Dr Massimo Mangialavori

2\textsuperscript{nd} Three Year Postgraduate Course

Session 4

“Identifying With Society”

March/April 2004

Notes by Vicky Burley
<table>
<thead>
<tr>
<th>Case 1</th>
<th>............................................. 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kali carbonicum</td>
<td>............................................. 6</td>
</tr>
<tr>
<td>Case 2</td>
<td>............................................. 13</td>
</tr>
<tr>
<td>Kali arsenicosum</td>
<td>............................................. 17</td>
</tr>
<tr>
<td>Case 3</td>
<td>............................................. 21</td>
</tr>
<tr>
<td>Kali bichromicum</td>
<td>............................................. 23</td>
</tr>
<tr>
<td>Case 4</td>
<td>............................................. 27</td>
</tr>
<tr>
<td>Kali ferrocyanatum</td>
<td>............................................. 31</td>
</tr>
<tr>
<td>Case 5</td>
<td>............................................. 36</td>
</tr>
<tr>
<td>Kali iodatum</td>
<td>............................................. 39</td>
</tr>
<tr>
<td>Case 6</td>
<td>............................................. 46</td>
</tr>
<tr>
<td>Kali muriaticum</td>
<td>............................................. 49</td>
</tr>
<tr>
<td>Case 7</td>
<td>............................................. 54</td>
</tr>
<tr>
<td>Kali bromatum</td>
<td>............................................. 57</td>
</tr>
<tr>
<td>Case 8</td>
<td>............................................. 63</td>
</tr>
<tr>
<td>Kali phosphoricum</td>
<td>............................................. 66</td>
</tr>
<tr>
<td>Case 9</td>
<td>............................................. 68</td>
</tr>
<tr>
<td>Kali nitricum</td>
<td>............................................. 72</td>
</tr>
<tr>
<td>Case 10</td>
<td>............................................. 75</td>
</tr>
<tr>
<td>Case 11</td>
<td>............................................. 78</td>
</tr>
<tr>
<td>Kali picricum</td>
<td>............................................. 80</td>
</tr>
<tr>
<td>Case 12</td>
<td>............................................. 82</td>
</tr>
<tr>
<td>Case 13</td>
<td>............................................. 86</td>
</tr>
<tr>
<td>Kali silicicum</td>
<td>............................................. 88</td>
</tr>
<tr>
<td>Case 14</td>
<td>............................................. 91</td>
</tr>
<tr>
<td>Kali sulphuricum</td>
<td>............................................. 93</td>
</tr>
<tr>
<td>Case 15</td>
<td>............................................. 98</td>
</tr>
<tr>
<td>Causticum</td>
<td>............................................. 101</td>
</tr>
<tr>
<td>Kali Thams</td>
<td>............................................. 105</td>
</tr>
<tr>
<td>Case 16</td>
<td>............................................. 108</td>
</tr>
<tr>
<td>Ammonium carbonicum</td>
<td>............................................. 111</td>
</tr>
<tr>
<td>Case 17</td>
<td>............................................. 116</td>
</tr>
<tr>
<td>Ammonium bromatum</td>
<td>............................................. 119</td>
</tr>
<tr>
<td>Case 18</td>
<td>............................................. 121</td>
</tr>
<tr>
<td>Ammonium ioddatum</td>
<td>............................................. 126</td>
</tr>
<tr>
<td>Case 19</td>
<td>............................................. 130</td>
</tr>
<tr>
<td>Ammonium valerianicum</td>
<td>............................................. 134</td>
</tr>
<tr>
<td>Case 20</td>
<td>............................................. 137</td>
</tr>
<tr>
<td>Ammonium muriaticum</td>
<td>............................................. 140</td>
</tr>
<tr>
<td>Case 21</td>
<td>............................................. 141</td>
</tr>
<tr>
<td>Ammonium sulphuricum</td>
<td>............................................. 148</td>
</tr>
<tr>
<td>Methodology</td>
<td>............................................. 152</td>
</tr>
<tr>
<td>Case Taking</td>
<td>............................................. 159</td>
</tr>
<tr>
<td>Index</td>
<td>............................................. 164</td>
</tr>
</tbody>
</table>
At the beginning of our lives, we are in an environment with clearly defined borders where we will be safe. Then we have the first big trauma; our birth, after which we no longer have the support of the beautiful and safe environment in our mother. But after birth, there is a kind of fusional support.

There are two fundamental processes:

1. Growing involves the integration of whatever comes from your own body – the process of growing and becoming an adult. The huge amount of information that our system receives must be integrated in order to grow. There is internal and external information that must be integrated. These influences are a kind of suggestion that start from the first moment of your life.

We saw this theme clearly in the Sea Remedies.

2. If the support and information from your environment is not that good, then you look inside for it (as in the Magnesiums).

