Other confirming symptoms: angry agg. injustice, independent, closed, doesn't let anyone intimidate her, attacks people if necessary, full of principles, black-white thinking, bossy, high blood pressure, overweight. When I asked her

about salivation and she told me the story of buying a new pillow because of it I thought I had found the right remedy.

A month after Mercurius vivus 1M there wasn't much change, except that she had twice been threatened with a knife at work. I was surprised, because Mercurius did seem to fit.

Suddenly I remembered Thallium, the element that is next in line after Mercurius.

After Thallium 1M she really started to improve. She has taken the remedy five times during the course of two years

and all her complaints have nearly gone. On hindsight we can see several confirming symptoms for Thallium: tingling, violent pain, neuritis, nobody believed her, she was tied up and locked in a dark room, they cut the tip of her finger off. Here we see the theme of restriction, confinement and disbelief belonging to Stage 13.

Plumbum metallicum

'Diplomat'

Plumbum is one of the oldest

known remedies. Collins has recently thrown new light on the overall picture.

Signature

Pumbum is a Latin name for this metal that has been used for ages to make waterpipes and drains, hence the word 'plumber'. It is one of the oldest metals, its chemical symbol is Pb.

It is very durable, heavy and pliable. It is used in car batteries and in shields to protect people from radiation. It is also used on weights, insulation against noise and

vibration, roofing materials, bullets, pellets, paints, petrol, and in old printing presses (together with antimony and tin).

Leadtitaniumzirconate is piezoelectric, which means it creates an electric charge when it is put under pressure.

Concepts

Stage 14

Empty Weak

Eliminating

Diverting

Pushing aside

Irresponsible

Indifferent

Formal Distant
Covering up
Mask
Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
Power Dictatorial
King
Dignified Haughty
Alone Isolation
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis

A show of power: puppet.

A director who is there only for the show.

A director in the final days of his career.

No longer wanted as a manager.

Formal respect for power: diplomacy.

Failure through handing responsibility over to someone else.

An irresponsible king.

Hiding your power behind a mask: suspicion.

Elimination of arrogance.

Blasé and haughty.

**Isolated through formal
behaviour.**

**Diverting attention to retain
power.**

**Emptiness in religious sense:
immoral.**

Formal and empty sex.

Empty look.

Picture of Plumbum

Metallicum

**Essence: Looks powerful on
the outside, but it is only show.**

**A show of power for the benefit
of the outside world**

**At this stage there is really
nothing left of their former
powers, all that is left is the**

outer shell. The shell is empty but they pretend that there is nothing wrong and carry on as normal. This is the position of the director who is only there for the show. Nobody knows who the real boss is and anyway he disappears as soon as the police or the tax inspector called.

Or they get put into a position of director but are not allowed to make any decisions themselves, which makes them feel like a puppet on a string.

The director at the end of his career

The days of leadership are more or less over and they gradually withdraw from the scene. If they don't volunteer to go someone else will make the decision for them. They get made redundant, pushed out of the way to make room for someone else.

**Formal respect for power:
diplomacy**

Their greatest talent is diplomacy. They feel very much at home in diplomatic circles. They don't have to make any decisions themselves but they are treated with the

utmost respect by everyone. Diplomats often come from old aristocratic families whose days of real power have long gone, but who often had an excellent upbringing with private schools and all the social trimmings of the upper classes. What was lacking however was any real show of warmth and love.

**Delegating responsibility
They don't take any responsibility but delegate everything to other people. If they are only there for the show anyway why should they**

take any initiatives or take any responsibility? They might even get the blame when things go wrong, so it is much better to play the innocent leader. They let things run their own course and don't risk sticking their necks out.

They are extremely good at pushing things aside and diverting the attention. 'Pass the buck' is their motto.

Whatever comes their way is either passed on or tempered so that it loses its power. This is symbolically expressed in the 'wrist drop' in both hands and

feet. It is the 'drop shot' as we see in tennis.

Hiding their power behind a mask: suspicion

They are unable to judge whether people have good intentions or not. They can't 'read' their intentions, people appear to them as dolls. This is literally a rubric in the repertory; delusion people appear like dolls. This is similar to the final days of the empire. The king is still there, but in name only, because the real power has passed into the hands of other people.

Everyone pretends the king is still in power, but in their hearts they know better. The take over is happening any moment now, any they won't shy away from violence if necessary.

So the king is suspicious and doesn't know who he can trust. What is going on behind the smiling faces of his advisor. They have dreams about having eyes in the back of their head. This is not surprising because there is a real danger of being pushed aside, even of being murdered and this is what they

are afraid of. This sort of situation creates thoughts of murder in their own mind. They get impulses to kill people who are trying to get rid of them.

Blasé and haughty

They may be very arrogant and blasé. They find it impossible to play the role of the servant, they have the facade of being a big, strong man. They also feel misunderstood. How could anybody know what they have had to endure? They might become quite decadent and decide to enjoy life to the full,

going for materialistic pleasures. But it is all a show, they are not really interested any-more, they have seen it all before.

As far as sexuality is concerned they are only interested in experiments like swapping partners, homosexuality, incest etc. It is the only thing that can make them feel alive, a normal relationship is too dead boring.

Isolated through formal behaviour

The theme of isolation is very strong in Plumbum. They may

feel all alone in the world. This is heightened by their formal attitude which doesn't allow them to make contact very easily. Their relationships lack any deeper feeling. The isolation is also heightened by their arrogance and their irritating dictatorial behaviour. Nobody is really interested in trying to get through to them. So they decide it is better to remain single, although deep inside they long to have friends.

Failure through delegating responsibility

Their eventual failure is due to the fact that they don't take any real responsibility. They don't make any decisions to help the organisation, all they do is try to keep the rumour of impending ruin from leaking through to the outside world. They use all sorts of clever manoeuvres to keep going for a little while longer. They keep an absolute straight face when they talk to their sponsors and their bank managers and convince them that everything is fine. When these tactics fail they get depressed and guilty

about the way they have let things slip. Suicide may seem the only way out for them.

Examples

A typical example of Plumbum is Queen Elizabeth of England. The royal family has lost its real power long ago, but she pretends that she is still totally in control. The breakdown of the British 'empire' is symbolic for this stage. The formal behaviour that queen Elizabeth insists on is typical of this stage too. Even her children have to ask permission before they are allowed to come and

see her or speak to her.

Another example is 'The last emperor' of China. Officially he was the man in charge of the empire, but the real power lay in the hands of his enemies. He wasn't even allowed to leave the forbidden city to go and meet his own people.

The decline of the Roman empire has sometimes been attributed to the use of lead beakers for drinking wine, which gradually poisoned all the elite classes. The decadence and intrigues, the murder and corruption amongst

the Roman leaders is a well known piece of history.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, being poisoned, being locked up, insanity, people, crowds, enemies, religious, devil, God.

Dreams: heights, falling.

Delusions: superior, Christ, alone, everyone is a murderer, isolation; mania.

Irritability: angry and irritable, agg. offence.

Mood: haughty, restless, hyper active, bored, indifferent, rigid,

gloomy, suicidal with knives.

Mental: learning difficulties, late learning to talk and write, absent minded, confused, slow, rigid, imbecile, insanity, dementia.

Memory: being disturbed, words, amel. numbers, agg. changing numbers, appointments, what has been said, what should be done; monomania, very good at figures, can remember something very well as long as it is not changed (Collins, personal comment), time goes too slowly.

Religious: empty, immoral.
Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman or
woman, stewardess, model.
Causes: disaster, hurt,
humiliation.

Generals

Type: male, dark hair, thin, old
looking, expressionless.

Locality: right.

Weather: cold (2); amel. open
air; agg. gloomy, cloudy agg.
dry, amel. heat.

Perspiration: stinking, feet.

Time: agg. night, gradually

coming and going.

Desires: alcohol, drugs, bread, sweet, fat, meat, salt, fried, cold water.

Aversion: meat, eating, vegetables, sour.

Food: agg. drugs, fish, egg, amel. warm food; amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth.

Sleep: sleeplessness (3), in strange positions.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. agg. motion, agg. dark, amel.

**pressure, amel. rubbing, agg.
touch, amel. massage, agg.
exertion, amel. stretching.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

**Glands swollen, inflamed,
indurated. Abscesses and
necrosis.**

**Paralysis (3), Parkinson's,
multiple sclerosis, stretching
hands (!), stretching feet, feet
drop, SLE, ALS, reflexes slow.
late learning to walk; clumsy.**

Shocks and jerking, tremors.

Encephalopathy, myoclonic.

Syringomyely, no cold or heat sensation, no feeling.

Epilepsy, clonic, tonic, tetanic.

Headache, face swollen.

Trembling, agg. anger.

Dizziness.

Eye complaints:

inflammations, opticus

atrophy, sensitive to light,

glaucoma, blindness, cataract;

short sighted; narrowing of pupils.

Ear infections.

Loss of hearing.

Teeth: discolouration, black,

teeth fall out. Gums edged with a blue line.

Throat infections.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia, arteriosclerosis.

Pulse: too fast, too slow, full, weak, irregular, palpitations, agg. lying on left side.

Nausea after eating.

Constipation, ileus, colics, black hard little stools.

Diarrhoea, stomach pains as if the navel is pulled back by a thread.

**Liver complaints, jaundice.
Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia, impotency, atrophy of the testes, abortion, lack of milk, vaginismus.**

Affections of the kidneys, hyperplasia, atrophy of tubuli, glomerulonephritis, fibrosis, cancer; retention of urine.

Affections of bones: necrosis, inflammation. Contraction of hands (Dupuytren). Raynaud. Muscular dystrophy, - atrophy, of the ball of the thumb.

**Inflammation of joints:
swelling pain, stiffness, agg.
beginning to move, agg.
stretching; wrist, knee, elbow,
neck, ankles and feet; gout, big
toe; sciatica.**

**Skin: sallow, dry, yellow. Nails
hard, brittle, thick; ingrowing.
Hair dry, falling out.**

**DD: Gold series, Stage 14,
Aluminiums, Agaricus,
Cocculus, Lachesis, Opium,
Phosphorus, Zincum.**

Case by Alex Leupen

**A 37 year old woman has
problems with her memory. It
started after a back operation**

where some of her vertebrae were fixed. Five years ago she suffered from an acute hernia with heightened reflexes and numbness here and there.

Three years ago she got another attack with pain in her left leg and atrophy of the thigh. She has had her hips in plaster four times, but it didn't help. That is why the doctors decided to fix her back, lumbar 5 to sacrum. She does the administration for her husbands business but she is having great difficulty at the moment. The conversations

with the clients don't get through, it is as if the words don't reach her brain. She forgets appointments and her memory is bad on the whole. She feels she can't lead her own life. They live above the business and the telephone never stops ringing. She is the second youngest of five children. Her mother fell ill when she was 8, so she had to run the house, because her elder sister was depressed and let her do all the chores. Her father was very dominating and kept piling more work onto her

shoulders, sometimes even forbade her to go to school. She felt she was forced into doing these tasks and often didn't want to do them. Her family still expect her to take charge of all family matters, but she doesn't want to. She is expected to solve the problems of her elder sister who is depressed and suicidal. She wishes her sister would commit euthanasia.

Her arms end to feel heavy, particularly after working behind the computer. She had post natal depression once. She

used to be constipated but this was cured after an operation to remove her appendix.

Generals

Type: obese.

Weather: cold, ice cold feet; agg. heat of the sun; nervous, agg. full moon and thunder.

Desires: fat (3), chocolate (3), coffee (3), milk (3), cheese (3).

Aversion: sour, spices.

Food: agg. wine: red spots.

Analysis

The most striking symptoms are the heightened reflexes and the atrophy of the thigh muscles, which indicates

Plumbum. There are many confirming symptoms: memory impaired, hernia, feeling impaired, constipation, heavy arms, post natal depression.

We can also see the general theme of Plumbum in this case. She feels she cannot lead her own life, she is forced to take charge of the family, but is not allowed to have her say in the matter (Gold series), her father pushes her into doing his chores (Stage 14). She feels she is being forced, as if she is a puppet (Plumbum) on a string. She even has to take

responsibility for her depressed and suicidal sister (Stage 14), but would prefer the doctors to use euthanasia (Gold series). The theme of the mask, that comes a year later, is typical of Plumbum.

Reaction

After Plumbum 1M she comes back a month later feeling much better. She can oversee matters now and doesn't panic so much. She even took up a new study.

A year later she comes back because she is depressed. Her sister had attempted suicide

and her family was constantly calling her over the phone, but she doesn't want to speak to anybody. She is feeling suicidal herself. She is worse after 11 am. She sits in a chair all afternoon doing nothing. If the children bring a friend home to play she feels even worse, but she doesn't show it, 'she puts on a mask'. She would like to run away from her husband and children because the responsibility is too heavy. But she feels neither the family nor the business could do without her. She feels nervous and her

hands tremble.

After Plumbum 1M she soon feels better. She chooses to lead her own life and decides to install a private telephone and an answer phone.

Plumbum phosphoricum

Plumbum phosphoricum is a new remedy. Its chemical formula is $Pb_3(PO_4)_2$.

Concepts

Plumbum

Diplomatic

Mask

Redundant

Forced

Puppet

Irresponsible

Blasé

Suspicion

Phosphoricum

Communicative

Sympathetic

Brothers

Friends Neighbours

Learning Curious

Travelling

Homesickness

Group analysis
Diplomatic communication.
Pensioned off in order to be able to study.
Formal power to be sympathetic.
Sympathetic towards directors that have been pushed out of their job.
A diplomat as a friend.
An irresponsible brother.
Forced friendships.
A friend who is blasé.
Having to be arrogant to be allowed to study.
Failure through being too open in your communication.

**Picture of Plumbum
Phosphoricum
Essence: formal
communication.
Diplomatic communication
They want to retain their job
and their dignity in order to be
liked by their friends and
relations. But they are being
pushed aside and their power is
only a formal one, it is not real.
They tend to hide this fact
behind a mask of formal
communication and diplomatic
language, so that noone will see
they haven't got any say in the
business anymore.**

Pensioned off in order to be able to study

They may be at the end of their career and have younger directors waiting to be promoted to take their place. They probably don't mind because it will give them a chance to tell the truth for a change, rather than having to hide behind a mask so as not to betray the secrets of the business. At last they will have time to study or to have a good time with their friends.

Formal power to be sympathetic

They may have a job where their task is to be sympathetic to others. But their department doesn't have any real power anymore, it is merely there as a formality and nobody puts much energy into it.

A diplomat as a friend

They may have friends in diplomatic circles. Those friends tend to be rather formal, even when they are amongst themselves. They are a bit superficial and hide behind their status, they may even become rather blasé. This makes them feel lonely, as if

the friendship is forced upon them because of past connections.

Sympathetic and diplomatic
They are very sympathetic, even if they don't openly show it. They are too diplomatic to make an outward show of their feelings. They often have jobs where it isn't allowed to show your sympathies. They measure their words carefully. They hate being interrupted, being a diplomat they would never do that themselves.

Failure through open communication

In the final stages there is a terrible feeling of isolation. They have lost their friends because they were too formal. They feel threatened but have no idea what others really think about them. it is as if they can't make contact with anybody, even their friends are wearing a mask. The get depressed and withdraw into themselves. On the outside you wouldn't think that anything was wrong, they still look carefully groomed and they pretend everything is fine.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religious, devil, God, alone, dark, thunder, twilight, disease and death of family and friends, quickly coming and going; easily frightened.

