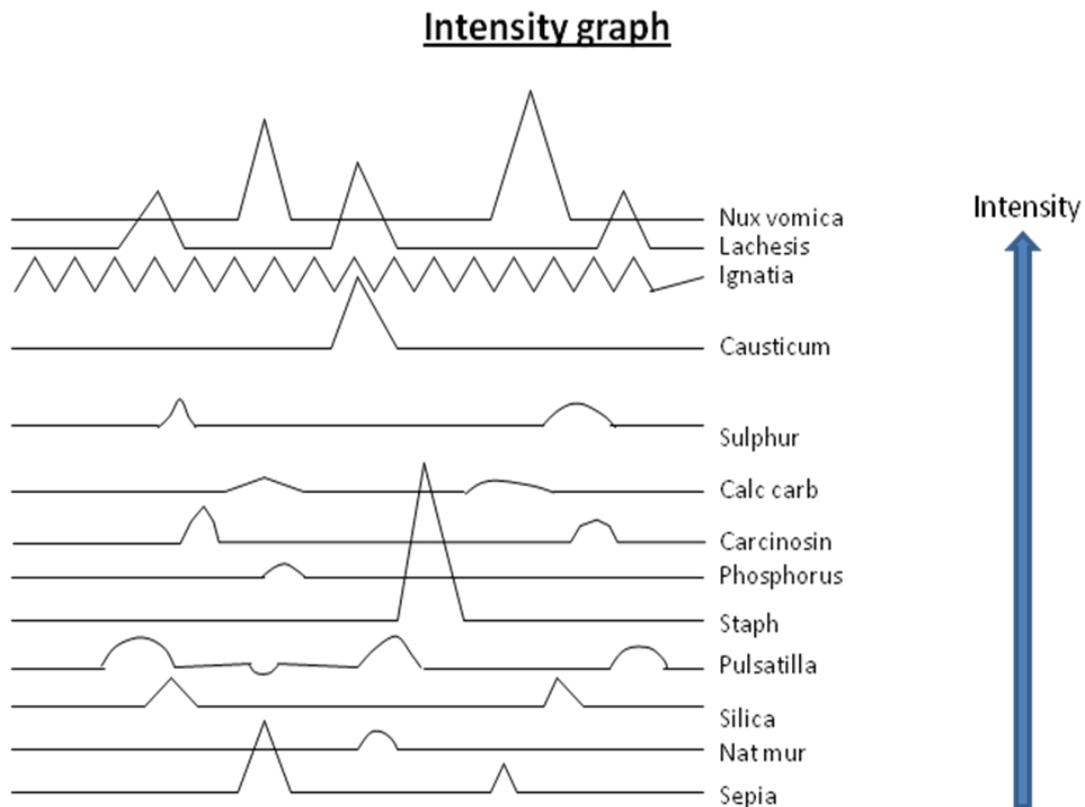


Visual Homeopathy

Identifying the Most Common Homeopathic Constitutions Within Minutes



Dr. Sharum Sharif, ND
Fifth Edition

Disclaimer and Miscellaneous Notes about this Book:

- 1) **This book is best used along with the class** where the student views numerous patient videos to enhance their knowledge of the homeopathic constitutional types. Of course, this book can also be used independently.
- 2) **The main audience for this book is meant to be naturopathic medical students or doctors.** However, any health care practitioner or lay person can use this book to learn homeopathy. The beginner as well as the advanced homeopathic practitioner should both find the information in this book very practical and useful.
- 3) A word of caution to the reader: The information presented in this book is based on my training and professional experience. The treatments recommended in this book should not be undertaken without first consulting a physician. Proper laboratory and clinical monitoring is essential to achieving the goals of finding safe and natural treatments. This book was written for informational and educational purposes only. It is not intended to provide medical advice.
- 4) I believe that there are various archetypes among us. **Each constitutional homeopathic remedy stands for a unique archetype.** The way I describe each remedy is not based on the superficial personality traits in people- it is based on an archetypical way of looking at humans. I believe this is real constitutional homeopathy.
- 5) The information in this book presents my experience of learning and using homeopathy for close to 10 years. All information is current and relative to my experience using these remedies at the time of writing. My opinions and beliefs about the remedies are ever-evolving as I gain more insight into each remedy.
- 6) **Some of what I write in this book is not necessarily found in conventional textbooks of Materia Medica.** I talk about the “energy” of some of these constitutions, and how they come across kinesthetically. This approach to homeopathy is NOT very conventional, and you will not find much information on this aspect of the remedies in conventional Materia Medicas.
- 7) I have expressed many ideas in this book that may not be shared by other more conventional homeopaths. I have made sure to point out my **own personal opinions** throughout this book so that you do not come to believe that these ideas are “conventional” ideas about homeopathy shared by all other homeopaths.
- 8) The method of organizing the remedies into three categories is strictly my method. The personality trait table and the “intensity graph” are also my own creation.
- 9) The top remedies in the United States may be different from the top remedies in other countries. More on this later....
- 10) **Almost all of what you will hear this weekend is already typed up in the book. So sit back, relax and enjoy learning Visual Homeopathy.**

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INTRODUCTION

Do you need a plant identification book to identify a red rose? Identifying Calc carb, Phosphorus, or other very common (polycrest) constitutional homeopathic types is just as simple as identifying a red rose.

If a person asks you the name of a food that is round with cheese and pepperoni on top, you should not hesitate to say “*pepperoni pizza*.” This is how you can view each of the main homeopathic remedies. Once you recognize a person’s remedy, you won’t need to ask numerous questions about their life. To return to the rose analogy above, you don’t have to ask what the flower smells like, or if it has thorns, because you clearly see that it is a rose so you can assume it has the basic features of a rose.

For those new to homeopathy, I’d like to briefly define what is meant by the term “constitutional” homeopathy before we go any further. A “constitutional” homeopathic remedy matches the person on the physical and mental/emotional levels, and thereby can significantly help a person on all these levels. This is precisely why people love their “constitutional” remedy.

By using the techniques in this book and seminar, you do not have to spend hours trying to find a person’s constitutional homeopathic remedy by “repertorizing” the case (refer to the section on repertorization). You can become so quick at identifying the top polycrests, that if you see someone with a few main traits of a homeopathic remedy, you will quickly be able to know their constitution.

The main audience for this book is meant to be naturopathic medical students or doctors. However, any health care practitioner can use this book to learn homeopathy. The beginner, as well as the advanced homeopathic practitioner, should both find the information in this book very practical and useful.

For those of you who know and respect Dr. John Bastyr, ND, I would like to remind you that Dr. Bastyr’s most favored modality, in his own words, was homeopathy. (Dr. John Bastyr was one of the main figures in the field of naturopathy in the United States over the last century.)

“Acute” prescribing in homeopathy?

You can prescribe homeopathy in a similar way as pharmaceutical drugs by giving a remedy for a particular ailment/symptom. This method of prescribing homeopathic remedies is known as “acute” prescribing. Even though it can be of help at times, it is definitely not considered to be the best of what homeopathy has to offer, which is called “constitutional” homeopathy. An example of acute prescribing would be giving Arsenicum album 30C to a patient with the stomach flu (a few pills at a time, 3-4 times daily as needed). This might help, but their constitutional remedy can be significantly more helpful. Another example might be the common use of Arnica in an acute injury or after a surgery.

What is “constitutional” homeopathy? What is the significance of a person’s constitutional remedy?

Unlike acute remedies, which are based on just the symptoms at hand, constitutional homeopathy is prescribed based on a person’s entire being: their energy, temperament, demeanor, mental functioning, AND physical symptoms. For most people, taking a constitutional homeopathic remedy is an entirely different experience from taking other natural or prescription medicines. In our experience, homeopaths have found that patients enjoy the greatest number of benefits - mentally, emotionally and physically - when they take their constitutional remedy. Homeopathy is different from other branches of medicine in a number of ways, including the following:

- It affects you on mental, emotional, and physical levels, all at the same time.
- It can take effect within minutes to hours, and the effects can last from weeks to months.
- It can alleviate, and in many cases, cure health problems that other natural medicines or pharmaceutical medications may not be able to.
- It costs far less than all other medicines, including other natural ones.

I practice homeopathy almost entirely based on what constitutional state a person is in at the time I see them. Just because a patient has Arsenicum-like digestive complaints, I don’t prescribe Arsenicum for them. The patient’s mental/emotional state also needs to match Arsenicum (i.e. extreme anxiety, compulsive, fastidious, etc.) in order for a constitutional prescriber to recommend the remedy Arsenicum.

What are polycrest homeopathic remedies?

Polycrests are the most common and well-known constitutional homeopathic remedies. The exact number of polycrests is debatable. There are thousands of homeopathic remedies, and of all these, the top remedies are close to 30-40, which are known as polycrests. We won’t cover all the polycrests in this course, but we will cover the most common polycrests that I see in my family medicine practice in the city of Kent, Washington. These common polycrests cover about 70-80% of my patient population. Note that there are many polycrests, such as Thuja, that I may not cover in this seminar because I rarely see a Thuja case in my practice. By taking this course you will become very familiar with the top polycrests. So when you see someone that does not fit what you learn here, you know you will need to reportorize that case because the remedy is more “unusual” than the common polycrests.

Purpose of this course

*Not everyone who is angry is Nux vomica, and
not everyone who smiles is Phosphorus.*

The title of this book, Visual Homeopathy, is not entirely descriptive of the nature of this course. Homeopathy is not just about visual or energetic information; it is also about the information gained from all the senses. Visual information is critical, but you also have to listen to how the

person talks, what he/she sounds like, etc. The tone and pitch of the voice is just as telling as the physique. If you are an intuitive person, you already use all your senses very keenly, and are not just “looking” at people. Regardless of whether you are very intuitive or not, sometimes you can simply look at a person and know the remedy based on visual cues only. Even in such simple cases, it is best to ask some confirmatory questions. Most of the time you will be using a combination of visual, sensory, and energetic cues, and asking a few key questions to be sure you chose the correct remedy.

Interpreting human behavior is the emphasis of this class. It is not as much about homeopathic remedies as it is about ***learning how to identify various human traits***. Most homeopathy classes do not cover this aspect of prescribing very thoroughly. The visual homeopathy method is based on reading people. You will learn how to interpret facial expressions and body language/body type. This class will strengthen your visual ability so that you can see people with “homeopathic” glasses and will strengthen your case-taking abilities. For example, take a very friendly person who is emotionally independent (not clingy), and does not have any weird psychological disorders, smiles often, and is kind. What is their remedy? You should at least think of Phosphorus as a possibility. If nice, but clingy, you should think Pulsatilla. Finding the right remedy can happen that quickly.

