



**ENEWS** ~ *At A Glance*  
**December 2011**

*It's the most wonderful time of the year...*

*"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."*

*~ Linus Van Pelt*

*"I want an official Red Ryder, carbine action, two-hundred shot range model air rifle!"*

*~ Ralphie*

*"No - you'll shoot your eye out."*

*~ Mrs. Parker*

*"Is your house on fire, Clark?"*

*~ Bethany*

*"No, Aunt Bethany, those are the Christmas lights."*

*~ Clark*

*"He puzzled & puzzled til his puzzler was sore. Then the Grinch thought of something he hadn't before. Maybe Christmas, he thought... doesn't come from a store. Maybe Christmas, perhaps... means a little bit more!"*

*~ Narrator*

***Happy Holidays!***

*~ amber*



Awhile back I dedicated several issues to ENEWS to the study of Constitutional Homeopathics. For the next issues, I have decided to study some of the lesser homeopathics. Lesser, of course, is not to imply that these homeopathics are not as effective as their counterparts, but maybe just not as used as often or as readily recognized. Still important, though, & definitely still have their place in supporting one's health.

## **Lesser Homeopathic** **ALUMINA**

Alumina, is also known as "Aluminum Oxydata," or "Aluminum Oxide." It is not a common Constitutional type & when seen, is most often a female. In fact, Alumina can be confused with a more well-known Constitution, that is also mostly females - Sepia. There are many similarities between the two. Studying a "true" Alumina, you will also see a reflection of the Syphilitic Miasm.

### **State Of Confusion...**

If your first impression of a person is "confusion/confused," you might be looking at an Alumina. This Constitution will often complain of being unable to "think straight." As you engage in conversation with her, you will notice that she hesitates to speak & seems to struggle to find the right words. She is unable to follow a train of thought & not only will you notice this in her speaking, but in her writing, too! An Alumina will constantly be making lists to "remind" herself of what she is supposed to be doing.

This scattered thought process can be seen in her as a child. More than likely, she had a difficult time learning. Looking back, teachers may have described her as "dreamy," which was actually a state of confusion. A daily routine is very important to an Alumina child. Straying from the schedule causes the Alumina child (& adult) to experience stress & anxiety.





### Decisions, Decisions, Decisions...

Decisions overwhelm the poor Alumina. Trying to make a decision, will often keep her awake at night. Many times the decisions are not life-changing & she could just be trying to decide what to make for supper the next day. The fear of making the wrong decision is paralyzing to her, even though either choice is just fine. An Alumina will often rely on those around her to make her decisions for her. She is very self-aware of this "personality glitch" but in the same token, can not help herself/change.

### Who Am I...

"It's like I am not here." "It's as though it's not me, but another person watching these things." "It's like I'm looking at the world from behind a glass." These are some of the things you will hear come out of an Alumina's mouth. Alumina's have this sense of "detachment," & struggles to even identify her "personality" type because she basically feels like she has none! She finds it to be very unsettling & even worries that this is a sign she is losing or has lost her mind.

### Moody, Impulsive, Self-Destructive...

Alumina is very emotional. She can experience the highest of highs & the lowest of lows, all within the same day! Her most powerful emotions are anger & anxiety. When she is feeling "down in the dumps," she is the one Constitution that will contemplate suicide. In fact, one very unique characteristic to a true Alumina is that when she sees a sharp object, like a knife, she impulsively wants to harm herself.

She may also feel violent to others around her. However, she won't physically harm those in her company. Instead the Alumina will slam doors, smash objects, &/or curse out loud!



The ironic thing is that an Alumina usually has a quiet disposition & is described as a "gentle person." She is very ashamed of these violent impulses/thoughts/behaviors. The Alumina will state that she can become angry, but she probably won't reveal that she also has had murderous impulses. Not until you gain her trust, anyway. Once she knows she can be 100% truthful with you, she will be relieved to be able to discuss these "strange impulses." It is important to note that (usually) she does have the self-control to not act on these thoughts, but these thoughts also cause her a great deal of distress. Because of these horrendous thoughts, that she knows not everyone else experiences, she may fear that she is losing her mind.

