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Spectrum of Homeopathy 2017-2, Me and You

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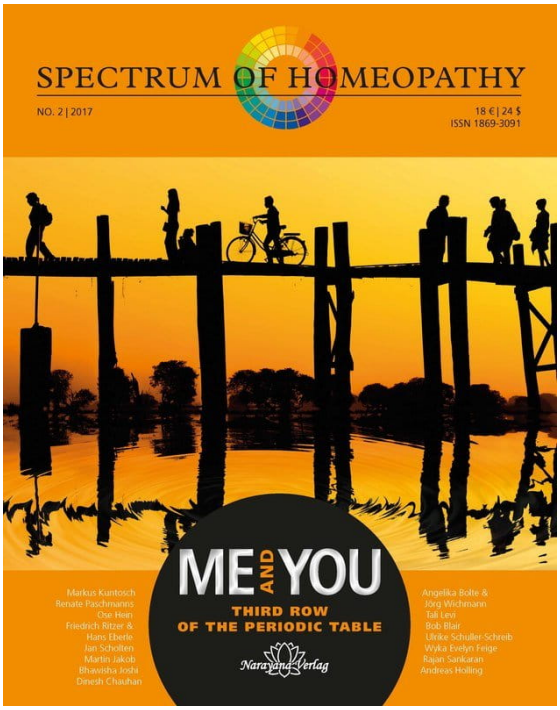

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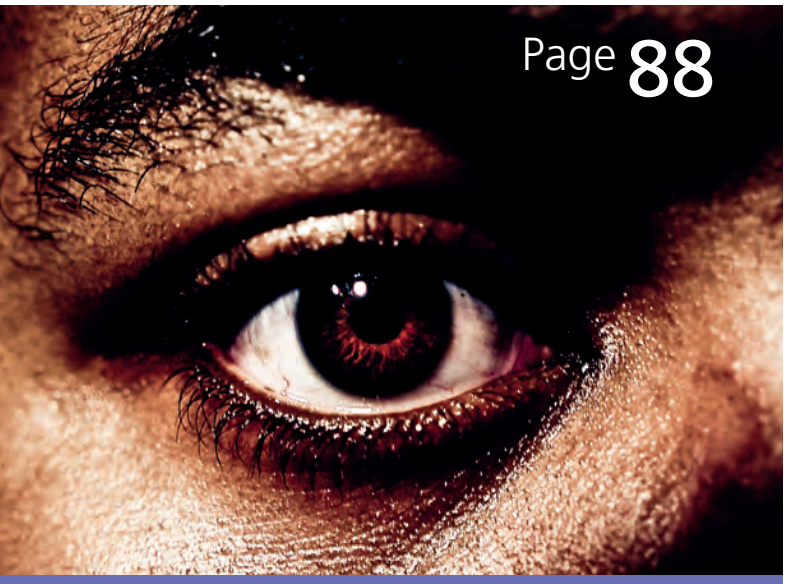

Alumina's identity: fluctuating between not yet stable and already weakened.

Commelinales in phase 4: the Liliidae share similarities with the Silicium series.

Family and relationship to friends: central themes of the stages, expressed in different ways.

Magnesium and compensation: avoidance and repressed conflicts.

Place, path, power, time, effect: Andreas Holling goes public with the theory of the homeopathic dimensions of the periodic table at the level of sensation.

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THE PRICE OF PRIDE

Natrium sulphuricum – two sides of the same coin

AUTHOR ¦ Tali Levi

SUMMARY: In this case the poles of *Natrium sulphuricum* become apparent: the Natrium themes of loneliness, alienation, sadness, taciturnity, and the inability to make contact, versus the Sulphur themes of love and relationships, ego, self-worth, need for recognition, arrogance, injured pride, and humiliation. The patient's desire to commit suicide by shooting himself confirms the remedy selection.

KEYWORDS: allergy, cough, depression, identity, *Natrium sulphuricum*, periodic table, Silicium series, *Sulphur*

Humans have used Sulphur since antiquity. The Chinese, Egyptians, and pre-classical Greeks used it around 5000 BC to bleach textiles and as a medicine and disinfectant. In ancient warfare it was used as an incendiary weapon or fire accelerant. The environmental effects on air quality due to sulphurous oxides from the combustion of coal were known as early as in seventeenth century London. The photo shows a sulphurous lake in New Zealand: Waiotapu, which means "sacred waters" in Maori.