Dreams: heights, falling.

Delusions: superior, alone; mania.

Irritability: agg. offence.

Mood: haughty, discontented, nervous, restless, gloomy, suicidal.

Mental: curious, imaginative, absent minded, confused, rigid,

insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, loss of relations, brothers, sisters, friends.

Generals

Type: male, dark hair, overweight, thin, red haired, tall.

Locality: right.

Weather: cold; amel. open air; agg. gloomy, cloudy agg. dry, sensitive to thunder-storms.

Time: agg. night, agg. 9 pm.

Desires: alcohol, drugs, bread, sweet, meat, cold water, spices, salt fish (3), ice-cream, chocolate, chicken, cold drinks (3).

Aversion: meat, eating, salt, fish, oysters.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: agg. menses, agg. pregnancy, agg. during and after giving birth, menses profuse.

Sleep: sleeplessness (3); on right side; amel. short sleep, somnambulism.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. agg. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch, amel. massage, agg. lying on left side, agg. cats, odours, wool.

Complaints

Weakness, nervousness and restlessness. Cancer.

Pains: boring, contracting, burning.

Sensations: swollen, blown up, heavy, full.

Haemorrhages of bright red blood; cerebral haemorrhage, petechia.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis (3), Parkinson's, multiple sclerosis, stretching hands (!), stretching feet, feet drop, SLE, ALS, reflexes slow. Late learning to walk; clumsy. Shocks and jerking, tremors.

Syringomyely (!), no cold or heat sensation, no feeling.

Epilepsy, clonic, tonic, tetanic, shocks.

Headache, migraines. Face swollen. Trembling, agg. anger.

Dizziness, black before the eyes.

Eye complaints:
inflammations, opticus
atrophy, sensitive to light,
glaucoma, blindness, arcus
senilis; short sighted.

Teeth: discolouration, black,
teeth fall out. Gums edged with
a blue line.

Throat infections.

Lung problems: bronchitis,
asthma, hyperventilation;
Tuberculosis.

Heart complaints: high blood
pressure, infarction, failure.

Congestion of blood. Cerebral
haemorrhage, anaemia,
arteriosclerosis.

Pulse: too fast, too slow, full, weak, irregular, palpitations, agg. lying on left side.

Nausea after eating. Vomiting agg. drinking. Diabetes.

Constipation, ileus, colics, black hard little stools.

Diarrhoea, stomach pains as if the navel is pulled back by a thread.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia, impotency, atrophy of the testes.

Affections of the kidneys;

retention of urine.

Affections of bones: necrosis, inflammation. Growing pains, rickets, osteo-porosis.

Contraction of hands (Dupuytren). Raynaud.

Muscular dystrophy, - atrophy, of the ball of the thumb.

Inflammation of joints: swelling pain, stiffness, agg. beginning to move, agg. stretching; wrist, knee, elbow, neck, ankles and feet; gout, big toe; sciatica.

Skin: sallow, dry, yellow. Nails hard, brittle, thick; ingrowing. Hair dry, falling out.

DD: Silicium series, Gold series, Stage 14, 11-15, Aluminiums, Agaricus, Cocculus, Lachesis, Opium, Phosphorus, Zincum.

Case by Anton Kramer

An 80 year old man has come to consult me because he is afraid of the side effects of the pain killers he used for his sciatica. It had given him a duodenal ulcer once and later on it caused bleeding in the intestines, also because he had diverticulitis. Later on he had intestinal haemorrhages three times. He has had back

problems since 1954, and he had many sessions of physiotherapy. Six months ago his back suddenly gave way. It causes pain in the sacrum, radiating to the buttocks, thigh and knee. His knee is stiff and he gets cramp in his leg and knee. The pain comes in sudden waves lasting about 20 minutes and he screams with pain. Three years ago he had a sort of temporary brain failure. It happened when his son was heavily depressed. He also suffers from arthritis and arteriosclerosis in the neck.

This makes him go dizzy with sudden blackouts, trembling of the eyes, agg. exertion. He also suffers from constipation and eczema. His skin is yellow and full of folds. he has varicose veins in his lower leg with severe oedema, so he wears elasticated socks. He has an arcus senilis.

He is a very likable but rather formal sort of man. He can't stand having all these problems because he used to be so healthy and strong. He used to be in the military and was head of personnel in the department

of Protection of the Civilians. He worked very hard while he was there, but always felt that if things really came to a head they had no power to adequately protect the people. His speech is rather halting, he searches for words and is totally thrown of balance when interrupted. His speech is slightly staccato fashion and his voices trembles.

Generals

Weather: agg. damp.

Desires: bread (2), potatoes, raw food, vegetables, drinks.

Food: agg. onion, mashed

potatoes with onions, cabbage.

**Sleep: difficulty getting up;
late to bed.**

Analysis

When we repertorise this case we get Plumbum and Phosphorus in 3rd and 4th place. Confirming symptoms for Phosphorus: sympathetic, duodenal ulcer, bleeding in the intestines, right sidedness. Plumbum symptoms: sciatica, diverticulitis, dizzy, black before the eyes, trembling eyelids, skin yellow and wrinkled, right sided, stiffness, constipation, arthritis,

**arteriosclerosis, arcus senilis,
loss of brainpower.**

**We could also see the whole of
his case as a Plumbum
phosphoricum case: He is very
sympathetic (Phosphorus), but
rather formal (Plumbum). They
were powerless (Plumbum) to
really help the population. His
speech (Phosphorus) is halting,
he mustn't be interrupted
(Plumbum). He speaks
(Phosphorus) in a sort of
staccato fashion and his voice
trembles (Plumbum).**

Reaction

After Magnesium

phosphoricum 1M the attacks became less frequent. But after Plumbum 1M he felt better all round. He felt like joining in again, went to see friends again, went out shopping and walking and generally became more active. He appeared more relaxed, less rigid, his speech was more fluent, less staccato. He still had a lot of pain in his legs, amel. crossing his legs, right over left (amel. stretching). Because the pain didn't really improve he was given Thuja 1M, without result. Then he was given Plumbum

phosphoricum 1M and that is when the real improvement started. Walking was much easier, the cramp and stiffness disappeared completely. He felt very happy in the old peoples home and the physiotherapy really worked for the first time in years. Three months later he was able to cycle and drive a car again.

Plumbum muriaticum

Plumbum muriaticum is a new remedy. Its chemical formula is $PbCl_2$.

Concepts

Plumbum

Diplomatic

Blasé

Redundancy

Irresponsible

Suspicion

Forced

Muriaticum

Broken relationship

Mother Child

Care Nurturing

Attention

Mother

Self pity

Attention seeking

Sadness

Alone

Anti social

Group analysis

**Being a diplomat and having to
be a good mother.**

**A diplomat to preserve the
nurturing.**

**Redundant because of
motherhood.**

**Using care in the fight against
formality.**

**Suspicious towards your
mother.**

A suspicious mother.

A blasé mother.

A mother who is being forced.

formal power leads to self pity.

Diplomacy leads to anti social behaviour.

Picture of Plumbum Muriaticum

Essence: being a diplomat and having to be a good mother.

Diplomat and having to be a good mother

They like to combine a good career with being a mother. But both tasks are very demanding and it is really a bit too much. So they tend to push some of the responsibilities on to other people. They try to share their work or the upbringing of the children with someone else.

And they like to make some formal agreements to make sure that this sharing is arranged properly.

Made redundant because of being a mother

They may not be able to put so much attention to their managerial job anymore because they want to spend more time with the children.

But that means that the work may pile up on their desk and somebody has to do it. When they hand some of their tasks over to others, these people will be inclined to take over all

together. And so she gets pushed aside and made to feel superfluous. She is made redundant. Another possibility is that they'll spend less time at home and try to hand some of the care of the children over to family, friends or nannies. But when these people take on the responsibility the mother feels pushed aside, as if she has got no say in the upbringing of her own children anymore.

A mother who is blasé

They have often had a mother who was quite formal, so that they never knew what their

mother really felt or thought. The mother is not really interested in her children because she is too preoccupied with her task as manager. The children feel as if the mother is wearing a mask, as if only the outside matters to her. She attaches great importance to her childrens education so that they will do well in life, she will probably try and force them into a good career, especially if she didn't succeed in that line of work herself.

**Criticism leads to self pity
They are not very good at**

dealing with criticism, particularly if it concerns their job or their children. They feel insulted that people are having doubts about her sense of responsibility. They try to avoid any future criticism by introducing all sorts of formal rules into their life. But this makes them feel uneasy to, because it feels as if their life is not their own anymore, as if they have handed over all responsibility. They will start to complain about so much injustice.

Failure in diplomacy leads to

anti social behaviour

Eventually things will go wrong, because they don't take responsibility for their life anymore. They neglect their friendships and can no longer make contact with other people. Then they complain that nobody wants to see them anymore. They don't understand these people and withdraw, feeling sorry for themselves but not showing it. They always keep a straight face, right to the very end. But deep inside they feel depressed and may even contemplate

suicide.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religious, devil, God, alone, water, danger.

Dreams: heights, falling, water, sea, waves, drowning, children, mother, disease and death of family and friends.

Delusions: superior, alone; mania.

Irritability: aggressive agg. offence.

Mood: haughty, restless, sensitive, emotional, self pity,

gloomy, suicidal.

**Mental: absent minded,
confused, rigid, insane.**

**Professions: king, leader,
director, manager, president,
chairman, captain, mayor,
bishop, top sportsman.**

**Causes: disaster, hurt,
humiliation.**

Generals

**Type: male, dark hair,
overweight, thin.**

Locality: left.

**Weather: warm, amel. open air;
agg. gloomy, cloudy agg.
dry,agg. amel. sea.**

Time: agg. 3 am and 11 pm.

Desires: alcohol, drugs, bread, sweet, meat, cold water, salt, starch.

Aversion: meat, eating, salt, fish.

Food: agg. drugs, amel. eating, agg. fasting.

Menses: agg. before, during or after menses, agg. after pregnancy; breasts woollen and painful before menses.

Sleep: sleeplessness (3), difficulty getting asleep.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. agg. motion, agg. dark, amel. pressure, amel. rubbing, agg.

touch.

Complaints

Weakness, nervousness and restlessness. Cancer.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands swollen, inflamed, indurated. Abscesses and necrosis.

Paralysis (3), Parkinson's, multiple sclerosis, stretching hands (!), stretching feet, feet drop, SLE, ALS, reflexes slow. Late learning to walk; clumsy. Shocks and jerking, tremors.

Syringomyely (!), no cold or

heat sensation, no feeling.

Epilepsy, clonic, tonic, tetanic, shocks.

Headache. Face swollen.

Trembling, agg. anger.

Dizziness, black before the eyes.

Eye complaints:

inflammations, opticus atrophy, sensitive to light, glaucoma, blindness; short sighted.

Ear infections.

Colds with watery discharge.

Teeth: discolouration, black, teeth fall out. Gums edged with a blue line.

Throat infections.

Heart complaints: high blood pressure, infarction, failure.

Congestion of blood. Cerebral haemorrhage, anaemia, arteriosclerosis.

Pulse: too fast, too slow, full, weak, irregular, palpitations, agg. lying on left side.

Nausea after eating.

Constipation, ileus, colics, black hard small stools.

Diarrhoea, stomach pains as if the navel is pulled back by a thread.

Problems with testes and ovaries: inflammations, cancer,

**cryptorchism, sterility,
amenorrhoea, metrorragia,
impotency, atrophy of the
testes.**

**Affections of the kidneys;
retention of urine. Oedema.**

**Affections of bones: necrosis,
inflammation. Contraction of
hands (Dupuytren). Raynaud.
Muscular dystrophy, - atrophy,
of the ball of the thumb.**

**Inflammation of joints:
swelling pain, stiffness, agg.
beginning to move, agg.
stretching; wrist, knee, elbow,
neck, ankles and feet; gout, big
toe; sciatica.**

Skin: sallow, dry, yellow. Nails hard, brittle, thick; ingrowing. Hair dry, falling out.

Small ulcers, blisters on lips, herpes.

Skin eruptions on chest and arms, red spots, agg. sun.

DD: Silicium series, Gold series, Stage 14 and 17, Aluminiums, Agaricus, Cocculus, Lachesis, Opium, Phosphorus, Zincum.

Case

A 40 year old woman has come for a consultation because she is very dizzy. She feels lightheaded, as if she is

swaying and often has to hold on to a wall for support. It is worse of walking (2) or cycling, amel. in the mountains. She had the same symptoms ten years ago. That was when her first child had just been born and she had wanted to share the upbringing together with a friend. She was doing a part time study in child psychology, but couldn't combine this with looking after her son full time.

At the time she was sharing a house with friends and she had previously also lived in a commune with this same

friend. But sharing the upbringing of their children didn't work out at all. She felt she had no say in the upbringing of her baby during the two days her friend was in charge. Eventually she and the baby moved house, which was an enormous relief to her. She never discussed this whole issue with her friend afterwards.

The dizziness started after she was prescribed Calcarea muriatica 1M at her last visit. At that time she had terribly painful, swollen breasts during

the two weeks before the menses. The pain was worse on touch and on running, better if she was wearing a bra. She also had itching nipples.

She is very sensitive to criticism, especially if it is about the way she brings up her child. She cannot tolerate anyone interfering with her rules. She lives in a commune again and her children are the only ones in the group. Other members sometimes question her sense of responsibility, wondering whether her children are eating properly. She gets

very worried about her children and starts to fear the worst when her son arrives home an hour later than usual.

She gets frequent colds in the winter, with a blocked nose, sore throat and coughing. She has much tough, green mucus in the nose. Worse on getting up in the morning, worse inside and worse on change from cold to warm weather.

She hates routine, always wants to do something different. She is restless and can't sit still for long. She likes travelling, cycling and folk

dancing.

Her father was never at home when she was little, but her mother always used him as a threat. Her mother was a suffocating influence, she couldn't take the fact that there was always something wrong with one child or another. One of her sisters is a lesbian, the other one is divorced and remarried, her brother is an alcoholic and she herself lives in a commune. None of the four children are going to church anymore. Her mother still hasn't learned to

really listen to her, to try and understand how she feels and what she likes. That is why she hasn't gone home to see her parents for a long time. She has frequent dreams about being in a church and swinging from one big lamp to another.

Generals

Weather: warm, agg. heat, -amel. storm, -amel. fresh, -amel. sea.

Perspiration: agg. exertion.

Time: agg. morning.

Desires: chocolate, cake.

Aversion: tough food (2), fish, milk.

Food: agg. coffee: dizzy and trembling; agg. wine.

Menses: profuse, long lasting; stomach pains, back pains, moody.

Sleep: sleepless, agg. during menses, agg. heat, wine.

Analysis

The problems with her breasts and with motherhood in general indicate one of the Muriaticums. The sensitivity to criticism might point to Calcarea, but on closer investigation we see that she cannot tolerate comments on the principles along which she

brings up her children, and this isn't really a Calcarea theme. She became dizzy when she was sharing the upbringing of her first child and she felt that she had no say in the matter anymore. It was as if someone had taken away her control over her own child, as if she had been pushed aside. This is the theme of stage 14, which, together with the issue of power (Gold series) leads us to Plumbum. Combined with the muriaticum element we get Plumbum muriaticum.