To successfully find most of your patients’ constitutional homeopathic remedy, you need to be able to recognize the most common personality patterns, which can be learned even if you are not highly intuitive. I find that some of my students who are not very intuitive can learn the top 15-20 remedies with a little practice. If you are highly intuitive, however, then you can learn many more remedies because you can distinguish the subtle differences amongst people.

Homeopathy can be extremely complicated if you want to master it. This book and class are an attempt to make the subject of homeopathy much more easy, fun, and applicable for beginners, as well as more experienced homeopaths who are struggling in their practices. I specifically encourage ND’s (naturopathic doctors) to consider prescribing homeopathic remedies using this technique, as it will most definitely increase your efficiency and success with your patients. In addition, it will turn your practice from a slow one to a booming one. One successful prescription can result in numerous patient referrals, as people in our society rarely experience healing so rapidly and deeply.

The material in this book is not intended for those with no medical background. This class is ideal for students who already have some background homeopathic knowledge. It is also very beneficial to practicing homeopaths that would like to enhance their speed of recognition of common remedies. You don’t need a repertory or a Materia Medica in addition to this book. It’s most helpful to take the seminar that goes with this book so you can watch all the videos to fully understand how to recognize the common remedies. In this course I utilize my patient videos to simplify an art that is very difficult to learn otherwise. If you take a case based solely on words and intellect, you can often come up with the wrong remedy because there is more to homeopathy than what the patient can or will tell you in words. I would like to encourage the reader to watch as many videos on the Visual Homeopathy website (www.VisualHomeopathy.com) as possible, either prior to or following the seminar. Watch the videos several times in order to get an in-depth understanding of the remedies. As you watch

numerous patient testimonials both in class and on my website, you will hopefully realize why you should invest time and effort in learning homeopathy due to the powerful effects the remedies can have on the mental, emotional, and physical levels of patients.

The advantage of having taken other homeopathy classes is that you will be able to fully embrace and appreciate the subtleties that I have brought up in this book/seminar that you don't find in other books/seminars. For example, I talk about the energetic difference between Carcinosisin and Phosphorus patients as follows: Carcinosisin's kinesthetic energy is tense and more focused. This book and seminar is based on a kinesthetic and energetic approach to homeopathy.

We cover aspects of the remedies that are not covered in the Materia Medica. For example, we talk about how Ignatia is intense, irritable and can get snappy. This sort of information is not in the Materia Medica. When we learn homeopathy in school, we are taught that Ignatia is a "grief" remedy. I often hear that a patient is given Ignatia because they are experiencing grief. This approach may be, at the best, called acute prescribing as opposed to constitutional homeopathy. A Phosphorus who loses a loved one can experience grief, but this does not make the Phosphorus an Ignatia. This careless prescribing, which is seen in some homeopathic practices, is one reason homeopathy is not a part of mainstream naturopathic medicine, let alone a part of conventional medicine.

Once you learn the most common polycrest remedies, you can treat a very large number of diseases or imbalances in over 70-80% of your patients. You can help patients with conditions ranging from a simple cold/flu to autism with 15 small bottles that can fit in your pocket. I wish I had known these basic remedies when I first started practicing. Years back I had a patient who was deeply depressed, highly sensitive to others' comments about her, and she would get emotionally hurt very easily. She ended up committing suicide. In retrospect, I know that her remedy was Natrum muriaticum, and giving her this remedy could have given her a new perspective on life, and thus, potentially help save her life. Knowing a person's constitutional remedy can save his/her life when all else fails.

Another purpose of this class is that you don't mix up very common and obvious remedies. By the time you are done with this weekend, it will be very unlikely for you to confuse Phosphorus and Pulsatilla (because they are both nicer people), or confuse Nux vomica and Lachesis (because they can both be intense and rude).

Experienced homeopaths can tell a person's (or even an animal's) remedy by merely observing, but they may not teach it this way. Often times, experienced homeopaths can guess the constitutional remedy for a child, a pet, someone in a coma, or a movie character by merely looking at him or her. How do they do that? My attempt is to teach homeopathy in this way. "Visual homeopathy" is based on figuring out a person's remedy based on their energy, mannerisms, the way they move, the quality of their voice, and the way they sing, walk, argue, etc. My good teacher, Dr. Paul Herscu, ND, frequently talks about learning much about the patient "upon the first handshake." Of course, he does not suffice only with the kinesthetic approach, but he heavily emphasizes the importance of this aspect of case-taking.

There are other reasons for offering this course. Please refer to the section on “Advantages of Homeopathy.”

HOW TO QUICKLY FIND A PERSON'S REMEDY

The following are the main two steps involved in the Visual Homeopathy technique. You will find many tools in this book that will help you with both of the following steps.

- 1) **Know the kinesthetic/energetic feeling of the common 15-20 remedies (polycrests), and understand the top 2-3 main keynotes for these remedies.**
- 2) **Match the person to one of these remedies.**

Overview of the seminar intended to go along with this book

Some of what you will learn in the Visual Homeopathy seminar is as follows:

- 1) How to identify human traits using real patient videos. "Traits" are at the level of the ego. We don't judge them as good or bad, they just "are."
- 2) The remedies are picked based on emotional traits and physical symptoms.
- 3) What we mean in homeopathy by various human traits such as "anger" or "intense."
- 4) How to dose and redose patients.
- 5) Basics of homeopathic medicine (such as what is "acute" versus "constitutional" prescribing, etc.).
- 6) Materia Medica - explanation of some of the most common remedies you will face in your day-to-day practice, and how to find the right remedy for someone in minutes (instead of the traditional 1-2 hour interview).

Treating disease homeopathically

How do you treat high blood pressure, high cholesterol, or other pathological conditions using homeopathy? This sort of information is not going to be in the homeopathic repertory ("repertory" will be discussed later). Twenty people can have hypertension, and each of them might get a unique homeopathic remedy based on their personality. This is why homeopathy is considered to be one of the most holistic branches of medicine. **In homeopathy, we don't really treat an illness at all; we treat the person. We shift their state so they are not as reactive to whatever is stressing them.**

In naturopathic medicine, you usually help the patient's body heal first. At some point, as their physical body heals, they will become ready for their emotional body to heal. For example, at first the patient might want their acid reflux to be treated, but later on, they are more open to having their emotions healed. In many cases, however, you must heal the emotions first before the person's body can start to heal. This is when homeopathy can come in.

In homeopathy, the patient's chi/energy/emotions always improve first, before they feel improvements on the physical level. To heal on the energetic level, you need to know what needs to be "fixed" energetically in your patient. A phosphorus person needs to be more collected and grounded because their energy is too diffuse. Natrum muriaticum's vulnerability and reservation

is what needs to be healed. If you can't tell, ask yourself, "What is the most outstanding trait in this person?" For a Natrum muriaticum, it is the reserved part of their personality. You may not see their vulnerability, but you will see their hesitancy to open up and share their emotions with you. You can see that their energy is too inward.

Some homeopaths, such as Dr. Paul Herscu, ND, talk about "treating what needs to be fixed." This is a concept that took me a long time to understand. Where is the person off balance, what is their story now? What do you see? What needs to be fixed in a Natrum muriaticum person is on an emotional plane. Even if they're not complaining of depression or anxiety, or any kind of psychological ailment, their main feature is vulnerability and sensitivity, so it's always an emotional healing for them. If you look at a Silica, on the other hand, what usually needs to be fixed is not their emotions, but their body. Their main problem is almost always on the physical plane; they have a lot of digestive problems, structural problems, etc. I speculate that's what Dr. Herscu means when he says, "look for what needs to be fixed." So if you are stuck between Natrum muriaticum and Silica, which can sometimes feel similar to one another, instead of worrying about if they like the sun or not (note that, according to the Materia Medica, Nat mur does not like the sun), ask yourself, where is their imbalance? Is it physical or emotional? As a rule, if it's emotional, you should lean more toward Natrum muriaticum. If, on the other hand, the imbalance is more on a physical level, you should lean toward Silica.

we use in the Visual Homeopathy technique. If you understand the peaks and valleys of their personality/ego, then that should be enough, even if you can't identify any physical symptoms. For example, a Calc Carb is hard working and stubborn. You can see these traits in them whether they are healthy or ill. Although it is understandable that an ill Calcarea carbonicum might not have the energy to be as hard working, there will still be something in their attitude and mannerisms which shows that they have that tendency.

Differences between this course and other homeopathic courses where videos are shown for teaching purposes:

In this class, we do a comparative analysis of numerous remedies using several hundred videos of real patients plus a few actors/actresses. Sometimes, we compare and contrast several constitutional types within a minute to illustrate the way each constitution might say or do a particular thing such as saying hello. These patients have signed a consent form to let me show their video to the students. The videos shown in this class are usually not from the actual interview. The videos are often taken in any of the following situations:

- 1) While the person is feeling changes in their body (and with their emotions) within minutes after having taken the remedy in the office.
- 2) Patient (or their parent) gives a report of changes they have experienced days, weeks or months after having taken the remedy.
- 3) Different constitutions in my office interacting with one another about a particular subject.

Additionally, while viewing the patient videos, I will try to **show the punch lines** so that you can see what is meant by “aggressive,” “passive,” “intense,” “nice,” etc. In order to emphasize various human traits talked about in homeopathy, I will stop and replay specific sections of the videos to compare how various traits might show themselves to you in your office. For example, I will show a video clip of an Ignatia person saying “hello” and demonstrate to you how that differs from the way a Phosphorus person says “hello.” Phosphorus would say hello in a much more relaxed and friendly manner than Ignatia. In most other classes, instructors show a section of the actual interview or the entire interview, hoping you will somehow see the essence of the remedy under question without bringing out (or focusing on) the **essence** of the person being videoed. I believe students need to be taught how to see the essence of each patient by keen observation and asking a few key questions without long interviews. There is a section in this book called “key questions,” and you will find the top questions that I might ask our patients during the interview process. As you will note, the questions in this list are to the point and direct, which is the way I carry out most of my interviews with patients. In some cases, you do need to be more cautious and avoid asking direct questions. This comes with experience.

We won't see many full-length patient interviews during this weekend seminar. Watching the entire interview, as opposed to watching the patient after the fact, or watching them while they report changes in their being once they have taken the remedy in the office, has its own merit since you get to see how the homeopath carries out the interview. Another advantage of watching the entire interview is that you might catch certain subtle things that you might miss otherwise. You might have to watch a patient video for 30-60 minutes before you get to see the punch line- the trait the patient is exhibiting that gives them away. However, to learn the remedies using this method, it might take months to cover the top 20-30 remedies. We will hopefully accomplish the same goal in a much shorter period of time (one weekend) by showing the punch lines of each remedy. We will replay the specific key sections of the videos, and comparing the trait being exhibited to other remedies so that the student is able to compare and contrast them, which is exactly how you are going to learn the remedies. I believe much of our learning as human beings is through a process of comparing and contrasting at the conscious as well as the subconscious level.