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In the third row of the periodic table we are in a phase when the person becomes independent and builds his self-image in relation to himself as well as in relation to the people with whom he comes into contact: family, friends, school, partners at work, spouse etc. He learns to make connections, as well as to sense how others perceive him and how this affects his daily life.
In order to build his self-image, one of the most important issues is to gain support, nourishment, care, and love at home. When one gets this during one's early years, and the foundations are strong enough, one can easily build one's self-confidence in a healthy way as well as one's self-image in relation to the people close by.

Identity in the various natural kingdoms: Our contacts within these relationships enable us to create our identity and allow us to be present and feel fulfilled. The need for contact and relationship can be seen through the different kingdoms: animal, plant, and mineral.
Relationships in the animal kingdom concern issues like competition, sexuality, hierarchy, territory, or in other words – will I win or lose the one I want?
In the plant kingdom the need for relationship will present itself where both sides contribute and enjoy the relations. They will talk about their need to give and take in those contacts, for mutualism or parasitism. The relationships are built with the two sides each contributing and gaining from the other. There is a great need for sensitivity within this contact, and when someone feels he does not get what he ought to, pathology may start.

Mineral identity in the third row: Remedies from the mineral kingdom deal with a defined structure, something that the person feels he lacks or has the need to have in order to survive. We see the fear to lose it because of his dependency on that. From row to row the relevant issue changes.
In the third row the person asks himself what is my identity in this relationship, my ability to make contact with the other person? He asks whether the relationship is strong and stable enough or do I feel any difficulty in it?
The relationship he creates around himself eventually gives him this security, stability, and support – words that define the mineral kingdom. When someone lacks this ability to establish contact, a break in his structure begins to emerge, and as a consequence his self-image is affected. All this is of course from his own point of view, the way he perceives reality in his own world; a vibrational disturbance where his organism does not have sufficient knowledge to cope.

The stages: The remedies in each row are divided into the left side (lack), middle and right side (excess or decline).
On the left side, the foundations are not well established. So the patient is likely to have difficulty when trying to make contact with other people, his self-image will be low, and he will be more reserved, quiet, and hesitant. As we continue to the right side, we will see that this patient will engage in more complex relationships (and not 1:1 as we see in *Natrium*, for example), he will have more ego and self-confidence, and he will be more extrovert and proud of himself.

Combinations of elements: And what happens when the two sides of the periodic table combine? Then we need to see the two sides of the coin integrated as one big picture that includes in fact two separate but inseparable circles, such that each story of one of the elements contributes and affects the other circle in the patient's life. In every case where a remedy of two elements is required, one can usually see that one of the elements is much more dominant in the case and the second one weaker in its intensity. From my own clinical practice I can say that it is usually divided 70% for the dominant remedy and 30% for the less dominant, but this is only generally speaking.

CASE: Dying in order to preserve one's pride 77-year-old patient, chief complaint: allergic coughing

The first consultation was in June 2009. My initial observation was that the patient looks very young for his age.

CASETAKING I

What brings you here today?
I have an allergic cough. Six months ago I came back from Australia after having 'flu, or what seemed like 'flu, and it ended with a terrible cough. Since then I have taken lots of medicine, antibiotics, which helped only for a short time and the effect didn't last long. I feel congestion in my nose, in my bronchi, and I have lots of coughs, which prevent me from sleeping at night. This is the way I have lived for the past six months. It's terrible; I cannot go on like this anymore.
Last week I got a cortisone shot. I stopped coughing after two days but now I can hardly speak. This is not my voice and it "kills" me. I am working as a teacher and it does not allow me to teach properly.
I noticed that the cough gets worse at night and then I must vomit. While coughing I can only get up and walk around or sit down, but can't lie down.
Heat is not good for me. All my life I've suffered from the heat. Cannot function in warm temperatures. Even the cough worsens from the heat. Definitely!
Please tell me more.
I'm a moody person, short-tempered. I hold everything in my stomach a lot. Restraining, restraining, until it blows up like a volcano. I noticed that in such situations the cough gets worse and my blood sugar increases, not related to the food I am eating.
You said you came back from Australia six months ago. Please tell me about that period.

