

Lycopodium Clavatum

The Club Moss Dossier:
A Homeopathic Character Study

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Polycrest



Right-Sided



Liver Affinity





RPG

The Raw Plant:
Lycopodium Clavatum
(Club Moss).



RPG

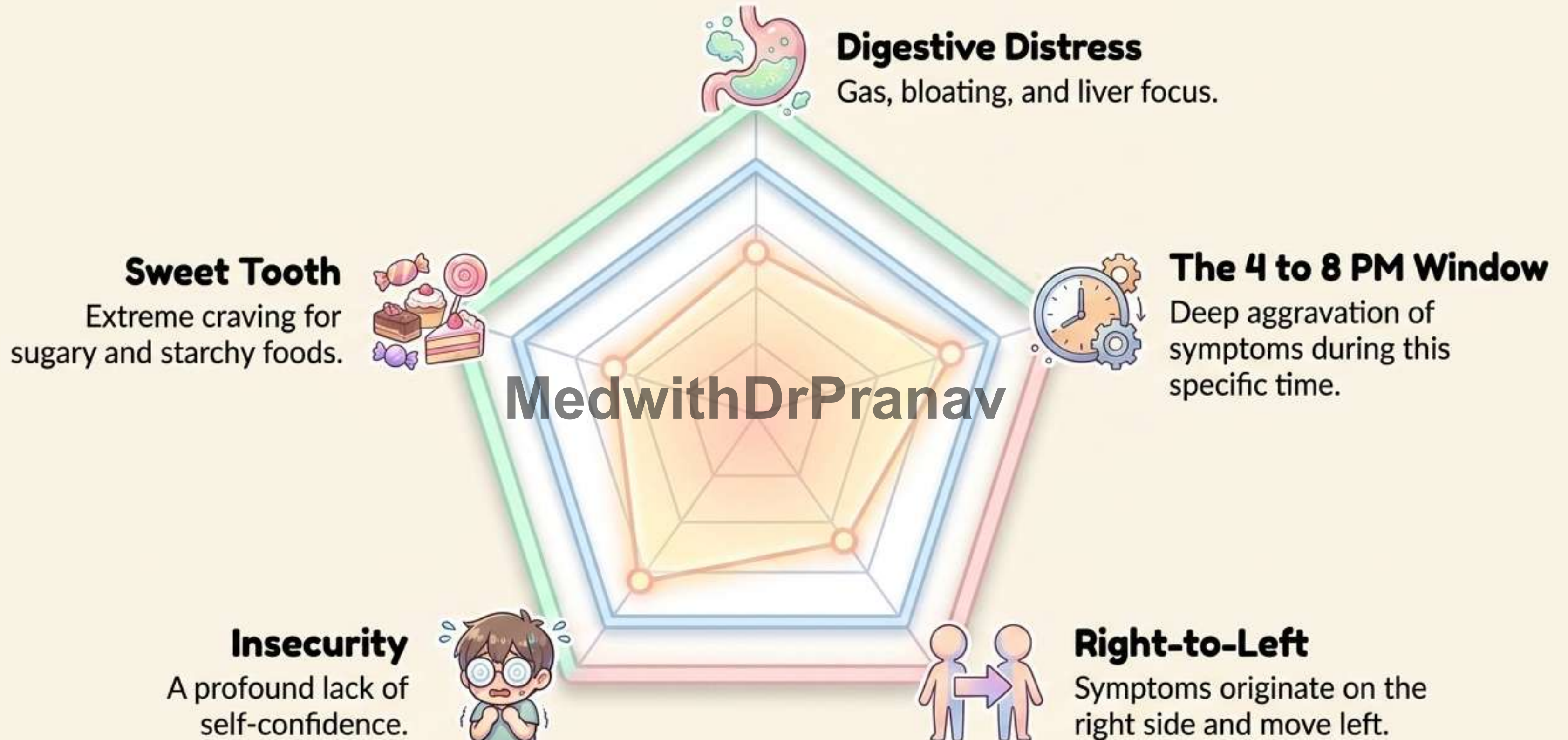
The Inert Spores:
In their natural state, they hold
no medicinal power.



RPG

The Awakening:
Only through vigorous crushing and
preparation are its deep, profound
medicinal properties unlocked.

The Big 5 Keynotes: Master these traits to instantly recognize a Lycopodium profile.