She cannot combine her study

in child psychology (Metal) with taking care of her child (Muriaticum). She cannot tolerate criticism on her responsibility (Gold series) towards her children (Muriaticum). Her mother (Muriaticum) was a suffocating her (Metal, later stages).

Other Plumbum symptoms: dizzy, disinterested, agg.-routine, not discussing what is wrong, -amel. storm, -amel. fresh, sleeplessness.

Muriaticum symptoms: anxiety about her children, warm, agg. heat, -amel. sea, menses

profuse and prolonged, with stomach- and back pains, moody.

Reaction

After Plumbum muriaticum 1M she feels very tired for a week, accompanied by backache, stomach ache, and perspiration, as if she is menstruating. Afterwards she starts to feel better, she has more energy and the dizziness is less. The pains in her breasts came back briefly during the last menses. After another dose of Plumbum muriaticum 1M I don't see her for six months.

She has been very well, energy is still good, no more dizziness or pain in her breasts.

Bismuthum-sn.

'My God, my God, why hast Thou deserted me?'

The remedy we know as Bismuth is Bismuth subnitricum rather than pure Bismuth. Bismuth telluride and Bismuth selenide can cause granulomatous long affections (Dreisbach).

Signature

The name is either derived

from the German word 'Wissmuth', meaning white mass, or from the German word 'Wiese', meaning meadow, because a meadow is often covered in red poppies, just like Bismuth which gets a red hue from a thin layer of Bismuthoxide. Miners sometimes called it 'tectum argenti', or roof of silver, because silver was often found underneath a layer of Bismuth. Another word that Bismuth might be named after is the Arabic phrase 'bi smid', meaning: having properties of

antimony. It was discovered in 1450 and its chemical symbol is Bi.

Bismuth is a brittle, coarse, crystalline grey metal with a reddish hue. it is found in nature in little crystals amongst other metals such as tin, copper, silver, gold and uranium. It is possible to create beautiful large crystals of Bismuth with artificial methods. It expands on being cooled. Bismuth melts at 271 C. The alloys melt at even lower temperatures (down to 47 degrees C), which makes them

useful as fire alarms and fuses.

**Bismuth is used in the
cosmetic and pharmaceutical
industries. It creates beautiful
transparent crystals with a
reddish silvery sheen.**

Concepts

Stage 15

Passing on Loss

Bankrupt

Dying

Superfluous

Surrender

Sacrificing Handing over

Forgiving Poison

Unforeseen

Refusing Obstinate

Gold series
Leadership Management
Organisation Structure
Responsible
Serious Heavy
King
Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Loss of power.
Bankruptcy of the existing

powers.

Farewell to power.

**Farewell to the throne:
abdication.**

Ousted from the kingdom.

Superfluous organisation.

Power is poison, it corrupts.

Refusing to abdicate.

**Refusal by remaining
dictatorial.**

Refusing to remain dictatorial.

**Losing out if you take
responsibility.**

Loss of dignity.

Alone in isolation.

Loss through death: harakiri.

Unforeseen looks.

Picture of Bismuth

Essence: bankrupt of the ruling powers.

Loss of power

They are losing and really have to say farewell to power. They have to end their career as a director, to abdicate as a king. It may be that their whole organi-sation has become superfluous. It may also be that their successors are throwing them out. They may even be robbed of all their medals and all their dignity.

Refusing to abdicate

Sometimes they won't go

without protest. They become dictatorial and fight the powers that are trying to take over. They are easily angered and feel offended by the slightest remarks. But it is no use, it is inevitable that they eventually have to surrender. The actual take over may be accompanied by bloodshed, murder or poisoning.

**Power is poisonous, it corrupts
They may see that the takeover of power is inevitable so they set the thing in motion themselves. They have developed an aversion to power**

**and all the corruption,
arrogance and dictatorial
tendencies that go with it.**

Alone in isolation

**The most well known feeling of
Bismuth is the feeling of being
alone. They feel alone as king
and it is made worse by the fact
that the reign is being taken
away from them. The desire for
human warmth and contact
becomes even stronger. When
they are little they want their
mother to be near all the time.
They will hold on to her hand
all day if they get a chance. It
is the situation of 'My God, my**

God, why hast thou abandoned me'.

Preferring death rather than loss of honour

A typical them is probably 'harakiri', the ritual suicide that is practised in Japan. The high powered person who hasn't been able to live up to his responsibilities will at least retain his honour if he commits suicide. He stabs his sword into his stomach and pushes it up to his heart.

Expressions

Fears: heights, falling, murder, death (3), suicide, heart

disease, stroke, insanity, alone (3), people, crowds, religion, devil, God.

Dreams: heights, falling, erotic, lascivious, water reaching up to their lips.

Delusions: superior, alone, falling.

Irritability: obstinate agg. offended.

Mood: haughty, changeable, indecisive, restless, indifferent, hard, immoral, complaining, gloomy, suicidal.

Mental: dull, absent minded, confused, lack of concentration, rigid, insane.

Contacts: agg. alone (3), have to hold on to mothers hand (3!), closed, reserved.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or woman.

Causes: disaster, hurt, humiliation, in vitro fertilisation.

Generals

Type: male, dark hair, overweight.

Locality: right.

Weather: cold; amel. open air; agg. cloudy; agg. dry.

Time: agg. 11 pm, agg. night.

Desires: alcohol, drugs, bread, sweet, meat, cold water (2).

Aversion: raw meat, meat, eating.

Food: agg. drugs, cheese, amel. eating, agg. fasting.

Menses: absent, profuse, black; agg. menses, agg. pregnancy, agg. birth.

Sleep: sleeplessness (3), crying, grinding teeth.

Physical: agg. rest, agg. sitting, agg. lying, amel. walking, amel. motion, agg. dark, amel. pressure, amel. rubbing, agg. touch.

Complaints

Weakness, nervousness and restlessness.

Pains: boring, contracting.

Sensations: swollen, blown up, heavy, full.

Glands, swollen, inflamed, indurated. Necrosis, abscesses.

Paralysis: Parkinson's, multiple sclerosis.

Epilepsy, clonic, tonic, tetanic. No feeling. Encephalopathy, Creutzfeldt-Jacob, dementia, myoclonus.

Cancer.

Headache. Face swollen.

Trembling agg. anger.

Cold, bronchitis.

**Eye complaints:
inflammations, visula
disturbances.**

**Heart complaints: high blood
pressure, infarction, failure,
pain.**

**Congestion of blood. Cerebral
haemorrhage; anaemia.**

**Pulse: too fast, too slow, full,
weak, irregular.**

**Stomach complaints: cramp,
burning pain; vomiting agg.
immediately after drinking(!),
cancer. Infection with
Helicobacter bacteria.**

Abdominal pains with

diarrhoea. piles.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

Molluscs. Peeling skin in palms of hands. Eczema, small red spots.

DD: Gold series, Stage 15.

DD Plumbum: still has some power, even if it is only a formal power. Bismuth is really losing all power, can't even keep the pretence up any more.

Case Bismuthum Subnitricum

A mother is bringing her 5 year old son because he has many colds. He has a heavy cough, especially when he goes outside (2), and when his hair gets wet. His mother always wraps him up well to prevent this. His cough is worse at night in bed, it goes on and on, from 9 pm to 5 am, but it is worst around 11 pm. He gets stomach pains from all this coughing. He has much green mucus coming from his nose. He has some mollusca, on the side of his left thigh, in the hollow of his right knee and between his eyes. The

palms of his hands are peeling. His mother suffered from blocked ovaries so he was conceived through IVF. When he was a baby he didn't want to sleep during the day, he cried a lot, and only stopped when his mother took him out for a walk. He used to sleep well at night. In the winter he used to get short of breath. He had pseudocroup when he was 5 months old.

He is always, busy, restless, bursting with energy. He loves playing with other children and he is doing well at school. But

he is short tempered and easily offended when you say something to him. He crawls into a corner after being admonished. He needs attention all the time and cannot tolerate it when his mother talks with someone else. He will start to pull at her skirt or simply runs away so that she has to run after him to get him back. As long as he is having contact with his mother everything is fine. During the consultation he is leaning against his mother and holding her hand. He is a sweet little

boys and will readily give a kiss to anyone.

Generals

Weather: agg. damp, rain (2); amel. sun.

Time: agg. 11 pm; amel. summer, agg. autumn.

Desires: sour (3), chips.

Aversion: sweet cakes, raw meat.

Food: smell of cheese makes him sick.

Sleep: grinds his teeth, kicks around until he is uncovered.

Analysis

The aggravation from being alone is very strong in this

case, and together with the fact that he has to hold his mother's hand all the time, it is really a very strong indication for Bismuth. I prescribed Bismuth, not realising that this was really Bismuth subnitricum.

The remedy had to be in the Gold series because he is bursting with energy, short tempered, easily offended and very sensitive to admonition. Perhaps the IVF (Gold-, Silver series) because of blocked (Stage 15) ovaries is a typical symptom.

Other Bismuth symptoms: agg. damp, amel. sun, agg. 11 pm, amel. summer.

Reaction

After Bismuth subnitricum 1M there is an immediate improvement. The colds disappear within one month, he doesn't grind his teeth anymore and the molluscs are fading. He is more independent, less short tempered and much more stable and calm.

Case by Anton Kramer

A 1 year old little boy has recurrent fevers, agg. 11 pm [Bismuth]. At those time he

refuses to be on his own [stage 15], always wants to hold his mothers hand [Bismuth]. At other times he can be quite independent, as long as he knows his mother is near. He could only sleep when his mother was carrying him or let him sleep outside. He is quite hot tempered and bossy [Gold series] towards his 2 year older brother. His dictatorial [Gold series] grandfather had suffered from concentration camp syndrome and stomach cancer [Bismuth]. After Bismuth 1M the boy's problems disappeared

completely.

Polonium metallicum

Polonium has never been written about in homoeopathic literature.

Signature

This metal has been named after the country Poland. It was discovered in 1898 by Curie in pitchblende. Its chemical symbol is Po. It is the rarest natural element in the world. It is used as a source of neutrons, also in neutron batteries.

Concepts

Stage 16

Used up

Expecting

Tempting

Digging up

Remembering

Imagination

Making the peace

Living on past resources

Neglecting Lazy

Rotting

Gold series

Leadership Management

Organisation Structure

Serious Heavy

Responsible

King

Power Dictatorial
Dignified
Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land
Eyes Vision
Group analysis
Lost power.
Expecting to be seen as a
leader.
Expecting obedience.
Fantatising how it would be to
be king.
Living on past fame as a
leader.

**Neglecting your
responsibilities.**

Neglecting to organise.

Too lazy to take the lead.

**Experimental forms of
organisation.**

The theoretical director.

**Theorising about
organisations.**

Living on past dignity.

**Failure through neglect of the
organisation.**

**Picture of Polonium
Metallicum**

**Essence: living on old fame as
a leader.**

Lost power

They have lost their power as well as their organisation. But they often expect to be treated with all respect be;longing to the position of director. It is like a king who has lost his kingdom and is living in exile. They live on their past status as a king, but they haven't got any power anymore. All they have left to do is to dream about the old days and to give huge parties like they used to.

Experimental forms of organisation

Another variation is that they have all sorts of fantasies about

how they would lead an organisation if they were in charge. They are full of experimental ideas of how they society should be run. But they are too lazy to make the effort to put their thoughts into action.

**Neglecting their responsibility
If they are still director they tend to neglect the organisation. Deep inside they have given up hope of keeping the business. They may be able to extend their resign for a bit longer if they use all their wits, but it will soon be over because**

of their laziness and neglect.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling.

Delusions: superior, alone, mania.

Irritability: agg. offended.

Mood: haughty.

Mental: absent minded, confused, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or

woman.

**Causes: disaster, hurt,
humiliation.**

Generals

Locality: right.

**Weather: cold; amel. open air;
agg. cloudy; agg. dry.**

Desires: alcohol, drugs, meat.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: absent, profuse, black;
agg. menses, agg. pregnancy,
agg. birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.**

**pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

**Paralysis: Parkinson's, multiple
sclerosis.**

Cancer.

**Eye complaints:
inflammations, visual
disturbances.**

**Heart complaints: high blood
pressure, infarction, failure,
pain.**

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 16.

DD Bismuth: is losing his organisation and his power and is feeling very alone. Polonium has lost his power long ago and is only reminiscing about the good old days when the organisation was flourishing.

Astatinum

Astatinum is an unknown remedy. It has not been potentised yet, partly because it has such a short lifespan.

If we look at the three main miasms, psora, sycosis and syphilis, in relation to the periodic table we can see that there are certain similarities. The upper periods are rather psoric, the Ferrum series is mainly sycotic, and the Gold series containing Aurum, Mercurius and Plumbum are mainly syphilitic. Going from

left to right in each individual period we can see a similar trend. On the left side we see the psoric remedies who are being confronted with a problem, in the middle we see the sycotic remedies who are trying to solve the problem, and on the right side we find the syphilitic remedies, such as Fluorine, Bromium and Iodum, who want to give up. So there is an increasing syphilitic tendency going from left to right and from the top towards the bottom. Astatinum is at the very bottom, furthest to the

right, so it is the most syphilitic remedy of them all. The very short lifespan of Astatinum is further proof of its destructive tendency.

Signature

The name Astatinum is derived from the Greek word 'a-statos', meaning unstable.

It only has a short lifespan, the average half life of the various isotopes is only about 7 to 8 hours. Its chemical symbol is At. Concentrations of Astatinum can be found in the thyroid gland.

Concepts

Stage 17

Exit The End

Letting go

Holding on

Loose Demanding

Climax

Condemned

Banned Renounced

Escape

Gold series

Leadership Management

Organisation Structure

Responsible

Serious Heavy

King

Power Dictatorial

Dignified Haughty

Alone Isolation
Failure Hurt
Religion Sexuality
Ripe old age
Land Eyes Vision
Group analysis
Renounced as a king.
Without power.
Banned by the king.
Letting go of power: anarchist.
Holding on to power.
Condemned by the king:
sentenced to death.
Arrogantly asking for pardon.
Escaping responsibility.
Banned because of his abuse of
power.

**Holding on to ideas: obsessive.
Condemned for being a
dictator.**

Escape into death.

Picture of Astatinum

**Essence: being sentenced to
death.**

**Condemned by the king:
sentenced to death**

**One of the themes of this
stage is that the death
sentence. These people have
been sentenced by the highest
authority, either the king or
God. This may be accompanied
by the feeling of having failed
or of being guilty, which only**

makes matters worse. They try and ask for pardon, by pleading and begging, or by a haughty display of arrogance. We might compare this situation to the one of an AIDS patient, who has just received the diagnosis, knowing that this is a death sentence. He often feels guilt about his sexual behaviour, which was the likely cause of the disease. Becker (personal comment) told me that certain prisoners developed AIDS after they had volunteered to partake in experiments with radio-active

**materials in exchange for a
pardon of their death sentence.
There are probably other forms
of fatal disease that will fit the
Astatinum picture.**

**Renounced as king
They have no more say in
matters of state, however
powerful they may have been in
the past. They try to hold on to
their rights and their dignity as
a ruler, but they are being
banned and have to flee their
country, so they cannot take
responsibility for their people
anymore.**

Letting go of power: anarchist

They let go of the whole idea of power, they are real anarchists. They don't even fight against it anymore, because that would mean they still recognised the existence of power.

