



## NEWS ~ At A Glance

September is my birthday month, & the birthday month of my daughter. But as I sat down to write this, I remembered that not very many years ago, my husband's grandpa past away in September. He was a good man & at his funeral, this beautiful song was sang. His wife, who was 100% Irish, would sing this song to their kids as they were growing up. It was the first time I had ever heard the song, & I think it is beautiful. I could so picture my husband's grandma Molly, rocking her baby to sleep, as she sang, "The Irish Lullaby."

### "The Irish Lullaby"

Over in Killarney  
Many years ago,  
Me Mither sang a song to me  
In tones so sweet & low. Just a simple little ditty,  
In her good ould Irish way,  
And I'd give the world if she could sing  
That song to me this day.

### CHORUS

Oft in dreams I wander  
To that cot again,  
I feel her arms a-huggin' me  
As when she held me then.  
And I hear her voice a -hummin'  
To me as in days of yore,  
When she used to rock me fast asleep  
Outside the cabin door.

### CHORUS

### Chorus:

Too-ra-loo-ra-loo-ral, Too-ra-loo-ra-li,  
Too-ra-loo-ra-loo-ral, hush now, don't you cry!  
Too-ra-loo-ra-loo-ral, Too-ra-loo-ra-li,  
Too-ra-loo-ra-loo-ral, that's an Irish lullaby.



~ amber

## CONSTITUTION OF THE MONTH

### Natrum Sulphuricum

"Keynote: *The Fiery Natrum*"

**Natrum Muriaticum + Sulphur = Natrum Sulphuricum**

*"If you only knew what restraint I have to use to keep  
from shooting myself, you would appreciate my condition!"*

Spoken like a true Natrum Sulphuricum!



The Natrum Sulphuricum (Nat Sulph) Constitution combines the fiery attributes of Sulphur with the introverted emotional mannerisms of the Natrum Muriaticum (Nat Mur). Nat Sulph Constitutions are primarily female, & are often described as *“passionate - in an intellectual way.”*



The Nat Sulph's passion is of the quiet kind, such as an unshakeable, spiritual faith. Both intellectual inspiration & spiritual faith are aspects of Sulphur - the fire element.

The “Nat Mur” provides the Nat Sulph qualities like doubt & fear.

So unlike the Sulphur, where a strong faith seems to come naturally, the Nat Mur tends to have to fight harder to establish hers. Combine these two, & you will probably find a woman who has an unwavering faith, that she is extremely passionate about, but in a quiet, convincing way.



If the Nat Sulph Constitution could be described in one word, that word would be “caretaker.” She is modest, but confident. Having a natural affinity for service & things of a spiritual nature, her ego rarely surfaces. (*Many times, a Sulphur's ego is the first thing you see.*)

Another aspect of the Nat Sulph Constitution is her “melancholy” nature. She lives her life “stoically,” without complaint. When asked if she is depressed, she will say not so much, just feeling a little “blah.” Music tends to bring her sadness. But through it all, the Nat Sulph will carry her head high, & appear cheerful to those around her.

Sometimes, the Nat Sulph can fall into a deeper sadness, than just the melancholy type. This deeper depression tends to be about regretting &/or of things from her past. From the Nat Mur side, (water element) this is where the focus on the past comes in. The fire element (Sulphur) brings in a manic quality, whereas the thoughts become obsessive & in rapid succession - almost as if they are crowding each other.

Fortunately, suicide is usually not an option. Because of Nat Sulph's strong sense of duty to her family, she won't even consider taking her life. In fact, although it does happen, many Nat Sulph's don't even go to this dark place.



Nat Mur & Sulphur have 3 common characteristics that also become the characteristics of Nat Sulph. These 3 characteristics are: over-sensitive, emotional, & strong, sense of values. Other personality “quirks” that a Nat Sulph will probably display are: claustrophobia & self-reproach.

Physically, Nat Sulph's have a more angular face & physique when compared to the Nat Mur Constitution. The face is broad, square-like, & the eyes are wide-open. Nat Sulph's also tend to have a light, thin physique.

As far as physical symptoms go, Nat Sulph's tend to share the common traits:

- \* Enormous Sensitivity To Humidity
- \* Suffer From Respiratory Disorders
- \* Mood Swings
- \* Strong Craving For Fatty Foods
- \* Tendency To Develop Warts
- \* Suffer From Bouts Of Diarrhea
- \* Suffer From Liver Ailments
- \* Jaundice

### **Nat Sulph's Aggravations:**

- \* Dampness - IE: Basements
- \* Rest
- \* Lying Down
- \* Late Evening
- \* Morning

### **Nat Sulph's Amelioration:**

- \* Dry Weather
- \* Sitting Up
- \* Open Air
- \* Changes Position - Frequently



### **Other Interesting Nat Sulph Tidbits:**

1. Generally Worse In Rainy Or Wet Weather
2. Clear-Cut Indicated Remedy For Children With Chest Catarrhs & Respiratory Complaints
3. Useful Remedy For Mental Troubles Coming From A Knock On The Head
4. Common Expression: *“My mouth is always full of slime.”*
5. Mellow Light That Pours Through The Church Window - Makes Her Sad
6. Simple Concussions From Considerable Shock & Injuries - Nat Sulph Is The Remedy
7. Cutting Pains In The Stomach - Think Nat Sulph
8. Palms Of The Hands Are Raw, Sore, & Exude Watery Fluid - Choose Nat Sulph
9. Nat Sulph Is Also Known As A “Liver Remedy”
10. Feel Every Change From Dry To Wet

### **You may need a dose of Nat Sulph if...**

- \* your face feels “itchy” & your complexion is yellow-looking.
- \* when you cough - you must hold your chest.
- \* the yucky stuff coming out of your nose is thick & yellow.
- \* you feel as though your forehead might burst or as if a screw is being drilled into it.
- \* your dreams are filled with fighting & your limbs jerk when you are sleeping.
- \* you cannot get warm, even in the your bed.
- \* when you have a headache, you also feel very drowsy.





# Bill's Back Page

## *"My Page ~ My Domain"*

*It is school time, & you know what that means? It is football season, volleyball season, cross country, etc... Don't forget to stock up on the following items to help support your star athlete throughout this time of year! Plus, you might want some on hand too, because, if you are like me - you are not getting any younger & for some reason, those bleachers sure are getting steeper!*

### NC75 **Injure Gel ~ 2 Ounce**

For bumps, bruises, abrasions, strains, & fractures. Contains homeopathics, in an aloe vera base, to support the body after physical stress &/or harm.

### NC443 **Ligament / Tendon Spray ~ 1 Ounce**

Topical support for ligaments & tendons. Spray as needed.

### NC463-SP **NutriPlenish Sports ~ 180 Tablets**

Promotes Stamina & Endurance

Our multivitamin with a special proprietary blend that was formulated with the athlete in mind.

