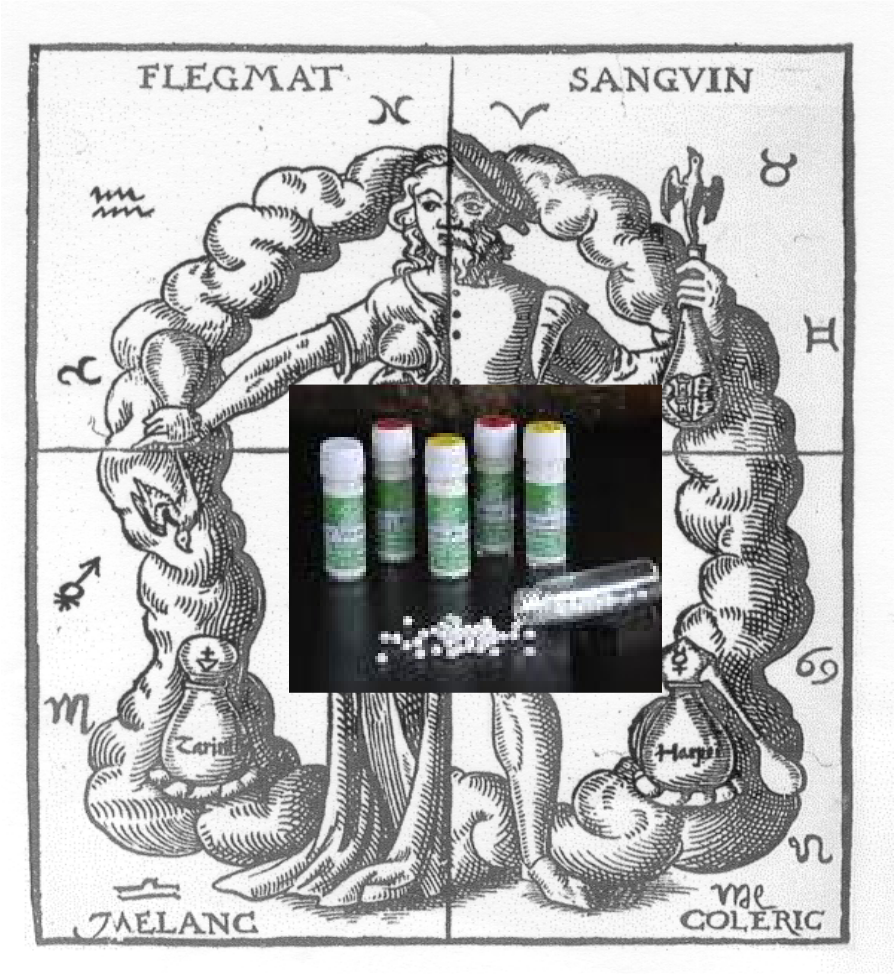
Four Temperaments Homeopathy
for Your Type



People Helping People Live Healthier Lives through Natural Healing

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What is Homeopathy?

Homeopathy is a low-cost, nontoxic system of medicine used by hundreds of millions of people worldwide. It is the second largest health care system in the world today, second only to herbs. It is also ahead of Western medicine in the number of those treated. There are over 500 million people in the world treated with homeopathic medicines, and the number grows every day. (India boasts the largest amount of people treated.)

Many countries in Europe use pharmacists as the first line of treatment in medicine – where pharmacists are trained in, and can prescribe, the use of homeopathic remedies, herbs, and pharmaceutical drugs.

Homeopathic medicines are known for their safety as there are no recorded deaths or injuries. They will not interfere or interact with any Western or alternative medications. They may be taken by those who are pregnant or nursing, infants and children, as well as the elderly. This is why homeopathics are popular with families.

So why does homeopathy work? It moves energy to its proper order, creates balance within the organism, and stimulates the vital force (immune system) to correct imbalances.

There are close to 3,000 individual homeopathic remedies. The home practitioner can treat 70% to 80% of everything they see with an arsenal of approximately 40 remedies. This is a key to success with homeopathy. If you will learn them well, you can do more than most Doctors. You will be able to deal with emergencies, annoyances, and simple acute situations.

Learn more about homeopathy at http://daveshealingnotes/learning-center.html

Where Homeopathy Began



Samuel Hahnemann became a medical doctor in Germany in the late 1700s. Soon, tiring of the suffering of patients and the barbarous practices of bloodletting (leeches) and overdosing with the crude medicines of his day, Dr. Hahnemann began seeking for a better way. His gift of multiple languages allowed him to translate many foreign medical and chemical works for his livelihood.