Banned because of his abuse of power

They may have been banned because of their abuse of power. They neglected their responsibilities as a leader and now they are sentenced to death or to exile. There is nowhere to escape to because the world is limited and you

will always be found.

Expressions

Fears: heights, falling, murder, death, suicide, heart disease, stroke, insanity, people, crowds, religion, devil, God.

Dreams: heights, falling.

Delusions: superior, alone, mania.

Irritability: agg. offended.

Mood: haughty.

Mental: absent minded, confused, rigid, insane.

Professions: king, leader, director, manager, president, chairman, captain, mayor, bishop, top sportsman or

woman.

**Causes: disaster, hurt,
humiliation.**

Generals

Locality: right.

**Weather: cold; amel. open air;
agg. cloudy; agg. dry.**

Desires: alcohol, drugs, meat.

**Food: agg. drugs, amel. eating,
agg. fasting.**

**Menses: absent, profuse, black;
agg. menses, agg. pregnancy,
agg. birth.**

Sleep: sleeplessness (3).

**Physical: agg. rest, agg. sitting,
agg. lying, amel. walking, amel.
motion, agg. dark, amel.**

**pressure, amel. rubbing, agg.
touch.**

Complaints

**Weakness, nervousness and
restlessness.**

Pains: boring, contracting.

**Sensations: swollen, blown up,
heavy, full.**

**Paralysis: Parkinson's, multiple
sclerosis.**

Headache. Face swollen.

Trembling agg. anger.

Cancer.

**Eye complaints:
inflammations, visual
disturbances.**

Heart complaints: high blood

pressure, infarction, failure, pain.

Problems with testes and ovaries: inflammations, cancer, cryptorchism, sterility, amenorrhoea, metrorragia.

Affections of bones: necrosis, inflammation.

DD: Gold series, Stage 17.

DD Polonium: is able to retain some happy memories of his period as a leader, he can theorise and dream about the good old days. Astatinum has to let go of everything, he is sentenced to death and has no opportunity to even think

about the old days, although he will do everything he can to ask for pardon.

DD Mercurius: is more revolutionary, rather than anarchistic. The revolutionist fights against the ruling powers, the anarchist simply denies the existence of any power.

Radon

Radon is an unknown remedy. It is a gas that is emitted from the earth's crust during earthquakes, as if it is

signifying the end of the kingdom.

Signature

The Name is derived from radium. It is one of the side products of radioactive radium and Radon itself splits up into Polonium and alpha particles. It was discovered in 1900. Its chemical symbol is Rn.

Concepts

Gold series

Leadership

Organisation

Responsible

Serious Heavy

King

Power Dictatorial
Dignified Haughty
Alone Isolation
Failure Hurt
Ripe age
Land
Eyes Vision
Stage 18 = 0
Rest Inactivity
Retreat Cocoon
Internalised
Locked in
Denial
Transformation
Transition
Free
Confusion

Uranium series

Magic

Invisible power

Old age

World

Universe

Intuition

Group analysis

Rest after being a king.

**Retreat after a career as
leader.**

Free from power: the sage.

Not bound to an organisation.

Denying that you are a magus.

Stranger in your own country.

Picture of Radon

Essence: rest after being a

king.

Rest after being a king

They feel that there is nothing left to do. All their tasks have been carried out. They can retreat with the knowledge that all has been done and there is nothing to worry about anymore. Their days of leadership are over and they can now sit back and watch from a distance.

Not bound to any organisation

They are no longer tied to any organisation or any structure. They are almost a stranger in their own land. People often

think of them as estranged from the world.

Free from power: the sage

They are like the sage, free of arrogance, free of lust for power. In this sense they can be a shining example to the world around them.

Denying that you are a magus

They don't feel like getting involved with invisible forces yet. They would rather deny their existence.

Expressions

Mood: cheerful, diffused, unaffected by negative circumstances.

Complaints

Light, floating feeling

DD: Gold series, Uranium series, Stage 18.

DD Astatinum: is still busy thinking of power, hasn't let go of the whole idea of power yet. Radon is not bound to any form of power or organisation, there are no more ties to the whole issue of leadership.

The Uranium series: Francium to Plutonium and beyond

All the elements in the Uranium series are radioactive, which means that they all emit certain kinds of rays. These can be alpha rays, helium nuclei, beta rays, electron or gamma rays, which is an electromagnetic type of rays. Radon or Radium has been named after the word radiation. This radiation causes the the elements to disintegrate and turn into a new element. So the

elements only have a limited lifespan, which is expressed in terms of half lives, i.e. the amount of time it takes for the original quantity to be reduced by half.

Magic

These people are a type of magus. They know how to reach their goals using pure intention. It is the shaman or the profit, who influences the course of history from behind the stage. They are people like Merlin or Rasputin.

Invisible power

They uses invisible sources of

power and they work in secret, unbeknown to most of humanity. They know how to harness the hidden knowledge and wisdom buried deep within the subconscious.

World universe

The terrain in which they do their work is no longer limited to villages, towns or countries. They focus on the whole world, on the entire universe even.

The themes belonging to this series are those of the supernations, the USA, USSR, China, India, the EEC and even more so: the United Nations.

Intuition

The sense belonging to this series is the so called sixth sense or intuition. They are often clairvoyant, clairaudient or clairsentient.

Old age

This is the stage of real old age. These people have gradually withdrawn from the everyday processes of the society.

Generals

Desires: pork, raw meat, blood, ham, fat.

Physical: agg. agg. radio activity.

Complaints

Cancer.

Virus infections, AIDS.

genetic defects, congenital diseases.

Affections of the bonemarrow, leukemia.

Plutonium nitricum

Sherr has done a proving with Plutonium nitricum (will be published shortly) in which several themes came up clearly to give us a good overall picture of this remedy.

Plutonium is one of the

Actinides, the elements which come after Actinium, the third element in the Uranium series. The Actinides are very similar to Actinium, just as the Lanthanides are very similar to Lanthanum, the third element in the Gold series. We can therefore probably apply the concepts of Stage 3 to the Actinides, and also to Plutonium.

Signature

Plutonium is named after Pluto, the God of the underworld, the world of ghosts and spirits. The Greek name for

Pluto was Hades. The element was discovered in 1930 and its chemical symbol is Pu.

It is a silvery metal which has 6 different crystalline forms. It is rather reactive and oxidises when exposed to air, forming the yellow coloured plutoniumoxide.

It is also radioactive and the main isotope has a half life of 24360 years. It is usually manufactured artificially in nuclear reactors. It is mainly used to make atom bombs.

**Picture of Plutonium Nitricum
Prehistoric**

The first theme is that of pre history. There are dreams about the neolithic era and about Neanderthal people. It is all about primitive instincts, male aggression and sex.

Genetic

Linked to this is the theme of genetics and the feelings of all our forefathers from time immemorial. The sins of the family are felt deep within, as if they have been passed on endlessly, from one generation to another. This is also connected to all genetical deviations and the formation of

the DNA. They can have dreams about half animals-half humans, the upper half being like a dog, the lower half being a fish. They dream about creatures that emerge from the water and then disappear down into the water again. We might associate these with mythological figures like mermaids or centaurs. But it also reminds us of the possible results of genetic manipulation. Magic out of body experiences The theme of magic is very strong in this remedy. They are searching for a sacred stone.

There were tantric experiences like being penetrated by a giant penis, right up to the crown of your head.

It is as if they stand above the world. They are very tall, with long arms. They also leave their body very easily. In their dreams they are watching from above, they don't participate in the dream initially, they are just observing what is happening so that they can participate when they repeat the dream and they will know exactly how to act.

The other, negative side of the

coin is expressed in dreams about fallen angels, the lost paradise and bats hanging upside down from a tree.

Broken glass

Broken glass is a recurrent theme. Like the breaking of glass in the night of crystals.

Expressions

Dreams: bats, heaven, competition, battles, fights, war, fallen angel, large penis, beer, DNA, Neanderthal, aboriginal, 94, blood in mouth, between heaven and earth, green sea, blue sky, radar, comets with tails, flashes of

**light, radioactivity; repeating,
first time observing, second
time participating.**

**Delusions: being stretched out
and very tall, isolation,
northern lights.**

**Irritability: primitive
aggression.**

Mood: alone, empty.

Sexual: primitive male sex.

Generals

**Desires: pork, raw meat, blood,
ham, fat.**

**Physical: agg. agg.
radioactivity.**

Complaints

Cancer, bone cancer, lung

cancer, Hodgkin, brain tumours, leukemia.

Virus infections, AIDS.

Genetic defects, congenial diseases.

Headache, forehead, shattering.

Eyes burning.

Thyroid: enlarged.

Lung complaints: fibrosis, narrowing of the blood vessels, cancer.

Vomiting, diarrhoea.

Bone marrow affections.

Epilogue

It isn't easy to write a good

epilogue to this book, because there are two kinds of reaction that this book brings up in me, and probably in the reader as well.

On the one hand I feel it is necessary to have some reservations about it, and on the other hand I feel great enthusiasm.

Reservations

First of all I think it is proper to consider everything that has been written here with due care and constraint. All this material is new and we have to wait and see whether it works

when practised by other homoeopaths. It is merely a vision that has not been accepted by the whole homoeopathic community yet. The pictures that are described in this book still have to be confirmed in general practice. And apart from this, the techniques that I applied are not very common, so will take a little time of getting used to. The pure empiric science of homoeopathy is supplemented by a theoretical approach. I will go into this aspect a little deeper in the chapter 'Pictures

of the remedies'.

Another aspect of this book is the enormous number of new remedies that have been introduced, remedies we have to get to know better as we start to use them more and more. As if there wasn't enough information we had to learn so far! We may ask ourselves: 'Are all these remedies really necessary?' This is further discussed in the chapter

'Frequency of the remedies'

I often alternate and change the remedies when I am treating patients. And although I have never heard of a homoeopath who doesn't, there is still a general atmosphere of 'you must always look for the only true, deepest acting remedy'. It is a sort of unwritten rule that there must be one remedy that should cure a patient right through to the very core of his being. And these are the sorts of stories

and cases that find their way into our textbooks and other literature. It is an expression of Hydrogenium, something which many homoeopaths are 'suffering from'. I will discuss this in chapters 'The only true remedy', and 'Changing remedies'.

Enthusiasm

The other reaction I had was one of enthusiasm. The addition of a large number of remedies opens up new possibilities for cure. But my greatest enthusiasm was due to the fact that I was beginning to

understand the basic ideas behind all these remedies.

Prescribing the right remedy using these methods may initially seem more complicated, but in practice it turns out to be much easier than before. First of all it is easy to remember a larger amount of remedies if we think of them in groups. And secondly it is easier to remember the remedy pictures because there is a sequence and a structure in the basic concepts. Thirdly, using this method it is easier to see which

symptoms are relevant and which aren't. Fourthly, because we have a greater number of remedies at our disposal it becomes easier to find a real simillimum, rather than 'making do' with a remedy that comes near but isn't exactly right. I will illustrate this with a recent case. Not so long ago I was able to recognise a Zincum carbonicum case after the first ten minutes, although I had never prescribed it before and I had never read anything about it in any books. I didn't even have the remedy in stock.

Afterwards I couldn't help thinking back to the first time I prescribed Calcarea muriatica, where it took about 20 consultations and three years to get the right picture. But this method does require a certain adaptation of our general techniques of case taking. It is absolutely essential to understand the patient, although this is really no different from our fundamental aim, whatever techniques we use. Our knowledge of the remedies affects the way we observe and ask questions. See

also the chapters 'Case-taking' and 'Language'.

Case-taking

After my previous book 'Homoeopathy and Minerals' I was frequently asked whether my method of case taking had changed since I used these new techniques.

The aim of the case-taking is to get a good picture of the patient's problems. Or, to put it in homoeopathic terms, we either want to get the right diagnosis and the right remedy.

The way we do this is less important than the end result. That is to say, whether we do this by asking questions, smelling the patient, listening to his tone of voice, using 'touch for health' or using our clairvoyant abilities doesn't really matter. Apart from this there are of course other things we want to achieve, such as reassuring the patient, and making sure he feels that he is being heard and being loved.

So there is no standard procedure for a good case-taking, because every patient

and every homoeopath is different. With one patient you only need to ask 'What is your problem?' and he will tell his whole story including beautiful keynotes. With another patient you have to drag and pull the information out of him before you get an inkling of what is going on.

Further questioning

I tend to carry on asking much more than I used to. Whereas before when a patient came saying he was very sad I would use the rubric 'ailments from grief', I now realise that grief in

itself doesn't tell me much. Every disease, every disturbance of the vital force is accompanied by some sort of loss. Loss and sadness are non-specific symptoms (see also chapter 'The blank remedy'). It is the nature of the loss that is significant. Has somebody lost his mother, or the friend he used to talk to, his health or his money? And how does he react, does he try to compensate for his loss, or doesn't he do anything? It may be helpful to repeat certain expressions of the patient or to

feed these back to him, in order for him to associate with what is behind it.

General and specific

The biggest problem is to get an insight into what is general and what is specific. All plants are green, but this doesn't tell us anything about our particular plant. Every remedy has eczema, but the location and the exact appearance can give us specific information about the remedy.

This is even more important on the level of the mind. When we look at any problem we can

always see a certain range of concomitant symptoms. Every problem always involves something that the patient wants to get, so we have the aspect of desire. Then there is the fear of losing it again. Then there are all sorts of reactions to avoid this: restlessness, anxiety, aggression, working, complaining etc. If the loss becomes reality then we have all the symptoms that go with it: sadness, gloom etc. All these types of symptoms are non-specific, as we have already seen in the chapter 'The blank

remedy'.

If we take a look at the 'Mind' section in the repertory we will see that most of the symptoms mentioned there are non-specific and give no real information about the specific problem of the remedy. The most specific symptoms in the Mind section are the subjects of the dreams, the delusions and the fears.

The heading 'Expressions' that I have put with every remedy picture is a reproduction of most of the Mind rubrics of that remedy.

In connection with these non-specifics it is interesting to have a look at the different stages as posed by Kübler-Ross. When a patient is told he is incurable there are four stages of reaction: 1. disbelief, 2. anger, 3. sadness, 4. acceptance. The problem, i.e. the loss, leads to different reactions. So here we see once again that a single problem can evoke many different reactions. The fourth stage, that of acceptance, is really the healthy stage. We may compare the fear of loss, the fighting

against loss and the mood of gloom after loss to the stages according to Masi: psora, sycoosis and syphilis. We see psora (disbelief), sycoosis (anger) and syphilis (giving up, sadness).

**Further questioning Specific
Further questioning is meant to bring out the specific symptoms. Why did the patient get depressed, what happened, how did he act, how is he dealing with it now? It is most important to see how someone is reacting to a problem. Does he get angry, how does he feel**

inside, what are the physical sensations associated with this feeling? The types of things or situations or people that evoke a reaction from someone are even more specific and contain many clues to the inner state.