The theme of this session deals with another fundamental step of our growing. There is a kind of constancy with coping with the outside system around you and with yourself. On the one side there is whatever you can do to remain yourself as a person; to be able to say “I am Massimo for this reason” but then on the other side, you are only Massimo because you integrate a lot of experiences around you. You start to relate in a larger and better way with environments that get bigger and bigger. The problem is how to remain an individual in this big environment; someone who is able to differentiate himself from the womb of his mother, from the fusional state with the mother, from the family, from your friends, from society, etc. The process of being able to identify, find out, grow, develop and distinguish in order to seek for your identity is a long one; it continues for our whole existence. It is a process that can be seen in every remedy of our materia medica and in every human being.

For certain substances, the process of individualising the self is a big issue. It is the main point of weakness for these systems. The remedies we will study deal with the problem of seeking for their individuality for all their lives.

The process of leaving the family is characterised perfectly in Phosphorus. The remedy represents the process of starting to leave your family and starting to consider that you can be different even if, like most adolescents, you are in the middle of this process. In Calcarea phosphorica, you are dealing with somebody who is beginning to consider leaving the secure environment but they are not able to be a true individual because there is still a deep connection with the ‘mother’ symbol.

When leaving one kind of support, you seek for another. You are seeking for another group with whom you have to relate, identify yourself and be supported. From this point of view, it’s important to reconsider what we saw dealing with the concept of ‘support’. Of course, being social animals we are seeking for supports all life long. When we deal with remedies like Calcareas, Silica and Magnesiums, we saw that a possible lack of support was something very material: the mother, the family, the main structure from the beginning of your existence was not supporting you properly. This can be seen in two ways: 1) Not to give you enough (like in Magnesiums) in terms of food, nourishment, help, 2) A lack of support can be represented by somebody who does not allow you to grow – there is somebody who is always overwhelming you and telling you what to do, which prevents you finding your individuality.

In certain remedies like Opium and Anhalonium, we see a very significant lack of individuality. We find somebody who doesn’t know who he is. There is a kind of
complete lack of support. In Cannabis indica there is a very deep sense of isolation; you are completely alone in the universe. Or, on the contrary, if the symbolic ‘mother’ is not recognising you as a person with your own single needs and whatever you need to grow by yourself, this kind of overwhelming becomes a process where this child is considered a kind of extension of the mother.

Our support changes constantly. It can be represented by ideas, ways of thinking, religion, something that is significant in your experience. A religious feeling that is kind of fundamentalist can be protective and supportive; the group and the religion tells you how to live and you don’t have to cope with the rest of the world. By belonging to certain kind of groups is another kind of support. It can even be support from substances, be it food, medicines, alcohol or drugs.

The main matter in these remedies is how they relate to their society. Whenever you consider who you are in relation to a group and that you belong to a certain structure. On the one hand, this structure can support you and allows you to become an individual. Alternatively, it can be perceived as something strong, rigid, stiff and stopping you grow as an individual. The problem not becomes defining the self as a person, but rather doing whatever is possible to avoid being seen in the group.

In nature, this concept is seen; for many animals that are not strong enough to fight, be quick and escape from danger, a very good strategy is to change the appearance; to look like a stone or a leaf so that the differences are not seen. In the other extreme, when we see a sparkling and brilliant animal, it is poisonous in a great majority of cases.

With the Kalis we deal with a theme where you see yourself as not strong enough or good enough to be seen as who you are. You are not enough to be acknowledged for who you are as a person. “How can I deal with the environment around me to merge, to hide and be hidden as best as possible?”

There are very many salts of potassium in our materia medica. In nature too there are very many different sorts of salts of Kali. Many of these were proved but very few remain as interesting remedies.

kali-ar./kali-bi./kali-br./kali-c./kali-chl./kali-cy./kali-fcy./kali-i./kali-m./kali-ma/kali-n./kali-ox./kali-p./kali-s./kali-chr./kali-chls./kali-sil./kali-bit./kali-cit./kali-f./kali-hp./kali-pic./kali-s-chr./kali-sal./kali-sula./kali-t./kali-tel./kali-acet./kali-picn./kali-x./kali-l./kali-o./kali./kali-aspar./kali-caust.

In the case of Kalis, we see people who do their best to be ‘in’ a certain kind of system. This group of substances do not show themselves up so clearly. They don’t underline their identity and individuality at all. This is a vast comparison to the snakes, who are exactly the opposite. It is interesting also that if we try to study what is in common between all the Kalis we find very general symptoms; we don’t find very much or at best we find something that is unclear. This is especially interesting because we do have Kalis with large amounts of symptoms. They have so many symptoms, but still we don’t have a clear idea about what is specific for these remedies. This shows that the strategy of existing for these patients is in some way unclear and hidden.

