

Meridian Balancing Combinations

Over 5,000 years ago, the ancient Chinese discovered an entire system of subtle energy in the body that is only now able to be “read” by our modern diagnostic and imaging tools. Energy disturbances in these subtle systems precede the manifestation of abnormal patterns of cellular organization and growth.

There is a primary energetic substance of which everything in the universe is composed. Physical matter and energy are two different manifestations of this primary substance. Matter, which vibrates at a very slow frequency, relatively speaking, is referred to as physical matter. That which vibrates at speeds exceeding the velocity of light is known as subtle matter. Subtle matter is just as real as the more dense form of matter.

The Chinese have mapped out for us twelve meridians, or pathways, along which this energy travels in the human body. These meridians were named for the life function associated with them. To the majority of scientists in the western hemisphere, these meridians seem like imaginary structures because there are no published anatomical studies of them in orthodox medical journals to substantiate their existence. The medical community does admit, however, that there is much about “energy” in the human body that cannot be explained in terms of circulation, nerves, or by the electrical impulses that they can trace.

Meridians are the pathways of communication between the various parts of the human body/mind/soul complex. Through these meridians pass an invisible nutritive energy known to the Chinese as ch’i. The ch’i energy enters the body through specific points and flows to deeper organ structures, bringing life-giving nourishment of a subtle energetic nature.

The meridians, and specific acupuncture points along them, have been mapped by modern technological methods—electronically, thematically, and radioactively. Normal energy over one of these points, when healthy and vibrant, is approximately 100,000 ohms. With practice and awareness this energy can be felt and located by the human hand, with micro-electrical voltage meters, and with muscle testing. It is often easier to feel a point with your hand when the point is not functioning correctly.

A strong and balanced flow of energy through the body’s meridians is important to optimal health. Blocked meridians create imbalanced energy flow to organs which contributes to disease states within the body. There are emotional and mental characteristics associated with each pair of meridians. In fact, some of what we call personality is dictated by the way the energy is flowing through our meridians.

Energy flow through the meridians can be slowed or entirely blocked by a number of factors, including traumatic injury, emotional trauma, chronic illnesses, parasite infestations, and chemical toxicity. Impaired flow in a meridian is often responsible for slow healing of wounds and injuries, as well as slow response to herbal, chiropractic, or homeopathic treatment.

The idea of using a homeopathic combination to improve flow along a meridian is a good one. There is one homeopathic combination for each meridian listed on the next few pages. The basic symptom picture of each single remedy within the combination is explained separately (as it has been on all the previous pages for the other combinations). This will enable you to choose for yourself whether to take a low-potency combination remedy, or zero in on a particular remedy contained in the blend and take just that one in a higher potency.

A very brief description of the emotional pattern of each meridian is given. You should be able to draw a fairly accurate picture of the meridian’s out-of-balance state by the descriptions of the single remedies.

Governing Vessel Balance (6X)**Moving forward on life's path with faith and confidence**

or

Embarrassment, reluctance to move forward at all

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic) *Aurum metallicum* (gold metal), *Baryta carbonica* (barium carbonate), *Cactus grandiflorus* (night-blooming cereus), *Calcarea carbonica* (calcium carbonate), *Lithium carbonicum* (lithium carbonate), *Lycopodium clavatum* (club moss), *Mercurius solublis* (mercury vivus), *Natrum sulphuricum* (sodium sulfate), *Spigelia anthelmintica* (pinkroot), *Tarentula hispanica* (Spanish tarentula)

Arsenicum album Constricted air passages. Hay fever. Suffocative catarrh. Wheezy breathing. Asthma. Shortness of breath. Cough alternating between dry and loose. Cough excited by smoking. Emphysema. Cough with bloody sputum and pulmonary edema.

Aurum metallicum High blood pressure. Pulse rapid. Feeble. Irregular. Angina pectoris.

Baryta carbonica Crawling in rectum. Constipation with hard knotty stools. Hemorrhoids protrude on urinating. Oozing at anus. Diarrhea with lumbar ache.

Cactus grandiflorus Constriction as from an iron band. Very acute pains and stitches in heart. Pulse feeble and irregular. Endocarditis with mitral valve insufficiency together with violent and rapid action. Murmurs. Low blood pressure. Aneurysm of large arteries and heart. Arteriosclerosis.

Calcarea carbonica Sharp pain in chest, which is very sensitive to touch, percussion or pressure.

Lithium carbonicum Trembling and fluttering of heart. Throbbing and dull stitch in cardiac region.

Lycopodium clavatum Indigestion with pain and distress in gastric region. Nausea with faintness. Gastritis. Enteritis. Diarrhea. Dysentery.