In 1790 he came upon the subject of Peruvian bark, known as Cinchona. It contains the now world-famous drug known as *quinine*, which had the reputation of curing malaria (formerly referred to as ague – chills and fever intermittently). He experimented upon this “crude drug” taking it twice a day. Soon after, he came up with symptoms of malaria, the very thing for which Cinchona was the cure. As soon as he stopped taking the Cinchona, his symptoms disappeared.

He theorized that if taking large doses of Cinchona would cause malarial symptoms, then a smaller dose might cure someone who actually had malaria. He found, in fact, that

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minute doses of many of the deadly poisons, used as the medicines of his day, were very useful. Through many years of experience and study, Dr. Hahnemann came to realize the principles of homeopathy:

- Like cures like (*Law of Similars*)
- Dilution creates greater potency (*Law of Infinitesimal Dose*)
- All illness is specific to the individual (*a holistic medical view*)

Potency; the Strength of Homeopathic Medicines

Remember, above all, it is most important to find the correct remedy.

Hahnemann found that diluting substances strengthened their power to effect change. You will notice that homeopathic remedies have a name, followed by a number and letter (like Arsenicum Album 30c). The number signifies the *number of times it has been diluted*, and the letter signifies the *strength of the dilution.*

- X potencies are diluted in a 1-to-9 (one-tenth) solution
- C potencies are diluted 1-to-99 (one-hundredth)

Generally, 6x potency is good for physical problems like coughs, colds, and other problems, but can be effective for emergency, chronic or emotional problems. A potency of 30x is stronger and able to deal with most emotional as well as physical symptoms. 6c is similar to 6x; 30c is stronger than, and acts like, 30x; 200c is for emergency care.

How often should a remedy be used? 6c, 6x, 30x, 30c taken 1 to 4 times a day according to how often needed. Faster results come by taking it more often. 200c is used as often as needed in emergency situations. *See First Aid section*.

How to Take Homeopathic Remedies

Take one pellet of the hard (sucrose) or soft (lactose) into the mouth, and let dissolve (cell salts are a different story). The pellets should be dropped into the cap, and then dropped into the mouth without touching hands or mouth. This is done to prevent contamination

The hard pellets are made of table sugar (sucrose) and will not interfere with diabetics and blood sugar. The taste is always the same as the homeopathic solution of 2 or 3 drops is sprayed on 60 to 100 pellets. It only takes 1 pellet for one homeopathic dose. It is not how much you take, but how often, so the bottle will last a long time.

Homeopathic Descriptions

The descriptions included here are specific homeopathic remedies for each temperament to help bring greater balance to life. They are adapted from the *Desktop Guide* by Roger Morrison M.D. and *Physical Examination and Observations in Homeopathy* by Filip Degroote M.D.

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Phlegmatic Temperament Homeopathic Remedies

The phlegmatic temperament, from a psychological standpoint, is the pillar of society or one who preserves the ideals and normality. They are loyal to friends and family to a fault.



They are not as concerned about how life outside their head operates but what is going on inside their head. They seem to be non-responsive to the outside world and slower than the other temperaments. The reason is that they are just looking inside themselves.

The phlegmatic hates to change routine preferring to keep life on a predictable track. When pushed beyond their limits (past their comfort zone) the phlegmatic person can be stubborn and rebellious in a quiet way.

You may use 6X, 30X, 6C or 30C potencies. Learn more about homeopathy at daveshealingnotes.com/learning-center

Calcarea Carb is the archetypal phlegmatic who is very responsible and wants security. They are hard workers and may take on responsibilities which overwhelm them to the point of collapse. This may translate to anxiety and fears about finances and work, and fears of rodents, spiders, insects, the dark, diseases, poverty or heights. The calc carb person avoids conflict and violence. They are independent because they like to finish their work in a systematic way, if they started the project. The calc carb person is recognized by an obese flabby body with weak ankles, and fears.

Lycopodium has a thinner build than calc carb but has poor muscle tone (flabby). Poor self esteem is an issue as this person is proper in public settings and never wants to be embarrassed, yet is a bully in private. This often causes them to compensate by bragging about real or imaginary feats. Their fears are of people, embarrassment, health, or being alone at night. They lack self control with sweets or sexual liaisons to satisfy their need for love. Paradoxically, they may experience impotence. There is also fear of committing to long-term relationships. The Lycopodium person is recognized by digestive problems such as gas and bloating, and weakness or tiredness from 4pm to 8 pm. They don't like company but dread being alone.