They don’t belong to a kind of personality or structure who does its best to be understood and defined, like other remedies in our materia medica. In the case of the salts of Kali, our focus needs to be on the other part of the salt. So with Kali ars nicosum, we must look to Arsenicum for the characteristics. The Kalis do their best not to be seen and understood.
In salts of *Phosphorus* you find lots of burning pains. There is a modality of the way of suffering that repeats in this group of substances. You don’t see something so clear in the *Kalis* beyond a certain sense of rigidity and stiffness. There is a wide range of different types of suffering. This gives another clear idea that there is no specific representation of how they suffer.

Homeopaths since the beginning were doing something different to what is ‘conventional’. We always have had and we still have difficulties integrating with the system of medicine. Homeopaths are a ‘different’ kind of person. Whenever you study the personalities of the *Kalis* you commonly have to do with extremely boring, conventional people! For someone who has an unconventional mind and who wants to be out of the group, dealing with the structure of the *Kali* is not very intriguing and interesting! To enter into a good relationship with a *Kali* to understand deeper how it works is not much of a fun job for the homeopath!

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**Case 1**

*Case 1*

She’s 37, but she behaves as if she’s 50. She seems extremely conformist, adapted and into the role of belonging to the school and the institution. She is an Italian teacher. She is clearly overweight.

Massimo’s impression was that she was very embarrassed and shy about being in front of a man and talking about her problems. Little by little, it became evident that for her it was difficult to even consider the idea of being treated by a homeopath. It was a problem because to be treated with an unconventional medicine didn’t fit in so well. Also, the idea of seeing a young doctor (Massimo was younger than she was at the time) was difficult. She trusts more in someone who is mature, old and with lots of experience.

She is being treated by a psychologist for depression and a cardiologist for arrhythmias.

*** I’ve been taking anti-depressants for about the last six years. Since my father died things just got worse and worse for us, partly because my mother lives close by and she has lots of different problems.

I went to a psychologist first and then, though it was very difficult for me, to a neurologist… I was very ashamed… After a while he told me that I needed to take anti-depressants and so I went to a psychiatrist [she blushes]. I’m fairly well now, but I don’t want to continue taking anti-depressants.

§ Eating makes me feel better… Also because I was hoping to get better by taking the anti-depressants… I have to help my stomach one way or another…

§ A few months after my father died. Before that I was having problems in my marriage… § One night my husband left home, though he wasn’t gone for long. § The second time was more serious… he was away for two or three months… Everyone knew about it in the place where we live…

§ I went back to normal afterwards, but now I’m a bit adrift again. Every now and then I consider throwing him out… But then I think what he’s useful for, because at least he gives me money for the children. § I want someone around but ultimately he only serves to remind me how miserable I am… and then I feel even more depressed.

§ My father died unexpectedly, and I was always very close to him… § Then I felt all alone in the world… I don’t even have relatives any more and above all I can’t express myself: I’ve never managed to.

§ I got absolutely mad about nothing and I couldn’t stand the children crying any more… So I wondered how to solve everything. I thought about it more for their sake than mine, § I felt good talking about it but it didn’t change anything: I’m just like I was before. It did me good to try and get something out… I can’t even get the catarrh out when I have a cold… I try very hard to, but I can’t.
§ I would get up feeling depressed that here was another day, and I used to think that if I drove my car into a tree it wouldn’t be such a bad thing after all…”

§ ‘When I’m having a crisis I eat a whole jar of Nutella and then I’m in an even worse state than before… I used to do that when I was a student too.”

§ I prefer sweet things and bread… I love cream but not eggs. I like very spicy food… But if I’m in a real crisis then everything disgusts me… No, it doesn’t disgust me… Disgust is a nasty word… What I mean is I’m really not interested in it anymore. § I feel like there’s a stone in my stomach and it’s as though it was full up already. That there’s no room for anything else, and that it will never be empty… MY DIGESTION HAS ALWAYS BEEN VERY SLOW, ever since I was little… § I LOVE COFFEE AND I HAVE TO HAVE IT VERY SWEET. There’s more sugar than coffee in it… Even if I drink it at 11 pm I sleep soundly, it doesn’t stop me from sleeping.’

** ‘The only thing I never lost was my sleep.

§ Sometimes I remember my dreams… Ever since I was little I get this one about a little bird that was feeding another much bigger one… who wasn’t its own, it was a big baby’, and she realised that it needed looking after… § In my dreams it’s a bit like that… I feel that I have to do something to treat myself, but not too much because if people realised just how ill I am, I’m scared that they’ll reject me…”

§ *** ‘For many years I was treated with massive doses of cortisone because I had acute rheumatism of the joints… Then they noticed that I didn’t have symptoms any more when I became a young woman. All that’s left are stretch marks three fingers wide everywhere.