Requirement for this method of prescribing

You need to be intuitive, or at least work on improving your intuition by some means (such as through meditation, etc.). Numerous times I have encountered patients who were given an incorrect constitutional remedy by another homeopathic practitioner. This is very disheartening to me. How could an Ignatia constitutional type receive Sepia? Or, how could a Natrum muriaticum person receive Nux vomica? Or, Carcinosa receive Sulphur? Why is homeopathy so difficult to practice? The reason is that most practitioners have not learned how to correctly discern between superficial human behaviors and core personality traits. For example, if a person acts angry, that does not mean they are the “angry” constitutional type. If a Pulsatilla yells and screams, that does not mean that you should think of Nux vomica. A Nux roars, but a Pulsatilla squeals. You need to learn what is meant by “roaring” versus “squealing” when we are talking about people. You need to see (in person or on video) what kind of energy a Nux carries and puts out versus a Pulsatilla. This experience will help to minimize mistakes.

VISUAL HOMEOPATHY

Identification of human traits by keen observation...

Key Concepts In Visual Prescribing

Homeopathy is “energy” medicine, and I believe you can best practice it if you pay attention to the “energy” of the patient, or the kinesthetic feeling of the patient, as opposed to going by long-drawn out, unfocused discussions which might end up being very confusing in the end. Therefore, what I have written on each remedy in this book is partially based on what you might find in a conventional Materia Medica, but mostly based on my own kinesthetic/energetic feelings about these remedies. All my past training was required to get me started in the practice of homeopathy, but it was not until I developed a sense for the remedies myself that I could start writing about them.

Being able to decide whether a person is a certain way emotionally/energetically is easy for those who are skilled at “reading” people and feeling their energy. For example, people who practice Craniosacral therapy might be able to do this more readily than others. This skill can be learned to some extent. It takes practice. Some people are simply not able to read others’ energy. In that case, constitutional homeopathy is probably very difficult for such individuals and they keep missing the remedy. One of the main skills you will hopefully learn during this weekend is to pay more attention to other people’s energy/personality/temperament traits. You will hopefully learn to be more observant, and to trust your intuition.

The fact that patients often use the wrong words to describe themselves (their personality traits) or their situation has led me to believe that you, as a practitioner, must rely on your own intuitive/kinesthetic abilities very heavily.

The tools you will need to utilize the kinesthetic approach to understanding each case are: Pay attention to the patient’s body language (facial expressions, etc.), their appearance (their facial features, and their clothing), the way they speak, sit, walk, what words they choose, and most importantly ***what kind of energy you receive when sitting next to them. Ask a few direct and pointed questions from the patients***, and their family members who may be present at the visit. For example, I might ask the patient’s family members whether the patient is lazy, or stubborn, or angry in nature, etc.

To prescribe a remedy for someone, you just need to understand a few important things about him or her. You do NOT necessarily need to know their most confidential secrets, details of their upbringing, etc. Remember that ***you can recognize a chair with your eyes closed***; you don’t need to know its color, the type of fabric, etc. All you need to know is that it has legs, a place to sit on, and a backrest. You don’t need to know that it has four legs- you can usually tell by one touch that it probably is a chair, and since most chairs have four legs, you can assume that this chair also has four legs. Will it be the end of the world if this is a stool (say a *Calcarea carbonicum*), and you took it for a chair (*Sulphur*)? Or, the object you are touching is actually a chair with one leg missing (*Lachesis*) instead of a regular four-legged chair (*Nux vomica*)? No,

it will not be the end of the world- so you missed the remedy, and you can try again later. Of course, you don't want to miss the remedy, but you're going to make mistakes once in a while until you master these remedies. The purpose of this seminar is to help you not miss the obvious remedies.

Again, homeopathy is about identifying human traits. There is a remedy for every single human trait. In conventional medicine, we have anti-depressants and anti-anxiety medicines, but in homeopathy, we have medicines for numerous psycho-emotional issues including depression, anxiety, anger, irritability, arrogance, jealousy, being too intense, being too yielding, being too soft (crying uncontrollably without having clinical depression), etc.

Remember however, that there are different flavors of "anger" and different flavors of being "intense", etc. Lions (more like Nux vomica individuals) and snakes (more like Lachesis individuals) and other animals such as goats and chickens can display anger, but there are different flavors to their anger. You need to know if your patient has lion-like anger or chicken-like anger. This is the KEY to correct homeopathic assessment of your patients. Occasionally, in my seminars, I have been confronted by Pulsatilla students who work very hard to prove to me that they are tough and hardy, and that they too can get extremely angry like a Nux vomica might. (Of course, Pulsatilla likes to pretend that it's stronger than it truly is.) It's sometimes very difficult to see the various flavors of a particular trait such as anger unless you have witnessed and felt the kinesthetic/energetic feeling of anger in all its different forms as found in the various constitutions. This is precisely why it's so helpful to watch numerous videos and go back and forth among them to get a feel for these remedies.

Different "flavors" or "subtypes" within each remedy

The fact that no two individuals of the same remedy are identical is the main difficulty in finding the correct constitutional homeopathic remedy for a person.

The idea that there are different "flavors" for each remedy is one that all homeopaths would probably agree upon. On the other hand, the subject of "subtypes" within each remedy is not necessarily widespread in the homeopathic literature. Some authors such as Dr. Bailey, in his book, *Homeopathic Psychology*, speak of subtypes of some remedies such as Natrum muriaticum and Staphysagria.

Various factors in a person's life can affect them and shape their personality and constitution to begin with. A person's genes, gender, age, nationality, upbringing, spiritual tendencies, financial position in the society, status of their health, etc., are just a few of these factors. Furthermore, these same factors can create the various flavors and/or subtypes within each remedy.

I have an adult female Phosphorus patient who was sexually abused as a child, and therefore feels very uptight when I do any type of physical exam on her, even taking her blood pressure. This should not make you feel that she is an "uptight" (as opposed to "relaxed") person, and lead

you to “uptight” remedies such as Carcinosis or Ignatia. She is still Phosphorus. You need to be able to discern between what is a part of the person’s constitution versus what is a layer put on the person as a result of the person’s upbringing which is not a part of the person’s constitution. Note that the upbringing can in some cases form your constitution, but it does not have to. (There are far fewer children remedies than adult remedies. As people get older in a society, due to various environmental factors, we will find more and more different constitutions. Even if you consider a few individuals who were Phosphorus as a child, you could end up with various flavors within this group due to many factors such as the different ways they were brought up.)

Distinct subtypes of some of the main polycrest remedies

- Phosphorus can have the overweight/Kapha type and the thin (perhaps Vata or Pita) type. The overweight subtype is the very socially warm, bubbly classical Phosphorus where warmth (kindness) exudes out of them. The thinner subtype is still very friendly, warm, social and relaxed, but not quite as warm as the first subtype.
- Lachesis: There are very mean, aggressive Lachesis individuals, and then there are the milder Lachesis individuals who are much more difficult to discern (a minority of them are this way).
- Natrum muriaticum comes in two types: “functional” and “dysfunctional.” Dysfunctional Natrum muriaticum individuals are easier to discern: suppressed and depressed. The functional ones can be harder to see as Natrum muriaticum because they are not depressed at all (or suppressed), but are still on the reserved and sensitive side. Such individuals are often very pleasant, kind, sensitive, and very loyal friends, and they don’t have the typical heavy sense of being suppressed or depressed.

What is in common among the various flavors within each remedy?

Take the following constitutions for example: Natrum muriaticum, Sulphur and Phosphorus.

What is common within the various flavors in these three remedies?

Natrum muriaticum: Politeness, extreme sensitivity, and emotional vulnerability

Sulphur: Extreme reliance on their own mind, intellectualness, and arrogance

Phosphorus: Friendly, warm, sweet, social, kind, and relaxed/laid back

So, you might be wondering WHAT ARE these constitutions about? If each remedy has different flavors or subtypes, how are you going to know a person’s remedy? That’s why you need to be very familiar with the overall sense of each of the most common remedies, and then be able to tell the constitution very quickly by simply looking and energetically feeling the person and asking them a few questions. Of course, you won’t be able to do this for everyone, but you can with a significant number of your patients. For example, recently I had a Sulphur man and his Ignatia wife come in to see me for their first visit. I could tell their remedies within less than one minute. I didn’t have to ask him “Are you lazy?” I knew he was Sulphur immediately. I didn’t have to ask his wife, “Are you irritable and uptight?” I knew that she was by simply paying attention to the way she would avoid making eye contact with me, and how stressed and uncomfortable she was sitting in her chair- she kept looking at her husband when I would ask her questions. She could not return my gaze. This shows how uptight a person is. Of

course, not all uptight people (who aren't able to look you in the eyes) are Ignatia, but if a person is uptight and irritable, you should put Ignatia in your DDX (differential diagnosis).

Useful tools for energetic/kinesthetic case taking

I have come up with a few tools to help you quickly find a person's constitutional remedy. The first is the Polycrest Table, a table that you can use to cross reference particular personality traits to help narrow down the remedy choices. The second is what I call the Polycrest Algorithm, a grouping of the most common remedies into three categories based on *your* experience of the person's energy or intensity. The third is the Intensity Graph, which depicts the rough estimate for the graph of the intensity of some of the most common polycrests.

I. POLYCREST TABLE:

The information in the table below is mostly based on kinesthetic feeling or the “energy” of the patient- what you, as the practitioner, *feel* when you are next to your patients. This table is not based on the repertorization process. The goal behind creating this table is to help you with the Visual Homeopathy approach so that you can identify an easy polycrest remedy quickly without having to spend a long time interviewing the patient and then repertorizing their case.

In the table below, I have listed various homeopathic remedies under each personality trait. For the most part, I have tried to ***list the remedies in each box from the most likely remedy to have that trait to the least likely remedy.*** This table is far from being complete and perfect, but is a place to start. Keep in mind that any remedy can manifest any of these traits at different times, but remember that NOT all remedies are defined (homeopathically) by all these traits. For example, Pulsatilla or Phosphorus can be intense at times, but you don't generally associate these remedies with being intense. You do, however, associate Nux vomica individuals with intensity and anger.

Another example: Any remedy can be depressed, but kinesthetically you will feel the hurt/depression in Natrum muriaticum rather easily. A depressed Phosphorus person might have to tell you that they suffer from depression- otherwise you may not kinesthetically feel it (or if you do, their depression will not feel nearly as intense and deep as it does in Natrum muriaticum).

