



natural
creations
The Professional's Choice

E NEWS

July 2008

Happy Independence Day!

*I remember the day that I became a citizen of the United States. I was probably about 4 years old & I was wearing this itchy polyester pant outfit. I remember standing up with a bunch of other people & trying to say the "Pledge Of Allegiance" even though I wasn't sure of all of the words. All of us had to then walk through this line & shake hands with what must of been some very important people. This one "old" man in a black robe bent over, & spoke to me, like I do now to kids that I want to make feel comfortable & important. I remember sitting on my mom's lap, while my dad drove us home, holding the little American Flag that I was given as a keepsake of this day. When people first see me, they see Korean first, not American. However, I am American & I am so very **THANKFUL**.*

God Bless Our Troops!

~ Amber

HOMEOPATHIC OF THE MONTH

Natrum Muriaticum "Table Salt"

Keynotes:

- * MIND: Consolation Aggravates
Fear Of Being Rejected Or Hurt Emotionally
- * FACE: Crack In The Middle Of The Lower Lip
- * FOOD: Desire For Salt & Salty Foods
- * HEAD: Blinding Headache
- * LIMBS: Hangnails
- * RECTUM: Constipation
- * SKIN: Greasy Skin
- * FEMALE: Aversion To Sex
- * SLEEP: Sleepless From Grief



Natrum Muriaticum (Natrum) is sodium chloride, also known as “table salt.” In our industrial society, Natrum is the most common constitutional type. This constitution is often seen more in women than in men & like an elephant - “never forgets.”

When you think of Natrum - think “retention.” Whether it is a physical issue or a mental issue, many of Natrum’s characteristics are due to the fact that she doesn’t know how to release emotion and/or pain in a healthy manner.

On a physical level, a Natrum will be prone to complaints such as: constipation, headaches, mucus buildup, water retention, & of all things - plantar warts, to name just a few.



The majority of Natrum’s “uniqueness” occurs on the emotional plane. Key adjectives used to describing a Natrum could be: actor, anxious, fearful, serious, insecure, guilt-ridden, melancholy, conservative, reliable, organized, & likeable. An excellent way to sum up the Natrum’s personality is “emotionally intense.”



As a child, she will often feel like that her parent’s don’t understand her &/or approved of her. Slow to talk, sensitive to disapproval, & Natrum children often refuse hugs & kisses. Many Natrum children are full of guilt, stemming from parents who haven’t been able to work through their own baggage.

The Natrum child will “physically” feel criticism, almost like she has been stabbed in the heart. Internally, she equates strength with being unemotional - not crying or showing her feelings. She does this because she knows that for one, she will not be understood, & for two, she doesn’t want to upset what she perceives is an already upset parent.

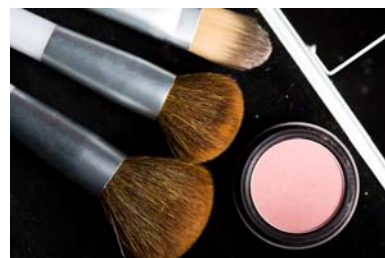
The Natrum child can become an angry child because she knows that she is not understood. Or she may become clingy because she doesn’t let go easily of people whom she finds security. This child will also grow up with a very strong drive to help others because then she feels “wanted.”

Because of this inner angst of always being “unwanted,” the Natrum child is probably a very well behaved child. She will do well in school because she has to be perfect to overcome that inkling that she is never good enough. Plus, with just a quick, stern glance will stop unwanted behavior.

As an adult, the Natrum individual is extremely self critical. Her performance has to be perfect & so does her appearance. A woman will never leave the house without first, “putting her face on.”

A very telling sign to figure out whether you encounter a Natrum (*or are one yourself,*) is to ask this simple question: **“Are you a perfectionist?”**

If the answer out of her mouth (*or your mouth is*), **“I try to be,”** then automatically think Natrum.



NatruMs generally have a positive outlook on life because this helps them avoid the “bad stuff” inside. A Natrum knows that she is unhappy, but does her best to hide it. She smiles a lot!