I didn’t have any childhood illnesses. I felt different from my brothers and sisters who all went to nursery school and caught them like everyone else… Whereas I was at home with my rheumatism…

§ I don’t remember too much about the pain except that I couldn’t sleep because I was always tossing and turning in my bed… § I couldn’t lie on the place where it hurt and I had to keep moving… Just the thought of going to bed was torture for me… And instead, by a twist of fate, in the day I had to keep as still as possible… § I really don’t know how to describe the pains… Not just the ones I used to get, but the ones I get now too… Is it possible to describe pain?

§ I only remember that my knees hurt the most and that’s why I couldn’t move. I couldn’t so much as walk… Even now when I have sciatica it goes down my back to my legs and my knees hurt… and then I can’t move.’

*** ‘Every now and then my heart races… Several times I got frightened and I went to the hospital and they told me it was because I was anxious. So I just put up with it and tell myself that I mustn’t let it frighten me any more… But it’s not easy…

§ It feels like there’s a huge rock on my chest and with a lot of effort it goes down to my stomach… And that’s when my heart starts… § Then I almost always have a panic attack and I don’t know where to put myself… § Because then it feels like it’s spreading all over my body from my chest and I can’t control it any more…

§ I always pretend that nothing is wrong. Actually very few people know about it… It’s not such a nice thing and I wouldn’t want to always be known as that crazy woman… § Crazy people are sick in a different way. Not everyone knows that the brain is nothing but a large gland…”

§ I like to relax by knitting and doing embroidery… When I feel like doing that, it means I feel well… otherwise… I can’t just sit and watch TV without doing anything, I like skiing too.’

1 In Italian, she was trying to be overly polite. She used a bad expression in Italian but then tried as soon as possible to excuse herself for using such a ‘bad expression’, which nevertheless is very common in Italy nowadays.

2 The huge bird was the baby of a little bird.

3 The expression she used was more that there’s nothing for her to grasp onto.
§ **‘My absolute favourite thing is to take a walk in the town centre when it’s foggy… I really hate it when it’s windy… It makes my nerves get tangled…’**

§ **But when it’s foggy everything has a different tone… muffled and slowed down.**

§ If I can express something else, I remember when I was little I thought that foggy days when there was still snow on the ground were my favourite of all… You could yell in the street and all the sounds and the colours… everything was grey and it was as though the air was a soundproof wall… like in a recording studio. § I think it makes every little sound sound right. But you need an artificial environment, because you can’t hear that kind of sound in nature… Even when they build special rooms for musical performances they aren’t always done properly and it’s not something natural… In nature, things get mixed up… Even all the breeds of animals are getting mixed up and they’re all becoming the same breed, although they come from different worlds… A bit like the Americans did… First they came from lots of different countries and now they’re just Americans and they’re the most powerful country in the world…’

§ **‘I’m like a German mother⁴, very strict… The way that children answer back nowadays isn’t like it used to be. They don’t have any respect. § I demand a certain standard of behaviour from them… I don’t give way on certain things. § They have to come to me and tell me where they’re going when they’re in the park. They have to know they can go only so far and no further. I find it very important that education should have a rigorous and formal side too. If I take them to a shop they have to stand still and not destroy everything… But sometimes I worry about restricting them too much… And then in private I’m filled with doubts, but I never let them see it…’**

Parents are like pillars. My parents were very important for me, especially my father. I always worry about not being a good mother for my children. For me, it’s not so important what they think now, but HOW they’ll remember me in the future…

§ **Actually I think I have a bit of trouble with it because they are always a burden on my mind…’**

§ **‘I always work in a hurry… I get an overview of what I have to do because I never manage to have everything ready like it should be. I have to finish it and I can’t rest until I’ve done it… I read everything to orientate myself properly and then I get down to the details… What I need above all is an idea of the overall plan…’**

§ **‘I’m a bit more depressed and irritable before my period… I’m quick to get angry and I get more pessimistic than usual…’**

Ideas from the group:—

- She immediately relates to her family – the first thing she says
- She suppresses eruptions, emotions, and any identifying features
- The dream underlines that it is difficult for her to find security in the development of her own individualistic side
- She doesn’t find security in her own structure, but rather needs to find it in conforming to ‘norms’
- Her parents were just a pillar, just the rules – they didn’t give her the love she needed so in the dream she is the small one feeding the big baby
- She talks of her children in terms of what they must do – it is not a feeling of being loved. Similarly, the marriage is about what he can give her and what society sees, rather than a relationship based on love.
- There’s hurry in her work and restlessness and tossing & turning at night, but on the other hand there is the slow digestion
- Stone on the chest and stone sensation in the stomach
- Strong desire for sweet things
- Awareness of time; it is important for her what her children will consider of her – like there’s no evolution and changing over time whereas for this woman it’s like something stable and always the same

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⁴ She means she’s severe with a clear idea of what has to be done.
Kali carbonicum

It’s common for the Carbonicums to have a serious moment of decompensation when they experience a loss. “Since my father died things just got worse and worse”. (The Carboniums relates to Column 4: Graphites, Adamas, Carbo vegetabilis, Carbonium sulphuratum, Carbo animalis, etc. where the element is just carbon and something else. If we consider just the presence of carbon, we would refer to over half of our materia medica!)