How To Use The Table

To give you an idea of how to use the table below, imagine the following scenario: Let's say your patient is stubborn and hard working. You go to the square called “stubborn” and note all the remedies in this first square. Then, you go to the square called “hard working” and note all the remedies in this second square. Second, you try to see if you can find a remedy (or more than one remedy) that is in common between the two squares. The third and last step is to decide which remedy that is in common between these two squares is the best match to your patient based on everything else (all the other emotional/personality traits, and physical characteristics). The only remedy that is in common between these two squares in the table is Calcarea carbonicum. Please keep in mind that this table is not perfect, and you do need to truly understand these remedies. The table is just a tool to get you started.

Another example would be: Say your patient is mild but stubborn. If you look at these two squares (mild and stubborn) in the table, you will find that the only remedy in common between them is Silica. This is how simply you can do polycrest prescribing. The KEY is in you being able to accurately feel these traits in your patient.

A few words about using the Polycrest Table

I will emphasize that ***you cannot go by the patient's superficial emotional state or appearance while in the office.*** An irritable person can mimic a sweet person easily if they are in a good

mood, and a sweet person can mimic an irritable or angry person if they are upset at the time.

Take the time and effort to see through these superficial layers and observe the truth of what the patient is experiencing underneath.

Example: Being cranky and irritable does not automatically make a person Ignatia. You could be Phosphorus and be cranky at times due to health problems (physical aches and pains, etc.) and life's circumstances. You need to remove (in your mind) all these layers (health problems and life's circumstances) in order to see and to feel the real ego and the person's Chi (or energy) flow, which is our main concern in kinesthetic/energetic prescribing. Once you can see through these layers, and the person continues to appear cranky and irritable, then consider Ignatia as an option.

I had a female patient in my practice that was planning to bring her teenage daughter in to see me for eczema. She told me that her daughter was very reserved. It turns out that because her daughter is a teenager, she was acting out by not wanting to share her private life with her mother. When she came in, I found her to be very open about revealing her life story to me. She was definitely not what I would call reserved. It turned out the daughter's remedy was Carcinosisin. She is not closed towards others, *just towards* her mother. I ruled out Natrum muriaticum because Natrum muriaticum is closed towards everyone, not just one person. So, as you can see, you need to understand what is meant by each word in homeopathy and in these notes. So, "closed", means being closed towards most people, not just towards one person. "Angry" means being angry towards most people, not just your co-workers on a day when you are very overwhelmed. Anyone can be angry when overwhelmed.

Once you learn the main 15-20 remedies very well, you will not only arrive at the correct remedy at least 70-80% of the time, but you will know when your patient is NOT one of these top 15-20 remedies. In such difficult cases, you will have to study the case in more depth (talk to the patient in more depth, repertorize, etc.), and possibly refer them to a more skilled homeopath.

You will see the word "ASK" next to some of the personality/behavioral traits. This means that you can simply ask the person if they often have that behavior or not. You can ask patients about all the traits you are wondering about. However, you should be able to sense a lot of these traits and not have to ask the person whether they possess those traits. For example, if a person is sweet and warm, you will be able feel it, and shouldn't have to ask. If you have to ask whether a person is sweet and warm, they probably are not.

You don't need to guess about this- simply ask the patient if they have the trait you are wondering about, while keeping in mind that the patient may not be able to accurately describe themselves. For example, in the table, next to the word "angry," I have written "Ask." This means you can ask the person if they often get angry. You can also ask questions surrounding anger as well, such as how often, how do you get angry, what makes you angry, what do others say about you when you are angry, etc. This way you can verify if they truly are the angry type or just an average person who might become angry at times.

Main traits of common polycrests

(Note: Many remedies can have the traits listed in each box; the ones listed are the most likely to have that trait.)

1) Mild Pulsatilla Phosphorus Natrum muriaticum Silica Sepia (can be)	2) Soft Pulsatilla Natrum muriaticum Phosphorus Carcinosin (maybe)	3) Very Sensitive and gentle Natrum muriaticum Pulsatilla	4) Physically Delicate Silica
5) Cry very easily Natrum muriaticum Pulsatilla	6) Warm/sweet Phosphorus Pulsatilla Carcinosin (Not Nat mur)	7) Shy Natrum muriaticum Staphysagria Carcinosin (can be) Pulsatilla (can be)	8) Irritable Ignatia Nux vomica Causticum (can be similar to Ignatia irritability)
9) Intense or Intimidating (Not suppressed – unlike “tense” people) Nux vomica Lachesis Ignatia Causticum (can be) Kali carb	10) Tense (Suppressed feelings → tension) Ignatia (irritable) Carcinosin Staphysagria 10.1) Relaxed: Phosphorus Sulphur Sepia	11) Angry (ASK) Nux vomica Lachesis Lycopodium Staphysagria (totally suppressed anger) Carcinosin (partially suppressed anger)	12) Aggressive (ASK) Nux vomica Lachesis Ignatia Sepia (not often)
13) Stubborn/ Obstinate/ Calcarea carbonicum Silica	14) Hard working or industrious (ASK) Calcarea carbonicum Nux vomica Ignatia	15) Organized or Fastidious (ASK) Silica (if not too exhausted) Nux vomica Kali carb Carcinosin	16) Serious Kali carb Nux vomica Causticum (maybe)
17) Very social Phosphorus Pulsatilla Sulphur Medorrhinum (inappropriate) & most “Intense” remedies	18) Arrogant Sulphur Lycopodium	19) Emotionally cold and reserved Natrum muriaticum Kali carb (very)	20) Flat affect Natrum muriaticum (maybe) Sepia Kali carb

II. POLYCREST ALGORITHM

Algorithm for the top homeopathic polycrests

To simplify constitutional homeopathy, I suggest that we categorize people and their corresponding constitutional homeopathic remedy into these three main categories:

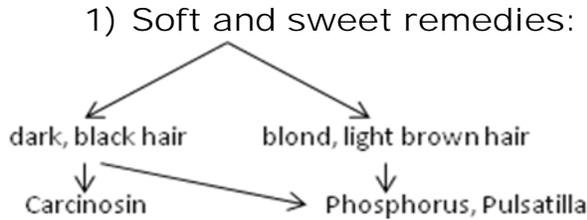
- 1) *Soft and sweet* - Pulsatilla, Phosphorus, and Carcinosin.
- 2) *High intensity (angry/irritable)* – Nux vomica, Lachesis, Ignatia, Causticum and Kali carb.
- 3) *“The other” common remedies*- Calc carb, Natrum muriaticum, Sulphur, Sepia, Staphysagria, Silica, Medorrhinum, and Lycopodium.

These are the remedies we will focus on during this seminar. If you can correctly place your patients into one of these categories, then you can narrow down their remedy to only a few out of 15 or so common remedies. So, ***the key is being able to correctly put your patient into one of these three categories. Ask yourself during the interview, what state is the patient in for the MAJORITY of the time?*** Angry and charismatic? Respectful, sensitive, and withdrawn? Or, soft and sweet?

There is a Materia Medica at the end of this book where each remedy is discussed in detail. In this section, I list the “keynotes” (or highlights) for each of these most common remedies and compare the remedies to one another. What I have noted for each remedy is not necessarily found in a conventional Materia Medica; my remarks are mostly based on careful observation of the energy and feeling of each of these remedies. The nature of the physical substance the remedy is made from often has features in common with its corresponding homeopathic constitution. The element Sulphur smells bad, and Sulphur people can smell sometimes. The Lachesis snake is dangerous, and Lachesis people can be very aggressive. I have listed in parenthesis for each remedy the animal that I think most resembles the personality and the energy of the remedy in question. This is not meant to be disrespectful of our fellow human beings- it is simply a tool to give you a feeling for that remedy. Also please note that ***not all of the statements about a particular remedy have to be present in every person who needs that remedy.*** For example, not all Sulphurs have to be lazy.

Notice that in the Polycrest Algorithm, I have not classified the remedies into high, medium and low intensity. The “high intensity” remedies are always intense even when relaxed. The “soft and sweet” remedies can come in any intensity. And, “the others” category remedies can be medium or low in intensity, and on rare occasions in high intensity. (Refer to the section on the Intensity Graph for more information.)

Also note that in this section, I have written about how similar top polycrest remedies compare and contrast. For example, if you are trying to decide whether your patient is Pulsatilla or Phosphorus, both of which are in the soft and sweet category, then you will find this Algorithm section very useful.



The remedies in the “soft and sweet” category almost always smile at you. They are often soft, sweet and warm-hearted. Of course, many people color their hair so keep this in mind when using the illustration above. The fact that we have a “high intensity” group in our categorization does not make the “soft and sweet” group weak. Carcinosisin, for example, can be very intense, especially when upset.

Notice that based on the illustration above, if you see a very soft and sweet person with black (or very dark brown) hair, consider Carcinosisin (as well as Pulsatilla and Phosphorus). On the other hand, if they are soft and sweet, but do not have black (or very dark brown) hair, then consider Pulsatilla and Phosphorus, NOT Carcinosisin. All Carcinosisins I have seen so far in my practice have darker hair (either black or very dark brown).

In this section, all items in bold are the most important traits for the various constitutions. Note: the patient does not have to possess all the physical and emotional traits listed under each remedy. Additionally, I would like to point out that we are not necessarily doomed to the natural tendencies that come with our homeopathic “constitution.” With God’s grace, we can all rise above the weaknesses of our “constitutions.”

Carcinosin:

Very kind and sweet (probably the kindest remedy, even more than Phosphorus)
Often has romantic eyes
Has many fears and worries
“Tight” energy (a bit tense, but not forceful)
Why tense? Because of too much fear/worry
Black or dark brown hair (I’ve never seen a blond Carcinosisin)
Clean and organized (fastidious)
 Passionate people who have a sense of longing/romance in eyes
 Loves to dance (in most cases), in order to release her tension.
 Sometimes uncomfortable socially (trying too hard to be nice)
 Blue hue to their sclera
 (Animal: lovebirds)

Carcinosin is the only remedy in this category that can be mistaken for an “intense” remedy when you catch them in a bad mood. Carcinosisin’s tension is kept more inside (but, not in a suppressed way as in Natrum muriaticum), and it does not leak out like Ignatia. Their tension does come out, but they are hardly ever forceful, even when upset and angry. The “intense” remedies get forceful easily and often. Carcinosisin tries so hard to be more kind and loving, and this makes them appear slightly uncomfortable and awkward socially. Once in a while, a Carcinosisin, if too emotionally dysfunctional, can come across extremely intense.

