

## ENEWS ~ At A Glance

### August 2009

The first day of school for this year starts in Woodbine on August 19th. When we told our children yesterday that school was going to start in a month, our daughter looked like we had just kicked her beloved cat Jenna.

Abby is only 9 years old, & has already learned the appreciation of being able to sleep in! As well as the luxury of not having homework at night & being able to basically do, whatever she wants to do. Now don't get me wrong, Abby is a remarkable kid that happens to be a good student, enjoys her friends & has always loved her teacher. However, she is also amazingly like her mama in the fact that she likes her "me-time." And the ability to appreciate her free time to be able to do an art craft, read a book, or play outside with her 5 other cats!

I have to agree with my daughter that this summer did go by super fast. Due to TBall & Softball in June, that month was over before it even began. July is going by just as fast & I have already started shopping for school.

I was always told that as we get older, time goes by faster. But since I stopped having birthdays at age 29, I thought that maybe I could slow time down too. It doesn't seem to be working out that way!

~ amber



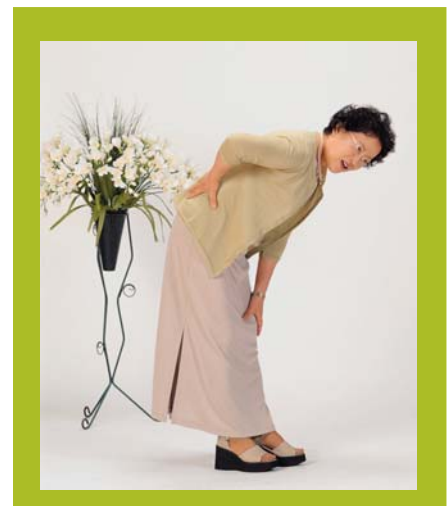
## Constitution Of The Month

# KALI CARBONICUM

### Keynote ~ Rigidity

**KEYNOTES:** (From Murphy's Remedy Guide)

- GENERAL: Weakness Of Intellect
- GENERAL: Sweat, Backache, Weakness
- GENERAL: Sharp & Cutting-Like Pain
- MIND: Full Of Fear & Imagination
- MIND: Hypersensitive To Touch & Pain
- BACK: Severe Backache
- BACK: Lower Back Feels Weak
- BREASTS: Swollen, Sensitive, Painful
- EYES: Swelling Over Upper Eyelid - "Like Little Bags"
- LIMBS: Pains From Hip To Knee
- LIMBS: Soles Very Sensitive
- NOSE: Stuffs Up In Warm Room
- SLEEP: Awake At About 2AM To 4AM
- STOMACH: Anxiety Felt In Stomach
- THROAT: Swallowing Difficult



If a Kali Carb was asked, *“In a box of crayons, what color would you be”* his answer would probably be “gray.”



The Kali Carb Constitution is very conventional. He is a responsible individual, very serious, polite, reasonable & avoids trouble by sticking to the rules. Everything the Kali Carb does, is done sensibly, methodically, & with intellectual thoroughness.

It could be said that if you have a position available that requires cold logic & attention to detail - fill that position with a Kali Carb Constitution.

## EMOTION-LESS



There is much written about Kali’s Carb’s “lack of emotions.” A comment a Kali Carb might make is that he don’t want to talk about his feelings because frankly, he doesn’t really have any. Kali Carbs are often described as 2-dimensional. An accurate drawing of this Constitution would be represented by that of a “stick person.”

Kali Carbs tend to be very practical & stick to what he knows. He lives in a very protected, safe & secure world, albeit a dull, boring one, too. He is faithful to his routine, fearful of change &/or trying anything new. This lifestyle is reflected in all aspects of his life. The Kali Carb Constitution will more than likely, dress in neutral colors, such as khakis, grays, blacks & browns. He tends to believe in “everything with moderation.” The Kali Carb’s diet stays pretty much the same. He may exercise but not in a fanatical-extreme manner. Nor does he live extravagantly, because the Kali Carb is normally pretty practical when it comes to spending money.

Kali Carbs do experience emotions, but their emotional depth is like comparing a rain drop to a hurricane of feelings that other Constitutions experience. 3 common emotions of the Kali Carb are anxiety, worry, & loneliness. This should not come as a surprise since the Kali Carb is so driven by following the rules..



A lifestyle that is driven by “sticking to the book,” can’t be easy. Imagine living constantly by the rules. The amount of “control” that it would take would be physically, mentally, emotionally & spiritually hard on anyone. Furthermore, throw in the aspect that the 3 things Kali Carbs fear the most are loneliness, poverty, & ill-health, & no wonder this Constitution tends to be full of anxiety & a worry-wart!

## EXCEPTION TO THE RULE



There are some Kali Carbs that do strive to be in the limelight. These are workaholic businessmen, who cannot relax & do nothing. Kali Carbs that fall into this category are driven by 3 things: need to be busy, a desire for material wealth, & a desire for status. A business that is built by a Kali Carb will be strong because although some find details boring & want to skip them, paying attention to the details is simply part of the Kali Carb’s make-up.