I got married and a few years later I agreed to settle in Australia with my wife's family, my biggest mistake. I have not been a happy man since. Did not find myself there. I hated Australia, but we raised four children there. I loved my wife and she did not want to go back. I had no real friends; I find it hard to make friends and suffered there. Eventually I was financially quite settled, not rich… but I had my little factory. I told her that when our youngest daughter got married, then I would leave Australia. But she tricked me and got cancer. For several years she had nearly 20 operations. I spent all my money on her health. After she died I left Australia and came back and this was my second mistake. I have no family here. I do not remember a time in my life where I felt relaxed and fulfilled, there was not such a time.

I married my second wife three years ago and I feel very bad in this relationship. I do not get along with her. I do not want to be a puppy, when someone tells me to sit down … with such a short rope. I am not willing to. It is not a matter of honour, but I have some respect for myself. She is very critical; I do not feel any confidence with her. When I asked to meet you, she told me not to come and spend money. So I have an emotional storm, money problems, and a full bag of problems …

(He speaks about his relationships and all of a sudden we hear a denial. "It is not a matter of honour," I have some respect," "do not want to be a puppy". When we hear a denial we should be aware that this is something he has an issue with and we should follow and see if it repeats in the case.)

So I'm finally leaving tomorrow after three years of being married to my second wife. This is not just a matter of domination; it is a matter of criticism, humiliation. I was not happy, so why suffer? It is better to leave.

Tell me about the criticism, humiliation.

I feel that everyone has something to say about me, only criticism. I also find myself bursting out at others, even at work, but when it comes from my wife it feels the worst. She can tell me: "You did not wash your hands before eating." Am I a little kid? It's enough! She really succeeds in undermining my confidence.

Tell me a little more about the criticism you feel. What does it feel like?

I'm not good. I'm incomplete. I'm not smart enough. When I was young I was learning in a boarding school and I flourished there, there wasn't any criticism. No one told me I am not doing well.

So how does it feel when someone criticizes you?

I feel humiliated.

Explain humiliation please.

I feel you don't appreciate me. At work I'm working very hard even though I may suffer from a cough and fever, and never miss a day. And I think I work six times better than other teachers.

But once I feel this criticism I feel humiliated, that all my efforts get no appreciation. It really means a lot to me when people think good of me, what others think about me, and once I get criticized I know that what they think about me is not good.

I need to get those compliments, to feel that I did something good. I love to speak in front of an audience. I really love my work, being a teacher. It gives me a good feeling. To know that I teach them things that they did not know before, that I know how to do it. To be honest, I am sure I am one of the best teachers here, and this makes me feel like I am in control. I am the leader here in that business. I am important. It's ego. I think it is important for everybody, no?

Tell me about ego please.

I believe that every human being, not an animal, is a thinking entity. He strives for a status and position in his environment, and each one of us shows it differently. Ego determines your place in the society. When I teach my class, it is 100% ego.

I will give you another example. If my wife's grandson asks me questions and I answer him, and the boy replies: "Wow, you are great uncle David, for every question you have an answer. You are a genius." I feel very good although I know it is silly.

General: Warmth agg., sleeps without covering and if he is alone he even sleeps without any clothes. He says he does not like any limitations. Also in the winter. "I am really a warm person, even at my age."

He is very methodical. If he does something, it has to be really meticulous. Everything needs to be in the proper place. He admits that his daughter is very much like him – she is also very fastidious.

Craving – sweets

ANALYSIS

The patient arrives with an allergic cough that lasts six months, after returning from Australia. He describes two difficult relationships in his life. One was with his first wife, when they moved to Australia and he felt difficulty settling down there.

The second one was after her death, when he left Australia and came back and remarried, but again, he found real difficulty in his relationship. The criticism he felt, the lack of respect he felt from her, the humiliation, all those turned into a routine in his daily life and he could not handle that.