Phosphorus: Warm and very social (can socialize with anyone)**Relaxed like Sulphur (but not arrogant like Sulphur)****Expansive** (especially the large body type) and dispersed energy (as opposed to Carcinosis whose energy is tight).**Often has scattered thinking****Bubbly** personality and very **talkative**

Very comfortable in social settings (versus Carcinosis which is uncomfortable socially)

Emotionally independent and stronger (as opposed to Pulsatilla who is needy and dependent on others)

Tendency towards respiratory problems (chronic cough, asthma, recurrent bronchitis or pneumonia in cold months, etc.)

Tendency towards heavy bleeding (nasal, menstrual, etc.)

Least controlling of all the polycrests

(Animal: Bunny)

Pulsatilla:**Emotionally, very young for their age****Very mild and soft, and often sweet****Emotionally needy/clingy- loves to hug.** People pleasers. “Mama’s baby”**Very weepy.** Sometimes can’t control crying

Very social

Can be annoying and/or hyper

SRP (Strange-rare-and-peculiar): Thirstless, but often with a dry mouth

Easily changeable mood. Emotional swings (Bipolar type)

Often are blond in the U.S.

Pulsatilla men are often effeminate.

Ear infections even in adults (Kids get a lot of ear infections too)

(Animal: Baby animals of all sorts such as baby duck or baby chick, or a cat when it’s curled up on the couch.)

Pulsatilla is very yielding. They are very tuned into what you want. You must be careful to avoid leading questions with a Pulsatilla patient. They may arbitrarily agree with you. If you present an idea, and there is much resistance, you are likely not dealing with Pulsatilla. If a Pulsatilla does resist, it will be in a soft, non-confrontational way.

Differences among the “soft and sweet” remedies

I. General differences among the “soft and sweet” remedies:

The remedy Pulsatilla is made from a flower whose common name is ‘wind flower.’ The entire energy of a Pulsatilla person is fragile like a flower, bending in the wind, often going along with whatever anyone has to say. Carcinoin is much harder than Pulsatilla, and much more likely to have opinions about things. Phosphorus is in between: they have opinions, but are not as tense about them as Carcinoin. Phosphorus is much more relaxed than the other two in this category. Phosphorus has a dispersed energy. Phosphorus is like the wind itself (as opposed to the wind flower like Pulsatilla). Carcinoin would be a shrub in this analogy.

Carcinoin is a Phase 2 remedy, and Phosphorus and Pulsatilla are Phase 1 remedies (Note: Refer to Dr. Paul Herscu’s chart in this book for an illustration of the 4 phases that the various remedies can belong to.)

Organizational traits of Phosphorus & Pulsatilla vs. (versus) Carcinoin

Of the three sweet remedies, Carcinoin is by far the most organized and neat. As a rule, they dress more neatly than the other two. Phosphorus is too spacey and ethereal to be as organized as Carcinoin. Phosphorus and Pulsatilla are not necessarily sloppy either, but they don’t *have* to be organized to feel balanced. The uptightness of Carcinoin causes them to feel very tense about organization and cleanliness. They feel out of balance if they cannot be clean and orderly. Carcinoin can also get very irritated if people around them are not organized. So, if you are stuck amongst the three, ask them “how organized are you?” Whether they like to dance or not (according to the Materia Medica, Carcinoin likes to dance) is not going to help you since all the three soft and sweet remedies can like to dance. This is an example of how the Materia Medica can be misleading.

II. Differences between two similar remedies:

Phosphorus (type B personality) vs. Carcinoin (type A personality):

Carcinoin is not as relaxed as Phosphorus. Carcinoin is Type A, and Phosphorus is Type B. Phosphorus is not worried about minute details. Carcinoin is a bit uptight about small details and has a lot of worries. Phosphorus does not come across worried even if they feel anxiety inside. Phosphorus comes across relaxed, like Sulphur does.

Fruit analogy: Energetically, Phosphorus is typically like a ripe orange which is juicy and soft inside. Carcinoin is usually like a crisp apple which is harder on the inside than an orange.

Carcinoin talks in a cautious way because of all the fears that are present in this remedy type. One does not get that sense of cautiousness when talking with Phosphorus.

Phosphorus vs. Pulsatilla

Phosphorus individuals are more relaxed than Pulsatilla. To use Ayurvedic terms, Phosphorus tends to be more kapha, while Pulsatilla is more vata or pitta. Both constitutions can come in all doshas, however. Phosphorus is more emotionally independent and stable; whereas, Pulsatilla is much more clingy, and tends to be emotionally volatile. The common emotional complaint or disorder for Phosphorus is anxiety. Pulsatilla either suffers from bipolar depression or mood swings. *Phosphorus is suggestible, Pulsatilla is malleable.* In his book Essence of Materia Medica, George Vithoulkas says, “Pulsatilla is a river shaped by its surroundings. Phosphorus is a cloud, also changing, but diffusing.” Phosphorus is more talkative than Pulsatilla, but more emotionally stable. The mood of Pulsatilla changes rapidly. Pulsatilla can be liked or not by others, but nearly everyone likes Phosphorus with their relaxed and kind nature. Generally speaking, Phosphorus tends to be more generous than Pulsatilla, meaning that they can give more of themselves to others. When you are seeing someone as a patient, they are in their weaker state. In a weakened state, Pulsatilla can come across a bit needy and clingy, whereas Phosphorus will seem somewhat giving and independent even in a weakened state. Phosphorus might like to give hugs (out of being loving), but Pulsatilla is more likely to enjoy receiving hugs (out of neediness). Phosphorus does not come in the “reserved” variety. Pulsatilla, however, can come in both varieties, social and reserved. (Keep in mind, however, that Pulsatilla is often social and sometimes reserved.)

Carcinosin vs. Pulsatilla

Both constitutional types are sweet natured, but Carcinosis has a much stronger and more intense personality than Pulsatilla. In a Carcinosis/Pulsatilla relationship, the Carcinosis is definitely going to be the stronger one. However, it doesn't take much to be stronger than Pulsatilla.

Pulsatilla is soft and usually very flexible with their ideas since they are people pleasers. However, Carcinosis, though kind and loving, is not as flexible with their ideas as Pulsatilla although they can come across soft like Pulsatilla.

Carcinosin treats almost everyone with kindness and love; however, Pulsatilla tends to be more selective in whom they love. As a rule, Pulsatilla is definitely more selfish than Carcinosis.

Physically, Pulsatilla tends to have a dry mouth (and yet no thirst) in majority of the cases you will see. Carcinosis does not have this keynote. Almost all Carcinosis (even Caucasian ones) have darker hair; however, most Caucasian Pulsatillas have lighter-colored hair. It is infrequent that I see a Caucasian Pulsatilla patient with black hair.

2) High intensity (angry/irritable) remedies:

The “high intensity” constitutional types tend to be angry and/or highly irritable.

Causticum:

All about social welfare/justice for all; often involved in volunteer activities to help a social cause

Great anger over injustice

Very sincere

Always strong personalities

Sometimes irritable. If irritable, their irritability might feel a bit like Ignatia.

OCD (checking and rechecking tasks compulsively)

Body temperature is cold

Almost always some neurological symptom

They can be very nice like the “soft and sweet” category remedies, but you can feel the intensity in them. Causticum is the nicest of all the common “intense” remedies. They are emotionally strong and confident, but often not as mentally confident as, say, Sulphur.

Ignatia:

Raw nerve feeling about them (irritable)

Touchy and cranky

Type A

Often high strung and idealistic, works hard to her their ideals

Predominantly a female remedy

Sighs often to release the tension inside

Can be very critical of others

Connects well with others

Body temperature is not an issue (unlike the other intense remedies)

Sometimes there is a feature in her face that is not normal

The shape of the lips is often a giveaway- they reflect anger

(Animal: A cat whose tail is being stepped on)

They like to engage emotionally like Lachesis, unlike Nux that likes to engage mentally.

Three I’s of Ignatia: Irritable, Industrious, and Idealistic.

Kali carb:

Very rigid, inflexible and dry (very law abiding)

Extremely organized

Overly serious (often intimidating to others)

Cannot read the emotion behind their eyes- they have a cold feeling

Similar to military officials

For all practical purposes, the eyes of a Kali carbonicum person are impossible to read. They won't let you in. The expression in their eyes will likely look the same whether they hate or love you. Natrum muriaticum is reserved, but you can at least try to guess what they are feeling/thinking by the expression in their eyes or their body language.

Lachesis:**Passionate and intense****Aggressive**

Very verbal and enjoys engaging with you emotionally during the interview

She feels hot/warm physically.

Often has left sided symptoms

(Animal: Snake)

There is a subcategory of Lachesis that is much more difficult to spot. They tend to be more introverted and not quite as visibly loquacious as the typical type. They are very pleasant and are not aggressive like most other Lachesis individuals. You can tell, however, that they are strong and have intense emotions. If extremely frustrated, they can be aggressive, but not nearly as much as the typical type of Lachesis individual. You can feel the strong suppression and their holding back.

Nux vomica:**Extremely angry type****Type A and discontent****Extremely hardworking****Very masculine (males and females)**

Very organized

Body feels cold

Usually, she has definition to her facial bones (unless very overweight)

(Animal: Lion)

Nux vomica often enjoys engaging with you during the interview, but more on a mental level, not an emotional level. This is a remedy for both males and females, but Nux vomica always has a very masculine energy, even in women. They are always trying to fix things (malcontent).

Differences among the “intense (angry/irritable)” remedies

I. General differences among the “intense” remedies:

Note that Kali carb is much more obvious than the other five remedies in this category. Kali carbs are too dry to talk or connect with you. You can get their remedy almost immediately.

Intense remedies (with the exception of Kali carb) can be warm and able to connect to people wonderfully, especially Causticum, Ignatia, and Lachesis. This does not mean they are in the soft/warm category. Intense remedies are not SOFT. Nux vomica people come across more cold than warm. Intense people can CONNECT wonderfully because they are intense. Ignatia, for example, connects better than most other remedies. If an intense remedy gets excited and intense about something, or upset, they can get forceful. This will not feel nice to others. They have no difficulty saying to me “No, I don’t want your resident doctor to be present during my visit with you.” A soft/sweet remedy would never have the heart to say that.

Body temperature differences among the intense remedies

Lachesis is the only one that definitely feels warm physically.

Ignatia has average body temperature.

Causticum and Nux feel cold in their body.

