

Luminos Homeopathic Provings

By Louis Klein R.S. Hom.

***Five New Provings in the Hahnemannian Tradition
With
Volunteer Participants from the Homeopathic Master Clinician Course***

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Seek the advice of a health professional for any health problems you may be having.*

Luminos Homeopathic Provings

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Dedication

Special thanks to all those who participated in these provings in any capacity. This participation included roles as provers, supervisors, co-master provers, collators and others who helped and supported these projects. These individuals gave of their time and exhibited a special dedication to homeopathy.

Special thanks to Janet Levatin MD who did some final editing and to Jan Lips who translated proving information into Repertory Symptoms. For the purposes of anonymity, individual supervisors and provers remain anonymous, however at the beginning of each proving are credits for those individuals who did work on the proving who can ethically be identified.

Introduction to Provings

The provings presented here were done by students of the Homeopathic Master Clinician (HMC) Course, sponsored by Luminos Homeopathic Courses Ltd. Participation in these provings was not compulsory; the provers and supervisors volunteered their time outside of the course. Some classes did not do provings because of time constraints and for other reasons. The HMC Course covers the nature of provings, especially from the perspective of clinical use and so there was much preparation in understanding prior to the actual proving.

Homeopathy is based on the principle of "similar curing similar." This means that a substance that can create a set of symptoms in a relatively healthy person can cure those same symptoms when given in a diluted and "potentized" form to a "sick" person suffering from similar symptoms. The method for obtaining information for the development of homeopathic remedies has traditionally been from recorded poisonings and from experiments called "provings."

Provings involve a group of individuals taking a diluted and potentized substance and carefully recording the symptoms that they experience in an organized fashion, over a period of time. The information from these "provers" is then organized and compiled in the form seen here.

From my perspective, a successful proving should ideally reflect or echo the pathology that the remedy can cure instead of creating the pathology. This "echo" of the pathology is in the form of sensations that the prover experiences in a temporary way. The indicated disposition of the new remedy, which includes non-pathological symptoms is also expressed during a proving. I have included information on the extraction meeting, including subjective impressions that can add to the grasp of the disposition of the new remedy.

Remedy Preparation

Michael Quinn who is the head of the Hahnemann Laboratories kindly supplied all the remedies for the HMC Provings. The substances were carefully classified and then prepared according to exacting standards. All remedies were taken in the 30c potency.

You can order these remedies by contacting the Hahnemann Laboratories through their web site, <http://www.hahnemannlabs.com/>, or by phoning 1-888-4-ARNICA in North America.

Participation

The most important aspect in making a proving successful are the volunteers and

individuals who contribute their time. Along with myself as the master prover there are individuals who volunteer as co-master provers. There are supervisors of each prover and the provers themselves, who remain anonymous. A very special dedication, as well as an insight into homeopathy is developed as a result of participation in a good proving.

In 1995, with the help of various members of the San Francisco HMC Course, I developed a written agreement to be signed by all participants in provings. This document was developed with reference to the Helsinki Human Experimentation Accord. It addresses concerns about what provers can expect to experience and how each prover and participant is to be treated and heard. It has had a very beneficial effect on all of the Luminos provings. It is published in the appendix.

The Nature of these Provings

The rigorous methodology with which these provings were conducted grew out of the comprehensive approach used in the Homeopathic Master Clinician Course. The standard for these provings was set by Hahnemann and has been further elucidated by Jeremy Sherr and Louis Klein. By utilizing the rigorous Hahnemannian methodology, whereby proving symptoms are recorded for several weeks, or even months, secondary symptoms, as well as primary symptoms are revealed by the provers.

Structure of Provings

Prover

Each prover takes a homeopathically prepared substance in the 30c potency. It is repeated only if the initial dose fails to provide any effect. Most provers took just one dose. The provers keep journals of their symptoms, preferably updating them on a daily basis, or when symptoms occur.

The volunteers for the proving are students in the Homeopathic Master Clinician Course. The nature of provings and their clinical application is an integral part of the second year of the course. As such, the provers volunteer and are vetted in a careful way; thus in some provings the number of provers is small.

Each prover has a supervisor who takes his case prior to starting the proving. The supervisor then follows the individual prover on an almost-daily basis in the beginning. This approach provides a degree of safety for the prover, as well as helping the provers to stay on track with effective reporting of symptoms.

Supervisor

The supervisor's role is to assist the prover in relating and recording symptoms effectively, as well to monitor any strong or adverse reactions. Prior to the prover ingesting the remedy, the supervisor takes a complete "case," recording all the symptoms the prover is experiencing at the time. After the prover takes the remedy, the supervisor stays in contact, usually by phone, and records the interactions. The supervisor also records all symptoms that he elicits from the prover during the course of the proving. These are compared to the prover's symptoms in the final extraction.

Master Prover and Co-Master Prover

The master prover (always Louis Klein) and co-master prover, (various, from proving to proving), make decisions regarding what remedy is to be proven, and the overall organization and monitoring of the proving. If any of the provers experiences a severe problem, the master prover and co-master prover are prepared to deal with it.

Extraction Meeting

Three to four months after the beginning of the proving, the provers, supervisors, master prover and co-master prover come together in a meeting called the extraction meeting. For each proving this meeting was held in the city where the proving was initiated. At this meeting all participants in the proving have an opportunity to express themselves and relate their experiences. At the end of this expression, comments are added by other provers. The meeting gives a necessary sense of closure, or the beginning of closure, to the proving.

Compilation

Many hours of work go into compiling the proving information in a usable form. A number of individuals usually volunteer for this process. (For the provings in this volume, the individual compilers, under the supervision of Louis Klein, used somewhat different methods of compiling; therefore you may see differences in the way the symptoms are written up.)

Repertory Symptoms

The translation of the collated material to homeopathic repertory symptoms is a long and laborious process. For these provings this work was done primarily by Jan Lips and Louis Klein.

Personal Notes on Provings

The homeopathic provings presented in this book were done primarily in conjunction with a postgraduate course of study called the Homeopathic Master Clinician Course, which I taught in various locations. The proving was usually done in the second year of the course, after much teaching and discussion on provings, with emphasis on the significance of provings in clinical practice.

I am known as a practitioner who uses “small” remedies, yet I believe the term “small remedy” is a misnomer. The only thing that is “small” about a remedy is the amount of information known about it. A remedy that cures is a remedy that cures, no matter how much or little is known about it. If the practitioners who decry the use of “small” remedies have used just one to cure a patient, then they open up the possibility that many of the remedies that are relegated to obscurity may, in fact, be indicated for *many* of our patients. I have found this to be true in my practice.

The lack of information and poor provings of the “small” remedies create challenges in prescribing the remedies effectively. For some of these remedies, the problem stems from the way the original proving was done. I have observed that many remedies in our *materia medica* were only partially proven, or that the information was derived primarily from poisonings; and I taught these facts in my classes. Also, many provings were conducted just long enough for the primary symptoms to be aroused, but not long enough for the secondary symptoms to present themselves. My experience has shown that these later, secondary proving symptoms are important, as they give indications for treatment of chronic problems. A large percentage of the provings in our *materia medica* do not contain secondary symptoms.

In spite of these challenges, the underlying theme of any remedy can be ascertained by an experienced practitioner. The less reliable the information we have to work with, the more difficult it will be to perceive clinical indications and themes. This opens up the possibility for much conjectural information to replace reliable, empiric information. I’m not sure this is any worse or any better than the other extreme of using remedies that are so well known as to be ubiquitous (or only using remedies that were proven by the “right” homeopath).

In a perfect world we would have the information on and indications for any homeopathic remedy in succinct and clear form-- not too little and not too much. Since we don't live in a perfect world and are part of the dynamic evolution of homeopathy, I have learned to derive the necessary indications for applying these smaller remedies from little information, and even from what some would consider trivial symptoms and indications. This information is from what is presented in the original provings, poisonings or clinical indications. I have become a reluctant expert at this.

Because of these considerations, I decided to prove some new remedies and set a standard of leadership for my students. The practical reality of doing thorough, excellent provings, however, has presented difficulties in the area of realizing the ideals and standards I have set forth for myself and other participants. Because I require high standards of the self-selected volunteer provers, I found that the numbers of provers who volunteered were low in some of the provings. Despite the emphasis on completion, thoroughness, and secondary symptoms, some provers did not record their symptoms carefully enough or complete their journals. In spite of these difficulties, there was still a significant amount of information derived in these provings, as you can see. I believe these remedies, like all new provings, once grasped and applied through the prism of these provings and clinical use, are important additions to our *materia medica*.