He feels alone, reserved, and has difficulty in making friends but most of all he is starving for appreciation, for feedback from his surroundings. He works as a teacher and he is looking for those good words from his students as well from their parents. It increases his self-confidence so he can feel now he has his own ego.

So the patient deals with his relationships (a theme of the third row) where he finds no warmth, no support, and no emotional care. There is a need for performance and appreciation, teaching and sharing his knowledge on one hand, and a feeling of being scorned, suppressed, put down, and criticized on the other hand.

Various chemical compounds produce unusual color combinations in the sulfurous sacred waters of the Maori in New Zealand.

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Prescription: *Argentum sulphuricum* 30C, split dose. But unfortunately this turned out to be a mistake.

Progress: Two weeks later I got a phone call. He asked to come immediately. He says that right after the remedy he feels a great lassitude, like his brain is not functioning, which lasts for one day. Then he had laryngitis – he lost his voice for three days so he took antihistamine and since then there is a slight amelioration in the cough. He said: "But what I feel especially is my mental state. I recognize signs of depression in me. A real depression and I never felt like that in my life. I think I am quite optimistic although I didn't have an easy life. My wife and I no longer live together. I took a small room in another city."
It is only two weeks after he took the remedy, but the deterioration in his mental state made me realize that the remedy is not the right one. The remedy was close enough to touch him and bring out the deeper sensations he lived with, so one can now see the right remedy.

CASETAKING II

Please tell me about the depression.

I simply want to do nothing. Every action, every task, the most simple ones seem to me like a huge exertion, whether it's to get up from a chair or out of bed, or if a towel is on the floor and I need to pick it up. Things I used to like are of no interest anymore. I used to like classical music, but I don't like hearing music now. I used to love walking by the sea, but now nothing… If it were up to me, I would rather stay in my bed all day long. Even watching TV seems useless and unimportant.
I do not want to meet anybody. When the phone rings it bothers me, too much effort to answer. I was never like this before.
So here I am, a 77-year-old man, alone. I have only one sister here and our relations are quite bad. I feel alone. I have nothing to expect from life. I did have this feeling through the last years but it seems to have increased really badly now.
(Here one can see that we actually hear the same words as he told us during the initial consultation, just in a much higher degree. It is as if Argentum sulphuricum touched him so deeply and brought out his mental state that was hidden there for all those years. This is a very good reaction for the remedy, because although it is not the simillimum, the body was healthy enough to show its disease and what needs to be cured in the case.)

Since when have you noticed the depression?
I felt it gradually. When my wife and I lived together I didn't have so much choice. She is the type who needs to go out every night. She did not let me stay at home. Now I am alone so no one tells me anything, so I feel it stronger. I think that for the last two years I feel that I have nothing to expect.
I have no interest in anything; everything is a huge task. Work was good for me. I do work now but with no interest, not alive. It is not easy for me to make friends, but it is also not easy to be left alone.
I am not going back to my wife, I feel like I am a burden on her. I will not force myself on my children either. I will die before such a thing happens. I would prefer to sit in a small corner and die; this is what I will choose.
How does it feel when someone is a burden?
Worthless and disrespectful. If I find that I need to live on my children's support, I will put a bullet in my head. I am serious.
When I have anxieties or think what will happen if I get sick, then there is always a thought that runs in my mind. Well, OK. I have lived my life and I won't let G-d play with me. If it is going to be too difficult for me to cope, then I will simply shoot myself. That's it! I need a challenge, something that will interest me, or it's not a life anymore.
(Again the same themes that ran through the whole case – honour, ego, masochism … and his choice to cope with those feelings of intense desperation by choosing to put an end to his life. This is the syphilitic miasm, in which we see destruction and death. So from his own viewpoint, it is better to die but save his pride.)
Please tell me more about not wanting to feel a burden?
I always took care of myself. This is how I was raised. Maybe this is too much masochism… You know, my daughter wanted to send me flight tickets – it stabbed me like a knife. No one sends me flight tickets. Either I have the money or not.
The last two weeks I lost 4kg, I find myself skipping meals and this is not good for me. I used to be a person who likes to eat. And another thing, one of the things I loved to do was living in fantasy. I think it helped me. Usually it is something that affords me great appreciation, like I am sort of a hero … this is silly but it helped me.
What about your love for classical musical that you mentioned?
I do love it. I love sentimental music, but suddenly it feels more depressing, I hear it and get a huge sadness inside so that I need to switch off the radio.