Mercurius solublis Palpitations on slightest exertion. Worse for any change in temperature or weather. Restlessness. Poor self-confidence. Chronic ear infections. Trembling limbs—especially the hands. Shortness of breath walking upstairs. Burning after urination. Urine flows in thin stream or only drop by drop.

Natrum sulphuricum Particularly indicated after head injury. Pain through lower left chest. Gallbladder disorders. Headache. All symptoms worse for cold and damp. Painful cramps with flatulence.

Spigelia anthelmintica Pericarditis. Angina pectoris.

Tarentula hispanica Twitching. Involuntary movements. Restlessness of lower limbs. Constipation. Stool remains in rectum for a long time with no urging.

Central Vessel Balance (6X)

Firmness. Balance between logic and emotion. Considerate of, without being unduly influenced by, other people's energies or opinions

or

An unrealistic sense of shame. Guilt. Shyness. Discomfort with people

Homeopathic ingredients: *Apis mellifica* (honey bee), *Arsenicum album* (white oxide of arsenic), *Belladonna* (deadly nightshade), *Conium maculatum* (poison hemlock), *Ferrum metallicum* (iron metal), *Lachesis muta* (bushmaster snake), *Mercurius solublis* (mercury vivus), *Pulsatilla nigricans* (wind flower), *Sepia succus* (cuttlefish ink), *Thuja occidentalis* (arbor vitae)

Apis mellifica Congested ovaries with fluid buildup. Miscarriage. Inflamed ovaries or womb. Difficult or slow urination. Swelling or puffing up of various parts. Edema. Anxious restlessness and fidgeting. Constantly busy. Better for cool air, but worse from heat of any kind. Allergic dermatitis. Not thirst during fever.

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations, with anguish, which are worse at night. Swollen, painful ovaries. Copious periods.

Belladonna Loss of appetite. Vision difficulties. Nausea and vomiting. Ear pain. Tinnitus. Congestion in womb during period.

Conium maculatum Inflammation in uterus. Indurated (hard from inflammation) ovaries or cervix. Amenorrhea.

Ferrum metallicum Anemia. Blood disorders. Easily bruised. Morning sickness. Vaginal discharge that is strong and sharp (acid). Amenorrhea. Swollen vagina.

Lachesis muta Dry cough. Bloody urine. Pulse weak, slow, and irregular. Headache.

Mercurius solublis Worse for any change in temperature or weather. Restlessness. Poor self-confidence. Chronic ear infections. Trembling limbs—especially the hands. Shortness of breath walking upstairs. Burning after urination. Urine flows in thin stream or only drop by drop.

Pulsatilla nigricans Changeable mood. Mild temperament. Emotional and tearful. Consolation improves all symptoms. Pain goes to part lain on. Vaginal discharge that is milky or with burning. Inflammation in womb.

Sepia succus Venous stasis. Hormonal disorders. Bladder weak. Bed-wetting. Oversensitive to noise. Poor circulation. Restlessness in limbs. Liver sore and painful. Frequent flushes of heat. Nausea and belching. Vision difficulties. Vaginal discharge is albuminous (white and thick), burning and/or bloody.

Thuja occidentalis Polyps. Warts. Depression. Feels isolated and alone. Bladder feels paralyzed. Desire to urinate sudden and uncontrollable. Impetigo with itching. Vaccinosis miasm. Abnormal growths in womb or cervix. Pain or burning in urethra.

Gallbladder Meridian Balance (6X)

Feeling of love, adoration and compassion for other people

or

Deep rage—more intense and longer lasting than mere anger

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Belladonna* (deadly nightshade), *Calcarea carbonica* (calcium carbonate), *Carduus marianus* (St. Mary's thistle), *Colocynthis* (bitter cucumber), *Lycopodium clavatum* (club moss), *Natrum sulphuricum* (sodium sulphate), *Nux vomica* (poison nut), *Phosphorus* (the element), *Sepia succus* (cuttlefish ink)

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night. Inflammation from food or chemical poisoning. Great weakness. Vomiting and diarrhea.

Belladonna Loss of appetite. Vision difficulties. Nausea and Vomiting. Ear pain. Tinnitus.

Calcarea carbonica Food cravings. Gallstones. Colic. Susceptible to cold.

Carduus marianus Gallbladder swollen and painful. Liver and spleen disorders. Varicose veins. Edema. Headaches.

Colocynthis Sudden horrible cramping with tearing pains. Greatly affected by the misfortunes of others. Neuralgia with chilliness.

Lycopodium clavatum Weak memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Involuntary urination. Poor digestion. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets. Food allergies—often to wheat.