Prior to taking my course, some of my students had previously participated in provings of remedies made from rather intense substances (these provings were led by other individuals). In many cases the provers experienced strong symptoms. After these provings, many provers felt a lack of "closure," and what they perceived as negative sensations seemed to remain. In some of the sessions I taught, I found myself addressing these problems or attempting to repair friendships that had suffered as a result of the incompleteness and lack of communication in these other provings.

I came to see that there were some potential pitfalls or problems that could occur during provings, which could be prevented or corrected. I perceived that the problems with these other provings had occurred for the following reasons:

1. *Primarily*, poor communication.
2. Extraction meetings that did not create closure.
3. Lack of understanding of the nature of provings.

Some of the solutions are as follows:

1. Communication.
The primary problem of poor communication in other people's provings had to do with the provers experiencing some symptoms which created temporary suffering, but having no mechanism to handle their personal reactions to it. This created a fulminating anger along with a loss of communication with their supervisors. Such unexpressed feelings can be compounded if the proving substance is one which can create a loss of communication or a desire to fight or quarrel.

The solution to this major problem was the creation of the Prover Integrity Agreement. This agreement is signed by everyone in the proving, and lays out the responsibilities of all parties involved. Additionally, the agreement clarifies the intention of doing the proving, which is essential to everyone having a successful experience. The main emphasis in the agreement is that all provers agree to communicate even when they feel no inclination to do so.

Having too few provers can be a problem, but from the perspective of potential conflict and loss of communication, too many provers creates a bigger problem. Too many provers can also create a problem with the extraction meeting.

2. Extraction Meetings

In an extraction meeting the provers, supervisors, and master prover relate their experiences. This is a time when the provers need to be supported and applauded for their fortitude in enduring the experiences of the proving. Hearing that others temporarily sustained similar kinds of suffering helps them feel like part of a larger totality. The sense of this larger experiment potentially helping others becomes clarified and accentuated at this final meeting, which is very exciting for everyone involved. Indeed, this is the primary purpose of the meeting.

This sense of the total proving might not be achieved if the provers simply read their notes verbatim. This flattens and extends the process. While as much detail as possible should be in each prover's and supervisor's journal, not all of the details have to be presented at the extraction meeting. For each prover to hear *every* detail is too much; it should be left to the provers to obtain a copy of the collated materials after they are published.

Instead, I suggest that in the meeting the provers read or talk about the highlights of their experience, focusing on any difficulties they may have had as a result of participating in the proving. After each prover and supervisor has finished his individual expression, then others can remark or respond. During this meeting the master prover's job is to create a sense that each prover is heard, and to give the proving a sense of closure.

3. Understanding of the Nature of Provings

Having a grasp of how provings work gives us clues for evaluating responses to remedies and significantly assists our clinical application of homeopathic remedies.

My perspective on provings done in a seminar or in a "meditation" was and is that while they contain a piece of the truth about what that remedy can do, it is inevitably an incomplete piece. In a meditation or seminar proving there is too much room for uncertainty and conjecture. In a proving that is done for a longer time period, with supervisors, there are definitely less conjecture and fewer uncertain conclusions. I strongly advocate doing provings that are as complete as possible, which cannot be done in a brief seminar.

I use only potentized remedies, primarily the 30c, in my provings. I do this because of the action of potentized remedies versus the action of crude substances. A proving defines some initial directions for the remedy's clinical use and the pathology it can cure. My hope is that a proving will create only *a reflection of the pathology*, not the pathology itself. The prover should experience temporary sensations, and sometimes even temporary pain, that may indicate the nature of the disease(s) the newly proven remedy may cure in the future. This is why I use a relatively higher potency (30c), and not the lower potencies, which might create poisoning symptoms.

Despite all of the challenges and the time commitment, I will continue to do provings. I also encourage others to do good quality homeopathic provings. Provings are the backbone of our science and art as they promote a very powerful dimension of our understanding of homeopathic *materia medica*. Provings affirm the positive and awesome nature of homeopathy's underlying

principle of similar curing similar and its potential ability to overcome whatever disease states may come our way.

Louis Klein R.S. Hom.
October, 2003

Argentum Sulphuratum

Argentum Sulphuratum

Scientific Name:

Argentum sulphuratum

AgS

Proving Details

Primary Proving Location: Denver, Colorado, USA

Year: 1999

Master Prover: Louis Klein R.S.Hom.

Co-Master Prover: Emily Matuszewicz

Compilation: Sherill Sullivan

Provers took a 30c potency, one dose, without knowing the identity of the remedy.

Source Notes

The sulphate of silver (AgS) should be differentiated from the *Argentum sulphuricum* which is Ag₂SO₄. The sulphate may be more highly reactive.

Testing on silver based superionic conductors shows that they have high conductivity at temperatures much lower than their melting points. The possibilities of application of a thick film technology in the fabrication of a solid electrolyte sensor are being investigated.

Silver sulfadiazine (C₁₀H₉AgN₄O₂S) is used for prophylaxis and treatment of infection in burn wounds. The side effects, though, can be serious hepatic and renal impairment.

Commentary

I was interested to see if in this proving there would be some similarities to other Argentums. In addition, even though I had clinically validated his work, I was keen on finding if Jan Scholten's description of the convergence of the minerals sulphur and silver into a salt, *Argentum sulphuratum* (AgS), would be reflected in proving symptoms. The results validated the hypotheses. There were themes that I have seen in *Sulphur* as well as themes that I have seen in *Argentums*. New themes emerged that were individual to this remedy as well.

The proving also brought out the impulsive quality of *Argentum* and the "relationship" quality of *Sulphur*.

What was most noticeable in this proving was the profusion of dreams. The dreams had a cartoon-like quality. For more information on the clinical indications for this remedy see the *Clinical Focus Guide to Homeopathic Remedies, Volume 1*.

Extraction Meeting

This extraction meeting was quite lively as opposed to the meeting dealing with say, Earthworm, which was much more low key. During this meeting, the provers got worked up and expressed their feelings strongly and impulsively. Issues seemed to center around social dynamics.

Proving Collation

Prover Number, Day, Time, Symptom

MIND

- 08,00:15:20 Feel very slow and heavy mentally and physically, but am typing just as normal. Balance seems a little off.
- 09,00:20:49, Disinclination to finish paper work already started.
- 08 00:19:00 Four hours went by very fast, yet I feel so slow and heavy. I went outside to wait for my husband and was counting car until he would arrive. Also as I was standing there, I couldn't keep from swaying from side to side rhythmically for a long time; it felt pleasant.
- 08,00:20:15 I still feel very slow and that traffic is going too fast, also that time is still going by very very fast.
- 09,01:15:15 Friend stopped by and when leaving-- I spotted neighbor and started conversation with her-- then briefly threw a good bye over my shoulder to the friend. Later I realized I had been very easily distracted in a way I felt was rude.
- 08,01:17:00 Irritated with husband but didn't feel like going with it or expressing it. He asked me the names of the two patients I had seen today and I could only remember one, the second.
- 04,02:09:15 Colleague mentions mutual patient, one of three sisters (all are patients). I can't remember which is which and it's very disorienting. Not simply a lapse of memory, it actually causes me to feel disoriented.
- 04,02:10:00 Letting my husband wait on me, asking for what I want. Working on a case. Many interruptions, irritating. Say "if people would leave me alone, I'd get more done." "I need a door (I can shut)." I usually just over-ride this sort of comment, and don't say them, today I express them.
- 04,02:16:00 Music on the CD player, instrumental orchestral music.
- 04,02:16:15 It sounds to me like there are voices in there somewhere, but can't distinguish the words. I ask my family for confirmation, "are there words in this? Can't you hear that?"
- 04,02:16:45 Feeling irritable, crabby, somewhat like I'm a bit crazy. (OS) Wonder if I'm making this whole itching thing up. There are no spots, no signs. The symptoms are worse when I pay attention to them, maybe I'm making them up. Want to be a good prover, want to be an excellent homeopath. Think I can't do it, can't even be a good prover, blah blah blah. On the edge of tears.
- 04,03:09:30 Make up bank deposit at home, add it twice. Take it to bank and submit to teller who says, "you're shorting yourself \$100." Now this was a significant error in the size of the deposit. I'm usually better at math than that.