The Inner Reality (Insecurity)



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RPG

- Deeply fears failure, public judgment, and taking on new responsibilities (like marriage).
- Anticipatory anxiety; afraid of being foolish or wrong.

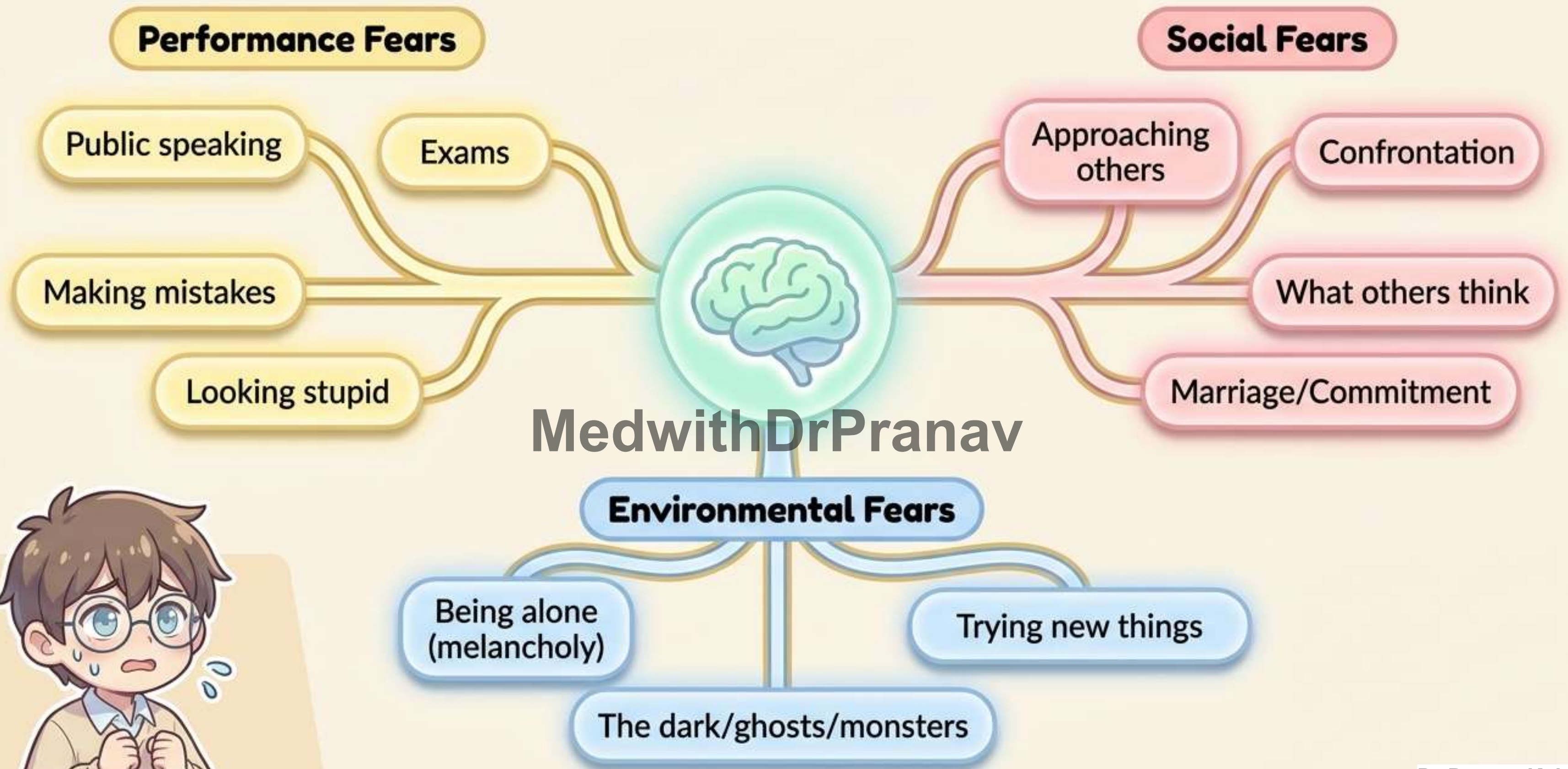
The Compensatory Mask (Bravado)