Further questioning Linking

You may see a strong Kali element in a patient, but you don't know which Kali would be most appropriate. The next thing you can do is to extract all the Kali symptoms from your case and then see what you have got left. These symptoms will then point the

way to the other half of the remedy. Or you may start to talk about the subject of duty and tasks and see how he reacts, what he associates this with. If he starts to talk about his duty as a father, then you might think of Kali carbonicum as a very strong possibility.

Further questioning Stages

Using the methods described in this book it isn't usually very difficult to decide which series someone belongs to, whether it is to do with relationships or work. The problem may arise when you have to discern

between work (Ferrum series) and leadership (Gold series), or between a relationship based on a desire for company (Silicium series) or on a desire for protection (Carbon series).

Finding the relevant stage is usually a bit more difficult. It may become clear if you ask about his feelings around the problem: does he feel he will never reach his goal, does he feel he is nearly there but not quite, or does he feel that it is all over anyway? Questions about criticism or compliments can also provide very useful

clues. How does someone react to criticism? What does he do with it? What sort of criticism is the most difficult to deal with? How does someone feel when he gets a compliment? Here I would like to refer back to the chapter 'Introduction' and the sub-heading 'How to use this book'.

Words

The choice of words is often characteristic of the remedy, all according to the peculiarity and the frequency with which they are used. The words I have mentioned under 'Concepts' are

often words that have frequently been used by the patients themselves.

We could even work out the statistics of certain characteristic words and put them into repertory rubrics.

Life history

The past history plays a crucial role in the whole case-taking. The initial situation at the start of the problem is often enough to point to the right remedy, or at least to the right series or stage. The past history can often be used directly to ascertain the

relationship with family, friends, work etc. and it has become much easier to place this information within the right context.

Language

Language is one of the most important means of communication in homoeopathy. This is obvious from the fact that this book, like most other books, is mainly composed of words. Our patients and we ourselves are trying to express our feelings,

thoughts and pictures into words. We need words to translate feelings and to look up these feelings in the repertory and to communicate them to other homoeopaths.

The power of language

Language contains the wisdom of the ages. Every word is a reference to some knowledge.

This is obvious from the fact that we need to add new words to our language from time to time to express previously unknown ideas and concepts.

The word concept has two meanings: first of all it is a

word that portrays a meaning, and secondly it indicates an understanding of a certain idea. Examples of these words are: computer, introvert, entropy. Another example is the fact that the Eskimos have at least 30 different words for snow and ice.

Words are a type of handle to get a grip on a situation, something to hook our ideas onto.

The word inspiration as used in the Silver series has a characteristic meaning. We find in it the inspiration of the

artist or the scientist, but also the 'begeisterung', the inspiration of the mystic. In the Hawaiian language the word for emotion is the same as the word for 'being in the here and now'.

Weakness of language

At the same time language also has certain weaknesses. The unknown cannot be put into words. Patients often don't know how to put their feelings into words.

Inner confusion will be expressed in a confusing manner. One example of this is

the word 'sensitive'. This may refer to a hyper-sensitive type of person, who is easily upset by trifles, but it can also refer to someone who has a very refined and acute sense of observation. Two totally different aspects of one single word.

Taboos in language

Taboos are another example of the lack of clarity in a language. Take for instance the ever increasing number of words about sexuality. It is a confirmation and an evasion of the subject at the same time.

Eventually nothing is said about it and therefore everything is implied: 'They are doing it together'. Another taboo is the subject of disease: consumption became tuberculosis, became t.b. c., became TB. Cancer becomes 'the big C', then 'that disease' and 'the disease'.

Black and white thinking with language

Another weakness of language is that it tends to stimulate us in thinking in extremes. For instance, if we say someone feels he is being observed, it is

a rather black and white statement: he either feels observed, or he doesn't. There isn't much room for gradations. Another example is sickness and health. The use of these terms tends to divide people into two groups, the sick and the healthy. But if we stop to think for a moment we must realise that everybody is both sick and healthy to a certain extent. There are no two extremes, but a sliding scale going from sickness to health, where everybody has a position somewhere along the line, but

usually not at the extremes.

Can Must May Want

The words 'can', 'must', 'may', 'want' don't usually influence the choice of the remedy. Just as the aversion and the desire can be an expression of the same theme, so can the word 'must' be substituted for the word 'want', without any change in the overall meaning.

Self and Not

The same goes for the words 'self' and 'not'. You can put 'self' into a sentence or 'not', but it doesn't affect the theme of the remedy.

Prefix

When I was looking for words to portray the essential meaning of a certain stage I often came across a prefix that seemed to recur regularly, like the prefix 're' in stage 12. We can even combine these prefixes with words from the different series, like 're' (stage 12) taking an exam (Ferrum series), leading to Zincum. This playing with language is fun and can lead to new insights, but it shouldn't be done indiscriminately. Some prefixes have double meanings and may

belong to different stages. Like 'using 'up' your savings' which indicates the later stages, or 'making 'up' to go to a party', which is the beginning or middle stages.

Sources of remedy pictures

The development of remedy pictures is a continuous process. New remedies are being proved and new clinical information is being added all the time. This book is adding many new remedy pictures: some are variations on old

ones, some are really new. Because the methods by which these pictures are formed are very diverse, and have sometimes never been used before, it is a good idea to spend a little time exploring the various foundations on which we build our remedy pictures.

Proving pictures

The first method to determine a remedy picture is by doing a proving. Some homoeopaths are of the opinion that it is the only method. It is certainly the oldest method, as used by

Hahnemann. It is also the first method we should use in principle if we don't know anything about the remedy.

The fact that provings are a good way of determining the remedy picture is a direct result of the similia law. The proving or poisoning picture is similar to the disease or remedy picture. It isn't a coincidence that Hahnemann deduced the similia law: he proved it with quinine.

Poisoning and side-effects of remedies are in fact no different from a proving. When

homoeopathy was first beginning to be developed the write-up on a case of poisoning was often used to describe the remedy.

Proving pictures contain mistakes

Unfortunately a proving is never 100% reliable. There are always a few symptoms that don't belong to the remedy, but to the prover, or which are due to 'outside circumstances'.

For example: Causticum is reported to have a proving symptom of 'contracting pain near the left ear'. The

contracting pain is well known, but we also know that Causticum is mainly a right-sided remedy.

Moreover, the provers' own problems may be brought to the surface by the proving. In the same way that a migraine can be provoked by all sorts of different factors can a remedy quite easily provoke a stomach pain or a latent depression in a prover.

An example of such a situation is described in the chapter on Cuprum aceticum. Not all the complaints that came up

during the ritual were cured by Cuprum aceticum. On further questioning those complaints appeared to be due to a more deep seated problem, but the stress of the ritual did bring them to the surface. Some homoeopaths would say that these kinds of confusion can be avoided if we only use provers that are completely healthy. But disease and health are not absolute states and a 100% healthy prover doesn't exist. The point of view that mistakes can be avoided by taking careful note of the state of the

prover beforehand is also not quite accurate. After all, there may be problems that are hidden and we have no way of knowing what is down there. A well known example of this is the war traumas that come to the surface after 30 or more years.

Proving may be coloured by the circumstances and time in which they are conducted. A good example of this is the proving of Lac caprinum which was carried out in Holland (by Dam) and in India (by Sankaran) at the same time: in

Bombay the theme of overpopulation came out very strongly, in Holland it was hardly mentioned. A Magnesium phosphoricum proving was strongly influenced by incest and abortion.

Another point worth mentioning is that provings often show the 'failing' side of the remedy, whilst in our practice we often meet people who cope very well with the situation and who might even look for the challenge it has to offer. An example of this is the Tungstenium proving with

terrible fears, whilst the woman in the sample case showed no fear at all and seemed to have lots of strength to brave these dangers.

Clinical pictures

The second, and also very well known, method we use to build up a remedy picture is to take a look at clinically cured cases. If a remedy can cure a certain picture, that picture must belong to the remedy. It is also a result of the similia law.

Clinical pictures contain mistakes

Clinical cures are often full of

unknown factors. Symptoms that have disappeared may be attributed to the working of the remedy, although we can never be sure whether it was a placebo effect, a case of palliation or just pure coincidence. A good remedy can bring about an overall improvement where even symptoms that belong to other remedies will disappear. I had an example of a boy who suffered from facial neuralgia, bedwetting and nightmares. Verbascum and Stramonium both seemed to be indicated.

He was given Verbascum and all symptoms disappeared, which led me to believe that Verbascum also has nightmares. A year later he came back with just the nightmares. He was given Stramonium and the nightmares stayed away.

A remedy can also just palliate, even if it does so for a long time. There was a man who suffered from a chronic cough. After one dose of Antimonium metallicum the cough disappeared for more than a year and he felt much

better in general. Then the cough came back and Antimonium did nothing. Stannum proved to be the deeply curative remedy.

Generalisation

A third method is that of generalisation, which is called group analysis in this book.

When a group of remedies shows certain characteristics, we may assume that the unknown remedies in the same group will also show those same characteristics.

Generalisation and group analysis lead to the formation

of theories. The pure empiric character of the description of symptoms is surpassed by a new technique. It is a sign of the development of homoeopathy that we have now reached the stage of postulating theories. After the stage of just describing pictures comes the stages of comparing and understanding these pictures. Here we need to differentiate between the aforementioned way of theorising and the theorising that Hahnemann warned us against. Hahnemann was very

much against speculation in so far as the speculation concerned the working of the remedy without checking if it was really so, i.e. speculation without proper explanation and comparison and without proper control.

This book describes pictures of several remedies that have never been proved, that haven't even been potentised yet.

These pictures have been obtained by generalisation as described elsewhere and they are really no more than a prediction of a picture. I hope

that these predictions will be tested in the future.

Generalisation contains mistakes

Even generalisations can lead to the wrong conclusions. The placement in a certain group may not have been quite correct, or certain characteristics may have been mistakenly applied to the whole group, whilst they only belonged to one or two members of that group. It may also be that certain characteristics of the group are not very strongly represented

in that particular member because they are overshadowed by a more specific symptom of that one remedy.

Understanding

It is important to understand the value of a symptom before we can decide whether that symptom can be applied to a whole group. We need to understand for instance that the complaints in breasts and uterus that we see in the Muriaticums are closely connected to the theme of motherhood. The symptom of hypoglycemia in the Lacticums

can be understood as a typical expression of 'being a little girl'.

Symbolism

Pictures can come to life if we look at the symbolism behind them. The association of the Muriaticums with 'mare', the sea, and 'madre', mother, makes it easier to remember the theme. The picture of Niobium comes begins to speak to us through the story of Niobe. Language is an important aspect in these connection, as we saw in the chapter on 'Language'.

Signature

The nature of the original substance and its specific properties can provide important clues to the general picture. That is why I have devoted a section of each chapter to this subject. The characteristic properties of an element and its specific use in industries or in everyday life give more meaning to the overall picture. The fact that Beryllium is extremely suitable for the manufacture of springs makes it easier to remember

the yielding and adaptive nature of the Beryllium patient.

Frequency of the remedies

When I started working as a homoeopath I used about 30 remedies. Besides these 30 'big' remedies I had another 30 or so 'local' or 'acute' remedies that I used from time to time. Those 30 remedies should contain all the problems of every type of patient and that is what we had to make do with. But in my opinion there were more types of people than just these thirty-odd. So how could we fit them all in? And what about the

pretence that homoeopathy prescribes on the individual types? This book will probably have made it clear that I have extended my range of remedies! This also means that the frequency with which I prescribe the 'old' remedies has been drastically reduced. Where I would have prescribed Sulphur in the past I now consider a much larger group of remedies: Oxygen, the Oxidatums, Sulphuricums, Sulphuratums, Tellurium, Selenium, for example. The basis for our prescription

is in the first instance the picture that a patient presents at this moment. But there are other considerations to take into account before we decide how often a remedy should be prescribed. A few of these considerations are presented below.

Commonly found in nature
One way to determine how often we should prescribe a remedy would be to see how much of it is found in nature. The more common the substance, the more frequent the prescription. But if we do

use this criterion we are going to get stuck on remedies like the acids and the alkalines, which are not found in that form in nature, although we have been using them very successfully in homoeopathy for many years. Remedies such as Kali carbonicum or Argentum nitricum cannot be found anywhere in nature, let alone remedies like Causticum, Hepar Sulphuris or Mercurius solubilis, which have been manufactured artificially by Hahnemann himself.

Metals like Aurum and Platina

are very rare in nature, whilst they are frequently used as homoeopathic remedies.

We wouldn't get very far applying this technique to the plant kingdom either: the commonly prescribed Pulsatilla is quite a rare plant, whilst the ordinary buttercup, Ranunculus acris, is hardly ever used as a homoeopathic remedy. Even stranger is the fact that we have hardly heard of remedies made out of the common grasses that grow in our fields and gardens.

PAGE graphic 3

Regional remedies

Another criterion we might use is the regional presence of a certain substance. But once again we'll soon get stuck.

Aurum has never been found in the Netherlands and I haven't come across any Sulphur in the soil here either. Perhaps the rule only applies to animals and plants? The immediate answer however must be no, because according to this theory we shouldn't be needing remedies like Cocculus, Nux vomica, Gelsemium, Ignatia and China in the Netherlands. And

Chenopodium or Sempervivum shouldn't be prescribed in India. Could the type of soil in a given region be a significant factor? Perhaps we would prescribe Alumina more frequently on clay soils, whilst Silica would be a more common remedy on sandy soils and Calcareo on chalky soils?

Presence in the body

Another possibility is to use the presence of the elements in our physical bodies as a criterion. This would at least explain why a remedy like Graphites is quite common,

carbon being a very important element in the body, although it is quite rare in nature (0.09% of the earth's crust).

So we might use only those elements in the periodic table that are essential for the functioning of our physical bodies. Most of the elements of the Hydrogen series, the Carbon series, the Silicium series and the Ferrum series are essential elements. The rare gases (Stage 18) don't have any known function in the body, nor do the elements of the Silver and Gold series,

apart from Iodum. That would mean that Aurum, Platina or Hafnium, for instance, could never be included in our range of useful remedies. A lot of homoeopaths wouldn't be very happy if this was the case!

One way out of this dilemma would be to assume that every element has a function, but that some of these functions haven't yet been discovered. For instance, if gold were needed as a coenzyme in the manufacture of a hitherto unknown hormone, the body would need gold in minute

quantities, something in the range of a few molecules only, which cannot be detected by present technology. In this sense we could associate the regulating influence of the Silver and Gold series with the fact that the essential functions of these elements have not yet been discovered.

Poisonous

The poisonous nature of a substance is another criterion that has often played a role in the choice of remedies.

Poisonous substances have always been favourite material

for provings, partly because the poisoning symptoms had already given important information about the general picture. But we cannot really use it as a criterion, because it would exclude so many basic remedies like Lycopodium.

Culture

Cultural differences can affect the expressions of a remedy. One example is Kali, which is discussed in the relevant chapter. But different cultures can also be the root of totally different problems. Koestler gives an example of a typically

Japanese psychosis compared with a typically western psychosis.

On a smaller scale we see the difference between towns and country with all their associated problems. The problems of the Silver and Gold series will manifest themselves much more in the cities than in the country. In the same way we see how a homoeopath with a practice in the city has to deal with different kinds of problems than the homoeopath in the country.

Knowledge

The knowledge of the remedies often determines how they are going to be prescribed.