For the Carbonicums it refers to the loss of something that cannot be restored. Whatever is lost is lost forever and it is not possible to repair it. The concept of loss for other remedies we can see a significant decompensation but we can also see what the person is able to do to try to make up for what he lost: finding somebody or something else in order to overcome the problem. For the Carbonic element, “From now on it’s over and there is no way to restore it”.

For the Carbonicums it tends to be the male figure. The father symbol is someone who gives you a strong support in terms of rules and ways to live. The father figure is lost forever and there is no way to restore it. After this moment, there is a sense of something that is not possible to repair. “From this moment on, my life is changed forever.” She has lost one of her ‘pillars’ so she has nothing that can give any possibility of support.

This support is never an affectionate support in Carbonicums. It is not the loss of an emotional love. It is the loss of some kind of material support or someone who tells you the right ways; how to breathe, how to eat, how to live. When they describe their existence, it is usually something pretty basic. She talks of her husband in terms of the money he can provide, not the love that he can give.
An interesting Kali side is what she said about being ashamed because she had to go to a psychiatrist and a neurologist. This is an interesting matter for Kali in general. Every possible kind of disease is seen as a kind of mental disease, which means that they might get pushed out of a certain kind of environment. Look at how the disease is considered socially.

For a Kali, to have an HIV infection is a serious matter. For a Kali, it would be like having tuberculosis 50 years ago: someone who is incurable and spreading out their infection to other people. In Africa, or other places where one is as likely to die from pneumonia as from HIV, there is no social concern or bad perception about this disease.

It was discovered that in places where people with leprosy went, only 20% of the population actually had leprosy. The other 80% had normal eczemas, but they were pushed out of society because of it.

For Kali, to have a disease is a kind of injury, a kind of shame. It is not the disease in itself is a bad thing.

Her consolation is to eat more. Her husband is useful because at least he can provide some money for the family. This is a common Carbonicum thing. They do not see what is important in terms of emotions. What is important is their basic need: eating, money, what is basic to survive. Whatever is beyond the basic needs is kind of optional.

When her husband left, the main issue was that everybody in the village knew about it. She never used a single word to suggest her hurt.

Another interesting matter that is typical of Kali is the idea that your weakness is mainly in your digestive tract. Mainly your weakness is in your stomach. More or less every salt of Kali complain about their sense of weakness. There is a deep feeling of inner weakness. For most of the Kali there is something as if they do not
have enough strength to come out – to make my stool, to have my heart beating; to be able to assert “That’s me”. An outward production is a kind of sign of who I am. But this is too hard for Kali salts.

Belonging to a group that offers protection and idealistic support and is absolutely fundamental for me. “I have to belong to something that will stay stable forever”.

Another common theme of the Carbonicums:- after the death of the father she felt completely alone. In many other cases you find someone who tells you, “At least I had the support of my mother and my friends”. For them, the loss is losing the only fragile thing that was supporting them.

More or less every kind of Kali shows evident problems with their children. To be a parent is a serious issue and a serious problem, for many reasons:-

1. They have the feeling of weakness. There is a kind of ambivalence: they say something and then something else on the other side. “What I have to be and what is inside of myself.” Imagine that for all your life you were not allowed to be yourself. You were not allowed to tell other people who you are or express who you are.

2. It is not possible to have a relationship that is not emotional. To force a Kali into a kind of emotional relationship is a disaster because they are not able to do so. A mother and baby have a non-verbal communication that the mother is obliged to understand. The Kali mother can’t do this. When a child becomes an adolescent, the Kali father has difficult allowing the child to find himself. They see an institution that they have to submit to the child (in terms of rules, regulation, religion) but they have nothing of themselves that they can pass to their child.

3. Giving birth, remaining pregnant, being fertile, having a good relationship with their children is a disaster for every Kali. In this case, she can only be a parent if she is ‘German’ – strict with rules. She will forsake the relationship now for the sake of them being thankful later that she gave them clear and precise rules. They can just transmit what for them is security.

4. For Kalis a baby is just a continuation of the stuff that has gone before. You don’t find that the child branches out in a different direction from the father (without serious problems for the Kali father).