Natrum sulphuricum Particularly indicated after head injury. Pain through lower left chest. Gallbladder disorders. Headache. All symptoms worse for cold and damp.

Nux vomica Fiery temperament. Cannot bear noises, odors, light, or music. Lumbar region of the back feels lame. Irritable bladder. Gallstone colic. Indigestion. Headache in the sunshine. Nausea and vomiting.

Phosphorus Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach that is made worse with hot drinks. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Sepia succus Venous stasis. Hormonal disorders. Bladder weak. Bed-wetting. Oversensitive to noise. Poor circulation. Restlessness in all limbs. Liver sore and painful. Frequent flushes of heat. Nausea and belching. Vision difficulties.

Liver Meridian Balance (6X)

Happy and cheerful, full of joy

or

Feelings of anger and annoyance all the time toward everyone and everything

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Berberis vulgaris* (barberry), *Bryonia alba* (wild hops), *Carduus marianus* (St. Mary's thistle), *Cinchona officinalis/China officinalis* (Peruvian bark), *Kali carbonicum* (potassium carbonate), *Lycopodium clavatum* (club moss), *Nux vomica* (poison nut)

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night.

Berberis vulgaris Inflammation in the kidneys. Tearing sharp pains in chest and region of heart. Beating or fluttering noise in the ear. Headache made worse by motion. Shooting pains in hepatic region. Gallstone attack. Pressure in liver.

Bryonia alba Bursting, splitting headaches. Aggravation from movement of any kind. Exceeding irritability. Sharp pains and stiffness in back. Slipped disks with sharp pain. Dry hacking cough. Pleurisy with sharp pains. Dryness of mouth, tongue and throat with excessive thirst. Symptoms of inflammation of the liver.

Carduus marianus Terrible attacks of gallstone colic. Liver related headaches. Nausea and vomiting. Headache shortly before meals, disappears after eating. Digestive disorders which are associated with lung disorders. Chronic heartburn. Frontal headache (these types of headaches are usually liver related). Migraines, often worse on the right side. Never the same since mononucleosis or hepatitis.

Cinchona officinalis/China officinalis Dysentery with dehydration and weakness. Intolerable pain in lumbar region. Violent hacking cough after every meal. Tinnitus. Intense throbbing of head and carotids. Pains in limbs and joints. Liver and spleen swollen and enlarged. Digestion weak and slow. Intermittent fever and chills.

Kali carbonicum Full of fear and imaginations. Hypersensitive to pain. Lower back feels weak. Sharp pain in kidneys. Arthritis. Liver troubles. Jaundice. Tendency to colds which settle hard in throat.

Lycopodium clavatum Weak memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Involuntary urination. Poor digestion. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets. Food allergies—often to wheat.

Nux vomica Fiery temperament. Cannot bear noises, odors, light or music. Lumbar region of the back feels lame. Irritable bladder. Gallstone colic. Indigestion. Headache in the sunshine. Nausea and vomiting.

Kidney Meridian Balance (6X)**Full of faith and trust in the future**

or

Full of fear, lack of self-confidence

Homeopathic ingredients: *Apis mellifica* (honey bee), *Berberis vulgaris* (barberry), *Cantharis vesicatoria* (Spanish fly), *Equisetum hyemale* (horse-tail), *Lycopodium clavatum* (club moss), *Natrum muriaticum* (sodium chloride), *Phosphorus* (the element), *Rhus toxicodendron* (poison oak), *Sepia succus* (cuttlefish ink)

Apis mellifica Burning and soreness when urinating. Frequent and involuntary urination. Difficult or slow urination. Swelling or puffing up of various parts. Edema. Anxious restlessness and fidgety. Constantly busy. Better for cool air but worse from heat of any kind. Allergic dermatitis. Thirstless during fever.

Berberis vulgaris Inflammation of the kidneys. Bladder disorders. Gallstones. Kidney stones with severe pain. Pimples with dry rough scaly skin.

Cantharis vesicatoria Inflammations are violently acute. Constant urging to urinate. Acute severe cystitis. Difficulty swallowing liquids.

Equisetum hyemale Nocturnal bed-wetting of children. Constant desire to urinate. Passes large quantities of clear or light-colored urine without relief. Severe pain at the close of urination. Inclined to show a frown when facial muscles are at rest.

Lycopodium clavatum Poor memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Involuntary urination. Heavy red sediment in urine. Poor digestion. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets. Food allergies—often wheat.

Natrum muriaticum Severe depression and feelings of isolation. Holds grudges for years. Ailments from grief and disappointed love. Backache with desire for firm support. Aching in hips, thighs, and back. Fever blisters and cold sores. Crack in the middle of the bottom lip.