Argentum Sulphuratum

- 04,04:00:00 Vagueness seems to be a theme. As my friend and I walk I have difficulty being very specific about some of the things we discuss.
- 04,04:09:20 I feel depressed, slow, don't want to deal with it. My state is one of not being able to focus. Can't decide what to do next. Get many things part way done.
- 04,04:13:00 As I get ready for work my nose looks bigger. (I don't think is really is bigger.)
- 07,04:21:45 I was angry because the house looked like a tornado had hit. Husband said I was snapping at him.
- 08, 05:14:00 Husband observes I have been very focused and productive in my work, but a little absent-minded about other details, such as remembering that we have friends coming over in the afternoon.
- 04,05:16:00: Don't care about much of anything at work-the tips reflect this.
- 08,05:19:00 Friends come to visit and the talk is enjoyable up to a point. Then I feel they are overstaying and imposing. I would normally invite them to stay for dinner, but decide I won't unless my husband suggests it. I have several calls from friends and patients which I take in order to excuse myself from the conversation. I know it is rude, but I am relieved to have the excuse.
- 08,06:10:30 Actually stepped out of my usual role during an interview and responded to something the patient said. Felt very disconcerted and off balance for the rest of the interview although it went well.
- 04,06:19:00 At dinner made a few obscure conversational connections that the rest of the family couldn't follow but I thought was very funny. Similar to being stoned on marijuana and the odd connections one will make. Not as "gone" as with pot though. This lasted about an hour.
- 04,07:09:15-10:00 Today I kept trancing out, and almost falling asleep.
- 08,07:09:30 Still feel very focused and efficient.
- 04,07:16:00 Hair looks kind of limp, flat and oily looking like a cat's coat does when it's sick.
- 04,07: xx:xx Feel mentally alert, except I lost my car. I felt confused and like I probably looked pretty silly.
- 04,08:05:45 I realize I like to have secrets, I like to know things others. It's sort of a power trip. I like to think that I'm magical and special. I procrastinate because I may not be able to magically heal them.
- 08,08,13:30 Very busy, productive work.
- 08,09:10:00 We had a surprise overnight guest last night and I found I really enjoyed socializing and entertaining him

Argentum Sulphuratum

- 04,09:16:40 In traffic I stop so that someone can make a left turn in front of me. I see an actual questioning expression on the "face" of the **car** not the person in the car, it was very brief, and looked rather cartoonish. I nod to the car, as if to say, yes go ahead, I stopped for you.
- 08,09:22:30 Inwardly irritable and annoyed by our guests although I know they are decent people and very friendly. I found them boring and predictable, the woman talked too much. At one point I wished I could just escape, go outside, go to bed. But I was outwardly polite.
- 04,10:xx:xx I feel like my mind is making some good connections as if I'm getting some healing from the remedy, healing on a wordless level.
- 04,10:xx:xx Feel organized, purposeful. No more dragging my feet and thinking I should do that while doing something else entirely.
- 08,10:07:00 I feel miserable, spacey.
- 07,11:06:00 Felt a little aggressive. A parent challenged me (prover is a school teacher). I had to respond; normally I might have let it go.
- 04,11:xx:xx Since the proving started I keep seeing people that I think are others, like people from the class, people I went to high school with, people from my hometown I used to wait on. These aren't people I know well that I think I'm seeing. Occasionally in life this happens, but it seems like it's very prominent since I took the remedy.
- 07,12:xx:xx A little grouchy.
- 07,13:xx:xx Short tempered with family.
- 08,13:13:00 Very busy, getting a lot accomplished. Feel I am better at organizing and prioritizing things. I feel as though I see things, see reality, more clearly than usual. Like seeing deeper into things, this was a quality throughout the proving.
- 08,14:09:00 Busy making order, organizing, planning projects. Feel a lot of physical and mental energy.
- 08,14:15:00 Beautiful weather, can't resist being outdoors, enjoying the smells and working in the earth.
- 04,15:05:30 It's almost time to leave. I'll be late. Oh well, doesn't upset me much.
- 04,16:18:00 Forgot to call supervisor, wrote it down in the wrong place. Somewhat unusual for me, I usually remember appointments.
- 09,17:xx:xx Upset about interaction with peer at work. Ongoing animosity but some angry notes to me -I really felt like gut-punched. I had gone to supervisor to c/o about her work.

Argentum Sulphuratum

- XX,XX:xx:xx Short tempered with family. A little impatient with kids at school; as teacher scolded art class about coming into room noisily.
- 07,18:xx:xx Short [tempered] with family.
- 04,18:11:00 Hair cut, fluffy, cute.
- 07,19:00 Very short tempered with family. Low patience for non-compliance with kids, and husband's work schedule. He has been gone every night. He says I'm being nonsupportive. He says I'm being selfish.
- 04,19:xx:xx Slight feelings that people are talking about me behind my back. Partly why I got my haircut, though internally I wanted to anyway.
- 08,19:12:00 Driving the car about seventy miles, driving slower than usual, not wanting to speed up and pass although I know this frustrates my husband who is with me. Just want to feel unhurried and enjoy the scenery.
- 08,19:18:00 Cooking food to take to an elderly friend and observe myself doing it in an extremely efficient and matter-of-fact way, wanting to do it well but not spend too much time. This focused, practical frame of mind has been quite typical lately. Not cutting corners, but not wasting time either. Not planning, just jumping in and doing and finishing.
- 07,20:xx:xx Very short tempered with family. Had an argument with husband after kids went to bed, yelling. And he tells me I only think of myself and how things affect me. I did not cry like I usually do when we have these kin of talks. I just thought about what he said and decided I would really try tomorrow to think of everyone in the family before myself. Although I did not view my actions in the same way he did. I do not think he is wrong; I just looked at my life like everyone was doing things to me, so I was frustrated. He said I was only having a selfish outlook.
- 08,20:11:00 Received bad news about my brother's state of health. Felt like crying but wanted to suppress that feeling, didn't feel it was helpful. Instead was sad but philosophical about it, thinking about the positive things in his life.
- 07,22:00:00 Mood seemed okay unless challenged or provoked. Then I seemed to attack, verbally. I couldn't let anything pass, I had to make a response.
- 04,24:10:00 Losing some words, e.g. "anemia" couldn't think of the name of the condition. At a meeting with an acquaintance I've had some problems with in the past. I don't know if it's self-consciousness that causes the lapse. I'm having difficulty following the conversation.
- 04,24:10:00 It's hard to be cordial to this woman. Persistent thoughts about this woman, she's out to get me for some reason, (possibly jealous of my position in the esteem and affection of another woman.) [I honestly think this is part of what's going on, not part of a delusional state from the remedy]. She doesn't have the same ethics I do, I'm trying to be professional about it all, but she's bugging the hell out of me. My thoughts go round and round and round. Discuss it with my husband, my best

Argentum Sulphuratum

friend, my proving supervisor, another friend, still another friend. I'm trying to work this out. Why is she acting this way? Feel tired and depressed. I'm annoyed with myself that I'm focusing all this attention on this woman, but I must, can't get out of the circles.

- 04,24:xx:xx Feel restless as well as depressed, at loose ends, can't focus on study.
- 04,25:xx:xx Spent the entire morning on the phone trying to work out my differences between myself and the colleague referred to yesterday. This obsessing is an old issue. Feel depressed, puzzled, while on the phone I clean walls in the room off the bathroom. Try plucking my eyebrows, I've got the idea they are too bushy.
- 04,25:xx:xx In the past week I've bitten off all nails. Compulsive finger picking. I feel very insecure.
- 04,25:xx:xx Feel tired, flat, low energy. Discouraged sort of.
- 04,26:08:45 I feel domestic, cleaning walls and such yesterday, a corner and the compost bucket the day before. Today I'm going to make soup and cookies.
- 07,27:xx:xx Good mood until we drove around to look at houses. Then got grouchy later that evening. Snapped at husband about not picking up the mess
- 04,27:07:00 GOD I am sick of these people!! What a pain! It continues on in this vein, people calling in sick, coworkers complaining about the help I assign them. My attitude plummets.
- 04,27:13:00 I feel very tired, dragging through the day, I wish it were over. I'm tired of the regulars and don't want to even be friendly to them. I am (friendly) though, and wonder if they know I don't care.
- 08,27:14:00 Mood is fine, however. More than usual number of phone calls from patients and "sucky" people. I mostly deal with them with good will and equanimity and let a couple of them pass.
- 04,27:16:00 I feel pretty self-indulgent.
- 04,27:xx:xx Depressed, tired, flat, disinterested in Husband's budget, tired of spread sheets.
- 04,27:xx:xx I'm irritable, easily bothered. At work by customers mostly. Tolerant of family and friends. Would rather be alone, but then I can't really motivate myself to do anything. State of ennui. Everything takes too much effort.
- 04,27:xx:xx Desire to be more perky and not so flat and bored. I bore myself, you see. I'm tired of hearing myself talk. I feel very self involved.
- 04,27:xx:xx I was off work. No customers to hate. Tired, listless. Feel very loving with mate.
- 07,28:xx:xx Very short mood, weepy, at anything gone wrong. I wanted to cry and go home after the timing was off for me to join my family (at church), but I stayed and hid