In more or less all the Kalis, the catarrh doesn’t come out or they are constipated. In a wider sense, nearly all of them complain that their processes are slow. They all complain that these processes are ineffective. Whatever has to be pushed out, translated, represented as their own production (since the first stool of the baby) is a serious issue. Whenever they have to throw out, push out, express or manifest, they give you the idea that it is very difficult for them.

Whatever underlines the individuality is hidden.

Another common expression is what they describe as an oppression:- a stone, a weight, something crushing or pushing you down. There is the impression of something slow, rigid, heavy, crushing, something to which you must be submitted. The idea is that you perceive yourself as a kind of victim of your own symptoms.

Often, in the digestive troubles of Kalis (mainly in Kali carbonicum) there is the idea that whatever was ‘fed’ to you in the symbolic sense by the family just stays in the
stomach, but to digest it and assimilate it is a problem. You wear it as a kind of coat but it does not allow you to be yourself.

Another important matter is what she said about her sleep. Whenever we have to do with Carbonicums, their relationship with sleep is a common issue. For them, to remain asleep is fundamental. Think of Carbo vegetabilis, Carbo animalis, Graphites and Germanium. One of the main issues for the Carbonicums is not even a lack of support – it is even more ancient. Generally speaking, it is as if the difficulty is to enter into and take part in this life. Like someone who is doing his best to avoid leaving the womb of his mother. They don’t like to leave the situation of sleep or a situation where they are doing just nothing. “Life is too difficult and I am too weak to do these things. Please leave me where I was before.”

Even symptomatically, the main use of Carbo vegetabilis is to wake up people from unconsciousness.

Sleep is a kind of withdrawal and escape. It is one of the most common issues of the Carbonicums. You must see this in order to have a clear idea of a Carbonicum remedy. Usually these people cannot sleep enough.

If we consider that everyone in our dreams is a representation of ourselves, it is interesting that this woman dreams of her childhood. Her childish side is huge – it’s difficult to find enough food to feed it. Often the feeling of Carbonicum is that they are over-demanding and what they receive is something very little. They can’t even get enough sleep. If you consider your childish side as the most emotional and the part of you that would like to receive attention and affection, you can see how difficult it is for a Carbonicum to feed this part.

This lady underlined that she felt different from her siblings; even in that she didn’t have childhood illnesses, but she did.

Whatever is a pathology or is a symptom of a remedy can only come out according to the state of the substance. So the physical symptoms are undifferentiated, like the person. In this case, she cannot even imagine what the pain of her rheumatism was like. It’s not so much that she can’t remember it, but that she had never imagined that pain could be described. “Is it possible to describe pain?” she said.

We find that the back is affected in a great majority of Kali cases. It is often in the lumbar region. Often they report this with a clear sense of weakness, lameness and inability to stand. This is a clear somatical representation of the suffering of a Kali. This rigidity is often a kind of transformation; in order to stand up, a weak system must become rigid and stiff. From a somatical point of view, usually this sufferance affects the whole system. They have pain in one point but it takes over the whole system. Often the result of their suffering is stiffness and immobility.

“When I have these panic attacks, I don’t know what I can grasp”… often the Carbonicums give you the idea of someone who has a very little, unstable and fragile support. When this support is lost, they are really lost completely. There is a deep sense of being like a puppy or a baby; someone who is over-dependent and over-demanding but receives back very little.

This patient gave another indication of the Kalis when she said, “Not everybody knows that the brain is just a big gland”. As much as possible, they want to define that their suffering is in their physical body. It is common for patients to relate their physical and emotional sufferings. But Kalis keep their brain and their physical body very separate.
It is common for them not to be able to just sit and enjoy TV. The area of allowing themselves to recognise their needs and have space and enjoyment is forbidden for Kali.

In the fog, she talks about being merged and hidden. In the fog, you cannot recognise people and everything is mixing.

She says it’s important to be dominant and powerful like the Americans and you can get there by putting together and merging different types of people. This is one of the only hopes for Kali. Knowing how weak they are, their best possibility of belonging to a group of strong people is by merging and recognising themselves only as a part of the group. They have to identify themselves with a group.

When speaking about her children, she said, “I want them to behave in a certain way. Even if I have doubts about my behaviour, I never show it. My parents were like a pillar. It’s not important how they think (feel?) about me but how they consider me in the future”.

About her work, she says that she must get an overview of everything and then if necessary will go back and be specific. For Carbonicum almost everything is perceived in terms of quantity. It is the same as the over-eating. “The more I can get, the better it is. I can enrich myself by the amount of stuff I can put into my system”, rather than considering the quality, passion or gratification of pleasure that it can give. The Carbonicum picture is often illustrated as overweight in our materia medica.

She got Kali carbonicum Q1.

She didn’t call Massimo at all to let him know about her state. But two months later she showed up again. She looked evidently less stiff and rigid even in her expression, way of talking and way of sitting. And also more open about what she can say concerning her husband.