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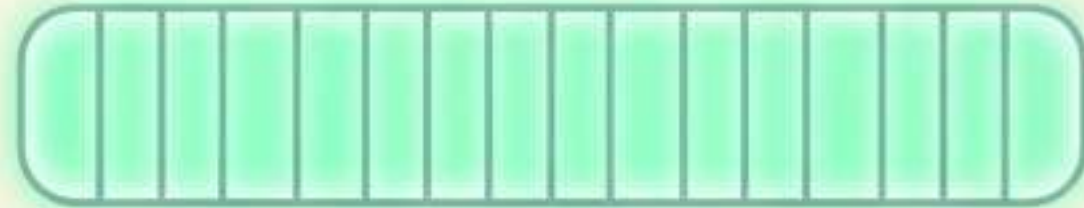
- Overcompensates with cockiness.
- "The Dictator at Home"—bossy to family but quiet in public.
- Haughty, loves power, and extremely intolerant of contradiction.

The Lycopodium Threat Matrix: Triggers of Anxiety





Mental Power - INT



Intellectually Keen: Sharp mind, high mental energy.



Physical Power - STR

Muscular Weakness:
Emaciated, poor circulation,
lacks vital heat.



Neurological Quirk: Dyslexia & Confusion



Weak memory under stress. Tends to transpose letters and syllables when spelling, writing, or reading (e.g., intending to write '68' but writing '86').

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The 'Full Quickly' Meter



Bulimia with bloating. Famished, but feels completely full after just a few bites. Wakes at night feeling hungry.

The Yeast Effect



Constant sense of fermentation; abdomen feels like yeast working. Noisy, painful flatulence. Wants to loosen loosen clothing/belts for relief.

Liver / Gallbladder Affinity



Strong affinity for the liver. Gallstone colic, hepatitis. Ailments naturally cascade from liver dysfunction.



The Golden Rules: Time & Direction



The Aggravation Window

Symptoms universally worsen between 4:00 PM and 8:00 PM. Expect chills, headaches, and digestive flare-ups during this window.



Right-to-Left Flow

Ailments (sore throats, sciatica, joint pain) almost always originate on the Right side of the body and subsequently move to the Left.

Premature Graying & Baldness.

Deep furrows on the forehead. Eczema oozing behind ears.

Day/Night Blindness.

Sees only half an object. Flaring nostrils during respiratory distress. Stuffy snuffles worse at night.

Right-Sided Sore Throat.

Inflammation and stitches on swallowing. Dramatically better from drinking warm water.

Burning Pain.

Between the shoulder blades, like hot coals. Tickling, deep, hollow cough.

