

Natrum mur. - the type

PERSONALITY & TEMPERAMENT

Natrum mur. types are serious, conscientious people who can be moody and despondent, especially on waking. When self-absorbed they can be impatient and abrupt. Honest and idealistic, they are also inflexible and so tend to learn things the hard way. They cry or sulk over slights or insults, but abhor sympathy from others. Music notably can move them to tears.

FOOD PREFERENCES

Likes

- Sour foods: sauerkraut
- Beer

Likes (and upset by)

- Milk
- Starchy foods: bread, rice

Dislikes

- Chicken
- Coffee

Other

- Either love or loathe salt and salty foods

FEARS

- Being hurt emotionally
- Insanity; losing self-control
- Death
- Enclosed spaces and crowds
- Darkness and burglars
- Being late
- Failure in business
- Thunderstorms

GENERAL FEATURES

Better

- From fresh air
- From sweating
- In a firm bed

Worse

- Between 9 a.m. and 11 a.m.
- In cold, thundery weather
- In stuffy heat, hot sun, and sea air
- From overexertion
- Lying on left side

Extremely sensitive and refined, *Natrum mur.* types are mostly women, and are easily wounded by criticism or insults. As a result they become introverted and appear stoical and self-reliant. They impose loneliness on themselves, although they actually desire the company of others.



THE NATRUM MUR. CHILD

- Small or underweight for his or her age.
- May be slow in learning to walk and talk.
- Relatively dark skin that perspires quickly, making the face flushed and shiny.
- Prone to hangnails.
- Well-behaved, responsible, and conscientious about doing schoolwork and looking after younger siblings.
- Sensitive to criticism and easily hurt, may become a difficult teenager
- Hates being fussed over.
- Tends to suffer headaches from the pressure of schoolwork.

Physical appearance

Natrum mur. types are pear-shaped or have a squarish build. Either sandy or dark haired, they have pale, puffy, slightly shiny facial skin. Their eyes may be watery and their eyelids appear reddened. There may be a crack in the center of the lower lip.

Weak areas of the body

- Digestive tract
- Blood
- Muscles
- Skin
- Mind