

# Sensitive and Nervous

There are a variety of remedies that are considered sensitive and nervous at the core and it is important to learn to differentiate their essence and mode of action. In this article we will look at three similar remedies that each have fear and lack of confidence at their base.

**Arsenicum:** “The nery types”, easily scared, vivid imaginations; fear in middle of night; fear that something will happen; needing security and comfort for their fears. Mentally active and full of anxiety and insecurity about the future. Very meticulous, tidy, neat and clean. Over-sensitive – sick from smells, nightmares from excitement, jumpy at noise; paranoid about germs, cleanliness, order and routine being followed correctly even as an infant; insecure and miserly with money – will take odd jobs for pocket money. Their enthusiasm and desire to learn is excessive; ask for more work or may need to be challenged at school to perform well, needing a favourable environment for optimal performance. Many food desires, aversions and aggravations. Fussy and fear food poisoning.

Physically there is a sensitivity to food with many allergies.

**Phosphorus:** This is a remedy of very high energy that can easily become diffused, this can be followed by a phase of exhaustion with apathy, no energy. There is usually quick recovery. They are hypersensitive with a very quick mind and body reaction. They are affectionate, sympathetic and easily influenced by others. They desire company and need a lot of reassurance; they open up easily and tell you their thoughts and feelings. Part of the sensitivity can result in many fears and an overactive imagination. Fear dark, ghosts and thunderstorms, they feel worse before storms as they are very sensitive to atmospheres. Clairvoyant. The Phosphorus child is friendly, good-natured, extroverted and excitable. They complain of many fears, especially of the dark, thunderstorms, insects, their family's well-being, and an ominous, unknown something that will "get" them. Fearful when sick and can become ill from or after excitement or anticipation. All complaints are better by company and consolation (from anyone). Impish, affectionate, charming and theatrical, creative and dramatic, a great sense of story. Do things with style and confidence. Love drama, ballet, music and dancing. Will station himself before a mirror to observe himself crying and arguing, genuinely fascinated by his own performance. Sensitive and easily startled. Does not hold onto sadness or resentment, pops up smiling after reprimands. Irresponsible about money, gives it away etc. They like exotic and spicy well flavoured foods. Inclined to chesty colds. When ill they may vomit once a cold drink has warmed in stomach. There is a love of spicy food and salt.

Physically there is easy bleeding, with bright blood. They bruise easily. Rapid growth spurts followed by weakness. The chest can be a weak spot, and there can be a history of pneumonia.

**Silica:** Manages their vulnerability by taking control and becoming stubborn. Silica is a remedy that gives form and structure to life. The essence of the remedy is a lack of grit – no energy and no will. The state alternates between a rigid fixed state and a vague, indecisive state. They are shy, introspective people who easily go into a state of low confidence. Mild, yielding and fear failure. They are easily

startled as the senses are very open, oversensitive to noise. Obstinacy is a strong feature, digging in the heels in order to take the pressure off themselves. When out of balance they are easily exhausted and can lack concentration and become absent minded. Small, slight, thin, pale skin, fine texture, sandy haired – “porcelain look”. Bright, agreeable, refined, intellectual, strong opinions of own but doesn’t push them forward but rather retire into their shell. Friendly, self-contained, serious, proper, never forgets reprimands.

On a physical level Silica lacks the energy to resolve issues, for example they easily make scar tissue and tissues suppurate rather than heal. Resistance to infection is poor, there is a tendency to catch colds easily. There can be foul foot sweats. Tires easily. Prone to cervical glands enlarged and curvature of spine. Sweats under arms, back of neck and feet – offensive and acrid. Brittle nails – white spots on nails. Constipation – “bashful stool”. < at full moon; > perspiration. Aversion to salt, meat and milk. Intolerant to fat and milk, allergy to milk.

Next month we will explore three **Mineral Remedies**.