



ENEWS - At A Glance

Oct / Nov 08

Happy Fall!

Wow! Where does the time go? The month of September & beginning of October was spent preparing for the AIM Seminar which took place Oct 17th & 18th in Council Bluffs, IA. So, I am a little behind in my "to do list." However, since I have decided to call this my "October & November" edition of ENEWS, can't I say that I am a little ahead of schedule?

Enjoy the upcoming holiday season because whether we are ready for it or not, it is here!

~ amber



CONSTITUTION OF THE MONTH

IGNATIA

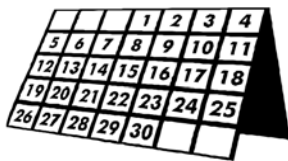
"The Funeral Remedy"



Ignatia comes from a seed of a pear-shaped fruit native to the Phillipines, known as "Strychnos Ignatii." The seed itself, is actually bitter & poisonous.

Ignatia is known as "*The Funeral Remedy*" because it is the homeopathic most given in times of occurrences that cause grief. The overwhelmed & suffering individual will probably be sobbing uncontrollably, as if "torn apart" by her grief. She may not even be in the presence of mind to articulate her grief because she feels so consumed by it.

On all levels - mental, physical, & spiritual, she is exhausted & devastated from her loss because of loneliness or fear of loneliness. This sadness is worse in the morning, especially on waking up. The Ignatia will let her presence in a room be known due to the heaviness, frequentness, & loudness of her many sighs.



As the days turn into weeks, she will alternate between periods of sobbing uncontrollably, to anger, to periods of silence, where she shuts everyone out! Coinciding with the uncontrolled weeping, an Ignatia may also experience nausea, vomiting, unfillable emptiness in the stomach & the sensation of a lump in her throat.

She will isolate herself when hurt because at the core of her identity is the belief that at sometime she has been abandoned. Therefore, she never wants to put herself in that position again, if she can help it.

KEY WORDS: Irritable, Sensitivity, Nervous, Disappointment, Sorrow, Shock

Who is Ignatia?

Ignatia is generally a woman who will fall into either of the 2 categories.

Category I

Refined
Very Slim
Long Delicate Bones
Dark Complexion

Category II

More Masculine
Heavier - Gains Weight Easily
Facial Hair & Body Hair

Both types are generally dark skin, have a more angular face, & high cheekbones. Her lashes are long, nose is straight, & her lips are full.



Full lips indicate emotional intensity & refinement.



Thick, curly hair indicates passion!



As A Child...

The Ignatia child is similar to the adult in terms of “sensitivity.” Minor episodes of being scolded or corrected by a parent or teacher can cause the child to shake, tremble, & physically twitch uncontrollably. Or she may become hysterical when slightly reprimanded. Words to describe this child may be nervous &/or high-strung.

Moods can change fast & abruptly. One minute the child may be overexcited, and the next minute appear to be “down in the dumps.” Her insecurities are displayed in her moodiness. When sent to her room, the parent will often hear her yell, “You don’t love me,” followed by the slamming of the door. Deep down, like the adult, she has a deep-rooted fear of abandonment.



The Romantic...



Ignatia is probably the principal remedy for the “lovesick.” She loves with all of her being, yet the object of her affection rejects her & doesn’t return the same caliber of devotion. The Ignatia Constitution is left devastated. After all, she has done everything in her power to show her love by the giving of gifts, time, possessions, & most importantly, the giving of herself to be at her beloved’s beck & call! After rejection, she becomes like a lost little puppy. She has lost everything, including her identity.

When love is not returned, the Ignatia constitution becomes a puddle of despair & hopelessness. Silently she will grieve because although to the outside world, she looks as if she has everything, without love - she feels that her world is meaningless.

You will hear her say things like, “It’s like losing my eyesight, hearing, or my right arm & I will always remain aware of the loss.” Or, “But where am I to turn? Apart from him there is nothing else that interests me.”

But what if the object of her obsession is still in her life, such as a co-worker or friend whom wants to remain as such & nothing more. Expect the Ignatia to become hypercritical of everything this person does. All of a sudden, instead of the love she once felt, it will feel to her as if she has been “abused & exploited.”

However, even then, she will not give up on what could be, could have been, or even once had. The Ignatia constitution very rarely will sever ties because even though the relationship has caused her grief - she will still claim that it is the greatest happiness that she has ever known!

The Healthy Ignatia...



Ignatia has just as much potential to be a “healthy” constitution - just like all of the other constitutions. She will express all of the “positive” traits, free of the extra negative baggage. The suppressed pain, anger & suffering will have been dealt with, in an emotionally responsible way.

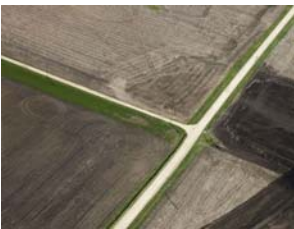
The healthy Ignatia is sensitive, passionate & refined. She deeply feels the love of the Earth, is probably one of the most intuitive of the constitutions, & keenly perceptive. Intellectually sharp, she is described as a person who has much “depth” & thinks profoundly.