I don’t know how long we will remain together. I don’t know how I feel. The only thing that really worries me is my fits of anger towards my kids. It’s their fault because they always quarrel.

Here again we see the difficult relationship with the children. For them, it’s a commitment and a duty. It is seldom a pleasure.

I try just to survive. This is not the first time that it has happened and I know that my husband has another woman. He says that he is not at all in love with her but he says also that he is not totally in love with me. Now I think it’s a bit better because I was at least able to force him to tell me directly what he thinks.

This feeling is common for Carbonicums especially Kali carbonicum: The idea of trying to survive is very important. It is the idea that they are not living in the real sense of the word but they are just surviving. They are trying to do their best to remain alive.

Sometimes it is fine and he could even kiss me. He has no intention to split. Sometimes I have some nightmares but then I swallow it and it is OK.

§ I think about this other woman. Just to please me he would like to see this lady that we met for being treated as a family therapist.

In Italy, most people would call a therapist a Doctor. But it is common for Kali to ‘demote’ a Doctor to ‘lady’ or ‘man’ because a Doctor implies that they are ill.
I started to see this lady by myself. § I think I go there just to discharge my energy. I understood that I have no intention to modify who I am. I have no desire to do this, I can’t do this and I don’t even think it could be right.

This is a common declaration for *Carbonicum*. Whenever there is something that makes you suffer and it could be taken as a consideration to change something, the main request for a *Kali* is, “I am like this. I want to get rid of this problem but I want to keep going on in the same way.”

§ I think that since the Stone Age until now, every couple had problems like this. But if you want to live together even in a Cave, you need some rules, some convention, some laws that of course must have their negative and their positive side. § I am completely against divorce. I remember my parents being completely against divorce when there was a referendum for divorce to be allowed. They gave me a very stiff and solid frame within which I have to move.

This is a clear description of a *Kali*. Your parents did not show you a possible way and allow you to grow by yourself. She said they gave her a stiff frame.

§ I think that since the Stone Age until now nothing has really changed: only something on the surface that in the end just puts some families in crisis. Do you think that in certain countries like China or in the Middle East where the parents are arranging the marriage, they go worse than us? To think you’re free when you choose your partner is not true. What is really important is to know where you are moving inside otherwise it’s just anarchy.

I didn’t tell you last time that when I’m very nervous I have to go to the bathroom and throw up. But in the last period I eat less than before and even if I was not able to remain on a diet I am not so bothered even if I am so anxious. But it’s a different kind of anxiety, I don’t know how to explain it.

She said that she was not sure why she felt less anxious and why she was able to relinquish some control of herself. She was able to confess that she was bulimic, which was a big step.

*I must have had my stomach emptied. It was bad to have my stomach full, mostly when I was really nervous. Now this is not a problem anymore. I had the feeling to vomit every time I ate something that was forbidden. The impression was that this kind of food was like a stone in my stomach.*

*The most important thing since I started your treatment is that I stopped taking anti-depressants. This is the most important thing for you. But I didn’t tell my Doctor and not even my friends. § My friends don’t trust in homeopathy and for me this is something very private.*

Try to imagine what type of friendship this is!

§ Every morning I have such fits of anger towards my kids. I run here and there all day long like crazy and I have to endure this life only because of them. I don’t like it anymore. § You know my daughter tells me that I behave at home not like a mother but like a teacher. § I don’t understand what she means. Because is it not true that parents are here just to train you and to teach you. What would I have become without the education and training of my parents? This is why we have so many strange people in the world.

To her it was obvious. How can anyone doubt that the role of parents is not to train and teach you?

*I didn’t tell you that I have a lot of strange behaviours with my husband. There was a period where I started to take the morning after Pill, even though I had a coil. If I want to feel peace in myself I must do that. § I had to take it out when I found out from a friend of mine when we were at dinner together that to be true, the IUD is not something to prevent conception but it is kind of abortive.*

She felt so guilty when she found this out that she had to leave the dinner and go the gynaecologist to take it out immediately. She couldn’t stand the idea that she was wearing something inside that was an abortive.
I was so panicked I had to go to the bathroom and throw up.

§ Sometimes I have some bad moments, mainly when I wake up in the morning. § I wake up every day as if I am in a cage as big as my town.

§ The most difficult matter is that our kids are constantly quarrelling. At the least I tell them to fight in silence. If they kick each other in a silence way I can stand it.

Continue with Q3. After 3 months, during which there was no phone contact, she comes again and has lost 10 kilos.

I didn’t call you because I didn’t want to disturb you. The cardiologist said it was a good idea to lose weight and I feel better. I was able to tell him I took homeopathy. I also told the psychiatrist that I didn’t do his treatment but my treatment. § They react in very different ways. Both of them don’t trust in homeopathy. The cardiologist was very cross and he told me there was no reason for me to see him if I am doing the treatment that I choose. But the psychiatrist was obviously very cross.