Personality differences among the intense remedies

Of all these five remedies, Causticum is the “nicest” of all, and Kali carb is the least “nice” of all. You will likely have a much harder time spotting Causticum because they can be so nice that some of you might think these patients belong to the soft and sweet category. If you evaluate them carefully, however, you will see the intensity in them. Causticum, of all the intense remedies, is a remedy that seems to have an easier time being nice. They don’t have to work at it as hard as the other intense remedies. Ignatia, on the other hand, does have to work at it. Nux vomica will not work at being nice- they are satisfied with how they behave, and will not change their ways to accommodate others. It would be rather difficult for a Lachesis to stop their lashing out even if they wanted to change their behavior.

Causticum is the least selfish of the remedies in the “intense” category. Other intense remedies such as Nux vomica, Ignatia, Lachesis or Kali carb get intense and angry due to more selfish reasons; however, Causticum becomes intense when working for the good and welfare of others, or what they think is good for others. They may hurt someone needlessly in the process of doing “good” for another. This is where Causticum’s behavior becomes questionable.

Behaviorally speaking, from warmest to coldest personality: Causticum, Ignatia, Causticum, Nux vomica and Kali carb. Causticum and Ignatia are the warmest personalities and are most social. Lachesis can be very warm too but may be harder to have a pleasant conversation with. Nux is definitely the least warm (personality wise) compared to the other three remedies, but very social. This may confuse some of you if you equate being social with having a warm personality- not so.

Lachesis is significantly more into looking beautiful and wanting to appear physically attractive. Nux vomica, Ignatia, and Causticum are not nearly as much into their appearance.

Approximate frequency with which I see these 5 intense remedies in my practice

Ignatia: One or two per week

Nux vomica: One per month

Causticum, Lachesis, and Kali carb: One every several months

Intense remedies- Are all of them type A?

No.

Ignatia and Nux are always type A.

Kali Carb is always type A.

Causticum and Lachesis – I would not classify these remedies as type A even if they seem to be type A. The high morals of Causticum should not be confused with a type A personality. Type A individuals want to do things the “right” way because they are type A, not necessarily because of some high morals (although they can have high morals).

Morality among the intense remedies

Causticum has some of the highest morals of the intense (and non-intense remedies).

Ignatia is also very moral. Nux vomica is too busy working to worry about morals, although they might tend to be more concerned about morals than many people. Lachesis is not too concerned about morals. Kali carb likes to think they are moral by abiding by the rules/regulations. They are more dogmatic than moralistic.

Gender predominance among the intense remedies

All my Lachesis patients so far have been female. Ignatia, which is another intense remedy, is also predominantly female. Nux vomica, on the other hand, is a very masculine constitution. I have seen an equal number of male and female Nux vomicas, however. Causticum is not as masculine as Nux vomica, and I have had more female Causticums in my practice than males. (Note, however, that more females see naturopaths than males. Therefore, it’s difficult to quantify gender.)

II. Differences between two similar remedies

Nux vomica vs. Ignatia

These remedies are both intense, and can be mistaken for one another. Ignatias do NOT have the aggressiveness, anger and charisma of Nux vomica. Additionally, unlike Nux vomicas who like to engage more on a mental level, Ignatias like to engage emotionally. Using the animal analogies, Ignatia is similar to a cat, but Nux vomica is similar to a lion.

Lachesis vs. Ignatia

Both remedies are emotionally warm. Lachesis people are pleasant until you make them angry; however, they are not irritable. Ignatia is almost always mildly irritated even if they are in a perfect environment. When Lachesis is mad, they can be unfair about things. Ignatia, when

angry, is definitely not as hurtful as Lachesis. The peak of anger and intensity in Ignatia might be high though. Ignatia might get upset if you step on their ideals. Lachesis does not necessarily have the idealism of Ignatia. I might see a Lachesis patient every 4-6 months, whereas Ignatia is much more common.

Ignatia vs. Phosphorus

Ignatia can be very friendly, warm, and social. A beginning homeopath might think she is Phosphorus. She is very strong, and definitely not very relaxed. This is how you know she cannot possibly be Phosphorus. Phosphorus is warm AND RELAXED. They don't get worked up much. Ignatia is friendly and social, and might even laugh a lot. But, if you just wait long enough, you will see the tension and irritability of the Ignatia show its head.

Causticum vs. Nux Vomica

Even though Causticum is intense, they do not come across very aggressive like Nux vomica. In other words, Causticum can be aggressive, but aggression does not define Causticum like it defines Nux vomica.

Causticum vs. Ignatia

Ignatia and Causticum can both have an exposed/raw nerve feeling about them; however, the "exposed/raw nerve feeling" is rare in Causticum, but defines Ignatia. Both Causticum and Ignatia are idealistic. Ignatia is idealistic in every area of their life. Causticum's mission centers mostly on doing good for others or for working towards assuring the presence of justice in the society. For example, Ignatia is likely to try to attain an optimal state of wellness on all levels; however, Causticum may ignore his/her health at the cost of doing what they consider good for others.

Causticum is typically too impatient like Ignatia to deliver their kind message in a soft and nurturing way. Instead, they offer you help and like to move on quickly. Causticum tends to have difficulty connecting with others; they are a bit removed. They can be friendly, but not intimate with others like Ignatia. Causticum often has low libido; which is a reflection of their inability to connect with others. Ignatia, on the other hand, tends to have high libido. On the physical level, Causticum tends to have more neurological symptoms (i.e. numbness); however, Ignatia is more likely to have problems with their muscles (i.e. twitches/spasms). In fact, Causticum always has some (even if minor) neurological symptom(s).

Causticum vs. Carcinisin

Since Causticums have high ideals and are very sincere, a beginning practitioner can initially mistake them for a remedy in the "soft and sweet" category such as Carcinisin. You know, however, that you are not dealing with a remedy in the "soft and sweet" category when you see the sheer charisma, power and intensity in their eyes, hear it in their voice, and observe it in their overall personality.

It is the intensity and the drive to do well for others, often on a larger scale, in a "gutsy" way, that defines Causticum. Carcinisin also cares very much for others; however, Carcinisin cares

in a much softer and warmer way than Causticum. Causticum is more cold and matter-of-fact about the way in which they care for others.

3) The “other” common remedies:

The “other” category includes constitutional types that do not nicely fit into neither the “soft and sweet” category nor the “high intensity” category.

Calcarea carbonica (Calc carb):

Very hard working
Very stubborn
 Harsh/tough energy, but not intense
Emotionally and intellectually simple people
Always chubby or overweight
 (Animal: Ox)

Lycopodium:

Bossy towards those with less authority
Subservient (due to fear) towards those with more authority
 Very poor self-esteem
 Some are introverted, and some are extroverted
Often right-sided problems
 Abdominal bloating
 (Animal: Any animal that puffs up to try to look bigger)

Medorrhinum:

Excessively social (more so than Sulphur and Phosphorus)
 Gazes right into your eyes
 Full of desires
Many fears
 (Animal: A puppy)

Natrum muriaticum (Nat mur):

Reserved and “closed” (averse to consolation, at least when initially upset)
Quiet and not very talkative
Very proper
Vulnerable and gentle (overly sensitive)
 Can get teary-eyed easily
 They can be the nicest people- even nicer than the “soft and sweet” category, but are not necessarily “sweet”; they are just nice and proper
 Often artistic
 Perfectionist
Body is on the dry side (look for constipation and/or dry skin)
 (Animal: Turtle with head tucked in)

There are two main types of Natrum muriaticum:

1) Sad and depressed type who is reserved 2) Emotionally content, but still reserved.

Sepia:**STASIS IS THE CENTRAL THEME****Often (not always) flat affect and flat voice- She appears bored**

Can be nasty and rude when upset (or even when not upset)

Disconnected and indifferent to family and others; has a “don’t care” attitude

“Sepia” (sallow yellowish brown) colored skin**Often has gynecological problems****Silica:****Very poor physical health (numerous physical ailments)****Extremely organized****Extremely detail oriented**

Extremely stubborn (but can also give in easily, as opposed to Calc carb who is stubborn and does not give in.)

As a rule, not the warmest personality

Can physically carry themselves like royalty

Often very thin, and never fat (as opposed to Calc carbs who are always chubby or overweight, and are never thin)

Almost always have constipation and/or other GI issues

(Animal: Mouse)

Silica individuals need to take their remedy to stay functioning. Without homeopathic treatment they develop all sorts of chronic illnesses. Their condition may not improve much with other types of therapies, pharmaceutical or natural.

Staphysagria:**Shy****Suppressed anger/frustration** (ready to explode) - You can feel the anger under the surface, in an overall nice person. (This is in contrast to Nux vomica, whom you will definitely know is angry- it won’t be under the surface.)**Comes across as sweet/polite** (but not as sweet as the people in the soft and sweet category)

They internally feel as if they are royalty- feel superior to others. However, they do not act prideful or carry themselves as if royalty like Silica might.

High libido**Sulphur:****Social****Intellectual, always trying to figure things out, and has an opinion about everything****Often arrogant**

Some tend to be lazy and messy

Relaxed energy, not tight. Their relaxedness is similar to Phosphorus

She feels warm/hot.**Often has problems with skin and/or acid reflux**

Differences among the remedies in the “other” category

I. General differences among the “other” remedies:

Since I have put so many remedies in the “other” category, it is difficult to come up with trends that can go in this section. However, I believe we could contrast Natrum Muriaticum with the “soft and sweet” remedies.

The general differences between the “soft and sweet” remedies and Natrum Muriaticum:

Natrum muriaticum is emotionally/behaviorally “soft”, but not necessarily “sweet”. Therefore, it’s important to point out the difference between Natrum muriaticum and the remedies in the soft and sweet category. Carcinosis tends to be both introverted sometimes and extroverted at other times. These individuals can enjoy having some alone time, but they also like to socialize and be with people at other times. Natrum muriaticum tends to be more private, while Pulsatilla and Phosphorus tend to want to be around people. Of these four remedies, Natrum muriaticum would rather not have attention on her, Carcinosis is okay with attention but may feel shy if there is too much attention on her, Phosphorus is okay with attention but doesn’t crave it, and Pulsatilla craves attention.

II. Differences between two similar remedies

Sulphur vs. Phosphorus

Sulphur and Phosphorus have a lot in common- they are social, relaxed, warm blooded, emotionally healthy, likable, the life of the party, etc. Physically, they both often feel hot in their body. The main difference is this:

Sulphur has a strong and arrogant mind with strong opinions; Phosphorus has a weak (scattered and often forgetful) and humble mind with relaxed opinions.