Phosphorus Bladder is full without urging. Blood in urine. Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Rhus toxicodendron Stiffness of muscles and joints that is better for warmth, motion, or massage. Glands are swollen. Back strain or injury. Sciatica. Incontinence. Restless tossing about in sleep. Intense itching of the skin. Weeping without knowing the cause.

Sepia succus Venous stasis. Hormonal disorders. Bladder weak. Frequent urination. Urine milky in color. Bed-wetting. Poor circulation. Restlessness in all limbs. Liver sore and painful. Frequent flushes of heat. Nausea and belching. Vision difficulties. Oversensitive to noise.

Urinary Bladder Meridian Balance (6X)

In tune with Spirit, authoritative, sure

or

Lack of self-confidence, impressionable, meek and compliant

Homeopathic ingredients: *Argentum nitricum* (silver nitrate), *Berberis vulgaris* (barberry), *Cantharis vesicatoria* (Spanish fly), *Kali bichromicum* (potassium bichromate), *Mercurius solubilis* (mercury vivus), *Rhus toxicodendron* (poison oak), *Terebinthinae oleum* (oil of turpentine), *Thuja occidentalis* (arbor vitae)

Argentum nitricum Impulsive. Wants to do things in a hurry. Melancholy. Panic attacks. Performance anxiety. Irresistible desire for sugar and sweets. Colic with much gas and distention. Acute conjunctivitis. Hypoglycemia. Great craving for sweets which disagree. Emotional upsets bring on migraines or diarrhea. Bloody urine and fever.

Berberis vulgaris Inflammation of the kidneys. Bladder disorders. Gallstones. Kidney stones with severe pain. Pain in thighs when urinating. Pimples with a dry rough scaly skin. Rapid change in symptoms. Chills and fever. Coldness of body with hot face.

Cantharis vesicatoria Inflammations are violently acute. Any condition in which the urine is scanty. Constant urging to urinate. Acute severe cystitis. Urine is passed drop by drop, dribbling. Difficulty swallowing liquids. Tenacious mucous in the throat.

Kali bichromicum Pains migrate from place to place. After urinating a drop seems to remain which cannot be expelled. Headaches over eyebrows. Sinus headache. Very weak limbs. Sadness which is better after eating. Talks to himself. Sinus headache with stopped up sensation in the nose. Pressure and pain at root or bridge of nose. Post-nasal drip down back of throat.

Mercurius solubilis Worse for any change in temperature or weather. Restlessness. Poor self-confidence. Chronic ear infections. Trembling limbs—especially the hands. Shortness of breath walking upstairs. Burning after urination. Urine flows in thin stream or only drop by drop.

Rhus toxicodendron Stiffness of muscles and joints that is better for warmth, motion, or massage. Glands are swollen. Weeping without knowing the cause. Back strain or injury. Sciatica, Incontinence. Restless tossing about in sleep. Intense itching of the skin.

Terebinthinae oleum Inflammation of kidneys. Burning pain in region of kidneys. Bloody urine with odor of violets. Enormous distension of the abdomen. Fever with violent thirst. Profuse, cold, clammy sweat, especially on the legs.

Thuja occidentalis Polyps. Warts. Depression. Feels isolated and alone. Bladder feels paralyzed. Desire to urinate sudden and uncontrollable. Impetigo with itching. Has long been considered an effective remedy for never the same since vaccinosis symptoms.

Large Intestine Meridian Balance (6X)**Confidence, feeling of self-worth**

or

Guilt, low self-esteem, discouragement

Homeopathic ingredients: *Aloe socotrina* (common aloes), *Aluminum oxydata* (aluminum oxide), *Arsenicum album* (white oxide of arsenic), *Baryta carbonica* (barium carbonate), *Bryonia alba* (wild hops), *Carbo vegetabilis* (vegetable charcoal), *Plumbum metallicum* (lead metal), *Pyrogenium* (rotten meat pus)

Aloe socotrina Dissatisfied and angry about himself. Sadness in morning. Better evening. Abdominal pains better from passing burning offensive flatus. Abdomen feels hot, heavy and bloated. Headaches that are worse from heat but better with cold application. Hemorrhoids bleed often and profusely.

Aluminum oxydata Alternating moods. Hasty and hurried. Confusion as to personal identity. Severe constipation. Colic. Abdominal pain. Potatoes disagree with the digestion. Legs often feel prickly and asleep.

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night.

Baryta carbonica Takes cold easily. Enlargement of the glands. Always has swollen tonsils. Slow mental grasp. Habitual colic of children who do not thrive.