Argentum Sulphuratum

- out in the nursery. Hard time focusing on tasks, tried to do work 12:30 to 14:00. Mind wandering on other thoughts.
- 04,29:xx:xx I write an email to the woman I was obsessing about one short week ago. Send copies out to all concerned. It's all out in the open, everyone can see what I said.
- 07,29:xx:xx It is getting much harder to make myself fill out my journal, because my days are bad; much conflicts with people around me at home and work.
- 08,36:18:00 Extremely annoyed by two members of local homeopathic study group whose personal sniping at each other and one of them threatening to stop coming because of it, could bring the group down. Feeling "Why can't they leave their petty personal trips out of it? They are ruining it for the rest of us." Indignant and disillusioned in both. One is a close friend, but I feel very angry with her part in it and feel I don't want to commiserate with her about it.
- 07,44:xx:xx Bad problem at work for last five months is really escalating this week, especially today. A bad note from the Parent challenging what I said. They say it's not true-- it is. Bothered me very much all day, hands shaking, couldn't cut paper, kept messing up. Took all my thoughts all day. Kids came home, very short tempered, yelling. I was rough with them putting them to bed. They were all crying. After they were in bed, I cried and cried. I hated myself. Why did I act the way? I wanted to drive away and never come back. I almost did. I don't know why I didn't. I just kept crying.
I did not want to be around my family. And I especially did not want to have the Parent attack me again, as the frequency is getting to be every day not-- I can't stand it.
- 04,44:xx:xx My attention span for reading is different somehow. As if I forget what I just read, but somehow still remember it in the back of my mind. Feels like I'm preoccupied.
- 04,45:09:30 I feel self-conscious about how I'll look.
- 04,45:xx:xx Thinking a lot the last week or so about the transient nature of life, how short life is. How we get old and then die. Rather melancholic ponderings about my kids when they were little. Noticing aging people, my own gray hairs, etc. I don't feel particularly old, but life feels so very short.
- 07,45:xx:xx official school meeting. I got very mad and make a remark back. I was asked to leave. I had a Large rock, size of a softball, inside my stomach. It stayed for three to four hours. You could have felt the rock with your hand on my stomach.
- 04,46:xx:xx Feeling a bit confused.
- 07,46:xx:xx I have had a hard time writing in this journal, because I have had many conflicts with several people recently. It's the part of myself I do not like. I'm ashamed of myself. I do not like to show this side of me. It has not been seen for a very long time, four or five years. Now weekly and more often daily. I do not like myself right now. I had been doing so well, especially the last two years after *Sepia* and

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Ferrum. Now doing so bad. Most conflicts are my fault due to me being so thin skinned and taking every comment so personally. I feel attacked by the people I'm in conflict with, and I can't just ignore them or let their comments roll off my back. I must defend myself. This has caused many problems in the last two months.

- 04,46:07:00 I'm feeling a bit more superstitious the past two weeks, since that passive-aggressive "attack" by another person. I wear a special necklace made of lapis so I'll be conscious of speaking and protected from speaking wrongly or too much. Wearing a black undershirt feels really good. I like the lace around the neck. I was told the Navajos always wear something black as a protection against evil spirits and evil influences.
- 04,46:xx:xx It's not that I feel superstitious but I'm thinking and remembering more about when I was more enmeshed in the magical thinking realm and acting accordingly. Is this denial, compensation or what?
- 04,46:10:30 I had a cup of tea, looked for my stir stick, it wasn't there, dug into my purse to get out a spoon to stir the tea. Drink the tea, set it aside. The red stir stick is right there on the table by my left hand (where I had looked for it before). Red stir stick on a white table cloth, but it disappeared.
- 04,46:12:00 Confusion, I think I hear instructor say look in the back of the packet, it's really the front of the packet.
- 04,157:xx:xx Evening: I don't want to talk to anyone. I don't like this flatness and tiredness. Feeling of defeat. Doubt of myself, my abilities, can't concentrate, just want to read light fantasy novels and sleep. And clean house!

DREAMS

- 10,01:00:00 Dream: I was commuting between work in Denver and was driving on the freeways. Some anxiety anticipation about getting there on time.
- 04,01:05:30 Wake up with the alarm (have to work at 0630)
Lots of dreams, but don't remember any of them. Seems like they were fun dreams.
- 10,01:04:30 Nightmare. In the dream a man held something threatening (I can't remember what) and was menacing me with it. A male friend (I didn't see him in dream) kept the first man at bay several times. One time he chased this man and then they jumped into water, like an ocean and the man who was the menacer dove deep in the water and got away. I was witnessing this dive. Then this man was menacing again and then I woke up.
- 08,01: 05:30 Frequent waking, light sleep. Dream: helping others, mostly children in a war-like siege situation.
- 09,01:07:00 Selecting vintage wine at wine shop with a coupon.

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- 04,01:24:00 Lots of dreams-- don't remember them.
- 09,02:00:00 "lead shoes" mentioned in a dream but that's all I remember.
- 10,02:00:00 Just before waking. Several dreams in a row of common things in My life. Can't remember them-- just that they were one after another and quick.
- 07,02:02:00 I woke from a dream that I had captured some little animal that was flying around, like a bat. But after I caught it in a cage, it grew very large, the size of an opossum, and had no wings. It was black and furry but had white fur on the face. It looked like a "furbie." It looked at me and then tried to push very hard with its feet to get the lid off the cage. I knew it was trying to escape, so I put the small cage into a larger cage, one I could walk in to. I put the smaller cage on a table inside the larger one and got out quickly. Then the animal did escape; he became small again and flew around much like a bat. I walked away and then I woke up.
- 07,02:05:00 I had another dream, about people this time, but couldn't remember it in the morning. Neither dream was scary or intense.
- 04,02:23:15 Someone telling me "A kid's hands are his work," meaning you can look at a kid's hands and tell what they should do as their life's work.
- 04,02:23:15 Dreamed a friend wanted to borrow my car, because hers wouldn't turn off. I don't want to lend it to her, but feel like I should be generous. I'm a bit leery that something will happen to my car if I lend it to her.
- 04,02:23:15 I'm at some sort of gathering, see a girl with her left eye very crossed. Think "left-sided strabismus" in the dream. Big party scene that I'm not really participating in. Dancing and partying.
- 04,02:23:15 Dreams with lots of people.
- 10,03:00:00 Early morning dream that I used a Polarity massage technique on a client.
- 08,03:06:00 I am in Russia, feeling very confused in not understanding the language and only a little of people's gestures and expressions.
- 04,03:06:30 Husband being suspicious of how I spent "the money." I tell him I'll put his name on my checking account if he wants. He makes many excuses why that won't work. I tell him it will work and explain how. If he wants to take over the money management I'll let him. He doesn't want to though. The theme here to me is that I'm proving myself to him.
- 09,03:09:00 About in-laws and being snubbed by sister-in-law at some kind of family reunion. She had new haircut and looked very sophisticated.
- 04,04:00:00 Lots of dreams, no recall.
- 09,04:xx:xx Dream: 1. sitting in culvert of some sort with some man. Wonder why we are there and why we have to sit in the mud. Flood gates of some sort open and I am

washed away in the water. I am deep in the water and then float to the top but am being pushed backwards with the rush of the water. I loved it after I was sure I would rise to the top. Still wondering if I will have to land back in the mud.

09,04:xx:xx Visiting someone's 3 story home. Lot of details of why I am there are forgotten. Some man invites me to the back yard to sit on a ball-like thing on which we fly around the back yard. It was exhilarating and then becomes a little scary when we are as high as the roof of the house that seems rather dilapidated. Whew! Exhilarating, but too much and I asked to come down.

04,04:00:00 My daughter has sent pictures of her college. Then I am there at the campus. There is a field lying fallow, weeds are coming up in patches. The weeds are tufts of irises, tall ones, say 3 feet tall. I joke and say "the corn didn't come up well did it? They need to replant." Whoever I'm joking toward doesn't think that's funny. I know this type of iris is a weed, not corn at all, the feeling is that tobacco was supposed to be growing there. Someone tells me I'd feel better if I was wearing a silky shirt. I say I don't have any, you should buy me one. (another joke) The scene of the dream and the fallow field is like the island where the boys lived in the movie "Hook." There's a kind of underground house, or like the inside of a huge plant room like are at zoos. No feeling from the dream, just having a good time seeing "where my daughter lives" and joking about the corn. As the alarm rings I'm looking as someone holds up a large spoon, it's made from a new sort of metal. The steel is a different color, sort of pewter colored.