Sulphur intellectualizes all the time, whereas Phosphorus usually does not intellectualize at all. Sulphur wants to know all the details of the therapies recommended to them and probably have some ideas of their own about what they need. They are quite intelligent, and often do have good ideas about things, but the Sulphur signature is that this has gone to their head. This can make them *much more confrontational* than Phosphorus. The strong mind and ego of a Sulphur can make them argumentative, hard to convince, and hard to talk with sometimes. In an argument, they have to win. Because they are used to winning, and they often *do* know better, this makes them even more arrogant. Phosphorus does not argue with the power of Sulphur. For one thing since they are more humble about their opinions they don’t tend to argue as much to begin with. They’re also much less intellectual, with typically weak, scattered minds. They’re not dumb, but certainly not half as bright as Sulphur is.

Another difference between Sulphur and Phosphorus is that Phosphorus will typically feel like socializing with just about anyone. Sulphur will be a little more selective, and may leave if they don’t feel like socializing with a particular person.

Physically, Sulphur is one of the healthiest remedies. However, Phosphorus tends to have numerous health problems due to their extremely scattered Chi or energy.

Sulphur vs. Lycopodium

Sulphur is definitely arrogant. Lycopodium comes in both varieties, arrogant and non-arrogant. Sulphur has a much larger and confident personality. Sulphur doesn't care that you are the doctor- they still have their own strong opinions about their health. Lycopodium, on the other hand, will not argue with you because you are a figure of authority.

Silica vs. Natrum muriaticum

These remedies are similar. Both can appear polite and "together" and neither like confrontation. Silica can and does confront much more than Natrum muriaticum might. If Silica does not confront, it is because they do not have the ego strength or sheer energy to fight back. Natrum muriaticum does not like confrontation because they are extremely polite and they are afraid of getting hurt. Silica is often weak and frail physically. They are sticklers for details- very anal retentive. Natrum muriaticum appears stronger physically and is more artistic, not so anal retentive. Natrum muriaticum is always much more polite than Silica. You often are aware of hurt feelings in Natrum muriaticum. Silica is not about hurt, it's about appearances and details. Natrum muriaticums are "deep" people. Silica might be sensitive emotionally, but they are not as deep as Natrum muriaticum.

Silica vs Staphysagria

Both of these remedies are very prideful. One of the emotional differences is that Silica *acts* like a king or queen. Staphysagria, on the other hand, *feels* king/queen-like. Staphysagrias internally feel as if they are royalty, they feel superior to others. They don't, however, act very prideful or carry themselves as if royalty like Silica might. And if you don't treat them like royalty, it hurts them so badly that they can blow up with anger. Silica, on the other hand, doesn't blow up nearly as big if not treated like royalty.

Silica vs Sulphur

Both of these remedies are more mental than emotional. Silica is detailed-oriented and a bit uptight. Sulphur is relaxed. Physically speaking, in my observation, amongst the main constitutions, Silica has the weakest/sickest body, but Sulphur has the strongest/healthiest body.

Staphysagria vs. Pulsatilla

They both come across as sweet, but Pulsatilla is genuinely sweet. Staphysagria can be sweet, but not necessarily all the time. It depends on when you catch them. When they are in the queen-like state, they can come across arrogant, stubborn, and strong. Pulsatilla patients, on the other hand, even when very angry, don't come across as strong. They seem weak because of their softness. Staphysagria is not nearly as common a remedy as Pulsatilla.

I have not met many Staphysagrias that are very pleasant, they often seem sour and bitter. On the contrary, I have rarely met a Pulsatilla person who appears bitter to me. Even when angry, Pulsatilla will look to you for approval and acts sweetly. Staphysagria people couldn't care less about your approval if they are upset.

Natrum muriaticum vs. Pulsatilla (THE TWO GENTLEST REMEDIES)

These two remedies are the two gentlest polycrest remedies, so you need to understand the difference between the two. Other than the obvious differences talked about under each remedy, you might find the following helpful:

A Pulsatilla adult might have the personality of a child.

A Natrum muriaticum child might have the personality of an adult.

I have seen Pulsatilla adults in their sixties who come across as if they are in their teens or early twenties, while Natrum muriaticum kids can seem wise and mature beyond their years. Natrum muriaticum is very quiet and proper, whereas Pulsatilla is usually very talkative and can even be loud in some cases. Natrum muriaticums are very thoughtful of others while Pulsatilla, as a rule, is much more selfish. Natrum muriaticum is more insecure, while Pulsatilla is more secure, yet still soft and yielding. Natrum muriaticum can be more forceful if they want to.

Natrum muriaticum vs. Carcinosis

When anxious, a Carcinosis person can seek protection, but a Natrum muriaticum individual can seek isolation instead of protection:

Carcinosis: Anxiety → seek protection

Natrum muriaticum: Anxiety → seeks isolation

They both feel their emotions very strongly, but Carcinosis shows it on an external level, while Natrum muriaticum feels it internally.

Sepia vs. Ignatia

If an Ignatia upsets you and you confront them and talk in a civilized way, they are likely to say they are sorry if they made a mistake. They can't help their irritability, but will not be outright rude. On the other hand, if you confront Sepia, they are far less likely to say they are sorry because they really don't seem to care. They can be sarcastic by nature, and some of them would be considered downright rude. Even in the ones that do not say rude things, you can still feel a sarcastic, rude energy under the surface.

Medorrhinum vs. Hyoscyamus

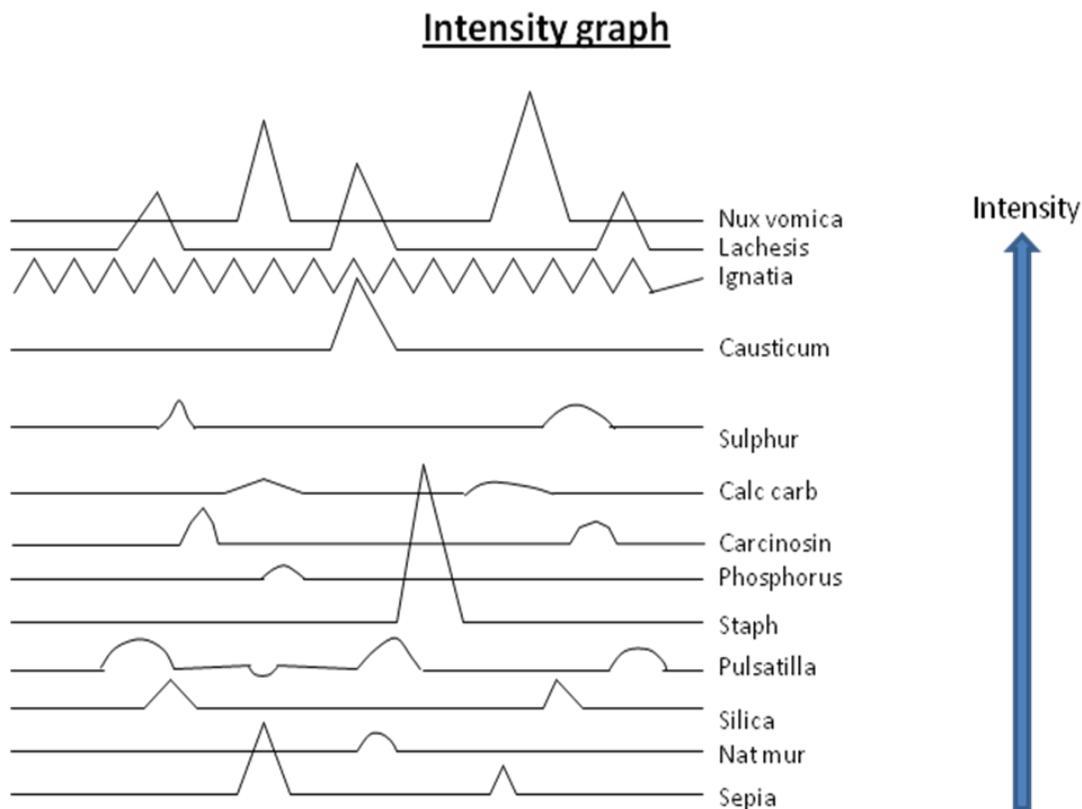
They are both socially inappropriate. However, Medorrhinum is in phase 2. Hyoscyamus is in phase 4, and is restless, hypersexual, exhibitionistic, and has muscular tics. Medorrhinum has a lot of fears and can be hypersexual, but not necessarily exhibitionistic.

III. INTENSITY GRAPH

Categorization of the top remedies based on their intensity

This graph shows, in a simplified way, the general essence of each of the most common remedies based on their intensity and does not represent all possible states of each remedy.

Spikes in the graph represent anger or emotional outbursts. Pointy spikes represent more intense and abrupt outbursts. Rounder spikes are softer and gentler outbursts.



- Very intense and angry: Nux vomica, Lachesis, Causticum, and Ignatia
- Medium to high intensity: Sulphur
- Medium intensity: Calc carb (very level energy in a healthy way)
- Medium to low intensity (lively, but not angry): Carcinosa, Phosphorus, and Pulsatilla
- Low intensity, but w/ intense anger outbursts: Staphysagria
- Low intensity: Silica and Natrum muriaticum
- Low intensity and energetically “flat”: Sepia

When one of these constitutional types experiences an anger outburst, the size of the peak as illustrated on the graph is an approximation of how intense their anger can get. For Sepia, the size of their peak can be high, but not as high as the intense people like Nux vomica and Lachesis. Sepia doesn't have the energy to be intense all the time, but when they do blow up,

they can blow up with more intensity than the soft/sweet category remedies but not with as much intensity as the “intense” category remedies such as Nux vomica. On a day-to-day basis, Sepia comes across flat and low energy. Even when Sepia is nasty and rude, they still might sound like the air has been knocked out of them. This is why I have placed them at the bottom of the intensity graph.

Phosphorus or other softer remedies do not have any tall peaks in the graph, but they can become angry too. However, it would be out of character for them to do so. Plus, Phosphorus won't be angry in the same intense, charismatic way that a Nux Vomica would. Thus the shorter peaks in the Phosphorus graph versus the taller peaks in the Nux Vomica or more intense remedies.

Notice that there is no flatness to Ignatia. Their intensity can be illustrated as a line with spikes going up and down all day long. They can have times when they are a bit flat; but this is not long lasting. Therefore, there might be a bit of exaggeration in the graph, but this is to illustrate a very important aspect of Ignatia- their irritation, industrious and idealistic nature leads to unrest and dissatisfaction with how things are. Furthermore, they constantly try to enhance whatever is “not perfect” in their view. This unrest and agitation translates to their energy flow not being very smooth- thus, the squiggly graph for Ignatia.

I could not come up with a straightforward graphic representation of the three remedies Lycopodium, Medorrhinum and Kali carb. Therefore, even though these remedies are covered in this book, they are left out of the Intensity Graph.