She is probably quiet at first, but once she gets to know you, she is warm & affectionate. A keen sense of style, the Ignatia constitution is one of those people whom seems to always look good without even trying. It is no accident that many French women & women of Latin origin are Ignatias.

This constitution is often talented in the arts, whether it be on paper or on stage. She is naturally charming & her gift for “self promotion” will attract many important people throughout her lifetime. The Ignatia woman is prone to “name dropping,” just so you know that her group of friends are of the rich & famous. Because she seeks approval, the Ignatia loves an audience & will “fish” for a compliment to feel love & adoration.



The Masculine Ignatia...



After rejection, perceived or real, Ignatia’s have a choice; learn & grow from the experience or become bitter & vindictive. Some Ignatia’s choose the unhealthy path when they come to this crossroads.

These Ignatia’s are full of anger, expressed in silent grief. As the days pass, she becomes tougher & more bitter. Interestingly, she also becomes more “masculine.”

Masculine meaning, she will start wearing more masculine clothes, become more tense, & have rather “severe” hairstyles. She is definitely a “tough woman.”

The masculine Ignatia becomes more volatile, brittle, & emotionally unavailable. You will find her attracted to positions of high power & seeks to impress by becoming highly intellectual. She is ambitious & proud of the letters that follow her name! Afterall, feeling important is the next best thing to feeling loved.

Ignatia’s Maladies...

- * Symptoms Related To The Nervous System
- * Homesickness
- * Anxieties Of The Conscience
- * Overconscientious Student - IE: Practices Piano Until Complete Exhaustion
- * Anal & Rectal Symptoms - IE: Itching, Stitching, Sharp Pains
- * Feeling Of Constriction & Suffocation
- * Better From Hard Pressure
- * Excessive Yawning - Like Deep Sighing
- * “Erratic” Fleeting Pains - Rapidly Change From Place To Place
- * Stubborn Cough Caused By Psychological Stress
- * Emptiness Feeling In Throat & Stomach
- * Lightheadedness
- * Headache Or Earache Eased By Music





Nasty Little Colds...



Statistics show that in the United States, about 1 billion individuals suffer from colds each year. Kids alone suffer about 6-10 colds in one year. Furthermore, that number increases to an average of 12 colds per year if your child goes to school.

Children may be affected more because of their lack of resistance to infection & because throughout any given day, they come into more contact with other individuals.

Colds are viral infections (*over 200 known viruses*) that can cause physical symptoms such as: runny nose, sneezing, scratchy throat, & red, watery eyes. Generally, colds last about a week, & although colds are not usually life threatening - they are the number one reason for doctor visits & school/work absenteeism.

The cold season for the United States begins in the fall and last through the winter. Because of this, many people correlate cold weather with “catching a cold.” However, truth be known, “catching a cold” is more likely due to things such as a weakened immune system, compromised respiratory system, and/or even psychological stress.

Products To Support Your Child’s Immune System

NC325 **Runny Nose CP ~ 1 Ounce Homeopathic** (*Non-Alcoholic, Cherry Flavored*)

Directions: 10 drops orally, 1-2 times daily or as directed by a health care professional.

Active Ingredients (HPUS):

Allium Cepa	30X	Acrid Nasal Discharges
Belladonna	30X	Red & Swollen, Tingling In Tip Of The Nose
Calcarea Carbonica	30X	Takes Cold At Every Change Of Weather
Ferrum Phosphoricum	30X	First Stage Of Colds In Head, Sore Throat
Hepar Sulphuris Calcareum	30X	Post Nasal Dripping; Soreness Of Nostrils
Lycopodium Clavatum	30X	Nose Stopped Up, Feeling Of Dryness
Mercurius Solubilis	30X	Acrid Nasal Discharges, Nostrils Are Raw
Pulsatilla	30X	Chronic Bland Yellow Discharge, Yellow Mucus
Silicea	30X	Obstinate Colds With Ear Disorders, Nose Cold
Sulphur	30X	Pale, Red & Scabby Nose, Chronic Dry Catarrh

NC608 **Tiny Toy Echinacea ~ 1 Ounce Herbal**

*Directions: 1-2 years old, 15-20 drops 3 times per day 7-11 years old, 40 drops 3-4 times per day
3-6 years old, 20-40 drops 3-4 times per day 12 years to adult, 60 drops 3-4 times per day*

Echinacea supports the immune system, before & during a cold. This botanical contains polysaccharides & phytosterols. Polysaccharides store energy & support the immune system. Phytosterols are plant compounds that support healthy cholesterol levels & a healthy prostate. Both polysaccharides & phytosterols activate macrophages. Macrophages destroy bacteria, viruses, & other infectious agents.

Echinacea also supports the production of interferon. Interferons are proteins produced by the white blood cells in response to an attack on the body by something viral.

Dairy foods can cause an increase in mucus & thicker mucus.
Refined sugar can create acid in the body, causing a cold to linger.
Fatty foods are harder to digest, especially when the body is already in a weakened state.
Fluids help to thin secretions - so drink plenty of water!
Always practice good hygiene!