Unknown remedies will not be prescribed simply because they are not recognised. The more provings we do with a remedy and the more clinical information we get, the more the remedy will be used. This way a remedy will gradually grow into a 'big' one, with many symptoms and many additions in the repertory. The risk of this method is that it will become a sort of self-fulfilling prophecy.

Vision

The vision of the individual homoeopath is also a factor that determines the use of the remedies. Some remedies are considered to be important and some are not. The important remedies get the the name of being 'big', 'chronic', 'polychrest' or 'constitutional', the unimportant ones will be named as 'small', 'acute' or 'local'. The danger in this line of thinking is that we become prejudiced and exclude several remedies that could prove to be extremely useful, as illustrated

in many of the cases in this book. Is the prescription of Magnesium silicatum a 'chronic' prescription of a chronic remedy? Would you call Magnesium silicatum a polychrest or a constitutional remedy, or perhaps a small and local remedy? As far as the word constitutional has any meaning at all we could call that particular case a constitutional Magnesium silicatum case, taking into account that his looks, his build and the shape of his face were very characteristic of that

remedy.

**And what to think of
Ruthenium iodatum
natronatum: how will we ever
know whether that remedy is
constitutional or not?**

Expressions of the remedies

**The one and only correct
remedy**

**There is a widespread opinion
amongst homoeopaths that
there is only one remedy that
is the right one for any
particular patient. The term
constitutional remedy really**

says it all: one remedy that fits the patient for the rest of his life, curing him of all his ailments whatever they may be. That remedy is supposed to fit his habits, his build, his character, his personality, everything. It is the remedy that corresponds to his deepest problem, which he has been carrying around with him since his early childhood.

We know that homoeopaths think in types and idealised pictures because we hear expressions like 'This woman is a typical Calcarea', or 'I haven't

found his remedy yet'.

The one and only remedy is hardly ever seen in practice

The situation in homoeopathic practice is not quite as ideal as the above mentioned example. People like Vithoulkas and Masi have found that only in 5 % of the cases is one remedy sufficient to cure the whole patient. And even then we might ask whether this percentage is correct, because we don't know how many years' follow up have been recorded: 5, 10, 20 years?

A patient may get problems on

top of his old problems, as happens for instance in cases of amalgam poisoning, or in epidemics, or in situations like the one described in the Cuprum aceticum chapter, where many of the participants of the ritual developed Cuprum aceticum complaints.

More than one delusion

Practice shows that the ideal situation of the one and only remedy hardly ever exists.

But how about the theory, does this ideal picture really fit ? We know that we can view our diseases and our remedies

as an expression of a basic delusion (Sankaran, Scholten). But anyone who has taken some time to reflect on his own life will have discovered that you can have more than one (basic) delusion. The prejudices, restrictions, taboos etc. we take on from parents, teachers and friends are in fact no more than illusions. So the fact that we have more than one delusion pleads against the existence of the single correct remedy.

There is no argument to support the ideal of the one

and only remedy

There is really no argument to support this theory. The only argument we could use is the fact that when a patient gets a deep acting remedy his whole being reacts positively and he improves on many levels. But even here we often see that there are some problems that remain totally unaffected by the remedy, so that there are some physical complaints or emotional peculiarities that don't change at all.

Another hypothesis we meet from time to time is the one

that a patient has one basic delusion and all other delusions are a result of that. And you may treat these 'secondary' delusions one by one as they come up, until you eventually reach the core problem. But if you had given the remedy that belonged to this central problem right at the start all the others wouldn't have been necessary. However, once again, practice has proved that this isn't always the case. The remedy that fits the basic delusion frequently leaves other problems untouched. And

these problems have to be cleared up later with other, complementary, remedies, because the 'one and only' basic delusion remedy can't shift them.

The patient isn't a remedy
There is another argument we could bring in against the ideal constitutional remedy. It is connected to the statement that a patient is a remedy. But this is precisely what a patient isn't. Somebody may have a problem, but that doesn't mean he is the problem. If someone were his problem he could

never be cured, and we know that this isn't true. In this respect we could see disease as a creation. If someone has certain problems and he is able to let go of them we know that he isn't the problem.

The confusion is caused partly by the difference between problem and type of person. If you see a remedy in terms of a type of person you are more inclined to identify the person who needs that remedy as 'being' 'that type'. But if you see a remedy as the representation of a problem,

than you can see patients as people who 'have' 'problems'.

I prefer not to use the term constitutional remedy anymore: it causes too much confusion. It suggests that somebody is a remedy, and that he remains that remedy for the rest of his life. This is not to say that some patients don't have problems that go so deep that these affect their whole posture, their build or their looks. In these cases you might indeed speak of a constitutional remedy.

The real remedy is a state of

utopia

'The real remedy' sounds as if it will help you reach a state of utopia. It is similar to the 'one and only true love': it is a lovely picture, fine to work towards, but it doesn't exist in this world. It reminds us of a fairy tale: there are enormous problems and terrible dangers that the hero has to brave, but everything turns out all right in the end 'and they lived happily ever after'. In the fairy tale the story has finished but in real life the story goes on: there will be new challenges and new

dangers to face, with all the remedies that go with it.

**The real remedy has to cure
This leads us to the next
argument against the ideal
remedy. If there were such a
remedy then the state that
belongs to that remedy should
be cured sooner or later. It
might take a few years and a
few repeat prescriptions, but
one day we should see a cure. If
this weren't the case then
homoeopathic remedies would
prove to be a lot weaker than
we had always assumed. They
would be no better than most**

allopathic medicines, which can only palliate either. The only difference would be that the homoeopathic palliation lasted a bit longer. But if our remedies could really cure, the patient would reach a state where he had no problems and no complaints. Would this state hold? It would mean the end of the road of development, as he would be in a state of utopia or enlightenment. We don't often see this in practice. Usually the road goes on and life presents us with new problems.

The remedy as part of the

problem

A remedy may be needed to solve part of a problem.

Vithoulkas calls this 'the treatment of one layer'. One patient often has several layers or problems. By dealing with these problems one by one we can reach a state of balance. Sometimes it is quite easy to differentiate between these problems and to see them as separate, with their separate causes and concomitant complaints. A sound knowledge of the mental / emotional problems of a remedy is

essential to help us differentiate.

There is some discussion around this point of view going on in homoeopathic circles. It will be hard to differentiate between this way of working and the method of zig-zagging around the problem with remedies that almost fit.

Remedy as psychological problem

A remedy may be needed for a specific psychological problem, not necessarily accompanied by any physical symptoms. Such a psychological problem may

exist side by side with other, perhaps bigger problems. An example was given in the Lithium fluoratum case, where a quarrel with her sister was solved with Magnesium phosphoricum.

Remedy as physical problem
There are situations where a remedy is needed without there being any apparent psychological problem. I saw an example in a woman who was suffering from dysplasia of the cervix. Conium helped her a lot in the end, but I couldn't find any Conium picture. On further

questioning it turned out that the Conium picture fitted her father and grandfather. This reminds us of the biblical expression that the 'diseases of the fathers will be passed on to the children', for at least three generations. It is as if some problems arise within a given family, going on until they reach a certain height and then slowly decreasing and disappearing again.

Alternation of the remedies

Much has been written about alternating remedies. The general trend is to stick with one remedy for quite a while. There is also a tendency not to repeat the remedy too soon. Other people on the other hand will advocate frequent repetition of the remedies.

I am noticing more and more that it doesn't really matter what the rules are, it is the state of the patient that counts. This means that if the

state of the patient hasn't changed much after one month it is quite all right to repeat. There is no single reason I can think of that might suggest that you can spoil a case if you repeat the remedy, despite what Vithoulkas, Zaren or Heudens, for example, would have us believe. In the past few years I am more and more inclined to repeat the remedy after a month if it has worked well. And it nearly always turn out all right. In my experience it works even better than just waiting: it seems as if the cure

is given an extra push and becomes more definite after a repeat.

There are a few cases where the initial effect is wiped out after a repeat. There may be several explanations for this phenomenon.

The first one is the famous spoiled case by repeating too early. This explanation is not satisfactory in my eyes: I cannot think of a clear argument to support this theory. The fact that it doesn't happen in most cases means that there should be an extra

special reason why it does in those rare cases. We might say it is a spoiled case because the next indicated remedy wasn't recognised.

A second explanation might be that the remedy didn't really fit. It seemed to be the indicated remedy, but it wasn't really. It needs to be repeated more and more often until finally there is no more reaction and the patient relapses to his old patterns. The remedy only palliated and we should look for a better remedy, which is often a true

similar. A third explanation is that the remedy was the correct one but a new remedy is needed now. The remedy has obviously acted and the accompanying problem has disappeared. This has freed some energy to solve other existing problems. And these problems may manifest themselves in new physical or mental / emotional complaints. It may seem to the homoeopath that he hasn't got very far with that patient. But a closer look will make it clear that it is a different type of

problem that has come to the surface. The old problem, and all the complaints that went with it, has gone and a new one has taken its place. It may even be that the main complaint hasn't gone, because both the first and the second problem had the same main complaint, for instance a headache. It usually turns out that the nature of headache will have changed: there may be a different sort of pain or the modalities may have changed somewhat.

Ten propositions

Proposition 1: An unknown picture needs an unknown remedy.

When we don't recognise the picture that a patient presents it means that we don't know the remedy. In that case it would be silly to prescribe a well known remedy. If we do, we can certainly count on some sort of reaction, but we can never expect a cure. So it would be better to look for an unknown remedy. it is the reverse of the law of similars.

Proposition 2: The homoeopathic and the allopathic diagnosis stand at right angles to each other.

The homoeopathic and the allopathic diagnosis stand at right angles to each other. The allopathic diagnosis describes a certain stage in the development of a disease, for instance, eczema, or pneumonia or a heart attack. The homoeopathic diagnosis describes a theme, a deviation from health that may manifest itself at any level, for instance in the skin, the connective

tissue, the heart.

Even Hahnemann became confused around this issue in relation to Psora. Psora is the itch, at the level of the skin, and he proceeded to call it a disease. He was on the right track to discover the stages of development of a disease, but he hadn't gone as far as Hering did later on with his laws of cure.

The difference between homoeopathic and allopathic diagnosis is similar to the sort of difference between pattern and grade, between form and

size, between tone and volume. Allopathic medicine is concerned with measuring, whilst homoeopathy is concerned with shapes and patterns.

In this sense it is a good idea to have a closer look at the word diagnosis. (Nearly) every allopathic diagnosis is not a diagnosis at all in homoeopathic terms, it is merely a collection of symptoms. The diagnosis of 'bronchitis' is only the beginning of a diagnosis in homoeopathic terms. We could

compare this to the diagnosis of 'fever' in the middle ages. At that time fever was a real diagnosis which told you exactly what the patient was suffering from, whilst to us this sounds absurd. This is because we are so used to thinking: 'where does this fever come from?' But to a man living in the middle ages it said exactly what he needed to know. This example may illustrate that the concept 'diagnosis' implies the feeling 'I understand, so I don't have to look any further'. This same situation exists in our

present times with regard to a diagnosis of bronchitis, rheumatoid arthritis, myoma, colitis ulcerosa etc. They are not real diagnoses, merely descriptions or syndromes. Homoeopathically speaking, this is only the start of the whole process of diagnosis, i.e. what is the remedy that belongs to this state? In fact we might say that in homoeopathic terms the concepts disease, diagnosis, and remedy are all one.

PAGE graphic 4

Proposition 3: The term

'psychosomatic' is obsolete.

During a recent discussion on homoeopathy Baas (personal comment) came with the following wonderful statement: 'The term 'psychosomatic' is obsolete'. In the first instance this might sound a bit strange. 'Psychosomatic' is what we have grown up with, how could it be obsolete? What he meant was that the psychosomatic way of looking at problems has become so much a part of our practice that we don't really need to mention it separately anymore. It is always there, so

the term has become superfluous, obsolete. If it wasn't it would mean that there are some cases without psychosomatic problems.

Proposition 4: Specialising is obsolete

The expression 'the term 'psychosomatic' is obsolete' is only a part of the more general expression 'specialisations are obsolete'. The many different specialisations in allopathic medicine, like neurology, dermatology, cardiology, are really quite obsolete in a homoeopathic terms. The

remedy pictures consist of a collection of symptoms of syndromes that came from many specialised areas. This has to do with the phenomenon of changing syndromes (Debats, 1990): eczema may turn into asthma, diarrhoea may turn into pericarditis etc. This is not only a peculiar little homoeopathic phenomenon, it is a fundamental law, as formulated by Hering in his laws of cure. The fact that specialisations are obsolete is a direct result of Hering's laws. Looking at it from this point of

view we might say that homoeopathy is further advanced than allopathy, as the many different specialisations have been amalgamated into a single pathology.

The same goes for the many different causes of disease from the allopathic point of view: bacteria, accidents, stress, auto-immune deficiencies etc. In homoeopathy all these causes are embraced by one single remedy picture. An allergy is not the cause of a disease but an expression of the disease, a bacterium is not

the cause of a disease but a concomitant symptom of the disease. Once again we see the melting of many different theories into one overall theory.

Proposition 5: Homoeopathy is further advanced than allopathic medicine.

Homoeopathy could be considered as being the more advanced of the two, in the sense that pathology and pharmacology are two different theories in allopathic medicine, whilst in homoeopathy they are part of one and the same

Materia Medica. The Materia Medica teaches both pathology and pharmacology. This is expressed in the fact that (homoeopathically speaking) the diagnosis and the therapy are identical. The old pathology and pharmacology in allopathic terms have been fused into one language of remedy pictures. The homoeopath is so used to working like this that he doesn't even notice it anymore. We only have one Materia Medica. This fusion is no coincidence, it is once more a direct result of the law of

similar. This law makes a direct link between disease and therapy.

Proposition 6: Side effects don't exist

Side effects of remedies don't exist. The term 'side effects' implicates that the prescribed remedy did not fit the diseased state exactly. It is an expression of the prescriber, not of the remedy. This law of Ballant says it all: 'The more side effects, the less indicated the remedy'. We might compare the term side effects with the term 'weeds'. A plant is in itself

not a weed, it is merely a plant with a specific character. We only call it a weed when it doesn't suit us to have that plant around the garden.

Proposition 7: Only the reaction can tell us whether we have given the right remedy.

There are various different methods of analysis that we can use. The method of repertorisation is one of them. This method has been investigated, extended and applied to such a degree that it has almost become the norm, as if it is the only way to solve

a case correctly. There is a danger that a certain method of analysis can become the favourite and overrule the older laws of similars. But the only way to know whether the remedy was correct is to see if it worked, and this requires careful evaluation of everything that has changed.

Proposition 8: 'Blockages' are only blockages in the development of homoeopathy.

When a treatment isn't quite going according to plan we often resort to excuses like: the remedy was antidoted through

coffee or other articles of food, there is a blockage of a bad marriage, the patient doesn't want to get better because he doesn't want to give up his prejudices, or a long aggravation is a necessary part of the cure. All these statements can be seen as additional problems or additional remedies. The blockage of a bad marriage could mean that another remedy is needed. After all, why should a patient want to stay in this situation if it only makes him unhappy? An other

example is the antidote of coffee: it could well mean that Angustura is the next indicated remedy.

