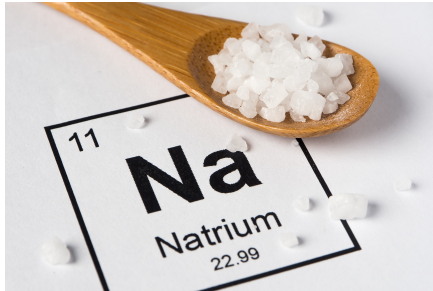


# Health Reflections

Nat mur Edition



## Nat mur

So that today's 500,000\* prescribers of homeopathy understand each other, we stick to the standard Latin name for each medicine. Natrum muriaticum is Latin for common salt, which when prepared as a potentised remedy holds a common message for everyone.

Of course the *material* substance is also significant as both sodium and chloride are essential for a well functioning body and mind. It's a deep requisite, echoed in the words of Mandela - "Let there be work, bread, water and salt for all." Figuratively too, salt imparts flavour in life, and Panamanians tell us that "a proverb is to speech what salt is to food." So why the campaigns to reduce dietary consumption of the good salt of the earth?

To research your own answer, the resources listed below may provide a starting point. As always, bear in mind that each individual may have a greater or lesser sensitivity to all foodstuffs, including salt. Also, when next shopping and perhaps if buying extra items for foodbank donation, we may wish to contemplate the privilege in finding a plentiful range of good quality salt on store shelves.

For optimum mineral content, unrefined rock salt or sea salt are good options. Although table salt is better than none at all, it transpires that it's generally best avoided.

**In Clinic** Those needing homeopathic Nat mur tend to hold on to too much water. Joints may swell, bellies may bloat, rings may no longer fit and lines may form under the cuff of a sock or where a watch is strapped on.

These patients often seek homeopathy as an adjunct to mainstream medicine, and quite often they already have a conventional diagnosis such as a lymph condition or a kidney condition or IBS. Due to the chronic nature of such conditions, professional homeopathic care is always recommended rather than self-treatment.

As we know by now, we cannot prescribe any homeopathic medicine based on a disease label. For Nat mur to be effective, we employ it only for those individuals who present with the complete pattern of the remedy.

Holding on to too much water can translate as holding on to tears. In Nat mur, grief is never far away but you've probably never, *ever* seen these people cry. On rare occasions, the eyes may glisten for an instant before composure is quickly regained. These super sensitive souls seem to protect themselves from hurt and criticism by not opening up, and by refusing consolation.

For the same reason, we observe perfectionistic traits, neatness, obedience, and a socially quiet and reserved disposition. On the playground the Nat mur energy can often be observed in those children excluded by peers.

It seems apt that these people often feel better by the sea. Add a dose of Nat mur and they may even release those salty tears. And next time we barefoot that border between land and ocean, we too could experience a healing point between ebb and flow; trace the cycle that marries sun and sea; brave the comfort of a warm smile and cry like the rain that touches all continents.

### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*5 Reasons Why Salt is Good for You According to Medicine:* Steven Lin ([www.drstevenlin.com](http://www.drstevenlin.com), accessed 2021);

*The Salt of the Earth:* Sally Fallon Morell ([www.westonaprice.org](http://www.westonaprice.org), 2011);

*A Case of High Blood Pressure:* Erin Douglas ([www.hpathy.com](http://www.hpathy.com), 2016);

*How to Find the Right Salt:* Darryl Bosshardt with Hilda Labrada Gore ([www.westonaprice.org](http://www.westonaprice.org), 2021);

*Natrum muriaticum:* David Lilley ([www.facultyofhomeopathy.org](http://www.facultyofhomeopathy.org), accessed 2021);

*\*Homeopathy, Hippocratic Medicine:* Mo Morrish (The School of Homeopathy, 2021).

*\*Fran Lebowitz - Social Studies*

# Salt Baths



In between homeopathy consultations, it may be a good idea to optimise your healing journey with a naturopathic outlook.

This could mean cutting out conventional personal care products (mouthwashes, deodorants, foundation creams etc) and replacing them with less toxic options. Label-reading helps informed choices!

Soaking in a therapeutic salt bath could also be beneficial, especially if your healing involves a focus on improving sleep hygiene, or on clearing out heavy metals or chemical poisoning (e.g. from amalgam dental fillings or agricultural chemicals).

Simply add a few cupfuls of sea salt or Epsom salt to your bathwater, or alternatively add the same ingredients to a foot spa. The children in my Little Stockpots G.A.P.S. class report that the relaxing effect is even better if you add a few drops of lavender essential oil to the mix.

In her book on *Gut and Physiology Syndrome*, Dr Natasha Campbell-McBride comments on how “these baths have a gentle but considerable ability to remove toxins out through the skin, while your body can absorb some useful minerals when you are in the bath.”

Dr Natasha is also an advocate of spending time – *with all due precautions and diligent safety awareness* – in or near natural waters, in the name of increasing exposure to nature's beneficial microbes. But that's another topic for another day.

In the meantime, if you're embracing self-care and if your schedule permits it, try and put time aside several times a week for a warm, salty soak.

Happy bathing!

## The Medicine of Reflection...

“Sometimes if a person sees right into the heart of who you are, it can release the grief you've been unable to acknowledge yourself. It is like a pinprick in your heart that releases a flood of tears, because you know that what's been reflected is true – and that you have been waiting to hear this truth for a long time.”

Toko-pa Turner  
Belonging:  
Remembering Ourselves Home

## Nat mur's Song

My past and present hurts run deep,  
as deep as blue sea water,  
as long as time, as old as earth  
and all that came before her.  
My tears swell, just like the tide  
for a glist'ning second, and then hide.

From Elin's collection of  
Little Stockpots' Poems



*Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.*

**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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