Bryonia alba Bursting, splitting headaches. Aggravation from movement of any kind. Exceeding irritability. Sharp pains and stiffness in back. Slipped disks with sharp pain. Dry hacking cough. Pleurisy with sharp pains. Dryness of mouth, tongue, and throat with excessive thirst. Symptoms of inflammation of the liver.

Carbo vegetabilis Sick and exhausted. Faints easily. Lack of reaction following violent shock. Persons who have never fully recovered from some previous illness. Abdomen greatly distended. Flatulent colic. Constipation. Pains extending to chest with distention of abdomen. Almost all foods cause distress. Icy coldness.

Plumbum metallicum Mental depression. Navel feels retracted and tense. Chronic nephritis. Failure to thrive in infants. Glaucoma which originates in a spinal disorder. Face is pale and emaciated. Distinct blue lines along margins of gums.

Pyrogenium Offensive carrion-like discharges. Diarrhea with fever. Small cuts or injuries become infected and inflamed. Sleeplessness. Bed feels too hard. Abdomen bloated. Constipation. Any septic condition.

Lung Meridian Balance (6X)

Humility, tolerance, teachable

or

Pride, intolerance, already-knows-it-all attitude

Homeopathic ingredients: *Apis mellifica* (honey bee), *Arsenicum album* (white oxide of arsenic), *Carbo vegetabilis* (vegetable charcoal), *Chamomilla vulgaris* (German chamomile), *Kali bichromicum* (potassium bichromate), *Phosphorus*, *Sulphur* (brimstone)

Apis mellifica Breathing with panting. Edema and swelling of larynx. Feelings of suffocation. Short dry breathing. Burning and soreness when urinating. Frequent and involuntary urination. Difficult or slow urination. Swelling or puffing up of various parts. Edema. Anxious restlessness and fidgetiness. Constantly busy. Better for cool air but worse from heat of any kind. Allergic dermatitis. Thirstless during fever.

Arsenicum album Great polycrest remedy suitable to many people for many things. Constricted air passages. Hay fever. Wheezing. Asthma. Pulmonary edema. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night.

Carbo vegetabilis Breathing laborious, quick, and short. Cough with itching of larynx. Spasmodic with gagging and vomiting of mucous. Burning in chest. Hemorrhage from lungs. Sick and exhausted. Faints easily. Lack of reaction following violent shock. Persons who have never fully recovered from some previous illness.

Chamomilla vulgaris Temperamental and oversensitive persons. Children demand and seem to be better for being carried. Demands instant relief from suffering. Tickling cough, hoarseness.

Kali bichromicum Asthma. Dry cough. Profuse yellow expectoration. Cough with pain in sternum. Headaches over eyebrows. Sinus headache with stopped-up sensation in nose. Pressure and pain at root or bridge of nose. Blindness before headache. Very weak limbs. Pains migrate from place to place. Great sadness that is better after eating. Impatient. Talks to himself.

Phosphorus Oppressive breathing. Congestion of lungs. Pneumonia of left lower lung. Asthma with congestion. Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Sulphur Absent-minded. Indifferent to personal appearance. Pneumonia. Loose cough. Tickling in larynx. Asthma. Difficult respiration. Wants window open. "Ragged philosophers". Ailments and complaints that relapse. Sulphur should be considered when carefully chosen, well-matched homeopathic remedy fails to act, especially in acute diseases. Major anti-psoric remedy. Frequently needed when an illness has mostly cleared up, but still lingers.

Stomach Meridian Balance (6X)

Contentment, appreciation for what is in one's life

or

Disappointment, greed, attitude of "there is never enough"

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Calcarea carbonica* (calcium carbonate), *Digitalis purpurea* (foxglove), *Ignatia amara* (St. Ignatius bean), *Lycopodium clavatum* (club moss), *Phosphorus* (the element), *Pulsatilla nigricans* (wind flower), *Veratrum viride* (American hellebore)

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Heartburn. Intense thirst. Palpitations with anguish which are worse at night.

Calcarea carbonica Food cravings. Gallstones. Colic. Heartburn. Belching. Cramps. Susceptible to cold and made worse by it.

Digitalis purpurea Cardio-pulmonary remedy. Great weakness. Liver becomes enlarged and painful. Shortness of breath. Neuralgic pain in stomach. Excessive nausea, not better for vomiting. Heartburn. Great guilt, but feels better for crying. Weeping improves nearly all symptoms. Anxiety about the future. Deep sighing and grief. Great weakness will illness. So weak can barely communicate.

Ignatia amara An emotional state of grief and worry. Suppressed grief or longing. Hiccups. Belching. Cramps. Flatulence—especially at night. Distention of abdomen causes inability to breathe.