ANALYSIS

The patient's themes: Our patient is a man with an ego, whereby he needs to feel appreciated. This is his mechanism to survive in this world. But deep inside, underneath, there is a broken man, who does not get along in his relationships. Here, in those relationships, he feels quite the contrary. Feelings of domination, humiliation, and low self-esteem bring him to the other pole, where he becomes very vulnerable, and this is the point where his cough started.
His desire for ego, pride, appreciation and feedback are the main things that run through the whole case. This is his survival in this world, or if I may say, this is his oxygen, the air he breathes so he can exist, simply live.
When he starts to feel domination, insult, humiliation, and consequently low self-esteem and worthless in the place where he needs the most warmth and care, his body starts reacting with a cough. When he feels that he cannot handle this anymore, he simply chooses to leave home, to separate from his wife. This is his body's first reaction to deal with those feelings, when ego and pride are taken from him.
Later, when his daughter tries to invite him and wants to buy a flight ticket for him, he experiences a real deterioration. The tiny amount of this pride is going to be taken from him and will not be available for him. At this moment everything collapses in his world and there is nothing to lean on. It is like his last breath is still there in a small amount, but in a few seconds will not be there, will vanish, and when someone doesn't have air they simply can't live. No air means death, and so it is for our patient. Telling his daughter that he does not accept her offer gives him some kind of control over his life, so that he can still feel this pride, these last drops of air that he needs in order to stay alive. When I ask him about it, he says that the shame and embarrassment are so strong that he prefers to put an end to his life. He wants to shoot himself simply so that no one will touch the pride he still has left.

The patient's themes and the remedy picture of *Natrium sulphuricum*: His need for appreciation, honour, ego, and pride along with his difficulty in his relationship, the feeling of domination and humiliation that leads to low self-esteem and finally to a suppressed identity – all this points towards Sulphur (row three). The loneliness, the sadness, the depression, his inability to make contacts and friends and dependency – all these point to Natrium (row three).
Finally, two symptoms finally confirmed the remedy Natrium sulphuricum. The sadness he feels after hearing classical music and his thought of suicide by shooting himself.
Dr R. Sankaran, in his book "Structure Volume 1" writes about Natrium sulphuricum.:
"The central theme of Sulphur is the desire to be appreciated. They feel insulted when they are not appreciated. Thus, the probable theme of Natrum Sulphuricum is, 'I am scorned / disgraced / insulted / not appreciated by the person with whom I have (or seek) a relationship and I must make a great effort to gain appreciation or to be valued by the other person'."

Mind:
- Need for ego, pride
- Need to be in control
- Need for appreciation

SODIUM SULPHATE OR GLAUBER'S SALT

Sodium sulphuricum or sodium sulphate (Glauber's salt), the remedy in this case, is the sodium salt of sulphuric acid. Sodium sulphate was discovered in 1625 by the chemist and apothecary Johann Rudolph Glauber as a component of mineral water. Glauber described the salty taste of this substance and at the same time he recognized its chief medicinal use – as a purgative. From 1658 Glauber experimented with common salt and sulphuric acid, deriving hydrochloric acid together with sodium sulphate, which he was then able to investigate more thoroughly. He discovered a total of 26 possible medical applications.

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- Ailments from criticism
- Sense of misfortune
- Humiliation, underestimate
- Fastidious
- Teaching
- The need to pass his knowledge on

Physical:

- Cough – night agg., lying agg., vomiting with coughing, waking from cough, position, change of amel.
- Desire sweets.
- Warmth agg.

Important phrases from the case for *Sulphur*:

- Does not want to be a puppy, with such a short rope.
- It is not a matter of honour.
- I have some respect.
- I feel humiliated.
- It really means a lot to me when people think good of me.
- I need to get those compliments … this feedback.
- I am important. It's ego.
- Strives for a status and position in his environment.
- Ego determines your place in society.
- When I teach my class it is 100% ego.
- All my life I suffered from the heat.
- If you want to call it masochism …
- Feels worthless and disrespectful.
- I used to like classical music, but don't feel like it now.

