

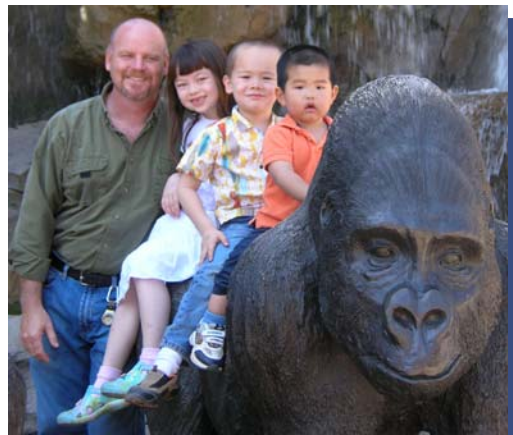
## Happy June!

*This year, June 15th has been set aside to honor our fathers. There are a few different stories of how this special day came about. The first story goes that Father's Day was first celebrated on June 5, 1908, to honor 361 men, many of who were fathers, that had died in a deadly mine explosion in West Virginia. A second possibility is that Mother's Day had been celebrated in Grafton, West Virginia two months earlier for the first time, a neighboring town just a short distance of 15 miles away.*

*There is even a third story to how this holiday came to be. Mrs. Sonora Smart Dodd was inspired by Anna Jarvis (founder of Mother's Day) and decided that she wanted to honor her father on the anniversary of his death - June 5th, 1910. However, due to time constraints, the actual celebration did not take place until the third Sunday in June of that year and claims to be the official first Father's Day celebration in Spokane, WA.*

*Nevertheless, not that you need the "greeting card" industry telling you to honor your father, Father's Day is a special day to tell your dad you love him!*

*~ Amber*



## CONSTITUTION OF THE MONTH

### LACHESIS

*"Brazilian Bushmaster "*

SNAKE

### You might be a Lachesis if you...

- \* Been Described As Dr. Jekyll & Mr. Hyde
- \* Feel As If You Have 2 Wills: Love VS Hate / Indulgence VS Restraint / Arrogance VS Humility
- \* Possess An Almost "Prophetic Perception"
- \* Extremely Impatient At Tedious & Dry Things
- \* Sleep Aggravates - Reluctant To Go To Sleep - & Surprisingly Needs Very Little Sleep
- \* Craves Cold Water
- \* Sensitive To Heat - Sun Often Causes Blinding Headaches
- \* Often Feel/Say - *"I never stop eating because I never feel full."*
- \* Want To Talk All Of The Time
- \* Weep From Reading
- \* High Sex Drive - Almost To The Point Of Obsession
- \* Unshakeable Faith
- \* As A Child (& Some Adults) Likes To Constantly "Test" Those Around Him
- \* Very Loyal In Personal Relationships
- \* Intense Jealousy Which Can Lead To Intense Anger
- \* Intolerance Of Restriction - Don't Like To Wear Turtlenecks, Be Touched, Or Structured Environments

## Lachesis Snake Appeal



Lachesis is derived from the poison of the Brazilian Bushmaster snake, which is also known as “The Master Of The Forest.” This snake is one of the most poisonous & aggressive snakes found in the Western Hemisphere. The Bushmaster will literally chase after & attack the victim when it becomes angered, even if the victim is human. Not surprisingly, the Lachesis constitution will manifest many “snake-like” qualities.

For example, a Lachesis can exhibit a “ruthless venom” of words. If you have ever heard the phrase describing someone as having a “sharp tongue” then more than likely, think Lachesis. A Lachesis’ words can be lethally wounding, cutting their victim down by being extremely spiteful, sarcastic & insulting. As the Lachesis is talking, you may even notice that the tongue darts in & out. Also like the tongue’s movements, the Lachesis’ mind darts from one idea to another, jumping abruptly from one subject to the next.

In the “less assuming” type of Lachesis, the constitution waits like a watchful snake, coiled & quiet, but ready to strike at any moment. Always willing to fight back, becoming erect & prepared to strike.



Furthermore, a Lachesis will “coil” around those they love the most, because of their fear of loss. Unfortunately, some people leave their grip because of the intense pressure of their “love.”



## Lachesis Dualism

A Lachesis constitution will feel as if there are 2 - wills, lower instincts & higher ego, which are constantly struggling for top position. Moods & behavior will often appear “erratic” as the Lachesis is trying to balance, or ensure the “right” will comes out on top. The Lachesis is very aware of this inner turmoil, which often causes them to be very self conscious.

Lachesis will do things like seek counsel, but then not take the advice. They love power (& money), but will appear to most as very “humble.”

Underlying their sense of humor is a grim & bitter quality. They hold tightly to those they love but in the same token, can estrange these same people by their intense behavior of talking too much, interfering too much, & controlling too much!

## Lachesis Libido



The sexual drive in this constitution is strong in both sexes. Sex is enjoyable & an avenue to release stress. Lachesis will have many voluptuous thoughts, are very passionate people, & those around them can feel this “sultry” vibe being emitted from their very being.

Furthermore, if sex is repressed in the Lachesis, then this individual can become very frustrated & even depressed. You may notice that the person is drinking a lot more alcoholic beverages (because this is often a source used to release caged sexual energy) &/or talking even more than usual. A healthier, & less annoying release that the Lachesis individual may use is also exercise to get rid of that “stored energy.”

It is interesting to note, that the whole “snake” theme occurs again. In mythical tradition, the snake was used to symbolize sexuality & higher realms of knowledge.

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References available upon request.