The flipside of the excessively “happy” Natrum is the Rebel Natrum. Because this constitution lives in fear & anger, (probably hidden down deep inside) the Rebel Natrum will suffer from paranoia. This constitution may be helped by a “gradual caring” way, but don’t offer sympathy because that would be too much to bear. The Rebel Natrum is so soured by the past that no good can be seen in anyone. The hatred inside runs deep & may come out as cynicism and/or anger.

In relationships, because she has suffered, empathy for others comes very easy & natural. Animal lover by heart, this constitution will be absolutely devastated when her pet passes away. Natrums fear for their children & fear for their significant other, dreading something terrible will happen to those that she loves.



As an adult, because she isn't able to let go of past hurts & grievances, Natrum is often buried deep behind all of the walls she has built up around herself.

Physical expression is hard for the Natrum constitution. It is very hard for her to give & to receive what to most are simple gestures of love & affection such as: kisses & hugs. The Natrum will fear abandonment, have serious trust issues, & on top of this - will want what she can not have - such as the young girl who has fallen in love with the married man.

However, they are "givers" in the aspect of doing things for others, usually out of guilt or a means of avoiding what is actually going on in their personal life. Often, Natrums become co-dependents because they are program to think little of themselves & equate self-worth with making others happy.



EVERY CONSTITUTION CAN FIND THAT HEALTHY BALANCE!

It may require deep psychotherapy, but Natrum's can be healthy! Deep psychotherapy is suggested because Natrums tend to bury things very **DEEP** within & so it takes a lot of patience, time, & expertise to help a Natrum heal.

The healthy Natrum is in touch with her feelings & hasn't built walls around her for protection. Although she will probably be a little more discreet & private than many of her friends, she is not scared to express her emotions.

She is affectionate, but not clingy. Emotionally, she is "deep" as in others will have a lot to learn from her, however she isn't so tied to the past that she hasn't been able to move forward. A good way to put it is that she is "happy inspite of her circumstances."

Healthy Natrums are not consumed by what other people think, & have set up their own reasonable standards. She is at peace with her live & not necessarily concerned with social approval. She can actually say "no" & not feel guilty! A healthy Natrum is loving the freedom of being herself!



Of course, some men may be Natrums, but more often Natrums will be female. Natrums are great organizers, borderline compulsive, & for some reason, have a strong affinity for the colors pink & purple. The Natrum will more than likely be the oldest child & thus, has always carried a lot of responsibility, whether wanted or not.

Other interesting tidbits are Natrums are not morning people. In fact, the sun tends to aggravate than be found as soothing. Natrums do not have the best balance & have a fear of heights. This constitution is also prone to "claustrophobia," in areas such as small rooms & elevators. Furthermore, there is a "pull / need" to be by the ocean that she may not even understand, but knows that if she gets there - she will be at peace.



NCSB 195-2 **FIREWEED** ~ 2 Ounce

AKA: *Epilobium Augustifolium*
Great Willowherb
Rosebay Willowherb

FACTS:

- * Perennial Herb
- * Grows Up To 6 Feet (2 M) Tall
- * Erect Stem, Narrow Leaves, Long Spikes Of Pink/Purple Flowers
- * Habitat: Europe, Western Asia, British Columbia

CONSTITUENTS:

- * Flavones: Fight Free Radicals
- * Tannins: Astringent, Support Healthy Colon, Supports Healthy Skin,

Fireweed was given its name because it likes to grow where a forest fire has occurred. Native Americans would mix fireweed with other greens for a dish. In Alaska, this herb is used to make candies, syrups & jellies that will have a distinct spice flavor. It has also been used to make ales & vinegars.

Properly harvested, Fireweed is a good source of Vitamin C & A. When ingested, Fireweed supports a healthy colon, prostate, & urinary tract. Topically, Fireweed is soothing to the skin & supports healthy wound healing.

Also it is interesting to note that Fireweed has been used to make stuffing material, tindage, & cordage. Fireweed is also the Yukon flower emblem.