- **Important phrases from the case for *Natrium*:**
- Find it hard to make friends.
- I recognize signs of depression in me.
- I used to love walking to the sea, but now nothing.
- I feel alone, nothing to expect from life.
- It is not easy for me to make friends, but it is also not easy to be left alone.

Important phrases from the case for *Natrium sulphuricum*:

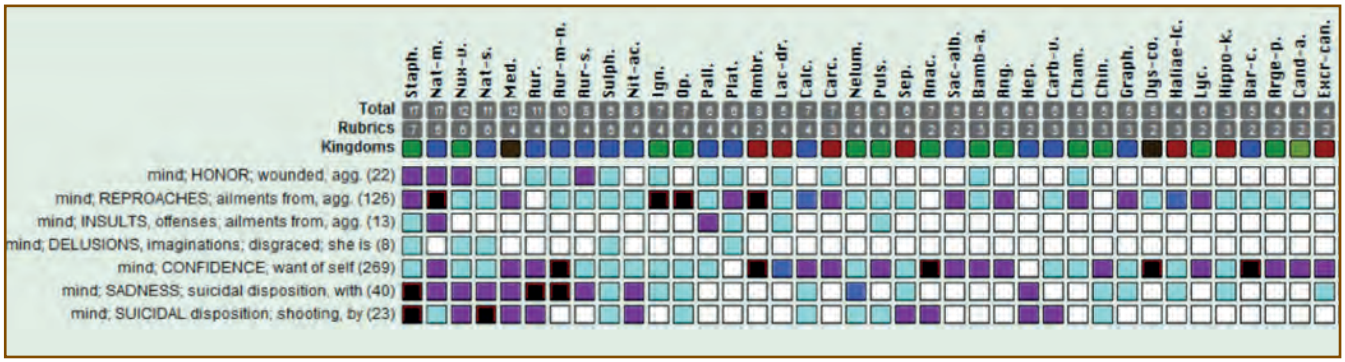
- If I find that I need to live on my children's support, I will put a bullet in my head, I am serious.
- I love sentimental music, but suddenly it feels more depressing, I hear it and get a huge sadness inside so I need to switch the radio off.

Rubrics:

Mind; HONOR; wounded, agg. (22)
Mind; REPROACHES; ailments from, agg. (126)
Mind; INSULTS, offenses; ailments from, agg. (13)
Mind; DELUSIONS, imaginations; disgraced; she is (8)
Mind; CONFIDENCE; want of self (269)
Mind; SADNESS; suicidal disposition, with (40)
Mind; SUICIDAL disposition; shooting, by (23)
Remedy: *Natrium sulphuricum* 200C, split dose

FOLLOW-UP

Two months later: He enters the clinic and says: "I don't know what you gave me but I must learn homeopathy," (he looked



sincere telling me that). Two major things have changed. The first is his mood, which improved after two to three days. The second is his cough, which improved considerably. "Now it is something I can live with." When asking him to explain about his mood changes he explained that when he felt depression before he was unable to find the mental resources to get out of it. So now he decided to invite his wife for a vacation, which felt like a great improvement to him. A month later he bought two tickets to fly abroad and it was really enjoyable for both of them. To my question he answered that it was his initiative, but he still prefers to live separately.

Was it possible for you to think about such a change before?

"Not really. I have lot of empty pride inside myself. But I feel something good has changed in me. I look forward to seeing her, to meeting her. Every other day we go out for a coffee, and it really improves my feelings. Everything is better than just sitting alone at home."

He took out his gun and dismantled it, and now he doesn't think about it anymore. No need to. The cough improved 70% and in addition he bought himself a small radio so he can hear music, which felt great to him.

The remedy seems to be working very nicely at all levels, physical, emotional, and mental, so for now I am waiting.

Three months later: There is a relapse in his condition. The cough starts bothering him again and he again feels the domination from his wife, so I repeat the remedy once again.

