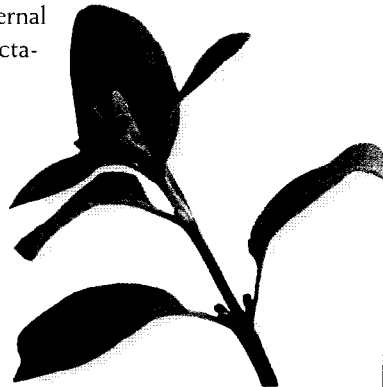


Insecurity

Insecurity is a feeling that affects everybody at one time or another. It can be triggered by physical, social, financial, or emotional factors, and can often induce anxiety and its associated symptoms. Whatever the initial cause, when a person feels insecure that person's entire perception of his or her own competence and self-worth are thrown into question. Chronic insecurity, which can manifest itself as depression, shyness, lack of confidence, or an inability to form stable relationships, has less to do with external events than with unrealistic expectations and a poor self-image.

SYMPTOMS

- dry mouth • sweaty palms
- rapid pulse and palpitations
- in anxiety neurosis: breathlessness – headaches, general weakness, and fatigue – feeling of tightness in the chest – high blood pressure – abdominal pain and diarrhea – insomnia – loss of appetite



ABOVE Vaporize marjoram oil to cheer yourself up.

TREATMENT

CHINESE HERBALISM

- Try herbs which work to balance the nervous system, including fleecflower stem, poria, and wild jujube seeds. (See pages 71 and 75.)

HERBALISM

- Uplifting herbs such as rosemary, lavender, ginseng, damiana, or valerian. They can be drunk as infusions 3 times daily. (See pages 125, 127, 135, and 136.)



AROMATHERAPY

- Jasmine lifts the spirits and improves mental outlook – add a few drops to a vaporizer or your bath (not at bedtime). (See page 161.)
- Marjoram and thyme are cheering and can boost self-image. (See pages 165 and 170.)

HOMEOPATHY

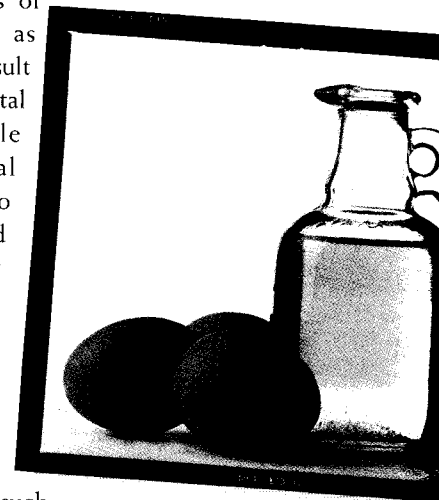
- Aconite, for insecurity brought on by a traumatic experience. (See page 178.)
- Ignatia, for insecurity stemming from a particular cause, for example a bereavement. (See page 200.)
- Pulsatilla, if you feel tearful, worse for heat, and longing for company. (See page 209.)

FLOWER ESSENCES

- Mimulus is appropriate for fear and of known things, timidity and shyness. (See page 235.)
- Crab apple, for poor self-image. (See page 234.)
- Elm, for those who are usually confident but are experiencing a temporary crisis of confidence because they are overwhelmed by responsibility. (See page 241.)

Memory Loss

A total or partial loss of memory is known as amnesia. It occurs as a result of either physical or mental disease (such as senile dementia), or physical trauma (such as a blow to the head or a fractured skull). The latter may induce a state of retrograde amnesia where the sufferer has no memory of the events immediately before the injury as well as those after.



ABOVE Sunflower oil and eggs contain lecithin, which enhances functioning of the brain.

The period of amnesia in such cases is usually in proportion to the severity of the injury. Amnesia is caused by damage to, or disease of, brain regions concerned with memory function, and can also occur in some forms of psychiatric illness in which there is no apparent physical damage to the brain. Amnesia can very often be a complication of alcoholism, and can result from depression, anxiety, stress, poor nutrition, inadequate sleep, or lack of stimulation.

TREATMENT

CHINESE HERBALISM

- Herbs to aid memory include fleecflower root and black ginger seed. (See page 71.)
- Memory loss caused by stress or fatigue may be treated with Chinese wolfberry. (See page 66.) (See also Anxiety, page 241.)

HERBALISM

- Ginseng powder can act as a memory aid and general stimulant. (See page 126.)
- Add a small amount of gotu kola to your food or drink for several days, to revive your memory.
- Rosemary is said to comfort the brain and refresh the memory, and sage is also useful. (See page 127.)

HOMEOPATHY

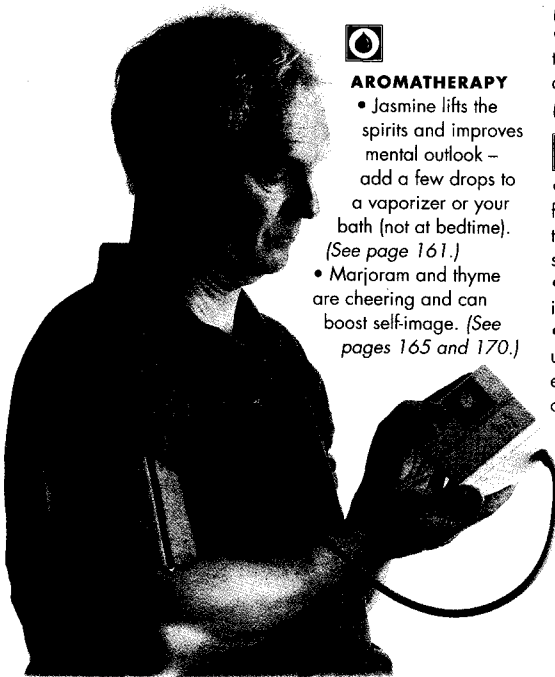
- Treatment would be constitutional, but the following may be of use:
 - Anacardium when you are absent-minded because of an inner conflict. (See page 179.)
 - Sulfur, for difficulty remembering words and names. (See page 215.)
 - Calcarea, for wandering attention, particularly in the elderly. (See page 186.)
 - Ignatia, for memory loss caused by a traumatic event or bereavement. (See page 200.)

FLOWER ESSENCES

- Star of Bethlehem, when memory is affected by an accident, bad news, or trauma. (See page 235.)

VITAMINS AND MINERALS

- Your diet should be rich in B vitamins and protein, for amino acids are necessary for the brain to function efficiently. An amino acid supplement (containing all 22 acids) may be useful. Acetylcholine, which is formed in the body from lecithin, may help. Increase your intake of lecithin (found in sunflower oil and eggs) or take it as a supplement. (See page 271.)



LEFT Feelings of insecurity may trigger a rise in blood pressure.