07,04:10:30 I also had a dream about a flying squirrel. He was hurt and I was going to help him get down the mountain. It was very muddy on the mountain. Bet a guy was there and made a ramp so the squirrel could just slide down the mountain, so he didn't need my help.

08,05:05:00 Visiting fabulous mansions of about 100 years ago; parties with opulent food, well-dressed people; waltzes. At first it is interesting, then boring. I borrow a bicycle and cruise through an area like Chinatown. All along the street there are big buckets full of huge and colorful flowers. Mentally mapping my whereabouts so I can return the bicycle.

10,05:00:00 Had a dream that I had gall bladder problems and was taking [remedy]. When I woke up I thought I should get a pap smear as I haven't had one in many years.

04,05:07:35 Many dreams, not remembered.

04,05:xx:xx We bought a big craftsman style house. My ex is in the living room playing the same simple phrase over and over on the piano. The 'B' key below middle 'C' is broken, won't give a sound. He tries it again and again. It's always broken.

04,05:xx:xx I'm at a large movie theatre, restaurant, mall-type complex. Lots of people. My daughter loses \$11.27 down a revolving doorway. We try to figure out how to retrieve it. No use. My 14 year old daughter takes the electric bill from me and pays it. She wants to help out.

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- 04,05:xx:xx At the theatre my current husband and 2 friends are in front of the curtain, wearing pants and no shirts and three Musketeer type plumed hats. Husband is making a welcome speech, the theatre has something to do with our new house, maybe we've bought the whole complex.
- 09,05:00:00 Sometime in the night a dream about rain. It is pouring down at my house but there is no rain next door.
- 08,06:06:30 I am in an old city. A group of people had become lost and asked me to lead them out of the city. As I am leading them through the streets, I look back and see a scene of arches, cobblestones, donkeys, and merchants. I am quite struck by the ancient, unchanging nature of the scene. Later on in the same dream continued, I am in the mountains in the snow with a small group of people, many of them I seem to know. There is deep snow but the sun is shining and it is warm. I am showing the others how to shake the snow off their blankets and dry them in the sun. Helping fix a roof that had fallen in from the snow. Basic survival scene.
- 08,07:05:00 At a fancy hotel with an old friend and we are playing pranks: spraying water with a hose and taking exactly one of everything at the breakfast buffet, then balancing our many plates as we carry them back to our table. High spirits, silliness.
- 04,07:07:00 Woke to cat purring in my ear. Lots of dreams unremembered.
- 04,08:05:30 Trying to cut up a salad of "roasted tomatoes"-they aren't real tomatoes, it's a fantasy fruit and looks more like roasted peppers. They won't cut right. In the dream I had scheduled two new patients, one a 5:00 and one at 7:00. The 7:00 came at 5:00. We were eating. Dinner was late too. I told the 7:00 woman to come and eat, we'd figure it out. It got later and later and I hadn't taken the first case because of dinner. I don't know what to do. This was the only time I could do any of these things, eat, take the 7:00 case, and the 5:00 case-everyone seems like they think it's all fine. I feel dismayed. How can I do all this at the right times? I have overscheduled and don't know who to tell to reschedule since this is the only time.... I sort of fake it, hoping it will all work out. Everyone else doesn't know anything about the problem at all-totally unaware of a problem.
- 04,09:xx:xx Lots of dreams with lots of people in them. Don't remember any details.
- 08,09:06:00 Dream: I'm a character in a British mystery drama. It's full of disguises, decoys, entrapment and danger. My younger stepson seems to be a terrible criminal, then I'm relieved to find he is actually on "our" side.
- 04,09:08:15 While driving I remember the dream I'm driving my car and the car was acting "wrong". I then realize I'm driving with the emergency brake on. I'm annoyed with myself. I feel like I've probably done something to ruin my car and am disgusted with myself.
- 04,09:xx:xx I'm going down a ladder sort of thing carrying a 4 yr old I know. The ladder is wrong and it falls so we're stuck on a part of the roof. I keep calm, don't want to

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scare the boy. I know my husband is inside, so start yelling for him really loudly. Boy says "don't yell so loud". I say "I have to so he'll hear me". Husband comes and takes boy from me. I climb piggyback onto a friend of husband's that came out at the same time to help, he puts his hand on my leg, and I feel he's kind of coming on to me. I ignore it, it's no big deal, I'm not at all interested. We're safe and on the ground. No problem.

- 04,09:xx:xx Dream: I'm in a group and caring for a baby. It isn't my baby, but I'm taking care of it in a very maternal fashion, playing with it and lying on the floor with it, tucking it's diaper into the plastic pants so it doesn't get anything else wet, etc.
- 04,11:xx:xx I was having vivid dreams.
- 04,11:06:30 No recall of dreams except that they were very colorful.
- 04,12:xx:xx I see a white screen with black letters that says a technical term on it--the term means an artificial sweetener or something like saccharin, a word with a lot of syllables.
- 10,12:00:00 Went to a small cabin. It seemed as though this was near my house and on the property in the dream. There was a soup or stew that had been left cooking (probably by me) for about 2 weeks. There were also buns of some kind and they were all puffed up. I thought at first the food might be edible, and then decided it had to be thrown out. (I had been really absent minded about the stove for a week or two-- leaving things on which another person, visitor had turned off for me. This happens when I am busy and overtired.)
- 10,12:00:00 Prior dream was one of 3 early morning dreams. I cannot remember the other two.
- 08,12:06:00 Several of us have rented a hacienda in Santa Fe for the homeopathy class and we're trying to decide where to hold the classes. We walk around the grounds, it's a very lovely place, all the people I know from the Denver course are there and it's extremely harmonious.
- 09,12:08:15, Husband mentioned that I must have had a rough night - moaning and tossing in my sleep as if having bad dreams. I did not remember dreams.
- 04,12:08:30: Very long dream-- lots of elements-- in a packed stadium. I was outside then inside. See an old style Rolls Royce, very cool it has about 8 people in it with face paint, lots of spiky black hair, etc. Some have black painted faces, some white. They're sitting in the top row of seats at the stadium. They jump off onto the ground. I see that they jumped and wonder what happened to them... were they hurt? I leave the stadium...
- 04,12:xx:xx I drive to the dentist and my vet is there. My car turns into a bike. My car is magic and intelligent. It changes shapes, colors, etc. I go to get gas and the gas gets inside the car, gets on the friend/self/wife (blurred identity) and on her beige silk pants. She goes to change, I see that she's pregnant. I stay and try to figure out where the gas goes into the car...it worked last time.... I see my veterinarian

when I follow my friend into the store, it's an office complex. He tells me about dogs that can shape change. I think he's a little strange. There's a dog there, a medium size gold colored dog. This time I'm alone, and on a bike. The dog follows me. I turn to it to say go home, and it changes into a tall ordinary looking woman with long hair the same color as the dog. "Wow, you really can change yourself!" Then I'm going across the street on a bike and a car is coming. We're going to collide. Then the car changes magically smaller. The woman changed it. The bike becomes a car that needs gas, the woman/dog is the one standing by the car while I put in the gas-that's how she gets gas on her. She's pregnant, very pregnant and goes in, she feels sick.

Now we're outside the stadium again. Some kids run up, I don't know if they're my kids or some other kids I know very well. They say they've found a "smart bomb". It's like a Furby but shaped different. I know this though I don't see it. They want to play with it. I tell them no, it'll blow up, it's not a toy, leave it alone. There's a war on, but it's not scary. We're all socializing at the stadium place.

04,13:xx:xx Vivid dreams, unremembered.

08,13:05:30 I felt I was back in time about 200 years. I was observing a man I understood to be one of my forebears. He seemed to be in a lot of pain in his joints, very restless. Suddenly I recognized him: it was actually my brother and I thought "he must be very old then".

04,14:xx:xx Vivid dreams, unremembered.

04,15:xx:xx Lots of dreams of rather ordinary things but in foreign places, walking with my friend but in a different town. Going to eat in a little restaurant. I am somewhat threatening to the waiter in response to his rudeness. He had given me soup while I waited for my husband. I ask to sit with my friend, he said "no, I'm the waiter you sit where I say." "I say, well I'm the tipper, so just keep that in mind." (like to say, if I don't get what I want...) The colors are bright, but the situations are ordinary, getting my hair cut, that sort of thing.

08,15:06:00 Many unremembered dreams.

10,16:00:00 I had a dream that I had gone with a man who could deal with wild animals into an area where this wild animal was-- either a bear or a lion, I can't quite recall. I remember him telling me to look down and appear non-aggressive which I was doing. At one point the man's small black dog was barking at the (bear, lion) and the animal was reacting to it and pawing at the dog. The man was distracting the bear/lion. He also was keeping the animal at bay. I was sitting there afraid thinking, "How would I be able to keep this animal at bay if I had to do what he was doing."