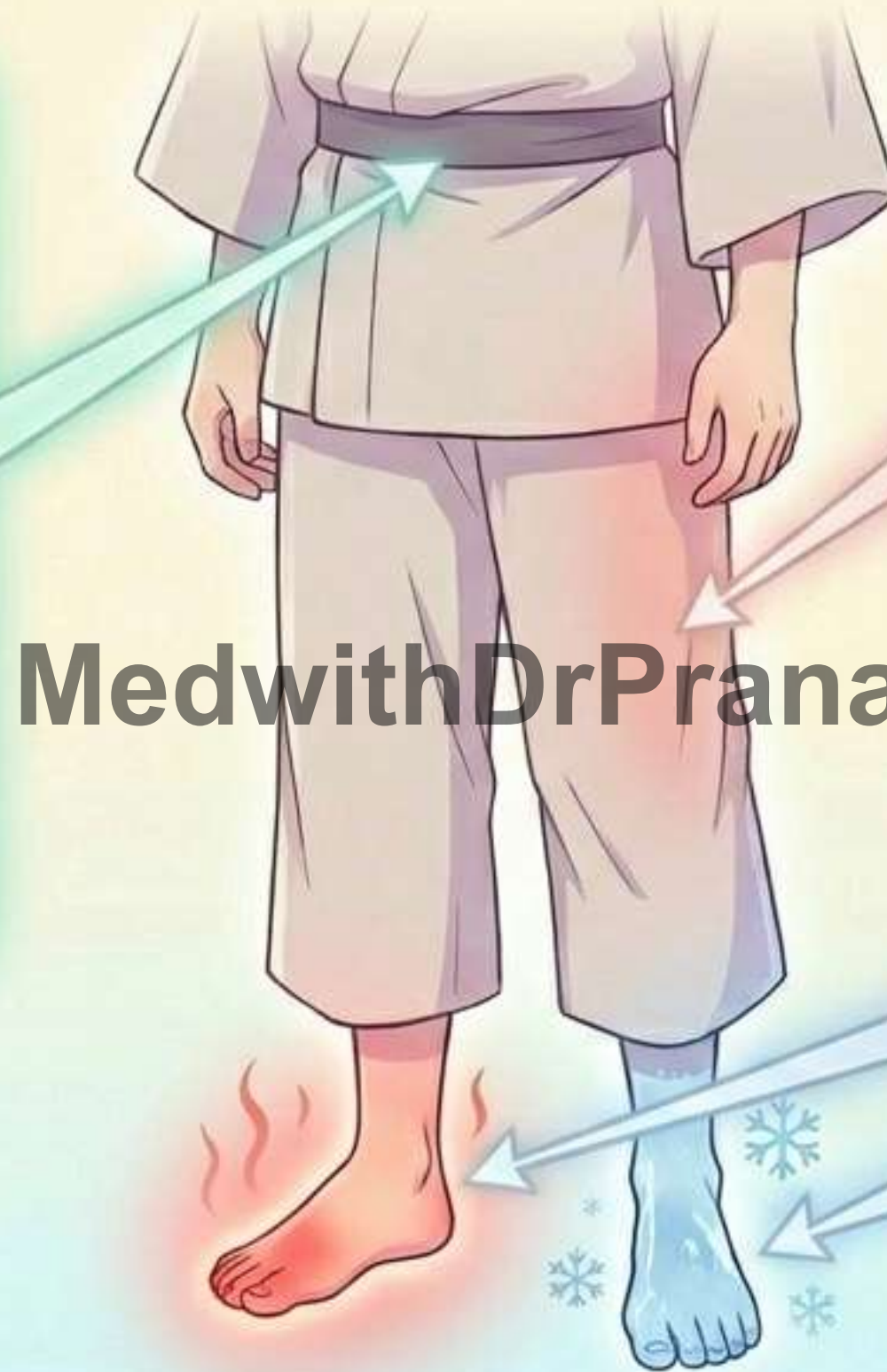


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LOWER EXTREMITIES: TARGET MAP



Pain in back before urinating, ceases after flow. Heavy, distinct red sand or sediment in the urine.



Right-sided sciatica.

Numbness and drawing tearing pains. Worsened by lying on the painful side.

One foot

One foot hot (typically right), the other cold. Sticky, smelly perspiration from feet (onion odor).

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INVENTORY & POTIONS: DIETARY PROFILE

Equipped / Desires (Buffs)



Hot Drinks
(Soothes throat/stomach)



Hot Food



Sweets & Sugars
(Massive craving)



Starchy Foods

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Dropped / Aversions (Debuffs)



Cold Drinks
(Aggravates throat)



Onions



Oysters



Cabbage/Beans
(Causes fermentation)

Environmental Modalities



+ Amelioration (Feels Better)

