



Happy Halloween!

So, my husband made me go see "Inglourious Basterds." I have been married to my husband for 11 years & I guess it has missed him that his wife doesn't like war movies - at all, not even a little bit. As we were entering the theater, the kid taking our tickets said that it was an awesome movie & that he had already seen it 4 times. My husband looked at me & gave me that look like "See, I told you it will be a great movie." The fresh-faced little, ticket-taking brat then preceded to say that there were some parts that were pretty "gory." As I walked down the corridor, like a lamb to the slaughter, I told my loving husband, I am only staying married to you because State Farm says we get good insurance rates as a couple, & that he should not be surprised if I don't make it through the whole movie.

I made it through the movie. It is a Quentin Tarrantino movie, so it is, of course, a little over the top. I did hide my face through the violent parts, which of course, was about 1/2 the movie, but nonetheless, I stayed. I even found myself somewhat engrossed in the characters & the story. I guess if I had to admit it, I am even glad I saw it. But don't tell my husband I said that because he still believes that he OWES me big!

~ amber

CONSTITUTION OF THE MONTH

GRAPHITES

Keynote: "Blandness"

Graphites is another one of those Constitutional Remedies that is often missed. Graphites Constitutions are often mistaken for other Constitutions because on both the physical & the mental levels, she will resemble other types. As the keynote for this Constitutional Remedy suggests, Graphites Constitutions generally do not have any striking features.



Picture Of Innocence

The Graphites Constitution is generally female. She is quiet, unassuming, & gentle. Often, people will describe her as "pleasant."

She has a "down-to-earth" personality & approaches life with a simple, "matter-of-fact" attitude. The Graphites Gal is more level-headed than a Pulsatilla & exudes "innocence." In a nutshell, the Graphites Constitution is uncomplicated without being "stupid."

Since Graphites is made from carbon, this Constitution will possess many of the same attributes as Calcarea Carbonica & Natrum Carbonica. The Graphites Constitution will be a little more emotional than either type of Carbonica, a little more introspective, & also, a little more shy.



I'm Shy

The Graphites Constitution’s shyness & softness resembles that of a Pulsatilla, at first. The difference is that when a Pulsatilla finds a comfort level with a person, she will become extroverted & even playful. Whereas the Graphites woman will still remain relatively quiet.

She is caring & very empathetic. If you are a friend to a Graphites woman, when you feel distressed, she will feel distressed, too. Not surprisingly, this woman also has a strong maternal instinct about her. A rather balanced individual, too. She is rather smart & balanced with a good degree of common sense. You will often find the Graphites woman in a caring profession.

When she is at work, she is 100% at work. Furthermore, when she is at home, she is 100% at home, putting her family first. Afterall, family life is her true passion. The Graphites woman is a natural, loving parent. When it comes to whether or not she is going to trust her heart or her head... her heart will win every time!

The Graphites woman will suffer the most when she feels “out of sorts” the most when she feels there is conflict between her & her closest friends/family. She easily becomes dependent on her closest friends & will suffer great stress if they are absent from her life.



We Are Family!

On the negative side, she tends to be over-sensitive, especially when it comes to her close relationships. Often she will become very moody if she feels that she isn’t being treated in a loving manner by those she holds closest to her heart, such as her husband.

If she is upset, she won’t hide it, & honestly, she couldn’t hide these emotions even if she tried, (*also like Pulsatilla*). However, to get her to admit that she is upset is next to impossible. By nature, she hates confrontation. She does not express her anger directly. However, actions speak louder than words & you will definitely know a Graphites Constitution is upset because you will hear doors slam & pots & pans crash!



SLAM!

Yes, she is gentle & caring, but frustration can drive her to the point of anger. Once she does express it, she will generally break down in tears, instead of shouting.

The Graphites woman also hates disharmony. So once everything is “out-on-the-table” so to speak, she tends to forgive & will want to make up quickly. Providing the other person will meet her halfway, of course. She wears her heart on her sleeve, (*like Pulsatilla*), which makes her very loving, but where her heart can also be easily broken.

This Constitution is also very indecisive. She often cannot decide what to do, & if she is stressed, then she will tend to agonize over even the smallest decision. The Graphites woman will often look to others to make the decision for her. She is very fearful of making the wrong decision.





You will
marry...

Another fear that is common to the Graphites Constitutions is the fear of the future. She tends to be part of the “Negative Thinkers Club” & therefore, always fears the worst. This fear can be so strong that often times it is almost paralyzing & inhibits action.