It is important to note that in the Polycrest Algorithm, I have not classified the remedies into high, medium and low intensity. The “high intensity” remedies are always intense even when relaxed. The “soft and sweet” remedies can come in any intensity. And, “the others” category remedies can be medium or low in intensity, and on rare occasions, in high intensity.

More details to distinguish remedies

Approximate order in which remedies hold in their emotions

Some remedies, such as Natrum muriaticum, are extremely reserved and tend to hold their emotions in. Other remedies, such as Lachesis, as a rule, cannot avoid talking about their emotions. Even though everyone can talk about their emotions, and everyone can be reserved at times, if I were to write a list of some of the top remedies based on their level of reservedness (from most reserved on the left to least reserved on the right), I would offer the following:

Natrum muriaticum, Staph, Carcinosis, Calc carb, , Causticum, Nux and Ignatia

Natrum muriaticum will hardly ever share their emotions with others. Staph will hold them in, and then they might explode. Carcinosis is simply suppressed. They hold their emotions in, and once in a while get upset, and might even get angry. They are not as likely to blow up like a Staph, however. Ignatia might *try* to hold their emotions in, but irritation seeps out continuously. In addition to their irritation seeping out, Ignatia can and does get angry.

Note that Kali carb and Natrum muriaticum are both very reserved. Neither one talks much during the interview. How do you know which one is which? You can't tell what is going on inside a Kali carb person. The expression in their eyes is like that of closed doors. Natrum muriaticum people are significantly nicer people than Kali carbs, and often appear hurt emotionally.

Tone of voice in homeopathy

You can't go by the depth of the voice, ONLY tone of voice. A deeper, more masculine quality does not mean a more intense remedy. I have a male Pulsatilla patient with a very deep voice. However, his *tone* of voice is very feminine.

What does the person's tone of voice tell you about their character? Harshness versus gentleness, aggressiveness versus passiveness, anger and hate versus kindness and compassion?

Pulsatilla sounds gentle, often with a childish and more feminine tone of voice. (Notice, you can have a feminine tone of voice even if your voice is deep and masculine.)

Carcinosis sounds gentle, but you can hear some worry in their voice. Sometimes, their voice has a crackling nature to it, demonstrating being on the verge of tears.

Ignatia tends to have a very clear, choppy voice. I have met exceptions, but as a rule, their voice is clear as opposed to muffled. The choppy voice goes along with their choppy emotional state (Refer to the squiggly line in the intensity graph for the representation of their intensity.)

Nux vomica sounds very strong, intense, and in control. Nux vomica males tend to have a very masculine, strong and deep voice.

Physical appearance and features of some of the top polycrests

The main criterion for choosing the correct remedy is the full emotional/mental and the physical picture. However, in the following descriptions are some significant generalizations on the physical appearance and features of some of the top polycrest remedies. If I have not shared a correlation between a particular remedy and particular physical traits (such as body weight or hairstyle), then I have not observed such a correlation; not that it does not or cannot exist.

Overall physical appearance and bodily movements

Kali carb and Silica body movements are more rigid. Silica can look and move like a mouse. Silica bodies are weak and scrawny, but also sort of rigid and stiff, like the cartoon character *Pinocchio*. When they walk, they appear like a stick- stiff and wooden like. I have noticed that often Silica patients move their body as if they are royalty- as if they want you to know they are special. Most Carcinisin individuals have a tight body, and move with a bit of reservation. They do not have the fluidity of Phosphorus and Sulphur in their movement. I believe the tightness in the physical body of Carcinisin is due to all the worry and anxiety in their being. Sulphur individuals stand and move in a very relaxed and confident way. They come across more relaxed (physically and emotionally) than all the other polycrests. Phosphorus is also relaxed and appears relaxed in his/her body, but tends to have anxiety and does not appear as confident as say Sulphur in the way they stand or move.

Shape of the face

Nux vomica tends to have well-defined, sharp facial features, including jaw lines and nose, especially in males. If the person happens to be obese, these features will not be as noticeable. Calc carb tends to have a rounder and harsher face.

Hair texture and color

Pulsatilla often tends to have very soft hair, which correlates to their soft/gentle personality. Their hair is often blond. It's rare for me to see black-haired Pulsatillas. Calc carbs tend to have rougher hair texture, which matches their stronger and more stubborn personality. I have never met a blond Carcinisin- they have always been dark haired, either black or dark brown.

Hairstyle

I can talk more about the hairstyle than I can about hair texture as related to people's constitutions. Is the hairstyle organized and clean, or very relaxed? Does the hair lay on the scalp in a relaxed way or stick up chaotically? Nux vomica tends to have clean haircuts. Phosphorus and Pulsatilla haircuts tend to be more relaxed. Kali carbs's personality is extremely rigid and they absolutely hate change. Their haircut is also extremely conservative. Calc carb hairstyle is more straight (as opposed to wavy), and their haircut is often simple which is analogous to their personality. Carcinisin hairstyle, generally speaking, is more organized which matches their OCD personality.

Eyes

Phosphorus and Carcinisin tend to have very sweet and kind eyes to match their personality. The heavier-set Phosphorus has big, soft, very sweet, deer like eyes. The thinner Phosphorus has kind eyes. Carcinisin often has a slightly bluish sclera (sclera is the white part of the eyes).

Carcinosin has tightness in their eyes that Phosphorus doesn't have. Phosphorus eye movements are softer and less abrupt. Ignatia individuals are often very abrupt behaviorally, and their eye movements are also rapid. Their eyes are sharper, piercing, and protrude more which all match their personality. Kali carb often has eyes that appear emotionless and reserved. It is very difficult to "read" them. Natrum muriaticum is fragile, and their eyes look either deeply hurt, fragile or reserved. The way the eyes are set in the skull is important too. It's not uncommon to see a Natrum muriaticum with their eyes set more inward (versus popping outward). Their personality is more inward and so are their eyes. Phosphorus eyes protrude more than Natrum muriaticum, resembling how they are on an emotional level- Phosphorus is very extroverted and Natrum muriaticum is introverted. Additionally, Natrum muriaticum eyes appear deep, reflecting a deeper and a more sophisticated personality as opposed to Calc carb eyes which appear simple, reflecting a simpler and less sophisticated personality profile.

Mouth

In my experience, if the corners of the lips point downward (like a downward facing crescent), this is a sure sign that the person is aggressive. There are two constitutions that can have such lips, Ignatia and Calc carb. Note that this is true in some cases, but not in all the cases among these two constitutions.

Ignatia people tend to have a unique set of lips. Sometimes you will see that their lips stick out. They either have very mean and aggressive lips (they might curve downward on both sides and have a mean look), or have non-aggressive appearing lips (the corners don't curve downward), but the inner mucosa of the lip is visible even if they hold their mouth in a normal way. It's almost as if their lips are protruding more than most other people. It's not just that their lips are full, but they have this sort of turning inside-out effect. As a rule, Ignatia has larger lips- either fuller, or longer, or both. Sometimes, their lips appear odd in a way that is very difficult to detect (unless by a very astute observer) or next to impossible to describe.

Most Calc carbs have normal looking lips. However, some Calc carbs (the meaner type) also have lips that appear aggressive. The aggressive appearance of the lips in these particular Calc carbs often manifests in a way that is similar to Ignatia- the corners of the mouth point downward. They might appear and sometimes act like bulldogs, i.e. aggressive and mean. Their facial muscles can be tight and aggressive even though they are chubby. This version of Calc carb can be spotted instantly once you are familiar with their look.

Fingers

Ignatia people have much more intense fingers than the soft/sweet category- Phosphorus, Pulsatilla, or Carcinosisin. You can visualize the hands of some Ignatia people pointing a finger at another person in an aggressive/authoritarian way, or slapping someone in the face. Some remedies have strong hands, but you don't see aggression in their hands. For example, Calc carb has strong hands, but you might have a difficult time seeing them slap someone with those hands.

Pulsatilla has very gentle fingers/hands, probably gentler than all other remedies.

Skin

I can't say I have seen a significant trend in the skin characteristics of the various common polycrests. However, it's noteworthy that many Pulsatillas tend to have softer skin, and often look (and act) much younger than their age.

Weight

For the most part, weight doesn't play a role in finding the constitutional remedy, but there are exceptions. Calc carb is always overweight, chubby, or flabby, or at least larger size. You will NEVER see a thin Calc carb, unless perhaps severely emaciated due to severe illness. I have met numerous Calc carb individuals with various health conditions, and none of them have ever been thin. They tend to have larger bones as opposed to Silica, which tends to have finer, more delicate bones. Calc carb features and physical traits are all tougher, as opposed to the softness you will see in Pulsatilla. You can think of it in the following terms: Calcium is a hard mineral- bones are made of calcium. Calc carb's tough features remind us of the hardness/toughness of the element calcium. Conversely, Silica can't be overweight. If you have a person who is overweight, immediately rule out Silica. Phosphorus can be any size, but there tends to be two distinct types: overweight ones and thin/fit ones. The overweight ones are softer in their mannerism, more easygoing, and potentially more loving.

Clothing

Sulphur clothing is more relaxed as a rule, and sometimes a little messy and smelly. If you have a patient whose clothes smell fowl and disgusting, you should at least consider Sulphur as a remedy. I am not saying that all Sulphurs smell disgusting (only a minority of them do), but the only people that have ever smelled disgusting in my practice have been Sulphurs. On the other hand, Carcinisin tends to have very clean and organized clothes, and have a crispness to their outfits. Ignatia can be similar to Carcinisin in this way, but not as much. Nux vomica looks sharp, crisp, and clean-cut. Pulsatilla is cozy – they wear two layers or wrap themselves with a scarf, not because they are cold (although can be cold like anyone else can be), but to be cozy. Lachesis wears more sexy and seductive clothing. Natrum muriaticum tends to wear clothes that are more grayish and drab- they are not likely to wear bright colors like Phosphorus and Pulsatilla might. The Natrum muriaticum choice of color is depressed like their mood.

Easiest remedies to spot based on physical appearance

- 1) Calc carb is always larger and overweight. These are some of the largest people in society. They can have round faces, or square jaw lines (reflecting their stubbornness).
- 2) Silica is thin, the opposite of Calc carb. Their limbs appear and move like wooden limbs, sort of like the cartoon character Pinocchio.
- 3) Sepia tends to have sepia-colored skin (sepia is a particular shade of yellow). They often appear very indifferent and bored.
- 4) Carcinisin always has darker hair color (even amongst Caucasians), often has the blue hue to their sclera and has a tight (as opposed to relaxed) body type.
- 5) Natrum muriaticum eyes are closed, reserved and often depressed.

At times you can see and detect these constitutions at first glance or within a few seconds since their remedy is based on obvious physical clues.