

Richard Moskowitz

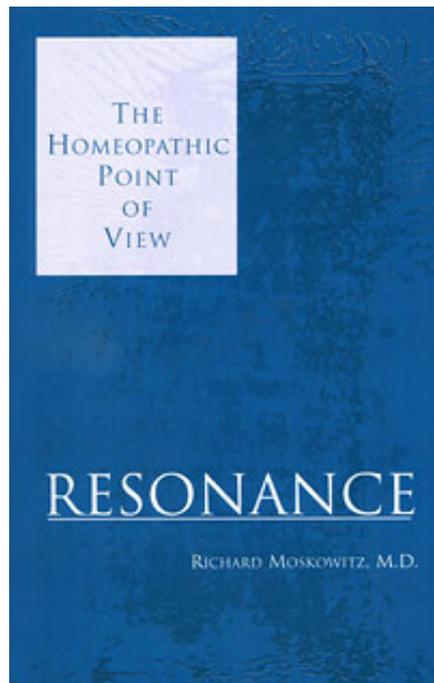
The Homeopathic point of view 'Resonance'

Reading excerpt

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of [Richard Moskowitz](#)

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CHAPTER SIX.

Minerals.

Occurring in Nature as highly organized structures like ores, rocks, crystals, gemstones, and mineral waters, the mineral remedies as a group are used mainly but by no means exclusively in the treatment of chronic diseases.

The Basic "Stuff" of Life: Sulphur.

Trituration of "flowers" of sulphur, or brimstone, S, elemental sulfur.¹

Known as "king of the *materia medica*" for producing and curing a wider variety of symptoms than any other remedy, simulating virtually every known illness, *Sulphur* became a keystone of Hahnemann's theory of the chronic diseases, and is still prescribed occasionally when more distinctive indications are lacking, in order to realign the symptoms and point to the next remedy more clearly.

Yin and Yang: Heat and Energy Phenomena.

An essential component of all proteins and thus of all living matter, high-energy sulfur bonds are the "business end" of insulin and Coenzyme A, which generate energy from the breakdown of carbohydrates and fats in the animal body. Elemental sulfur thus plays an

Important role in the metabolic furnace where our body heat is produced and maintained, an energy which Oriental medicine has traditionally identified with *ch'i*, the quintessential "stuff" of life itself.

Both in their particular symptoms and overall style, most *Sulphur* patients show indications of excessive or unregulated heat production in some form, such as feeling overheated, tending to go about scantily clad in winter, and cooling their feet by putting them out of the blankets at night or walking around barefoot whenever possible. As might be expected, they are likely to be intolerant of heat as well, especially of hot rooms, hot baths, and warm blankets, while perhaps enjoying to work or play in the sun or sweat from a good workout. In spite of often careless and slovenly personal habits, they tend to be sources of heat and vitality to everyone around them.

In chronic cases, much the same Yang quality may be evident in the temperament, *Sulphur* children making natural leaders, aggressive and bossy, yet often popular with their followers, while *Sulphur* adults often flourish as salesmen or eccentrics, ardently promoting their pet theories into causes of universal import, and seldom taking "no" for an answer. Though rarely devious or vicious, their boundless energy, tireless efforts, and even bullying insensitivity can be crudely destructive by igniting the ambitions or disregarding the feelings or weaknesses of others.

Itching and Skin Eruptions.

Like a textbook illustration of Hering's Laws of Cure, *Sulphur* ailments often originate in or subsequently discharge through the skin or body surface, and indeed the remedy is important for skin eruptions of all kinds, particularly with itching and burning that are aggravated by heat, after a bath, or in bed at night.

The remedy is even more widely useful for internal complaints that originated from or followed soon after the suppression of skin conditions in the past. Often highly sensitive to soaps, creams, lotions, and cosmetics of all kinds, and appearing unclean even after a bath or shower, the skin tends to have a rough or uneven texture and may be prone to impetigo, boils, or pustules, as if needing to discharge impurities periodically from within.

Ruddy, ebullient, and overweight, a 40-year-old investment counselor came in splendidly attired in a business suit, reciting his complaints in a booming, sonorous voice that impelled me to write "*Sulphur*" in the right-hand margin. For about three months he had been troubled by severe, burning pain in the crease of both thumbs that tended to be worse in the middle of the day, from 10 a. m. to 2:30 or so in the afternoon, in holding or gripping anything, and on walking or dropping his hands. With abnormal levels of immunoglobulins in the blood, he had just been diagnosed with rheumatoid arthritis, and the spectre of progressive disease needing ever-larger doses of powerful drugs even to slow it down made him desperate for alternatives.

With a long history of large, painful boils at the hairline in front and back, he had already taken tetracyclines for seven years, invariably relapsing if he failed to take them for two days in a row. In the past year, he had also had an infection in his left testicle that cleared up eventually on antibiotics, but left him with Peyronie's disease, an upward curvature of the penis that felt constricted and painful when erect, making the sexual act quite difficult. Naturally ruddy-complexioned and warm-blooded, he had felt even more so in the recent past, his face flushed and overheated even in winter, and his body a veritable furnace in bed, as his wife attested.

Within a week after a dose of *Sulphur* 1M, his arthritic pains disappeared completely, and he didn't bother to visit or even call me until they came back two years later at a much lower level. At this second visit he told me that his erectile problems had also subsided, his sexual life had never been better, and his skin condition had also cleared up to the point that he had weaned himself off antibiotics with no more than an occasional minor flareup. After repeating the *Sulphur* 1M, he went underground again for another two years, but sent word recently that "my arthritis has been non-existent ever since my treatment!"

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Miscellaneous Keynotes.