Carbo veg is phlegmatic because they are tired, exhausted, weak and cold as a result of some previous debilitating disease condition. Emotionally this makes them very apathetic about people and things, which is understandable because their physical body doesn't want to support them. Due to physical exhaustion they may be negative, irritable (especially around family), and use harsh or cutting remarks. Memory and concentration become difficult. The carbo veg person is recognized when a person has digestive upsets with gas and a noisy stomach; they fanning themselves for more air flow, must

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sit up to sleep, and tend to have a cold tip of the nose. This remedy is also used for trapped gas after surgeries and even cardio collapse or other heart disease symptoms.

Dulcamara can be confused with calc carb as they are obese, chilly and have a pale face and red cheeks. They are affected by cold, wet conditions. The dulcamara person is very up tight and picks at their clothes, are quarrelsome and concerned about family members, with their own, taking time to discuss family controversies. The dulcamara person is recognized by their physical problems (arthritis or respiratory problems) associated with cold damp weather.

Antimonium tart is the person affected by heat, touch and even being looked at (in children). The adult is romantic and dreamy, but may be morose (sad, negative); can be obese. The antimonium tart person is most recognized by rattling of mucus in the chest from respiratory and digestive problems with a white coated tongue.

Capsicum is also mistaken for calcarea carb with obesity. Emotionally they dwell in the past and are nostalgic and homesick. This can lead to suicidal thoughts. This can be accompanied with slow thinking and homesickness leading to alcohol abuse to alleviate their suffering. The capsicum person is most recognized by acne rosacea (redness on the nose and cheeks) and cravings for stimulants and spicy foods.

Digitalis is seen with a weakness and sluggishness of the lymphatics, often seen in the elderly or women who suffer from heart palpitations after a love loss. This is a strong heart remedy. Digitalis people are recognized by heart palpitations from a slow heart rate (bradycardia). Emotionally they suffer from guilt feelings or fear of heart problems.

Sanguine Temperament Homeopathic Remedies



Sanguine temperament is the life of the party, enjoying life to the fullest. Whatever is glitter and shiny attracts them. Material things are what brings the good life, thus they tend to go out on a limb to get them.

Popular people fascinate them. This may lead them to superficial relationships which, if sexual, are intense but brief. At another level it is about excitement and variety; they're all about being in the moment.

You may use 6X, 30X, 6C or 30C potencies.

Hyoscyamus has in obesity and weak connective tissue (is flabby). They're nervous and irritable, looking for excitement. They tell dirty jokes but for the shock value. This is the classic homeopathic remedy for those who expose their genitals to others for the pleasure of seeing the other person react; they are the person who dances naked on a table at the party. This behavior may escalate to violence toward self (mutilation) or

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others (strikes or spits) or other criminal violence; this spectrum can range from odd behaviors and gestures to criminal behavior to mental illness. The Hyoscyamus person is recognized by their talkativeness, jealousy, suspicion, provocative dressing, crude jokes, and exhibitionism. In children there are silly annoying and sexual behaviors.

Lachesis can look like Hyoscyamus but more toned down sexually (not the exhibitionist). It is seen in the manic depressive or is now known as bipolar. Doctor Degroote describes 3 kinds: (1) extroverted, haughty, makes you feel inferior, wants to be admired, garish dresser, big talker that rushes words, is loud, slightly foams at the mouth and licks upper lip, thoughts are random and rapidly changing; (2) intense, uses few words but has constricting or suffocating feeling in her presence, can throw out caustic remarks; (3) conservative introverted, sensitive, doesn't let out emotions and doesn't want to hurt anyone. Lachesis when more balanced can be fun and sexy. The Lachesis person is recognized by not wanting anything tight around the neck, jealousy, random talkativeness, high sex drive, and fear of snakes.

Phosphorus has a lack of boundaries as their own boundaries are often violated. They can be fun, warm and are at ease in groups of people. Their sensitivity can run the spectrum of knowing intuitively what is going on to being psychic and seeing spirits. The phosphorus person is influenced by others and suffers from being an empathic who can actually feel the physical and emotional pain of others. In a healthy state they will recognize others' problems but not be overcome by them. The phosphorus person is recognized by having frequent nose bleeds, being afraid of the dark, has respiratory issues or mental health problems.

Choleric Temperament Homeopathic Remedies

The choleric temperament is hot and fiery, always on the go, and wants a project of some sort to achieve. They're quick to understand and apply themselves to a project or a personal goal; they are the achievers and tend to emerge as the leader of a group, club or organization. The choleric person is given to logic and to what makes sense to their left brain.



You may use 6X, 30X, 6C or 30C potencies.

