

Contents

Foreword by Stephanie K. Stevens, M.D., M.P.H.	ix
Introduction by Catherine R. Coulter	xi
<i>Phosphorus:</i> The Element	1
<i>Calcarea carbonica:</i> The Oyster	17
<i>Lycopodium:</i> The Clubmoss	31
<i>Sepia:</i> Ink of the Cuttlefish	49
<i>Sulphur:</i> The Mineral	61
<i>Pulsatilla:</i> The Meadow Anemone	79
<i>Arsenicum album:</i> Arsenic	93
<i>Lachesis:</i> The Bushmaster	111
<i>Sttz'ca:</i> The Quartz Crystal	129
<i>Nux vomica:</i> The Poison Nut	143
<i>Natrum muriaticum:</i> Sodium Chloride	161
<i>Thuja:</i> The Arbor Vitae	183
Conclusion	199
Suggested Readings	201
Index	203