# Natrum mur.-the type

### PERSONALITY & TEMPERAMENT

moody and despondent, specially on waking. When absorbed they can be patient and abrupt. Honest idealistic, they are also make be hard way. They wor sulk over slights or sults, but abhor sympathy move them to tears.

#### **FOOD PREFERENCES**

#### Likes

- Sour foods: sauerkraut
- · Reer

#### 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

#### **ENERAL FEATURES**

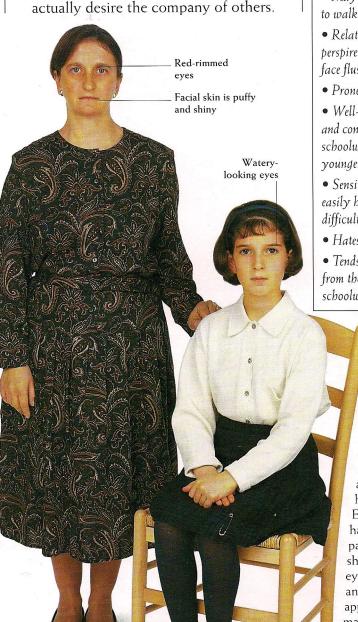
#### Better

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

#### Morse

- Between 9 a.m. and 11 a.m.
- Le cold, thundery weather
- In stuffy heat, hot sun, and
- 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 bangnails.
- 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