Nux vomica is the leader, pushing others by their indomitable character. This is driven with stimulants such as coffee, alcohol, and other caffeine products. They play hard and work hard, just don't get in their way. Nux vomica people tend to roll over everyone unless confronted and explained their reasons in logic they can understand. They keep long hours and use the stimulants to keep going. This can lead to liver problems and even disease. It first starts out as digestive upsets and heartburn then irritability, grumpiness, passive aggressive behavior, and anger or even rage. The nux vomica person is recognized by complaints that food sits in the stomach like a rock, has anger, rage, or alcoholism.

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Arsenicum album is the perfectionist. Early in life their delusion was to overdo, over clean and over organize. This behavior was reinforced by praise from parents that their child was growing up to be a good citizen. These people can have multiple jobs or responsibilities which may lead to collapse or chronic fatigue syndrome. The Arsenicum person is recognized by being so tidy, you could eat off their floor, too high of expectations of other people including family members, and physical conditions where the pain is burning but is relieved by heat.

Chamomilla is regularly used for the inconsolable child who screams, refusing everything they ask for, and are only consoled by being carried. Adults are similar and are overly sensitive to pain, becoming irritable and angry (things must be done to the "letter of the law" like the policemen or judge says. Chamomilla people are recognized by their oversensitivity to pain (nerve pain) and digestive complaints.

Bryonia is seen in acute cases where there are sharp sticking pains *only* upon movement. This can be from injury or respiratory complaints. Emotionally they are dry (emotionless), and financially driven. They only want financial security. Bryonia is recognized by sharp sticking pains while it hurts to move, in grumpy irritable people who don't want to answer questions which are irrelevant to them.

Melancholic Temperament Homeopathic Remedies



The melancholic temperament is a deep soulful person who looks deep and long to the truth of life. They are romantic and write poetry and concerned with justice. When justice is not served it brings them sadness, irritability and even melancholy or depression. If they're not careful they can become cynical.

You may use 6X, 30X, 6C or 30C potencies.

Aurum metallicum is for serious dignified looking people who strive for perfection. They attain high goals and achievements. They are linked to financial success as aurum is made from native gold which equals value, worth, or has its opposite-failure. Aurum people are connected to deep spiritual practices and meditation. When there is financial failure or some sort of humiliation they get depressed to the point of suicide. They often appear serious. They may feel suicidal by driving into ongoing traffic or jumping off a high place. They don't let anyone know about the suicide. Aurum people are recognized by pain that causes them to contemplate suicide or have high blood pressure.

Staphysagria is a person who has experienced some type of abuse, or sexual abuse as a child. If they can't remember parts of their childhood from 5 years on it may be an indication. They are the unfortunate victims of predators, to circumstances beyond their control. It can also be a person trapped into a situation where there appears no easy exit, as someone in an unhappy marriage where they feel they can't get out. This

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manifests itself either with a high sex drive from puberty or completely shut down in this area. A Staphysagria person is recognized by chronic urinary tract infections worse from intercourse, being in an unhappy relationship.

Veratrum album is mentally over stimulated, sometimes leading to arrogance. Under stress it can go further to manic activities with meaningless conversations and gestures. Severe stress leads to mental illness from obsessive religious thoughts and prayers. It may even lead to the person becoming a street preacher calling everyone to repent as the world is going to hell soon. They may also be irritable, be socially inappropriate (kissing people indiscriminately), and rude. Veratrum album is recognized by intestinal problems where the person has cold sweat with bowel movements.

Natrum muriaticum is the typical melancholic where they are very sensitive to the remarks of other people. They are romantic and think of unattainable people. They can have an emotional episode from unrequited love or rejection in which they say to themselves, consciously or subconsciously, they will never let themselves be hurt again. This leads them to isolate whenever they feel emotionally threatened. They almost never cry in public or let anyone console them. They are very private. They only trust a few people. This also can be caused from grief of losing someone. They also can't urinate in the presence of others. Natrum mur people are recognized by their craving for salt, fever blisters on their lips and isolating themselves when under stress.

Ambra grisea people are usually thin and old looking. They are similar to Nat mur as they can't urinate around other people; this is more pronounced as no one can be in the same house while they urinate. They are hypersensitive to their surroundings. Their nervous system is so over stimulated they can't bear noise or music. When over sensitized they don't listen to other and talk over them. In a deeper state they can proceed to senility and it is hard to get ideas through to them. Many ambra grisea people are in professions where they have to listen to people all day. This can be hairdressers, counselors, doctors, nurses, teachers, etc. People who need ambra grisea are recognized by their inability to have bathroom experiences when others are in the house, their inability to tolerate noise or music.

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