04,16:xx:xx Dreams of ordinary stuff, not clearly remembered, talking to coworkers.

08,16:06:00 I'm in some kind of school, looking out a high window and throwing something down to a friend below.

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- 09,17:00:00, Dream in big hotel. I am there for a HS reunion [which I will attend this summer]. Went to go bathe (feeling flu-ish/sick in dream) in public hot tub. Just as I entered several men jumped in first keeping me from entering because it was full. Then a group of strangers called me over and were acting as if they knew me. I did not know them. I had on the most unusual outfit-- for me. A cropped lingerie type top and capri pants made of lingerie type material. Not self consciousness. I was thin in the dream.
- 04,18:xx:xx Dream: Staying in motel rooms, checking internet investment plans. Packing to leave there's only one thing in the washer just sitting there with a lot of water. I put more things in figuring it's better not to waste all that water.
- 04,18:xx:xx A coworker/friend asks me if I'd rather pay more interest for less time or less interest for longer. I say I'd have to think about it. He says, "No you can't look, I got you a loan for \$5000." He gives me a card with a carbon copy thing. All I have to do is write my social security number on it and I can have it. He won it on the internet and gave it to me-but I have to pay it back, and the interest. I don't need the money but tell him thank you. I put the papers in between the pages of my day planner, but when I go back again I can't find them. Other coworkers were also in the motel complex checking all the internet stuff.
- 08,18:05:00 Dream: Driving a vehicle (a car?, a cart?) in darkness into floodwaters, very scary. There are lots of other people in vehicles also. Then we all drive up into the mountains to a village. We need to stay there for a while as the higher passes are closed with snow. I feel anxious to go on, toward home. But after being in the village find it is a very pleasant friendly place. Some young men who are in this caravan meet young women and are engaged-- lots of celebrating and feasts. It feels as if the rest of the group is content to stay there.
- 04,19:xx:xx Walking with someone in a dream city I've often been in. Go to my supervisor's house. Nice house. There is a long table with lots of papers on it. Among them is an electric shut-off notice. I try to see the account number so I can pay the bill for her and she won't know. I think she wouldn't accept the money, but I want to help. I see lots of brick buildings. "Presbyterian" church buildings. We're walking on grass and come to an edge. Looking down we see that the edge is over a huge statue of Jesus or a monk figure of some sort. The statue is wearing robes with a hood. My companion says, "We could climb down using the statue." I won't do it, it looks dangerous, like he or I might fall.
- 04,19:xx:xx Lots of other dreams that I forget immediately on waking.
- 08, 19:05:00 Dream: My husband and I are roustabouts in a circus, our work is raising the tents with some others. There are many tents, erected to make one long continuous tent. By the time the last tent is erected we take down the first one and bring it to the end, continuously. We're in the South and expect in this way to be in the North by the summer.
- 04,20:xx:xx Woke because I had a dream that a coworker called me and wouldn't tell me why she called.

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- 04,21:xx:xx About a gun, holding one someone I know had just bought, reading the package inserts and instruction manuals on the gun. Additional long detailed dreams in but I can't remember any more.
- 09,21:07:00 Dream after dozing off again. Daughter said our cat looked like a caterpillar-- moving along as if she had a bunch of legs.
- 09,21:07:30 Got a sub sandwich. Laid paper on the ground and was eating. Later noticed that paper had become damp from ground and some small worms were on the bottom layer of it. They grew and turned into bigger caterpillar type worms and strange bugs that looked like balls with rubbery legs. The full-grown version looked like a large preying mantis. I noticed these gradually as I found them. Was repulsed and scared. When I noticed the preying mantis one I wondered how it got there and realized that if it stood still it was not noticeable. Only realized it was there when it moved. It was a pale translucent creature. Creepy.
- 04,22:xx:xx At a local naturopath's office, which is in a messy hotel room sort of a place. I find a bunch of her cases written on business cards. I copy down the information and think about writing to all those people, her patients, and sending them my card. The naturopath hasn't prescribed for them yet and they're old cases. I think "I'm not so bad, some of these are older than mine." I'm afraid someone will see me copying down this information from her "files".
- 10, 22:00:00 Had gone to see the movie, *The Beach*. The main character was talking about infatuation.) I dreamt I saw this man that I had met and had felt infatuated with. He was above me outside and I was below almost in a pit with gravel and where he was some vegetation. He was naked and finishing a beer and he threw the empty can next to another empty. He had a hard on and was calling to me. I saw him and I was just standing there not knowing what to do. I recall thinking-- he has gained a little weight and still is drinking a lot.
- 07,23:xx:xx I dreamed that I had two contacts in right eye and couldn't get them out.
- 04,23:xx:xx Helping my daughter with a knitting pattern. Looking at all sorts of knitting patterns to select the one she wants to knit.
- 04,23:xx:xx Being in a fancy country club helping people I don't know in life but kind of know in the dream. The people are snotty but need my help, I'm the only person they know who is grounded enough to help them with their car problem. We go down to look at the car and they drive the car over the top of me so I can check what's happening with the bottom of the car. This is not scary, though there is a slight feeling of claustrophobia because the car is so low to the ground. The car is out of some sort of vital fluid (gas, window fluid, oil... it changes). The lady goes away with her stuck up boyfriend to fix the car. Then the maid comes in with a note for them which she gives to me because she knows we're associated with each other. The note says "we (the hired help, valets or whoever) filled the tank because we couldn't move the car to park it." (It was their job to park the car for these rich people.) The problem is totally solved by these humble people who didn't even know it was a problem for the rich ones. Everything is fine then. I am left sitting by a strange man. A cat jumps into my lap. This amazes the man, who

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comments on how stand-offish the cat is. The cat purrs in my lap. The man gives me instruction on how to interact with the cat, petting techniques, what cats like, etc. I listen politely but do my own thing with the cat. He thinks I'm a rookie and asks how long I've been trying to get to know cats. I say when I was born my mom had three cats. (To let him know I know about cats.) He's impressed-I'm not a rookie, I'm obviously a seasoned cat person. This is what the stand-offish cat knew and why he came to me. BIG HONOR.

- 08, 23:05:00 Dream: Watching a tall elegant woman who is running a soup kitchen. All she seems to serve is soup, and the soups are made only from mushrooms, wild exotic mushrooms.
- 04,25:xx:xx Being in a tropical place-a bay, lots of sand, mountains, blue water. I was afraid "the kids" would go into the deep part and something bad would happen to them-animals, undertow, water too deep or something. Very colorful.
- 07,26:xx:xx Had a dream about our silverware. All the patterns on the handles in great detail.
- 04,26:08:45 Lots of people in and out. The feeling is I live in a commune/community sort of place. A young woman (about 20) I know comes to me, wants to talk. Says she's very attracted to her little brother and has been experimenting sexually with a friend of hers. Her parents are Catholic and wouldn't approve. I tell her it's normal to be inquisitive about sex and better to experiment with the friend than with her brother. Just be careful about pregnancy, etc. I tell her if she has any questions to just ask me. No, of course I won't tell her mom.
- 04,27:xx:xx My oldest daughter is telling me a joke out in my yard. The punch line is "electric hair."
- 04,27:xx:xx There was a hair in someone's food. Their chalupa had bacon in it (they usually have chicken or beef). They want to eat it, I don't want to tell them about the hair, I just take it away and have the cooks make another one.
- 04,27:xx:xx Cooking and doing laundry at husband's office in "Denver" in a wringer washing machine. The office is really his boss' living room. I'm washing diapers. I'm going "home". Two guy co-workers come to see me off. One lends me a lens to see better. It's like a telescope, very finely machined marks on the outside, like high quality camera parts, obsolete for cameras, very nice. I get in a car which turns into a small airplane. There are two kids in the car already, which includes the baby. I'm going to get scraped off by a barbed wire fence while my friend flies it all recklessly. I jump out, tell the kids to be good and I'll catch up with them later. I jump into the bushes then a little farther along the plane ends up in the water. The kids!!! I go running to save them. The older child is floating but I have to dive for the baby. I get her okay. I swim to shore dragging both children. I don't even know if my 2 guy friends get out or not. I'm angry with them for showing off. I told them I wanted out earlier. They got my kids all wet, etc.
- 04,27:05:15 About my job, lots of people.