Proposition 9: The lower the potency and the less serious the disease, the more easy it is to palliate.

Palliation becomes easier the lower the potency. The lowest potency is the mother tincture, the medicine most used in allopathy. Allopathic medicine is mainly based on palliation: we see very few real cures. Palliation is easier if the disease isn't very serious. We

can put a question mark beside those therapies that can do less in the more serious diseases. But neither allopathy nor the alternative therapies can do very much (yet) in a serious disease like cancer.

Proposition 10: Life is a proving.

We can also do physical or mind provings without taking a remedy. In the chapter on Cuprum aceticum we might see the ritual as a sort of epidemic: a group of people is brought into a certain state of being that evokes certain complaints.

We see a similar situation in the case of disasters, war, famine, floods etc.

The whole population is brought into more or less the same mental / emotional state. And very soon you will see an epidemic with the concomitant virus or bacterium as the cause of the disease.

Graphics

The periodic system projected on a pyramid according to Vrijlandt. Upper view.

PAGE graphic 5

The periodic system as shown

by Hyde

PAGE graphic 6

Notations

Times are mentioned on am/pm scale.

Abbreviations are as in Kent or the 'Complete Repertory' (Zandvoort, 1992). The abbreviations of new remedies consist of the first four letters or the name of the element.

For example: Tantalum has as an abbreviation tant, and Tantalum muriaticum is abbreviated as tant-m. The new abbreviations are: heli, beri beri, bori, carb, oxyg, fluo,

**neon, argo, scan, gall, germ,
kryp, rubi, stro, yttr, zirc, niob,
moly, tech, ruth, rhod, xeno,
caes, lant, hafn, tant, tung,
rhen, polo, asta, rado.**

**Abbreviations with 4 letters
were already: lith, phos, kali,
calc, mang, ferr, nicc, cupr,
zinc, brom, pall, cadm, tell,
irid, plat, merc, thal, bism.**

**Abbreviations with only 3
letters are: bor, nat, mag, sil,
tit, chr, cob, ars, sel, arg, ind,
ant, iod, bar, osm, aur, plb.**

**Abbreviations with 5 letters
are: beryl, graph, sulph, chlor,
vanad, stann.**

Abbreviations with 6 letters (for reasons of possible confusion with other remedies) are: hydrog, nitrog.

Abbreviations that are differing: rhod-met (confusion with Rhododendron), calc-met (confusion with calc, Calcarea carbonica), ars-met (confusion with ars, which is Arsenicum album or Arsenicum oxydatum), lith-met (confusion with lith, Lithium carbonicum).

agg. aggravated by.

amel. ameliorated by.

agg. is provoked by.

amel. disappears by.

agg. agg. started after.
amel. amel. disappeared after.
= not influenced by (Clarke (1985, D1 1, pag xi) used '=' for 'provokes a complaint'. Such a use is not in accordance with the normal use of '=', as in mathematics.).

-amel. desire.

agg.- aversion.

[] comment or explanation.

(3) the numbers between bracket give an indication of the strenght of the leading symptom.

! keynote.

+ concomittant symptom.

**disease is used
homoeopathically: it is ment as
the underlying disturbance, not
as the complaint only.**

**The Sulphuricums are':
'persons in a state of
sulphuricum behave like'. This
short way of expressing
improves the legibility.**

**DD differential diagnosis:
similar remedies are mentioned
or discussed.**

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Constipation Aluminium
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Contradiction Goldseries,
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Contrary Stage 15,
Antimonium
Control Ferrumseries
Controlling Carbonseries
Convincing Ruthenium
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Cooperation Stage 7,
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Copying Zincum
Corner stone Silicium
Courage Goldseries
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Cowardice Stage 2, 3, 4
Craft Ferrumserie
Cramp Cuprum, Magnesium
Creamy Sulphurs
creating Silverseries
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Crime Cobalt, Fluorine,
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Criticising ferrumseries
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Crown Goldseries
Crown prince Iridium
Cryptorchism Goldseries
Cucumber Antimonium

Cultural goods Iodium

Culture Silverseries

Curious Phosphors

Damp agg. Calcareo, Strontium

Dance Silverseries

Daring Stage 6

Dark haired Goldseries

Deaf mute Krypton

Death Goldseries, Carbonseries

Decadent Plumbum

Decay Stage 12, 13, 14

Decent Niccolum

Deciding Stage 4

Deepen Stage 16

Defenceless Baryta

Delusion Blanco

Delusions Blanco

Demonstrating Stage 6
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Dentition Magnesiums,
Cuprum
Denying existence Helium
Dependent Carbonseries
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Desire for unity Hydrogenium
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Destroying Stage 16
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Carbonseries
Devil Goldseries
Diabetes Ferrumseries,
Chromium, Uranium nitricum

Diarrhoea Hydrogenium
Diaspora Iodum
Dictatorial Goldseries
Dignity Goldserie
Dinosaur Antimonium
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Doctor Silverseries

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Doll Plumbum, Lacticums

**Dominating Goldseries,
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Don Quichotte Caesium
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Down-syndrom Neon
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Dragon Fluorine
Drama Cadmium, Silverseries
Dramatic Cadmium
Draught Kali
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Dropshot Stage 14
Dry Aluminium
Dry rot Boron
Duck Helium**

Duty Ferrumseries, Kali
Ear Silverseries, Ferrumseries,
Manganum
Ears Manganum
Earth quake Radon
Easily frightened Boron
Eating Carbonseries Iodum
Egg Calcareum, Ferrum,
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Ego Koolstofseries
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Esthetics Silverseries
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Exaggerating Stage 12
Exams Ferrumseries
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Exposition Silverseries

Extension Stage 9
Extra learning Stage 7
Extracted Stage 14
Extravagant Tellurium
Eye Goldseries
Eye problems Goldseries
Façade Plumbum
**Failure Gold-, Ferrum-,
Siverseries**
Fairground Boron
Fairy tale Carbonserie
Falling Goldseries,
Ferrumseries, Siverseries
Falsification Cadmium
Fame Siverseries
Family Siliciumseries, Kali
Family-business Silicium

Family-minded Silicium
Family-values Silicium
Famous Silverseries,
Goldseries, Silicium
Fantatising Stage 16
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Farmer Ferrumseries,
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Fast Acidums, Fluorine
Fat Nitrogenium,
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Father Graphites, Silicium
Fatherly Carbonseries
Fault Ferrumseries, Bromum
Fear Blanco
Feedback Stage 7
Feeling of unity Hydrogenium

Feet Siliciumseries

Feminine Silverseries

Fermentation-diarrhoea

Acidums

Fertiliser Ammonium

Film Silverseries

Final concert Antimonium

Final days of the career

Stannum

Final rehearsal Rhodium

Finding a space Stage 2

Fine tuning Stage 7

Finishing touches Stage 9

Fire brigade Tungstenium

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Fire Tungstenium

Firm Ferrum

**Fish Chlorum, Natrum,
Phosphorus
Fleeing Stage 17, Iodium
Floating Carbonseries, Stage
18
Flood Neon
Flop Stage 9
Flute Silverseries, Antimonium
Flying Yttrium, Stage 18
Foetor Mercurius
Foolhardy Ferrum
Foolish Stage 1, Baryta
Force Stage 6
Forced labour Bromium
Forcing Stage 8
Forgetful Carbonseries
Forgetting Iodium**

Forgiveness Stage 15
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Fruit Hydrogenium,
Magnesium, Titanium
Frustrations Carbonseries
Full Goldserie

Fundamentalism Carbonseries
Gallant Stannum
Gambling Fluorine
Games Siliciumseries
Garlic smell Tellurium
Gate Zirconium
Gêne Chromium
General Goldseries, Cuprum
Genetic malformations
Uraniumseries
Genitalia Silverseries,
Goldseries, Fluorine
Gherkin Antimonium
Ghosts Carbonseries
Giants Carbonseries
Girl Lacticum
Glamour Fluorine

**Glands Goldseries, Baryta,
Stage 17
Glass Silicium
Glaucoma Osmium
Glitter Fluorine
Gluey Chromium
God Goldseries, Graphites
Going with Beryllium
Good Carbonseries
Govern Goldseries
Government Goldseries
Governor Silverseries
Grace Sulphurs
Grale Carbonseries
Grand Goldseries, Silverseries
Grids Tungstenium
Group analysis 68**

**Growing pains Phosphors,
Calcareas
Growth Carbonseries
Growth retarded Carbonseries
Guilt Ferrumseries, Bromium
Hair Silicium
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Hallucinogens Hydrogenseries,
Stage 18
Ham Uraniumseries
Hand Holding Bismuth
Handicapped Aceticum,
Oxides
Hands Siliciumseries
Handy Stage 15
Harakiri Bismuth
Hard of hearing Gallium**

Harem Goldseries
Harmony Silverseries,
Sulphurs
Harvest Stage 9
Hashish Hydrogenium
Hate Siliciumseries
Haughty Goldseries,
Silverseries, Stage 10
Hayfever Iodium
Head of family Silicium
Head of personnel Ruthenium
Head of state Goldseries
Headache Blanco, Metals,
Siliciumseries
Hearing Silverseries
Heart Lithium, Goldseries,
Nitricum, Sulphurs

Heavy Stage 8, Goldseries
Heights Goldseries,
Silverseries
Helping Stage 7, Manganum
Hemiopia Titanium
Hero Carbonseries
Herpes on lip Chlorum
Hesitating Stage 3
Hiding Baryta
Hiding Stage 2, 6, Chromium
History Indium
Hoarse Manganum, Silverseries
Hodgkin Stage 17
Holding on Stage 11, 17
Holes Stage 12
Holidays Argon
Holism Hydrogenium

Hollow Stage 14
Home Siliciumseries, Silicium
Homeopath Yttrium,
Silverseries
Homesickness Molybdenum,
Phosphor
Honour Silverseries, Goldseries
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Humiliation Goldseries
Humiliation Goldseries,
Molybdenum
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Hurry Stage 9, Rhodium
Hurting Silverseries
Hyper emotional Graphites

Hypermobile Fluorine
Hypertension Blanco,
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Hyperthermia Blanco
Hyperthyreoidism Bromum,
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Hyperventilation Carbonseries
Hypochondria Nitrogenium
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I Carbonseries
I-weakness Carbonseries
Ice Silicium
Idealism Hydrogenium,
Ammonium
Ideas Silverseries
Identity Carbonseries
Idiot Stage 2, Strontium

Image Silicium, Siliciumseries
Imaginary person Beryllium
Imagination Silverseries, Stage
16

Imbecile Baryta

Imitation Stage 12

Immigrating Iodum

Immoral Fluorine

Immovable Osmium

Immunity Uraniumseries

Imperium Goldseries

Imposing Goldseries

Impotency Cobalt

Impulse-control Carbonseries

Impulsive Lithium

Impulsive Stage 1

In love Sulphurs

In- Stage 1
Inactive Stage 18
Incarnation Hydrogenseries
Incest Carbonseries, Natrum
fluoratum
Indecisive carbonseries,
Titanium
Independent Stage 10
Indifferent Stage 14
Indignant Oxygenium
Individual Carbonseries
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Influenced Lithium
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Injection needles
Siliciumseries

Inspiration Silverseries
Instigating Uraniumseries
Instinctive Stage 1
Interned Stage 18
Interpretation Silverseries
Intrigues Mercurius
Intuition Uraniumseries
Investigating Stage 3
Irresponsible Stage 14
**Isolation Goldseries, Platinum,
Silverseries**
Jalousy Sulfuricums
Jester Baryta
Joining up Stage 2
Joy Sulfuricums
Judge Goldseries, Niccolum
Jumping Stage 9

Kamikaze pilot Antimonium
Key Stage 4
Keyhole Neon
Kidney Stadium 1, Lithium
King Goldseries
Knee Manganum
Knight Carbonseries
Knives Aluminium
Knowing Hydrogenseries,
Silverseries
Kohlrabi Argentum, Palladium
Labourer Ferrumseries
Lactation Muriaticum,
Lacticum, Carbonseries
Lagging behind Stage 13
Land Goldseries
Language Siliciumseries

Last minute failure Stage 9
Late afternoon Stannum
Lazy Stage 16
Leading Goldseries
Leaning back amel. Zincum
Learning Manganum,
Phosphor, Siliciumseries, Stage
7
Learning problems Phosphors
Leeg Stage 14
Lepra Mercurius
Letting go- Stage 17
Leukemia Uraniumseries
Ley lines Silicium
Lies Fluorine
Life Carbonseries
Life force Carbonseries

**Lift Boron, Nitrogenium
Links Bromium, Chlorum,
Cuprum, Nitrogenium, Sulfuris,
Tellurium, Silverseries
Listless Carbonseries
Lively Carbonseries
Liver Ferrumseries,
Magnesium, Phosphors
Living on Stage 16
Loathing Stage 16
Locked up Stage 18
Lonely Bismuth, Hydrogenium,
Natrum
Looks Siliciumseries
Loose Stage 17
Loosening Stage 17
Loss of honour Silverseries**

Loss Stage 15
Lost Stage 16
Love Siliciumseries, Sulfurs
Lung problems Silverseries
Lust Carbonseries
Lying on abdomen Calcarea
Lymph gland Stage 17,
Goldseries
Maggots Oxygenium
Magic Carbonseries,
Uraniumseries
Maintaining order Cobaltum
Maintaining Stage 11
Managing Goldseries
Mania Carbonseries, Lithium
Manic Depressive Lithium
Manipulation Mercurius

**Marriage Sulphuricums, Stage
4,
Martyr Antimonium
Masculine Goldseries
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Master Stage 10
Mathematics Silicium
Mayor Goldseries
Meaning Carbon, Graphites
Meaning Carbonseries
Meaningless Carbonseries
Meat Goldseries, Magnesium,
Uraniumseries
Mecenas Argentum
Medicineman Silverseries
Meditation Silverseries
Meditation Stage 18**

Melon Tellurium
Memory defect Carbonseries,
Plumbum
Meniscus Manganum
Metrorraghoha Goldseries
Middle age Silverseries
Midsummernightsdream
Titanium
Military Ferrum
Milk Lacticum, Carbonseries,
Silicium
Mirror Silverserie, Argentum,
Silicium
Misled Aluminium
Mist Stage 4
Mistrust Stage 13
Mock exam Cobaltum

Monastery Krypton
Monomania Silicium
Mother Muriaticum
Mothers help Manganum
muriaticum
Mountaineer Tungstenium
Mounting the throne Hafnium
Mouth-movements Zincum
Movement Fluorine,
Goldseries, Iodium
Multipele Personality Boron
Multipele Sclerosis Goldseries
Murder Goldseries
Muscles Ferrumseries
Museums Silverseries
Music Silverseries
Musician Silverseries

Mystical Silverseries
Myths Carbonseries
Nail biting Bromum
Nails Silicium
Naive Stage 1
Narcissism Carbonseries,
Fluorine
Narcotics Goldseries
Narrow spaces- fear
Nitrogenium
Naturally Stage 1
Neck Silverseries, Stage 17
Neck complaints Silverseries
Necrosis Goldseries
Needle Silicium
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Neighbourhood Siliciumseries
Neighbours Siliciumseries,
Phosphors
Nerves Silverseries,
Ferrumseries
Neuralgia Argentum, Thallium
Night Goldseries
Night sweat Mercurius
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Nobility Goldseries,
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Noble gasses Stage 18
Noble Stage 10
Noise agg. Boron
Nomination Rhodium
Non-committal Stage 3
Norms Carbonseries