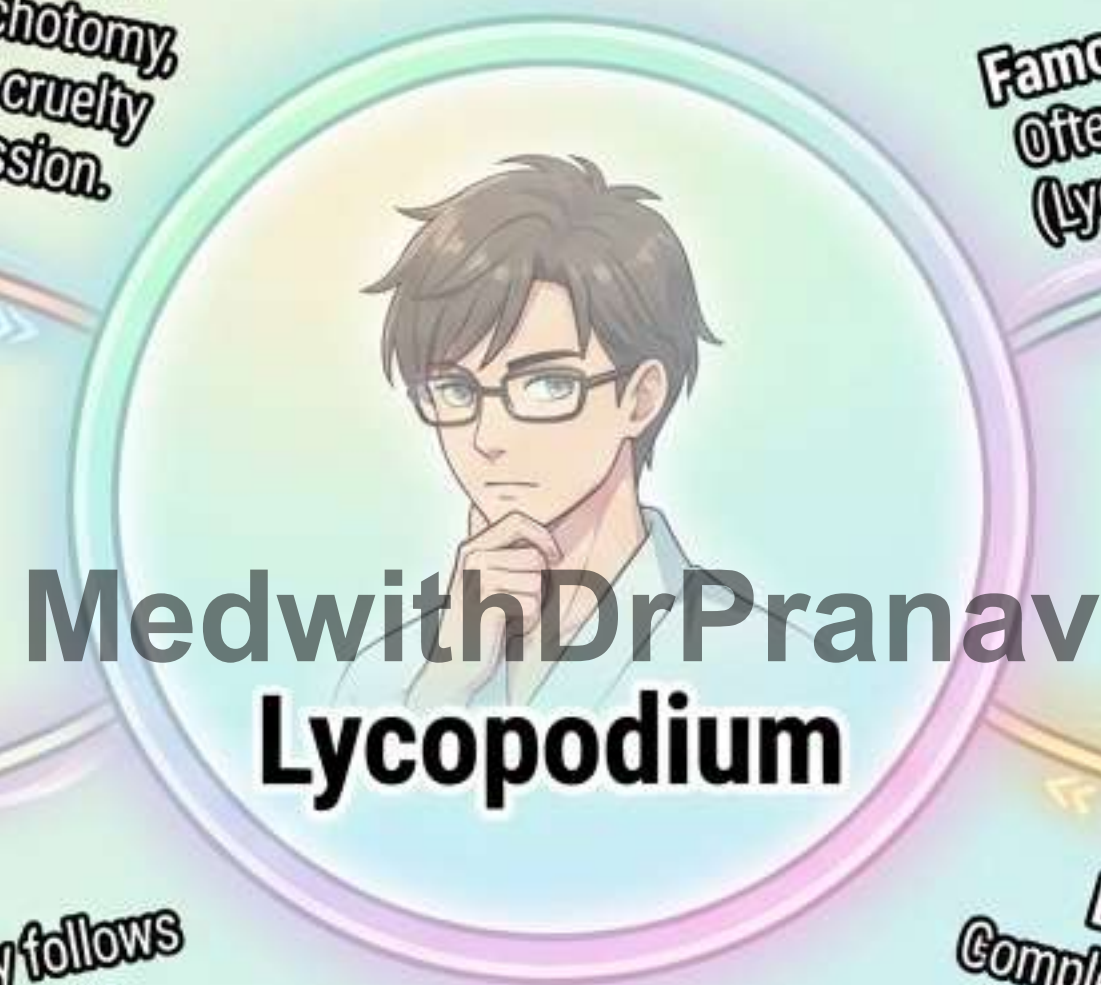
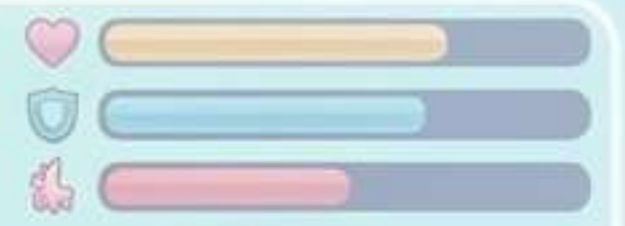
- - Fresh, open air.
- - Movement and continuous motion.
- - Warm food and warm drinks.
- - Being uncovered or getting cold (for head symptoms).
- - After midnight.

- Aggravation (Feels Worse)

- - Between 4:00 PM and 8:00 PM.
- - On the Right Side of the body.
- - From cold food/drinks.
- - Waking up in the morning (unrefreshed/cross).
- - Pressure of clothing around the waist.

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Materia Medica Relationships



Anacardium & Hepar Sulf

The Aggressive Cousins. Share the insecurity dichotomy, but manifest as actual cruelty and cruelty and aggression.



Calcarea & Sulphur

The Trio. Lycopodium frequently follows Calcarea and Sulphur to complete the constitutional cycle.

Famous Complementary. Often needed in sequence (Lycopodium → Lachesis).



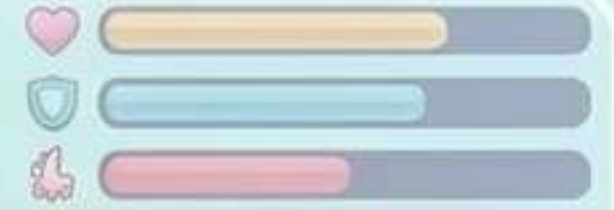
Lachesis

Digestive Twin. Complements beautifully for deep liver and gallbladder issues.



Chelidonium

Master Dossier: Lycopodium Clavatum



Mind

Intellectual, dictatorial at home, insecure in public. Fears failure & new things. Dyslexic transpositions (68 → 86).



Environment

Worse 4-8 PM.
Craves sweets & hot drinks.
Averse to onions/oysters.



Body



Right-to-Left symptom flow.
Bloated, famished but full quickly. Red sand in urine.
One foot hot/cold.

The Core Lesson



An outer display of ego designed to compensate for an inner feeling of weakness. A giant in the mind, struggling with a weak physical and digestive foundation.

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