Furthermore, since Kali Carbs by nature want acceptance, if he becomes a successful & respected businessman, this void is filled! Plus, since he is emotion-less, he can be ruthless if need be without hesitation, remorse, or guilt. Which is not always pleasant but sometimes necessary when trying to build a successful empire.

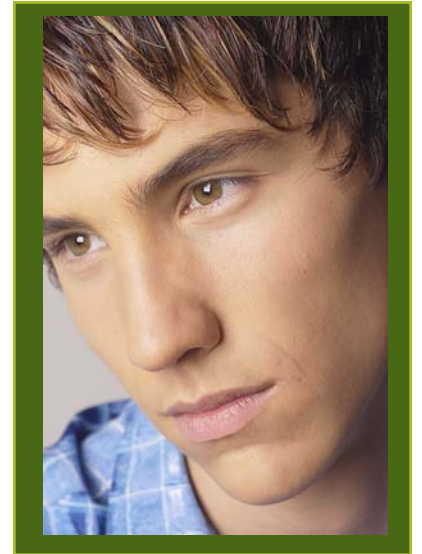
## ON A PHYSICAL LEVEL

The Kali Carb Constitution is usually thin & wiry, with medium to dark brown hair. His face tends to be thin & bony, with a rather “stiff” expression. Kali Carb’s lips are usually thin, especially the upper lip. It is interesting to note that this characteristic reflects a lack of emotion. Often, this Constitution will also have bags under his eyes.

The very essence of Kali Carb as a remedy is “rigidity & structure.” Therefore, it should come as no surprise that Kali Carb is a great skeletal remedy. It is often recommended for disorders of the muscles & spine.

Kali Carb is also suggested for the following:

- \* Anxiety On Waking
- \* Fear Of Being Alone
- \* Obstinate
- \* Back Labor
- \* Coughs & Asthma That Come On Around 3 AM
- \* Stitching Rheumatic Pains
- \* Sweat Profusely
- \* Pain Tends To Be Stitch-Like



## KALI CARB IN A NUTSHELL

**High Moral Standards  
Sense Of Duty  
Fear Of Losing Control  
Possessive In Material & Emotional Terms  
Tend To React Badly to Emotional Upsets**

### Symptoms Better:

- \* With Warmth
- \* When Sitting Up & Leaning Forward
- \* With Movement
- \* With Fresh Air

### Symptoms Worse:

- \* With Rest
- \* In Cool Surroundings
- \* Before Menstruation
- \* Before Exertion
- \* Between 2 & 4 AM
- \* When Bending Forward
- \* Long Periods Of Sitting

# Bill's Back Page

## "My Page ~ My Domain"



It is school time again! Getting ready for school is usually an exciting time for kids. Picking out new school supplies & possibly an outfit or 2 is what is on most people's mind.

However, let me give you something else to think about rather than if you should buy college-ruled paper or wide-ruled paper. Have you thought about your child's mind? After having a summer vacation, it may be hard for kids to get back into the routine of the school day. Furthermore, it may be difficult for them to stick with the task at hand, or in other words, focus.

Focusing & more importantly, staying focused, may also be difficult for the teacher, too!

Natural Creations carries 2 homeopathic products that will support mental clarity & the ability to start & finish the task set for both the teacher & the student.

### NC320 **Focus CP** ~ 1 Ounce Homeopathic ~ Children's Formula

*Non-Alcoholic - Cherry Flavored*

GABA	6,12,30X - 12,30C	Inhibitory Neurotransmitter
L-Dopa	6,12,30X - 12,30C	Protects The Brain
Norepinephrine	6,12,30X - 12,30C	Flight Or Fight Response
Serotonin	6,12,30X - 12,30C	Neurotransmitter Associated With Moods
Tryptophan	6,12,30X - 12,30C	Amino Acid - Precursor To Serotonin
ACTH	8,12,30X - 12,30C	Hormone - Supports The Adrenal Glands
Anacardium Occ.	30C	Brain Fatigue
Arsenicum Album	30C	Changes Place Continually
Baryta Carb	30C	Silly, Slow Mental Grasp
Calc Carb	30C	Worries About Responsibilities & Duties
Calc Phos	30C	Unable To Sustain Mental Effort
Hyoscyamus	30C	Talkative
Pulsatilla	30C	Mild, Timid, Emotional, Tearful
Stramonium	30C	Ceaseless Talking

### NC115 **Focus HP** ~ 1 Ounce Homeopathic Adult Formula

Other Suggestions To Support Your Child's Ability To Focus:

- \* Set An Assigned Place At Home For Homework
- \* Turn Off The Television &/Or Other Distracting Noises During Homework Time
- \* Try To Set A Designated Time To Do Homework