### Anxiety Ridden...

All of these issues combined create one anxiety plagued person! Alumina is extremely prone to anxiousness & will more than likely suffer from panic attacks. Furthermore, with anxiousness comes fear, & she will also probably have many phobias about life. Most Alumina's fear meeting new people, obsessively worry about minor issues, rarely try anything new, & don't even ask her to deviate from her daily routine. Plus, she will probably have sleep issues (from worrying), be a perfectionist (doesn't want to fail), & when anxiety-ridden, become hurried! In her "hurried-state-of-mind," she will feel even more scattered & less able to cope with life. She will feel this need to escape, but won't be able to decide where she wants to go! Thus the vicious cycle begins, & unfortunately, may end with a nervous breakdown.

### Physically Speaking...

Most Alumina's are very thin with bony facial features. She may have light or dark hair, but one thing for certain, the hair is usually long. The Alumina will look very similar to a Sepia Constitution. But unlike the Sepia, will have pale skin.

### Consider Alumina If...

- \* Crave Inedible Things Like Pencils, Chalk, Coffee Grounds
- \* Feel Like You Have Cobwebs Over Your Face
- \* When You Close Your Eyes - You Feel Dizzy
- \* You Feel Like You Have Hot Irons Thrust Through Your Lower Back
- \* Cough Starts As Soon As You Wake Up In The Morning
- \* Cough Is Dry, Hacking, & Disrupts Your Breathing
- \* Lips - Dry & Chapped
- \* Brittle Nails
- \* Inability To Perspire
- \* Severe, Obstinate Constipation
- \* Throat Feels Incredible Dry & Must Constantly Be Cleared In The Evening
- \* No Appetite
- \* Food Has No Taste



### You Usually Feel Better:

- \* In The Evening
- \* From A Cold Compress
- \* In Fresh Air
- \* With Warmth
- \* With Warm Food & Drink

### You Usually Feel Worse:

- \* In The Morning
- \* In Cold Air
- \* From Salty & Starchy Foods
- \* From Vinegar, Salt & Pepper
- \* From Beer Or Wine

### Comparing Alumina With...

Medorrhinum also experiences episodes of "unreality" or detachment from life. However, at her core, the Medorrhinum Constitution will still feel solid about herself as a person. Whereas, an Alumina does not have that "grounded" feeling & will often times feel as though she don't even exist.

One aspect in which Alumina is similar to Natrum Muriaticum & Aurum Metallicum, is that sometimes when sad, she likes to withdraw into silence.

Hyoscyamus & Platina also are prone to sexual & violent impulses like Alumina.

Sepia is probably the Constitution most confused with Alumina. Key differences are that a Sepia is seldom on the verge of insanity, not prone to suicidal impulses, & does not have a fixation with stabbing & cutting.



# Bill's Back Page

**NC393- AO**

## **Antioxidant Complex 90 Capsules**

*Antioxidants are natural compounds that protect the body from free radicals. Free radicals are atoms that cause damage to other cells. This damage compromises the Immune System & leaves the body open to infections, sickness, & disease. A combination antioxidant product is recommended because antioxidants work synergistically.*

### **Vitamin A**

Vitamin A supports healthy rod cells, which are photoreceptor cells in the retina of the eye. Rod cells are used in peripheral vision & are entirely responsible for night vision.\*

### **Vitamin C**

Vitamin C is a water-soluble antioxidant that supports healthy artery walls, healthy brain cells, & a healthy spinal cord.\*

### **Vitamin E**

Vitamin E supports a healthy retina, which is the part of the eye that senses light & sends images to your brain. Vitamin E also supports healthy oxygen utilization by the body.\*

### **Zinc**

This antioxidant supports healthy hair, skin, eyesight, taste, smell, & cognitive function.\*

### **Selenium**

A trace mineral that acts as an antioxidant, Vitamin E supports healthy tissues & cell membranes.\*

### **Grape Seed Extract**

Grape Seed Extract contains "oligomeric proanthocyanidins" or OPCs. OPC's are flavonoids that have antioxidant capabilities. They supports healthy nerves in the brain & spinal cord.\*

### **Lutein**

Lutein is a "carotenoid," which is a natural colorant or pigment in dark, green, leafy vegetables. It is an antioxidant that nutritionally supports our eyes & skin. Lutein supports the health of the "macula," which is the center of the retina.\* The retina is responsible for central vision & high visual acuity. The macula can deteriorate over time & thus, can cause damage to the retina. Visually, objects that once were clear will now appear blurred & spotty in places.



*\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*