The Graphites woman also fears the lost of her loved ones. Her attachments to her family & friends run very deep. In the same token, through this attachment, she also becomes quite dependent on her relationships. Corresponding with the fear of the future, a common thought running through her mind is “What would I do if so-&-so died? How would I cope?”

Although, there are more Graphite’s women than men, Graphites men do exist. He is shy, soft, & sensitive, which is often looked at as a disadvantage for a man in today’s culture. As a child, & at school, he is probably the little boy who is referred to as a “sissie.” He is painfully shy. The Graphite boy/man will definitely have a closer relationship to his mother. Often times, he will find great pleasure in gardening or cooking, more often viewed as a “woman’s hobby.” Unfortunately, his father is probably the all-star jock who thinks his son should be tough & not cry!

Because the Graphites man is not your typical “manly man,” he will often feel like he is a failure in the eyes of his father & society. Unfortunately, this overwhelming feeling that he has failed, topped off by the fear of talking to others, especially of the opposite sex, the Graphites man is often isolated, lonely, & depressed. He will often overeat & become obese because he is trying to “fill” that void in his life with food.

Those men who do take a leap of faith & meet a woman, will probably make great husbands! He desires a stable relationship & is more naturally in-tuned with his wife’s needs. A great father he will also be, since he will always put the needs of his family first!



#1 Dad

Physically speaking, the Graphites Constitution will often resemble that of a Pulsatilla. However, sometimes the face will have a more “suarish” shape instead of rounded. Younger Graphites women are slim, but still have a soft/rounded appearance. The older Graphites woman is soft, rounded, with rosy cheeks. (A sign that they do not suppress emotion.) The complexion is generally smooth & soft. Lips are often full & sensuous. Superficial tumors & moles are often common to the Graphites Constitution.

KEYNOTES FROM MURPHY’S REMEDY GUIDE:



- * Fat, Chilly, Costipated W/ Delayed Menstrual History
- * Thickening & Induration Of Skin, Glands, Nails, & Scars
- * MIND: Music Makes Her Weep
- * EARS: Hears Better In Noise, Dryness Of Inner Ear
- * EYES: Eyelids - Red & Swollen
- * FOOD: Hot Drinks Disagree
- * LIMBS: Edema Of The Legs
- * NOSE: Scab & Fissures In The Nostrils
- * SKIN: Dry, Rough, Moist Crusty Eruptions



Bill's Back Page

"My Page - My Domain"



3 Homeopathics To Support Your Child's Health Through This Cold & Flu Season!

SAVE 15% ON THESE 3 PRODUCTS ALL MONTH LONG!

NC326 **DIARRHEA CP** ~ 1 Ounce

Aethusa Cyn	30X	Undigested, Thin-Greenish Stools
Arsenicum Alb	30X	Burning Pain
Calcarea Carb	30X	Children's Diarrhea With Ravenous Appetite
Chamomilla	30X	Sour Stools
Colocynthis	30X	Stools - With Flatulence & Pain
Lycopodium	30X	Alternating Diarrhea & Constipation
Mercurius Sol	30X	Discharge Accompanied By Chilliness, Sick Stomach
Phosphorus	30X	Rumbling, Watery, Worse At Night
Sulphur	30X	Diarrhea, Painless - Hurried In The Morning

NC321 **FEVER / INFLAMMATION CP** ~ 1 Ounce

Aconitum	30X	Surface Cold, Sweating & Pale
Belladonna	30X	High Fever - No Thirst With Fever
Bryonia Alba	30X	Painful, Continued Fever
Calcarea Carb	30X	Fever With Sweat
Ferrum Phos	30X	Fevers Of Unknown Origin
Lycopodium	30X	Chill Between 3 & 4PM, Followed By Sweat
Phosphorus	30X	Craves Ice-Water During Chill
Pulsatilla	30X	Childhood Fevers
Pyrogenium	30X	High Fevers With Sore Limbs & Delirium
Sulphur	30X	Feels Too Hot

NC327 **RASPY COUGH CP** ~ 1 Ounce

Calcarea Carb	30X	Tickling Cough
Causticum	30X	Cannot Cough Deep Enough
Iodium	30X	Acute Disorders Of The Respiratory System
Kali Carb	30X	Dry, Hard Cough - Wheezing
Lycopodium Clav	30X	Cough Is Deep & Hollow
Phosphorus	30X	Whole Body Trembles With Cough
Pulsatilla	30X	Shortness Of Breath
Spongia Tosta	30X	Cough - Dry, Barking, Croupy
Stramonium	30X	Voice - Hoarse & Croaking
Sulphur	30X	Much Rattling Of Mucus & Heat In Chest