## Lachesis Child

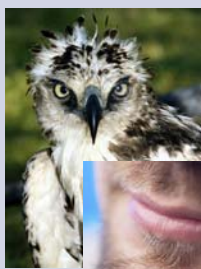


Lachesis children are often described as “old souls.” They mature more rapidly than other children, especially the girls, & possess the “wisdom of a serphant.” The child Lachesis is also conflicted with the “dual powers” that are constantly battling for control. You will often hear the child say, *“I want to be good & I try really hard, but something makes me bad.”*

The Lachesis child will constantly test those around them. Not for attention, but more for “to see if they can get away with it.” This constitution isn’t necessarily testing those around them either. Its more about their power for “evil” & the strength of it. It is almost like they are trying to find the limits or boundaries for their “power” whether good or bad.

This child will also have developed a penetrating gaze at a very young age. You will find them peering at you out of the corner of their eyes, from under half-lowered eyelids. Lachesis’ shyness is concealed with knowledge.

The Lachesis child will often be described as a “hell raiser” who rebelled against authority, whether it be their parents, teachers, or bosses.



Physically, the Lachesis constitution will again float between the two extremes - short or tall. Both men & women, will usually be thin, and women will usually have large chests. Skin is usually pale, with freckles.

Facial features are usually sharp, with a “hawkish” type appearance. The lips are classical in shape but thin. The eyelids often have a “droop-like” appearance, such as a snake lid.

You may first notice the Lachesis’ fingers, which are long & bony. This constitution, usually has hair that is red or with a reddish tint, but also can be raven black.

Physically, this constitution will often feel as if there is a “lump in their throat,” which coincides with the fear of suffocation & restriction. Pains felt by the Lachesis individual are often times “tight & crushing.” Lachesis individuals will find that discharges from the body, will often bring relief, such as a runny nose, tears, & nosebleeds.

Like all constitutions, Lachesis have traits that are peculiar to only them. Some of them are as follows:

- \* Excellent Judge Of Character
- \* Mental Labor Performed Best At Night
- \* Highest In Springtime Aggravations
- \* Symptoms Alleviated By Food
- \* Left-Sided Remedy: Pain/Symptom Moving From Left To Right
- \* Will “Bend One’s Ear” Over The Telephone
- \* Often Says: “Now Where Was I, What Was I Saying?”
- \* Exhibits Fortitude In The Face Of The Most Serious Illness
- \* No Two People Will See The “Same” Person (Jekyll & Hyde)
- \* Always Fears Betrayal
- \* Tends To Want Revenge On Those Who Have Betrayed Her
- \* More He Does - More Energy He Generates
- \* Would Rather Die Than Be Restricted On All Levels



# NC207 Vitamin C ~ 100 Capsules

Suggested Dosage: As a dietary supplement, adults take 2 capsules daily, or as directed by a health care professional.

## Per Serving:

Vitamin C..... 1000 mg

Other Contents: Ascorbic Acid, Rice Flour



Vitamin C is the most familiar water-soluble vitamin. All animal life requires Vitamin C, and can make it from sugars, like glucose. Unfortunately, humans cannot and must receive it from the food & drink they put in their body or dietary supplementation.



Although most people think of oranges when they hear the name Vitamin C, surprisingly, most dietary supplements in the market today, are made from corn.



Vitamin C is the body's most important antioxidant. It supports a healthy immune system by supporting healthy white blood cell function & activity. This vitamin is also unique in the fact that it works both inside & outside of the cell.



This vitamin also supports healthy collagen. In fact, even though people normally think about Vitamin C supporting the immune system first, its actual primary function is to manufacture collagen. Collagen is protein that binds body cells together & the most abundant tissue in the body.



Vitamin C also supports a healthy respiratory function. The vitamin does this by blocking histamine secretions, by supporting white blood cells. White blood cells help to detox histamine from the body.



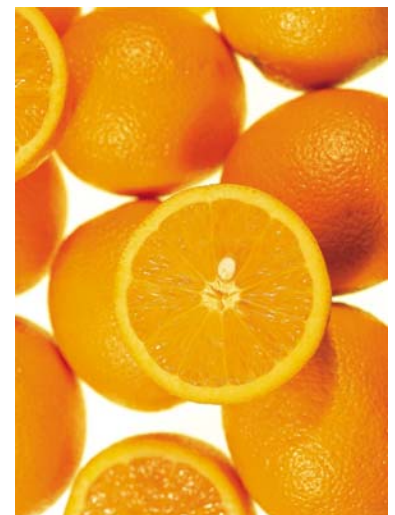
This vitamin is also involved in carnitine synthesis. Carnitine synthesis is important to the body because it plays an essential role in fatty acid oxidation & energy production. Fatty acids are broken down & used for fuel to make energy.



Other Vitamin C functions include, but are not limited to: metabolizing of folic acid, supports iron absorption, supports aging beautifully, & supports healthy Vitamin E absorption.



Vitamin C is a "sensitive" vitamin in which air will begin to destroy quickly. It is important to eat fresh foods quickly. Plus, never use metal or copper pans when cooking, because these type of pans will also destroy the Vitamin C in your foods.



## Did you know...

Vitamin C is the most popular vitamin in the USA.

Vitamin C is soluble in water, and high amounts are excreted in the urine. This vitamin is also highly unstable & deteriorates rapidly during food preparation & storage.

The British Royal Navy used fresh lime juice for all sailors to eliminate scurvy, a result of a Vitamin C Deficiency in the late 1700s & early 1800s. Because of this practice, the Royal Navy was given the nickname - "limeys."

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