In analogous fashion, many *Sulphur* complaints exhibit a rough, crude, or uneven quality that may also be related to irregularities in the heat mechanism. Thus, the general overheating may bypass the relative coldness of certain parts, or be punctuated by intervals of generalized chilliness, or the squandering of ordinarily abundant energy reserves may result in periods of deep exhaustion, especially around 11 a. m. Even the personality is uneven, tending to harp on "the big picture" at the expense of details and nuances, or alternating between ebullient and dispirited phases.

The appetite may be excessive, mainly for sweets, carbohydrates, and fats, the principal energy-burning foods, and for hot, spicy, salty, or highly-seasoned foods, with a prodigious thirst for cold drinks, including beer and alcohol in all forms. The skin and mucous membranes of the nose, mouth, anus, vagina, and urethra are easily reddened and inflamed, while the pains of *Sulphur*, which may occur anywhere in the body, are typically burning in character and relieved by cold.

Therapeutics.

When these characteristic symptoms are present, *Sulphur* may be indicated for virtually any ailment, centered in almost any organ, tissue, or region of the body. Both in its universal scope and the frequency with which it is prescribed, it is one of the greatest of homeopathic remedies, both for acute ailments and also constitutionally, most often as the sulfate salts *Natrum sulph.*, *Kali sulph.*, *Calcarea sulph.*, and the like, where the sulphur component lends its distinctive coloration to these other element families.

*A Remedy of Development and
Maturation: Calcareo Carbonica.*

Triturate of the middle layer of oyster shells, principally impure CaCO_3 , *calcium carbonate?*'

Infancy and Childhood: Delayed Growth and Development.

Like the other carbonates *Baryta Carb.*, *Strontium carb.*, *Kalicarb.*, and *Natrum carb.*, *Calcareo carb.* is the most typical of its family, many of its best-known features being equally applicable to all the *Calcareo* salts. In babies and small children, extra fat and weak muscle tone may persist, along with delays and difficulties in teething, walking, talking, and/or other developmental processes. In older children and adults, obesity, flabbiness, indolence, and being out of shape often contribute to fatigue and weakness from slight exertion, and to profuse sweating on the head and face.

After struggling for years with weakness, fatigue, and progressive weight gain, a 44-year-old woman came in to try remedies after low-fat diets and regular exercise proved insufficient. Already obese in high school, she later developed a toxic goiter and underwent partial thyroidectomy, her hormone levels remaining normal for years after that. In her twenties, she often tried amphetamines for months at a time, but her weight went up and down "like a yo-yo," and she could not tolerate the side-effects. In her thirties, her hair thinned out, she gained more weight, and her thyroid became underactive, but in spite of a healthy diet, regular exercise, and a maintenance dose of Synthroid, her weight had continued to spiral upwards ever since.

Raised by uneducated parents who worked in the town mill, she left home seeking a fuller life, becoming hyperthyroid almost immediately afterwards. Timid and fearful by nature, avoiding crowds, and quiet in company, she loved and culti-

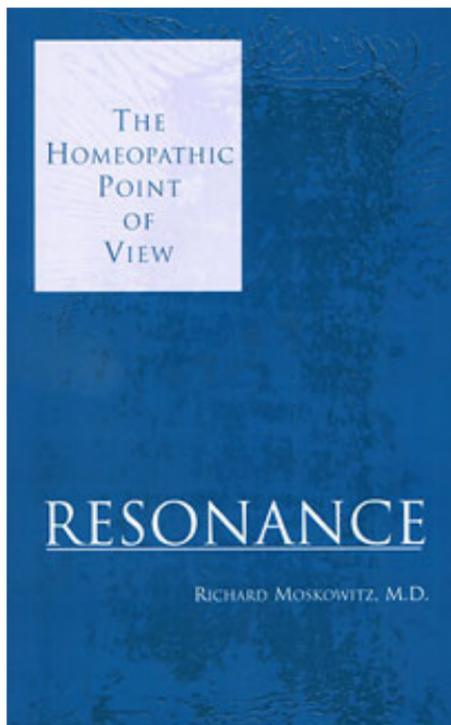
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vated her friendships, and was wary of marriage for fear of abandonment, and of being responsible for children. As a child she was sickly, anemic, and prone to cavities, poison ivy, and minor acute ailments that she was slow to recover from, becoming allergic to milk in adult life and avoiding dairy and rich food of any type. Subject to carpal tunnel, tennis elbow, and bursitis in cold, damp weather, she was generally on the chilly side, and sweated profusely on head and face during exercise. No risk taker, she was trained as a secretary, but through competence and hard work had become the manager of a large HMO, as well as a serious coffee addict, doubting that she could or would ever give it up.

Within a month after a single dose of *Calcarea carb.* 1M, her weight leveled off, and she felt more confident and upbeat, needed less sleep, and felt better exercising and more positive in mood and energy. The *Rhus tox.* 12CI had given her to use for acute bursitis or tendinitis had not been touched. No remedy was given, and she did not come back until three years later, when she slowly became tired, weak, and achy again, and a higher dose of Synthroid had not done much to restore her. Her weight had been stable the whole time.

Again her energy rebounded quickly after a second dose of *Calcarea carb.* 1M, her aches and pains subsided, and her mood became cheerful and positive to an extent that forced her to realize how depressed she had been before. Nothing more was given, and two months later she was still improving, and had been promoted to be a Department head in her division. In six months she took a third dose for exhaustion and mental fatigue following the death of her father, and again she responded beautifully.

In the three years since then, she still checks in every six months or so, and has taken the 1M twice more as a "tune-up" for essentially the same pattern of symptoms, with excellent results each time, in spite of continuing to drink coffee regularly. Recently she was laid off in a major downsizing, and has



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