Nostalgia Indium
Nostalgia Stage 13
Not fully grown Stage 1
Not quite Stage 9
Not respected Stage 1
Novel Silverseries
Nystagmus Tantalum
Observe Stage 2
Observed Carbonseries
Observed Ferrumseries,
Antimonium, Calcareo, Cuprum
Observing Stage 2
Observing Stage 2
Obsessive Carbonseries,
Iodium
Occiput Graphites
Odour of eggs Sulphurs

Oedema Stage 1, Lithium
Oesophagus Molybdenum
Off- Stage 14
Official Stage 4
One sided Stage 1
One Stage 1
Onofficial Stage 3
Opening Stage 4
Opera Silverseries
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Orchestra Silverseries
Order Ferrumseries
Orderly Ferrumseries
Organisation Goldseries
Organs Silverseries
Original Silverseries
Orphans Carbonseries,

Magnesium

**Osteoporosis Calcareae,
Phosphoricums, Carbonicums**

Other Siliciumseries

Out of work Argon

Outgrown Stage 13

Ovaria Silverseries, Goldseries

Over- Stage 15

Overassertive Carbonseries

Overbodig Stadium 15

Overdoing Stage 12

Overseeing Rhenium

Overshooting Stage 12

Overtaking Stage 13

Overweight Goldseries

Overwhelms Strontium

Pacifism Magnesium

Painless Stage 18, Opium
Painter Silverseries
Painting Silverseries
Palmistry Silverseries
Pancreas Ferrumseries,
Chromium, Niccolum
Paradise Hydrogenseries
Paralysis Metals, Aluminium,
Plumbum, Thallium
Parents Carbonseries
Parkinson's Goldserie
Partner Sulfuricums
Party Stage 16
Passing away Stage 15
Passing on Stage 15
Passion Bromium
Passive Stage 2

Pasta Aluminium, Muriaticum
Paying respect to Stage 9
Pension Bromium
Perfectionism Ferrumseries,
Metals
Performance Silverseries,
Palladium
Performances Silverseries
Persecuted Ferrumseries
Persevering Stage 8
Persistent Stage 8
Person Carbonseries
Petechia Phosphors
Pharao Goldseries
Philosophy Silverseries
Photo Silverseries, Argentum,
Stage 12

Piano Silverseries
Pineapple Hydrogenium
Pioneer Caesium
Pitiful Muriaticum
Placenta Fluorine
Planning Stage 8
Playful Stage 1
Playing dolls Lacticums
Plugs amel. Manganum
Poison Stage 15
Police Cobalt
Politician Goldseries
Pollution Stage 12
Pop concert Stage 18
Pork Uraniumseries
Possessions Carbonseries,
Stage 11

Postponing Stage 5
Potato Aluminium
Poverty Carbonseries,
Arsenicum
Power Goldseries
Powerless Baryta, Cadmium
Practical Ferrumseries
Pragmatic Ferrumseries
Praying Aurum
Pre- Stage 5
Preacher Silverseries
Precipice Tungstenium
Precise Arsenicum
Pregnancy Muriaticum,
Goldseries, Silverseries
Prehistory Indium
Prejudiced Stage 11

Preliminary Stage 5
Premature Stage 5
Première Palladium
Preparing Stadium 5
Presentation Siliciumseries
Pressure amel. Magnesium
Pressure restitant Stage 8
Pressure Stage 8
Pride Silverseries, Goldseries
Priest Silverseries
Prince Goldseries
Princess Silverseries
Principles Kali
Prison guard Cuprum
Prison Iodium
Professor Silverseries
Projecting 68

Prophet Silverseries

Proposal Stage 5

Prostitution Fluorine

**Protecting Calcareo, Stage 2,
11**

Protector Aurum

Province Silverseries

Proving Stage 6

Provisional Stage 5

Provoking Stage 16

Pseudorelations Carbonseries

Psoriasis Gallium

Psychopathic Fluorine

Psychosis Carbonseries,

Hydrogenseries

Puberty Siliciumseries

Puberty Siliciumseries

Public Relations Silverseries
Public Silverseries, Palladium
Punctual Ferrumserie
Punk Antimonium
Purity Carbonserie
Pushing aside Stage 14
Pushing through Stage 8
Putting into words Silverseries
Queen Silverseries
Quiet Natrum
Radiating Stage 10
Radioactive Uraniumseries
Radish Osmium
Rainbow Iridium
Rancour Ammonium
Rational Ferrumseries
Rave music Fluorine

Ravine Tungstenium
Raw Uraniumseries
Raynaud Cuprum
Re- Stage 13
Re- Stage12
Real Hydrogenium
Recital Silverseries
Reconciliation Stage 16
ridiculous Baryta
Refusing Stage 15
Relations Siliciumseries
Relaxation Nitrogenium
Religion Goldseries,
Silverseries
Repeat Stage 12
Repetitive art Cadmium
Repetition Zincum

Representative Silverseries
Reproduction Cadmium
Reputation Silicium
Reserving Stage 13
Resonating Stannum
Respect Blanco
Responsible Goldseries,
Silverseries, Aurum
Rest Stage 18
Restaurant Nitrogenium
Restless Zincum, Stage 17
Retake Zincum
Retarded Baryta
Retreat Stage 18
Retreating Stage 13
Revising Zincum
Revolution Mercurius

Riches Stage 11
Ridiculed Baryta
Riding amel. Nitrogenium
Right Chromium, Fluorine,
Goldseries, Hydrogenium,
Iodium, Phosphor
Right of existence Iodium
Rigid Ferrumseries, Kali
Rigidity Stage 10, Graphites
Ripe old age Goldseries
Ritual Cuprum
Robbers Oxygenium,
Arsenicum
Robust Kali, Goldseries
Roller coaster Boron
Romance Ant-c
Ropy Chromium

Rotting Stage 16
Roundabout Boron
Routine Ferrumseries
Rubbish Oxides
Rules Ferrumseries
Ruling Goldseries
Ruthless Fluorine
Sacral Silverseries
Sacrifice Stage 15
Sadism Magnesium oxydatum
Sadness Blanco, Natrum
Saliva profuse Acidums
Salivation Hydrogenium
Salt Chlorum, Natrum
Sarcasm Ammonium
Satire Silverseries
Saving Stage 11

Saviour Tungstenium
Scar Silicium
Sceptre Goldseries
Schizophrenia Hydrogenseries
School Phosphors, Manganum
Sciatica Kali, Tellurium
Science Silverseries
Sclerosis Baryta, Plumbum
sculpture Silverseries
Sea Bromium, Chlorum,
Iodium
Seasonal labour Selenium
Secret service Mercurius
Secretary Silverseries
See-saw Boron
Seeing through Stage 8
Self love Sulphuricums

**Self-worth Carbonseries,
Graphites
Self- Goldseries
Self-confident Stage 10
Self-evident Stage 10
Self-pity Muriaticum
Selfish Stage 1
Sentenced to death Astatinum
Sentimental Graphites
Serious Goldseries
Setting up Stage 9
Sexual Carbonseries
Sexuality Fluorine, Goldseries,
Silverseries
Shaman Silverseries
Shame Calcareo, Chromium
Sharing Stage 11**

Shell Stage 2, Calcareo
Sheperd Aurum
Shining Stage 10
Shit Selenium,
Oxygenium,Zincum
Shocking Antimonium
Shoulder Ferrum
Show Silverseries
Show-off Magnesium silicatum
Showing Silverseries
Shrinking Beryllium
Shy Stage 2, Graphites,
Silicium
Silent Natrums
Similia law 830
Simple Stage 1
Simplicity Stage 1

Singer Silverseries
Singing Silverseries
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Sinusitis Muriaticums,
Chromium
Sister Phosphors
Skin Siliciumseries
Skyscrapers Goldseries
Sleepless Goldseries
Sleepwalking Bromum
Slide Boron
Sloppy Stage 16
Sluggish Stage 16
Small Baryta
Smith Ferrumseries, Ferrum
Smoked Causticums
Smooth Fluorine

Sociable Nitrogenium
Society Goldseries
Soldier Ferrum
Sour Antimonium,
Hydrogenium, Magnesium
Space Hydrogenseries
Spasms Magnesium, Cuprum
Speech Silverserie
Speeches Silverseries
Spices Fluorine
Spiritual Silverseries
Spirituality Silverseries
Splinter Nitrogenium, Silicium
Spoilt Carbonseries
Spokesman Silverseries
Spontaneous Stage 1
Sportscar Fluorine

Spreading Stage 11
Springs Aceticum
Sprouts Zincum
Squeaky voice Helium
Stable Stage 10
Stage fright Silverseries
Stage manager Silverseries
Stage Silverseries
Stammering Silverseries,
Niobium
Standing ground Stage 8, 11
Starch Aluminium, Chlorum,
Iodium
Starting Stage 1, 4
States Goldseries
Statues Silverseries
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Steep Stage 5
Steering Silverseries,
Goldseries
Sterility Goldseries
Stimulating Rhenium
Stitching Kali
Stomach Ferrumseries,
Bismuth, Stage 15
Stone fruits Titaninium,
Antimonium
Storming the heavens
Tungstenium
Stout Kali, Ferrum
Straight jacket Indium
Strangers Carbonserie
Strategy Osmium
Stretching amel. Goldseries,

Silverseries

Structure Goldseries

**Stubborn Stage 13, Gallium,
Indium**

**Studying Silverseries,
Phosphors**

Subjected Stage 3

Submanager Silverseries

Success Stage 10, Palladium

**Suicidal Goldseries,
Carbonserie, Aurum, Natrum
sulphuricum**

Sulfite Molybdenum

Summit Stage 10

Sun allergy Chlorum

Superficial Fluorine

Superfluous Stage 15

Superior Goldseries
Supply Stage 11
Support Carbonseries
Surrendering Stage 15
Suspicion Stage 13, Thallium
Sweaty feet Silicium
Sweet Calcareo, Graphites,
Sulfuricums, Argentum
Swine Sulphurs
Swing Boron
Swollen Goldseries
Symbiosis Hydrogenium
Sympathetic Phosphor, Boron
Sympathy Phosphors
Syringomyelie Plumbum
Taboo-breaking Fluorine
Talking agg. Silverseries,

Stannum

Tantalising Stage 5

Tarzan Carbonseries

Task Ferrumseries

Tea Selenium

**Teacher Phosphorus,
Manganum, Silverseries**

Teamwork Rhenium

Technique Ferrumseries

Teenager Siliciumseries

**Teeth Fluorine, Silicium,
Mercurius**

Teeth-imprints Mercurius

**Telepathy Silverseries,
Uraniumseries**

Telling tales Cuprum

Temple Silverseries

Tempting Stage 16
Tension Nitrogenium
Territory Magnesium
Test Stage 9
Testes Goldseries, Silverseries
Tetanic Goldseries
Theatre Silverseries
Theft Arsenicum, Oxygen
Thicken Stage 16
Thief Oxygenium, Arsenicum
album
Thoughtless Stage 1
Three Stage 3
Threshold Stage 4
Throat infections Mercurius
Throne Goldseries
Through- Stage 8

Thunderstorm Phosphor
Thyroid Bromum, Iodium
Timeless Hydrogenium
Timid carbonseries,
Siliciumseries
Tiranny Mercurius
To- Stage 1, 2
Tobacco Lithium, Cadmium
Toddler Carbonseries
Tomato Ferrum, Manganum
Tonic Goldseries
Top Stage 10
Topsports Goldseries,
Silverseries
Torturing Stage 5, Tantalum
Total Hydrogenium
Touched Antimonium, Cuprum

Tough Chromium
Town Silverseries
Tramp Oxygenium
Transformation Stage 18
Travelling Phosphor
Treachery Mercurius
Tremor Stage 12
Trial by fire Stage 6
Trial Stage 9
Triangular relationship
Aluminium
Tried Ferrumserie
True Hydrogenseries
Truth Hydrogenseries
Trying Manganum, Stage 3, 7
Tunnel Nitrogenium
Twitching Zincum

Two Stage 2

Un- Stage 18

Unbalanced Stage 10

Unborn Hydrogenseries

Unbound Stage 18

Uncared for Sulphurs

**Uncertain Carbonseries, Stage
2**

Uncivilised Cadmium

Unconscious emotions

Niccolum

Underestimating Stage 3

Unexpected Stage 15

Unforseen Stage 15

Unique Silverseries

Unity Stage 1, Hydrogenium

Universe Hydrogenseries,

Uraniumseries

Universe Uraniumseries

Unknown Angst Carbonseries

Unrealistic Stage 5

Unseen Uraniumseries

**Unstable Graphites, Stage 3,
10**

Untidy Stage 16

Untrue Hydrogenseries

Up- Stage 9

Use Ferrumseries

Used Oxygenium

Useless Ferrumseries

Using up Stage 9, Stage 16

**Uterus Muriaticum, Goldseries,
Silverseries**

Vague fears Carbonseries

Value Carbonseries, Graphites
Vampire Plutonium nitricum
Varicose veins Sulphurs
Vessels Nitrogenium, Sulfuris
Vicar Silverseries
Victim Oxygenium
Village Ferrumseries
Violence Magnesium
Violin Silverseries
Virusinfection Uraniumseries
Vision Goldseries
Vision Silverseries
Visus Goldseries
Voice Silverseries
Voice problems Silverseries
Vulnerable Natrum
Warm Bromium, Chlorum,

**Fluorine, Iodium, Nitrogenium,
Oxygenium, Sulfuricums,
Tellurium**

Warrior Carbonseries

Weak Stage 14

Weak-willed Lithium

Wedding Stage 4,

Sulphuricums

Weeds 830

Weird Stage 18

Wheat Silicium

Whiplash Ruthenium

Wind agg. Manganum

Wine Zincum, Silverseries

Wisdom Silverserie

Witch Carbonseries,

Antimonium

With- Stage 7
Without- Stage 18
Wobbling Carbon, Graphites
Wonder Silverserie
Wool Phosphors, Sulphurs
Work ferrumseries
Workaholic Goldseries
Worker Goldseries
World Goldseries,
Uraniumseries
Worms Oxydes
Worrying Antimonium
Wristdrop Plumbum
Writer Silverseries
Yellow thick discharge
Sulphuris
Yielding Beryllium

You Siliciumseries

Youth Carbonseries

About the author:

Jan Scholten was born on 23-12-1951 in The Netherlands. After finishing high school he studied chemistry and philosophy and had much interest in physics, mathematics and psychology. Later he managed a gallery for modern art. He graduated for his medical studies in 1983. Then he began to study acupuncture and homoeopathy, which he both concluded in

1985. Besides these Jan studied many other alternative medical methods, like orhomolecular medicine, herbalism and Bach remedies. Since 1985 he has a practice for classical homoeopathy in Utrecht, The Netherlands, where he works together with six other homoeopaths. Since 1987 he works as a teacher for the SHO, the Dutch homoeopathic school for doctors. Next to being a writer and a teacher, he is pioneer in researching new remedies and methods to apply

homoeopathy. He has written in 1993 'Homoeopathy and Minerals', a very well received book in the homoeopathic community.