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- 08,27:06:00 I am a kind of apprentice to a "white" wizard or magician. He is a very unassuming person in appearance and demeanor. He takes me with him to the home of a gangster type who wants some kind of healing or blessing for a young baby. The wizard gives me instructions about preparing some special food for the baby. We feed it to the baby. Later he explains to me that through this the baby will effect a change on the whole family and they will become better people.
- 04,28:xx:xx Unremembered dreams.
- 09,28:00:00 Lots of dreams... not remembered. Interesting ones, a story-like dream that may take on what is current in my life. Travel and old friends.
- 04,29:xx:xx Traveling with the family. Staying in the family house. Everything in disrepair. BIG house, like an English estate. I'm getting curtain rods hung. The main part of the family is coming next week. We're here getting ready. I'm really tired and want to lie down, sort of a haunted house. I feel anger inside and am afraid the spirits or whatever are going to take me over. I tell my husband we mustn't sleep there. He doesn't notice anything. I say remember "The Shining", it feels like that. Next I'm swinging a white coat hanger around like a whip. It makes a whooshing noise. I like the noise and can feel that I could get carried away and hurt somebody.
- 08,29:06:00 At my mother's house, my childhood house, with my husband. My older brother drives up in a sports car and stops suddenly. We notice he doesn't get out. I look in and see the seat has collapsed, pushing him forward. He looks dead, eyes staring. Then I start talking to him and see his eyes moving. He is very present. I talk to him and tell him it's OK, he can either stay in this body and this world or leave, I love him and it's OK whatever he chooses. The weird thing is that in the dream I am salivating and drooling like crazy the whole time.
- 04,30:xx:xx Swimming with lots of people, co-workers, etc. One co-worker is accosted by 2 water sprites. They want to drag her down under the water. She tells them she just had a baby and they leave her alone Also in the dream her mom died suddenly, leaving just her, her boyfriend and the baby. Originally the sprites had been after me but they really wanted her and when they found out I wasn't her, they left. They look like little impish boys with squinty eyes and black hair up in spikes.
- 04,39:xx:xx At the class. We were all staying in a dorm sort of place. I had let a member of the class use my car briefly. She parked it on the side of a steep hill and it rolled over backwards and broke the rear window. I'm annoyed and angry at her. Tell her I hope she's going to replace it. She doesn't hear me. I go to look at the car and all the cars by the river where they were parked are submerged in very deep water. The river flooded. Even the ground floor of the dorm is flooded. My room is on the second floor. I'm trying to find people, trying to figure out how to get my car. My dad comes. We sort of go back in time to when the water wasn't as deep and we can get to the car. We sort of go into the water and carry the car out of the parking place. We carry the car up to the second floor of the dorm/hotel. It's blue and shaped like a rocket. I wonder how I fit into the car, but I'm proud that it's so cool looking and my dad helped me get it out of the water.

Argentum Sulphuratum

- 08,41:05:00 Climbing up to rooftop in a city with my first teacher of homeopathy, climbing up a ladder, lots of people up there. I tell him emphatically that he must give a particular, different remedy to a patient of his, whom I have in fact just met and observed as a guest in my house. I feel a little embarrassed to be disagreeing with him but feel strongly he has made a mistake that should be corrected.
- 07,43:xx:xx I also had many nights of dreams of houses, but didn't think much of it because we are looking for a house.
- 04,46:07:00 Unremembered dreams.
- 04,46:10:00 Go to get something out of my purse. I don't see it, I think I must've left it in the car, go to the car and look. Nope. Go to the bathroom and look. Nope. Wonder if I should report it missing to the desk at the hotel. I don't feel panic-y, nor do I feel like it is really lost. I still have an "oh shit!" sort of a feeling. I think back and the last thing I remember was getting something out of it in the classroom. So I go back there. My purse is under my chair. It is not a small purse. I looked there, I know I did. Lately (last two weeks about) have been somewhat absentminded about my keys. Automatically stuffing them in my pocket and then not remembering, then reaching into pocket and having to dredge for the keys.

VERTIGO

- 09, 00:20:49 Some faint sense of dizziness or lightheadedness behind my eyes.
- 09,01:16:30 Spacey feeling in head and behind the eyes.
- 09,02:12:00 Some lightheadedness or spacey feeling in eyes and top of head but does not seem to impair concentration.
- 04,02:23:00 Feel dizzy, as if walking on a ship. I take long steps to keep my balance better.
- 04,03:06:45 Like the ship walking of last night, but just in the head.
- 07,05:10:10 Sitting at desk, very dizzy, almost fell over. Like someone hit my head from the left. My head actually moved five to six inches to the right. I had to stop myself from falling over.
- 07,07:00:00 Dizzy.
- 07,08:xx:xx Felt dizzy most of day when not moving.
- 09,11:23:00 Had a cup of decaf coffee. The dizziness behind the eyes and felt as if I had an alcoholic drink. I felt like I was slurring, of sorts, my words.
- 04,14:16:30 Very brief, very slight sensation of vertigo as if tilting to the left, less than 5 seconds long.
- 04,14:17:20 Light headed, spacey

Argentum Sulphuratum

- 04,15:09:00 Feel a bit dizzy, very brief.
- 04,15:xx:xx Slight feelings of vertigo. Kind of like low blood sugar, but more dizziness.
- 04,20:10:30 On and off lightheaded, feel like I'm swinging or spinning.
Or like I just finished spinning round and round, the vertigo might be menses related.
- 04,26:18:00 Very brief sensation of vertigo as if tilting to the right.
- 04,28:xx:xx Some brief tilting feeling.
- 04,29:05:30 Vertigo when turning from side to side in the bed.
- 04,29:06:30 Vertigo when semi-sitting in the bed.
- 04,30:xx:xx Some slight vertigo. I wonder if the vertigo is from walking and turning quickly at work. I only notice it at work.
- 04,31:xx:xx Vertigo in morning on phone to supervisor. Vertigo before getting out of bed.
- 04,31:13:40 Sitting on toilet, head reels as if drunk. Vertigo
- 04,32:xx:xx Vertigo slight and brief.
- 04,32:xx:xx I get head rushes from sweets sometimes, this vertigo feels sort of like that.
- 04,46:07:00 Woke up. Stand up quickly and sort of lose my balance.
- 04,46:xx:xx Feeling light headed and spacy in the classroom, some vertigo when walking down to the bathroom. A bit dizzy and stoned-ish.

HEAD

- 09,00:20:49, A hint of a HA on the entire top of head.
- 09,01:07:00 HA in vertex. Dull ache.
- 09,02:20:30 HA on vertex.
- 09,03:00:30 HA in L temple.
- 09,04:00:00 HA again today. Top of head and sometimes in the temples. Occasionally a sharp pain into either side but mostly an ache. A pressure type ache. <noise (of screeching birds at pet shop).
> pressure of hands. Temporarily > eating .
- 04,04:17:30 Scalp itches.

Argentum Sulphuratum

- 04,05:08:00 Slight headache.
- 04,05:12:00 Head feels full-- upper head, not sinuses.
- 07,06:xx:xx Bad headache at forehead. Headache throbs when lying down, but bearable. Worse standing up or stooping. I must hold my head. Later in morning, headache moved to temples. Still throbbing and pulsating. Worse standing up.
- 07,06:16:30 After a two hour nap, my headache was gone.
- 08,07:08:00 Head feels full. Head pain right temporal, brief.
- 09,10:15:30 HA in temple region R. Had tea an hour before the HA.
- 08,11:09:00 Slight frontal headache, worse from coughing; also felt at bridge of nose and occipital.
- 09,12:08:15 Feel as if I have a hangover-- tired, dry mouth and lips and with a headache on the top of my head. Tight and heavy head.
- 09,15:08:00 Woke with very scratchy throat and HA. A full congested feeling in top of head.
- 08,15:16:30 Slight head pain, dull, behind right eye.
- 09,17:00:00 Woke with sore throat. HA in top of head.
- 08,17:18:00 Pain in middle of head like a rod directly between both ears, an ache but not in the ears themselves.
- 09,18:13:00 Continue to have sore throat and heavy head.
- 08,19:07:00 Slight dull headache right frontal and temporal and behind right eye.
- 08,26:08:30 A feeling of pressure and slight pulsation in head. Ears as if stuffed, felt I might faint. Lasted a minute or so, then continued to feel the pressure.
- 08,26:15:30 Pressure in head. The pressure is as if compressed by tight elastic clothing.
- 08,26:22:30 At bedtime, still feel odd, pressure in head. After going to bed, still a feeling of pressure in body especially in head. As if ears are stuffed. Not quite pulsation, more as if compressed. Very uncomfortable. Pressure in occiput, part lain on.
- 08,28:23:30 Very dull, almost imperceptible headache.
- 08,34:08:00 Woke with a bad headache, strong aching mostly right frontal and behind right eye. Neck stiff and sore, cervical, more right. Got worse and worse, didn't want to take anything but finally took a Tylenol. Went back to sleep and woke with only a dull headache which improved gradually until gone in mid-afternoon