Lycopodium clavatum Food allergies—often to wheat. Sour belching. Indigestion. Poor memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Involuntary urination. Heavy red sediment in urine. Poor digestion. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets.

Phosphorus Oppressive breathing. Congestion of lungs. Pneumonia of left lower lung. Asthma with congestion. Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach. Nausea. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Pulsatilla nigricans Changeable mood. Mild temperament. Emotional and tearful. Consolation improves all symptoms. Abdominal colic from fruits, pastries, icy drinks, fat or greasy things. Belchings—taste of food remains a long time. Pain goes to part lain on. Vaginal discharge that is milky or with burning sensation. Inflammation in womb.

Veratrum viride Hiccups. Spasms of esophagus. Violent vomiting without nausea. Tongue red with red streak down center. Beating of pulses throughout the body.

Spleen Meridian Balance (6X)

Confidence, faith in the future

or

Anxiety about the future, lack of faith and hope, grief

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Carduus marianus* (St. Mary's thistle), *Ceanothus americanus* (red root), *Cinchona/China officinalis* (Peruvian bark), *Kali bichromicum* (potassium bichromate), *Lycopodium clavatum* (club moss), *Phosphorus*, *Plumbum metallicum* (lead metal), *Ranunculus bulbosus* (buttercup)

Arsenicum album Great polycryst remedy suitable to many people for many things. Sudden very great weakness. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night. Inflammation from food or chemical poisoning. Great weakness. Vomiting and diarrhea.

Carduus marianus Gallbladder swollen and painful. Terrible attacks of gallstone colic. Liver and spleen disorders. Liver related headaches. Nausea and vomiting. Varicose veins. Edema. Headaches.

Ceanothus americanus Enlarged spleen and liver. Deep-seated cutting pains. Sharp pains above pubis in region of the bladder.

Cinchona/China officinalis Liver and spleen swollen and enlarged. Digestion weak and slow. Dysentery with dehydration and weakness. Intolerable pain in lumbar region. Violent hacking cough after every meal. Tinnitus. Intense throbbing of head and carotids. Pains in limbs and joints. Liver and spleen swollen and enlarged. Digestion weak and slow. Intermittent fever and chills.

Kali bichromicum Pains migrate from place to place. After urinating a drop seems to remain which cannot be expelled. Headaches over eyebrows. Sinus headache. Very weak limbs. Asthma. Pain in sternum. Dry hacking cough with profuse yellow expectoration.

Lycopodium clavatum Food allergies—often wheat. Sour belching. Indigestion. Poor memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Involuntary urination. Heavy red sediment in urine. Poor digestion. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets. Poor circulation. Hemorrhages.

Phosphorus Oppressive breathing. Congestion of lungs. Pneumonia of left lower lung. Asthma with congestion. Ravenous hunger during fever. Tightness across chest. Pain and burning in stomach. Nausea. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs. Excitable. Impressionable.

Plumbum metallicum Mental depression. Navel feels retracted and tense. Chronic nephritis. Arteriosclerosis. Anemia. Hypertension. Aneurysm.

Ranunculus bulbosus Complaints of spleen. Abdomen tender to pressure. Muscular pain along lower margin of the shoulder blade (spleen symptom).

Triple Warmer Meridian Balance (6X)

Protection of the physical body, lightness, hope

or

Auto-immune disorders, allergies, heaviness and depression

Homeopathic ingredients: *Baryta carbonica* (barium carbonate), *Calcarea carbonica* (calcium carbonate), *Iodium purum* (iodine), *Kali iodatum* (potassium iodide), *Lachesis muta* (bushmaster snake), *Phosphoricum acidum* (phosphoric acid), *Sepia succus* (cuttlefish ink), *Spongia tosta* (roasted sponge), *Thyroidinum* (thyroid gland extract)

Baryta carbonica Takes cold easily. Enlargement of the glands. Swollen tonsils. Lipomas. Fatty tumors. Heart palpitations. Chronic bronchitis. Frequent and burning urination. Down's syndrome. Delayed development of children. Failure to thrive in infants. Feelings of homesickness. Cough after getting feet wet.

Calcarea carbonica One of the three polycrest remedies useful to many people for many things. Basic anti-psoric and very helpful for blocks in this meridian. Food cravings. Gallstones. Colic. Heartburn. Belching. Cramps. Susceptible to cold.

Iodium purum Great debility. Slightest effort induces perspiration. Always feels too hot—craves cold air. Acts prominently on the connective tissue. Cross and restless. Impulsive behavior. Pain in larynx. Headache.