She wanted to underline that she had chosen something for herself. For her this is a sign that she is doing better.

§ I feel better. And it’s enough. Even if sometimes there are ups and downs.

In the end, my children have no problems. But considering the environment at home, it’s really evident that they are nervous and cross.

(Cries) I understood in the end that I did not want to be a mother. And mainly I did not want to be the mother of the children of my husband. I know that I may seem like a monster but believe me I was never able to tell anybody this. I never told you that at the end my husband was the choice of my father and my family. My husband is the classical son of the society of my town. For my father it was a kind of honour when we got engaged. We were in the same class at secondary school.

This guy belonged to a rich family. Her father felt honoured that such a rich family could cross with a normal, common family like his. The husband’s family did not want him to marry her and they cut him off financially. So at the beginning she had to work like crazy to support the family by herself.

I even decided to study literature just to please my father. The only thing that I did was to get a Masters in the Classics. My father didn’t like that very much but for him it was important that I became a teacher.

§ I love antiquities. It’s beautiful but at the same time so depressing to realise that the world never changes. The problems of human beings are more or less the same now as they were in the Greek time. They had poets who were kind of anarchists. § This is a complete fake. At the time of the poets they were considered dead people because they wrote against the society. But little by little they were integrated into the system so that at school you even study them.

Even if you behave as an anarchist and do something completely against the society, the society is so powerful that it can re-arrange you and in the end whatever you did becomes part of the society.

St Francis was recognised by the Catholic church only after they made him suffer so much.

She wants to underline again that it is completely useless to try to behave in a different way. There is no way you can argue or have the delusion that something in the world can be different. St Francis became the Saint of Italy even though he was a revolutionary man.

I never wanted to go on in this way because I am not strong enough.
At home it is a kind of stable situation. But last week I saw a lawyer and I have decided what I want to do. When I came back with the letter of the lawyer and showed it to my husband, he started to laugh.

He couldn’t believe that she’d finally decided to split.

She lost another 20 kilos 4 months later. At the end, this guy was so shocked when he realised that this lady was extremely serious in her decision to split, that he knew one of her dreams was to live in the countryside so one day he came back with the key to a house in the countryside. She decided it was best to start to try to have a good relationship. In the end they did better, serious work with the family therapist.

This lady is still under observation. There is more than 4 years of follow-up with the same remedy. She’s lost 35 kilos, is off anti-depressants, has no more palpitations and is doing very well.

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**Case 2**

He is almost 50, working in a bank (a typical Kali job!) He behaved and looked much older than his proper age. He has an awful blepharitis – a strong eczema on his eyelids. All the area was desquamating. He was extremely boring.

He has a problem in his colon. Like there is a ghost in his system called Colon! He related everything in the direction of this poor Colon!

He appeared as a clear hypochondriacal personality – he is totally fixed on his possible diseases. Over-complaining about his diseases but in the end he was not sick at all. He just had some noise, swelling and distension in his lower abdomen.

Whenever Massimo tried to enlarge the consultation (to learn something about his life, previous diseases, etc.) he more or less always said, “Yes, but my colon…”.

He went to the best specialist in his Italy to get a diagnosis. The main thing was that he wanted a name for his disease. The problem was that nobody was able to tell him exactly what the name of his disease was. It was like if he knew the name of the disease then it would all be much better.

*** ‘I’ve always been quite well, but now I’m 49 and 7 months old and something is starting to give…’

Six months ago when it was cold I started to have a bad burning pain in the lower part of my abdomen, and burning that came and went at the pit of my stomach. I had contractions above my umbilicus of the kind that you get from doing too much gymnastics, as though there was a lactic acid build-up in all my muscles.

I was worried about the problems down there and my doctor advised me to see the prostate specialist. Since then I’ve had lots of tests and I also went to an urologist. None of the tests showed anything, so the urologist advised me to have a urethral culture and they only discovered a staphylococcal infection. They gave me lots of things to take and after a while the pain went away. BUT I STILL HAVE A HEAVY FEELING IN MY STOMACH AND SO I WENT TO ANOTHER SPECIALIST… But the problem wasn’t resolved… One test showed an excess of bilirubin. He also did a colonoscopy but it didn’t reveal anything and then he also did a gastroscopy and that revealed a hypotonic cardia and hypersecretion of gastric juices…

I was told that there isn’t any specific treatment for it... But as time went by they said it could lead to an ulcer… And you never know with an ulcer, that’s what I think…

So they left me there like that… Without so much as a name for my illness, and after so many tests. I still had the same problems as before but there was a lot less [money] in my pocket.

Now I have this continuous… I don’t know how to explain it, it’s there all the time though sometimes it’s much worse than others…