Prescription: *Natrium sulphuricum* 200C, one dose

Six months later: "Wow, this remedy is really amazing. Right after taking the remedy I had dreams where I saw my wife and me together, and it felt right. It felt that she is my soulmate, my right partner. I felt that there is no room for my stupid pride, which I had held for so many years. I felt that I wanted to release this place in me."

Two weeks later he moved back home, there was no cough, and he started to meet with family members with whom he had had no contact for years.

One year later: His daughter invited him once again and wanted to buy him two flight tickets. He again feels the humiliation and the wounded honour. There is a slight deterioration in his cough.

Prescription: *Natrium sulphuricum* 1M, one dose

After another three months: "The cough stopped two to three days after taking the remedy, but more important, I suddenly noticed that this is not a matter of pride or an ego from my daughter, on the contrary. I felt that she really wants me to come and she misses me. And you know what? I visited her …"

Another year later I spoke with him. He still feels good with his wife and is enjoying life.

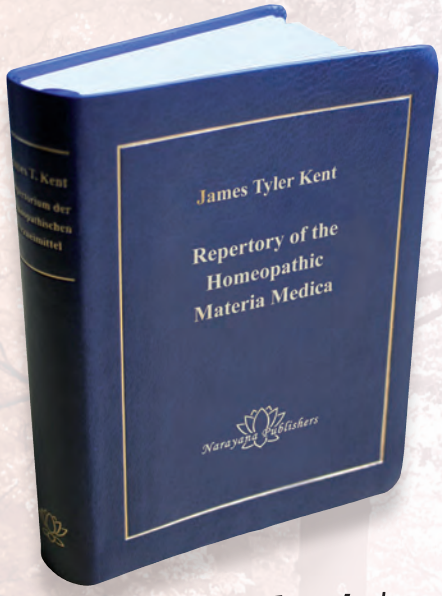
TALI LEVI

RCHom, born 1971, has been practicing homeopathy for 15 years in Israel. She is a member of the "Association of Classical Homeopathy" and runs an ENT practice. She usually works with the Sankaran method but also draws on the insights and experience of the following well-known homeopaths for her own casetaking: Mahesh Gandhi, Jayesh Shah, Jan Scholten, Massimo Mangialavori, Michal Yakir, and Dinesh Chauhan. Tali Levi is an enthusiastic homeopath who helps propagate this healing method with her lectures and seminars throughout Israel. She is the author of a book on first aid in homeopathy, with acute cases from her own practice as well as from other colleagues in Israel and abroad. Her ebook is called "Preventing and Healing: Homeopathic First Aid," available at https://www.amazon.com/Preventing-Healing-Homeopathic-First-Aid-ebook/dp/B00TNCZDF8.

Contact: Tali Levi, Israel, +972 3 5329084; +972 50 6793091; liome@bezeqint.net; www.real-cure.com

James Tyler Kent

Repertory of the Homeopathic Materia Medica



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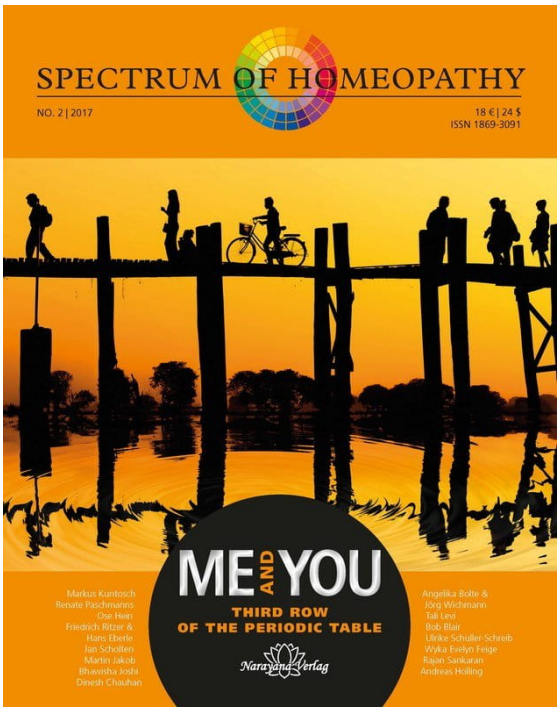

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