Kali iodatum Enlarged lymph glands. Headaches with intense pain over the eyes and at the root of the nose. Tinnitus. Frequent urination. Liver dysfunction. Sciatica. Colds travel downward into the chest. Startles easily from noise.

Lachesis muta Liver region sensitive. Can't bear anything around the waist. Malignant or septic states. Chronic depression. High blood pressure. Dry cough. Bloody urine. Weak pulse. Headache. Symptoms appear predominantly on left side. Cannot bear anything tight anywhere on the body.

Phosphoricum acidum Acute disease states. Loss of vital fluids. Weakness and debility. Tickling cough. Heart palpitations. Frequent watery milky urination. Symptoms are often the result of grief or mental shock.

Sepia succus Poor circulation. Venous stasis. Hormonal disorders. Weak bladder. Frequent urination. Urine milky in color. Bed-wetting. Oversensitive to noise. Poor circulation. Restlessness in all limbs. Liver sore and painful. Frequent flushes of heat. Nausea and belching. Vision difficulties.

Spongia tosta Asthma. Bronchitis. Dry, chronic, sympathetic cough. Dryness of mucous membranes. Anxiety and difficult breathing. Exhaustion and heaviness of body.

Thyroidinum Anemia. Tachycardia. Severe heart pains. Bed-wetting. Frequent urge to urinate. Liver discomfort. Vomiting during pregnancy.

Pericardium Meridian Balance (6X)

Protector of the heart and emotions, openness and peacefulness in relationships

or

Manic depressive tendencies, withdrawal and anger at hurts

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Aurum metallicum* (gold metal), *Calcarea carbonica* (calcium carbonate), *Glonoinum* (nitroglycerine), *Lithium carbonicum* (lithium carbonate), *Lobelia inflata* (Indian tobacco), *Mercurius solublis* (mercury vivus), *Naja tripudians* (cobra venom), *Phosphorus* (the element)

Arsenicum album Great polycrest remedy suitable to many people for many things. Sudden very great weakness. Anemia. Asthma. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst. Palpitations with anguish which are worse at night. Inflammation from food or chemical poisoning. Great weakness. Vomiting and diarrhea.

Aurum metallicum Acute mental depression and hopelessness. Thoughts of suicide. Mental symptoms worse during cloudy weather, in winter, and worse from sunset to sunrise. Awakened at night by bone pains and despair. Oversensitive to pain. Violent pain in head that is worse during the night. Liver and gallbladder problems.

Calcarea carbonica One of the three polycrest remedies useful to many people for many things. Basic anti-psoric and very helpful for blocks in this meridian. Food cravings. Gallstones. Colic. Heartburn. Pains in liver region. Belching. Cramps. Susceptible to cold.

Glonoinum Sudden vascular congestion. Violent pulsations. Collapse. Throbbing and bursting congestive headaches. Threatened stroke. Constriction of chest. Nephritis with high blood pressure. Mental symptom of aversion to own husband and children.

Lithium carbonicum Whole body feels sore and heavy. Manic depression. Obsessive compulsive disorders. Constriction of chest. Gout with pains in joints. Stomach acidity.

Lobelia inflata Nausea and vomiting. Deathly sickness all over. Gallstones. Violent pain in chest. Prickling and itching all over body.

Mercurius solublis Worse for any change in temperature or weather. Restlessness. Poor self-confidence. Chronic ear infections. Inflammations and swelling. Trembling limbs—especially the hands. Shortness of breath walking upstairs. Burning after urination. Urine flows in thin stream or only drop by drop.

Naja tripudians Predominant effect of snake remedies is on circulation and heart. Hypertrophy and valvular disease. Nervousness with excitement—so excited that they are trembling. Sharp pains in chest made worse by breathing deeply. Headache with intense depression. Vertigo followed by astounding pain in right side of head. Feels anguish for others.

Phosphorus Oppressive breathing. Congestion of lungs. Pneumonia of left lower lung. Asthma with congestion. Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach. Nausea. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Small Intestine Meridian Balance (6X)**Great joy, intense happiness****or****Sorrow, melancholy, depression**

Homeopathic ingredients: *Arsenicum album* (white oxide of arsenic), *Belladonna* (deadly nightshade), *Cinchona/China officinalis* (Peruvian bark), *Kali carbonicum* (potassium carbonate), *Lycopodium clavatum* (club moss), *Nux vomica* (poison nut), *Phosphorus*, *Pyrogenium* (rotten meat pus)

Arsenicum album Great polycrest remedy suitable to many people for many things. Sudden very great weakness. Anemia. Asthma. Liver and spleen enlarged and painful. Vomiting with diarrhea. Intense thirst but cold water causes distress followed by vomiting. Inflammation from food or chemical poisoning. Great weakness.

Belladonna Loss of appetite. Vision difficulties. Nausea and vomiting. Distended abdomen. Colic. Pain in spleen region. Ear pain. Tinnitus. Symptoms come on suddenly and violently. Hot, red skin. Flushed face. Dilated pupils. Throbbing carotids. Sensitive to light, noise, and jarring. Very restless. Retention of urine in bladder.

Cinchona/China officinalis Liver and spleen swollen and enlarged. Digestion weak and slow. Dysentery with dehydration and weakness. Intolerable pain in lumbar region. Violent hacking cough after every meal. Tinnitus. Intense throbbing of head and carotids. Pains in limbs and joints. Liver and spleen swollen and enlarged. Digestion weak and slow. Intermittent fever and chills.

Kali carbonicum Full of fear and imaginations. Hypersensitive to pain. Throbbing at naval. Flatulence. Cutting pain in intestines. Lower back feels weak. Sharp pain in kidneys. Arthritis. Liver troubles. Jaundice. Tendency to colds which settle hard in throat.

Lycopodium clavatum Weak memory. Dyslexia. Indecision. Poor self-esteem. Panic attacks. Poor digestion. Colic and heartburn followed by diarrhea. Involuntary urination. Loss of appetite. Hypoglycemia. Diabetes. Desire for sweets. Food allergies—often to wheat.

Nux vomica Fiery temperament. Cannot bear noises, odors, light or music. Lumbar region of the back feels lame. Irritable bladder. Gallstone colic. Indigestion. Spasmodic colon. Sore bowels. Headache in the sunshine. Nausea and vomiting.

Phosphorus Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach that is made worse with hot drinks. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Pyrogenium Offensive carrion-like discharges. Diarrhea with fever. Small cuts or injuries become infected and inflamed. Sleeplessness. Bed feels too hard. Abdomen bloated. Abdominal pain causing difficult breathing. Constipation. **Any septic condition.**

Heart Meridian Balance (6X)

Love, forgiveness, compassion

or

Anger, judgement

Homeopathic ingredients: *Aurum metallicum* (gold metal), *Cactus grandiflorus* (night-blooming cereus), *Digitalis purpurea* (foxglove), *Lithium carbonicum* (lithium carbonate), *Mercurius solublis/vivus* (mercury vivus), *Naja tripudians* (cobra venom), *Phosphorus* (the element), *Pulsatilla nuttaliana* (American pulsatilla)

Aurum metallicum High blood pressure. Pulse rapid. Feeble. Irregular heartbeat. Angina pectoris. Aurum depression is the most acute of any remedy. Melancholy. Hopelessness. Deep grief. Depression, along with other Aurum symptoms is always cause for concern because there is a great desire to commit suicide. Suicide is seen as the only way out and the only way to end the pain.

Cactus grandiflorus Heart feels as though clutched and released alternately by an iron band. Palpitations. Aneurysm of large arteries and heart. Right-sided facial pain. Suffocative constriction at throat. Needs much liquid to get food down.

Digitalis purpurea Cardio-pulmonary remedy. Sudden sensation as if heart stood still. Angina pectoris. Pulse weak. Great weakness. Liver becomes enlarged and painful. Shortness of breath. Neuralgic pain in stomach. Excessive nausea, not better for vomiting. Heartburn.

Lithium carbonicum Whole body feels sore and heavy. Trembling and fluttering of the heart. Gout with pains in joints. Stomach acidity.

Mercurius solublis Worse for any change in temperature or weather. Heart palpitations with fear. Pulse irregular. Restlessness. Poor self-confidence. Chronic ear infections. Inflammations and swelling. Trembling limbs—especially the hands. Shortness of breath walking upstairs. Burning after urination. Urine flows in thin stream or only drop by drop.

Naja tripudians Predominant effect of snake remedies is on circulation and heart. Hypertrophy and valvular disease. Septic endocarditis. Low blood pressure. Nervousness with excitement—so excited that they are trembling. Sharp pains in chest made worse by breathing deeply. Headache with intense depression. Vertigo followed by astounding pain in right side of head. Feels anguish for others.

Phosphorus Breathing quickened and oppressed. Ravenous hunger during fever. Excitable. Impressionable. Tightness across chest. Pain and burning in stomach that is made worse with hot drinks. Vomiting. Very fetid stools and flatus. Tendency to get sore throats that go into the lungs.

Pulsatilla nuttaliana Sharp stabbing pain in chest. Aching pain in chest. Audible pulsation of heart. Pulse accelerated. Dull heavy headache in the mornings, which is better by active exercise before breakfast.