EYE

Argentum Sulphuratum

- 04,00:13:25 Left eyeball, outer corner feels weird-- sensation sort of like pain.
- 09,00:22:00 Twitch in L eye.
- 08,01:18:00 Eyelids twitching a lot, upper and lower, more right.
- 07,02:06:50 Woke up. Left eye a little watery and fuzzy vision. I rubbed my eye and dried it.
- 04,02:17:45 Eyelids itch.
- 04,02:22:00 Right eye itchy.
- 07,03:07:50 Woke up. Left eye a little watery.
- 09,04:07:00 Bags under eyes seem deeper/bigger/heavier. Can feel them and see the in the mirror.
- 10,05:00:00 Went skiing and got very dry, red eyes from the goggles.
- 09,06:00:00 Some twitching in L eye.
- 09,07:00:00 Twitching in L eye.
- 10,07:00:00 Went skiing and only used the goggles a short while. They made my eyes very dry and this continued long after skiing. Eyes were red.
- 08,07:08:00 Eyes feel as if they are glued into the sockets although they are perfectly moveable.
- 04,07:16:00 Eyes shiny, slightly glazed looking.
- 04,08:00:30 Eyes very shiny.
- 10, 08:00:00 Bought eye drops and put them in my eyes. Red eyes.
- 04,08:06:00 Eyes a bit bloodshot and shiny looking.
- 08, 08:08:30 Eyes still feel "stuck", slightly viscid tears both right and left eyes.
- 04,08:13:30 Dark circles under eyes. They entirely circle under right eye, and about half way around starting from the inside on the left eye. Lids heavy, tan colored, eyes glass and half opened.
- 04,08:23:00 I have a reddish brown line along my top eyelashes and it's white at the root of the eyelashes and dark red above.
- 04,08:xx:xx Runny eyes, my eyes are very tired.

Argentum Sulphuratum

- 10, 09:00:00 My eyes are still dry although it was been 2 days since I used the goggles.
- 09,09:00:00 Twitching in L eye.
- 04,09:07:00 Still have dark circles that border the lower rim of my eye sockets. More complete circles, almost lines about 1/4 inch wide.
- 09,10:00:00 Twitching in L eyelid.
- 07,10: 00:00 Under eyes puffy in morning.
- 08,10:13:00 Upper lid of right eye twitching after sneezing, brief.
- 08,11:06:0 Eyes viscid tears.
- 08,11:13:30 Sneeze and immediately both eyelids twitch and then stop.
- 08,11:20:00 Eyes watering in evening again as yesterday.
- 08,10:22:30 Lots of lachrymation in eyes suddenly.
- 07,12:00:00 Eyes puffy in morning.
- 08,12:06:30 Eyes still feel stiff or stuck although they are in fact completely movable, this symptom continued throughout the "cold" .
- 09,12:08:15 Others commented on how tired I looked. I could feel the bags under my eyes.
- 07,14: 00:00 Puffy under eyes morning.
- 07,16: 00:00 Left foot a little itchy during shower. Swelling under eyes in morning gone by lunch.
- 09,17:00:00 Eyes somewhat heavy feeling.
- 08,18:23:00 Right eyelid itchy.
- 09,19:00:00 Left eye twitching occasionally. Has been happening frequently last few days.
- 09,25:00:00 Very dry eyes upon waking.
- 08,33:20:00 Left eyelid upper is twitching and that twitching of right and then left eyelid has been intermittent throughout much of this past month.
- 08,44:5:00 Twitch in left upper eyelid continues.
- 04,46: 00:00 A sensation of fog in front of my eyes at times.

EAR

Argentum Sulphuratum

- 07,01:1500 Ears seem to ring much louder than usual.
- 07,03:11:40 Ringing in ears much quieter today. In the last two days it was very loud.
- 04,05:13:15 There is an itch in the front fold of the pinna of my right ear.
- 04,07:07:00 Left ear feels congested, a sensation between my throat and my ear.
- 08,07:08:00 Feel like I have a cold. Head spacey. Ears full and as if pressure inside them.
- 08,07:22:00 Ears feel a little full.
- 04,09:xx:xx Sometime today I noticed 2 little pimples and one larger one in my mastoid bone area behind my left ear. No tenderness.
- 04,13:23:15 Husband comments I sound congested (I feel fine). Noticed I didn't hear a few remarks addressed to me during the evening.
- 04,27:xx:xx Throughout the day sharp earaches, only one ear at a time, lasted a very short time. It was as if cold air had blown in there.
- 08, 27:14:00 Ears still feel stuffed.
- 04,28:xx:xx Very brief earaches both sides but not simultaneously.
- 04,29:09:30 Tender behind my left ear. There's a swollen pimple type thing on the back of my ear in the fold.
- 07,42:xx:xx Very sore on spot on large bone behind right ear.
- 07,43:xx:xx Still sore on bone behind right ear. This bone is larger than left, always has been.

NOSE

- 09,01: 06:58 Woke with stuffy nose, some dried blood present.
- 07,03:08:05 Blew nose, some fresh specks of blood with clear mucus on right side only.
- 07,04:08:45 Blew nose, flecks of blood in clear mucus in left side only. And one crust in nose came out, soft, seemed like it had been a scab, yellowish brown.
- 07,04:09:30 Blew nose several more times in morning while showering and getting ready. Continued to get blood flecks.
- 08,04:10:00 I am much more sensitive than usual to smells. I had a friend check the smell in the bathroom sink drain, which to me smelled strong and foul, like tidal flats or gray water. Friend said it smelled slightly musty. Also noticing other vague and unpleasant smells, some explainable and some not. The smells affect me strongly.

Argentum Sulphuratum

- 04,05:07:35 Nose feels congested.
- 07,05:10:00 When blew nose had fleck of blood.
- 04,05:19:30 Very slight runny nose.
- 09,06:00:00 Occasional sneeze.
- 04,06:xx:xx Sneezed a few times, nose drained a bit once at about 1000 and I needed to use a Kleenex.
- 04,07:xx:xx All day a very wet nasal discharge. Nose literally drips. Nostrils getting red.
- 04,08:00:15 My nose keeps dripping and dripping. The left nostril literally drips from the back of the nostril. Very watery.
- 04,08:06:00 Nose still dripping, < left side, but also on right.
- 04,08:07:30 Feel sneezy, congested in nose, and sinuses.
- 08, 08:08:30 Blew nose several times during the night, lots of thin mucus.
- 04,09:18:00 I sneeze three times in succession after going from the warm car to the outside temp of about 40 degrees.
- 08, 10:07:00 Post-nasal mucous that was both clear and yellowish, a little blood-streaked.
- 04,12:xx:xx Nose itches/tickles in the afternoon. Tickly boogers inside both nostrils.
- 04,14:xx:xx Very sensitive to smell, smelled B vitamins on husband and on his hands.
- 04,15:10:00 Keeps feeling like fuzz in my nose, tickly.
- 09,16:00:00 Continuing dryness of mouth and lips. Several sneezes this day.
- 08,16:06:00 Strongly affected by faint traces of rose oil on bedding--wondering how it got there, noticing it, waking from sleep thinking about it. Husband later told me he had worn it when he took a nap the day before, amazed that I could smell it now.
- 09,17:00:00 Woke with sore throat. Post nasal discharge is thick.
- 04,17:23:00 Left nostril dripping a couple times, 2-3 drops of clear fluid.
- 04,22:08:30 Nose cold too.
- 04,32:xx:xx Sore inside upper side of right nostril.

FACE

Argentum Sulphuratum

- 04,00:18:00 left side of lower jaw feels slightly numb as if novocaine from a dentist were almost worn off, slight sensation of warmth.
- 04,00:18:00 Face feels like the skin is thick, like a sunburn feels, but without the pain, just the occasional prickly itch.
- 04,04:09:20 Face hot, feels like a blush. Itchy eyebrows, and above left eyebrow.
- 04,04:13:00 Flush of heat on face. Face itches too but not as much as yesterday.
- 04,04:18:00 Face itches left cheek bone, also right forehead over eye.
- 04,04:19:15 Itch in front of right ear and right corner of the mouth.
- 04,04:23:55 Getting prepared for bed. Face feels hot and red-- it isn't discolored in any way Itches.
- 07, 05:16:22 Large pimple starting to be sore and red on left side of face.
- 04,05:16:45 Face is hot. Occasional facial itch, right side of nose, eyebrow, left jaw line.
- 04,05:19:30 Flushes of heat, especially on my face.
- 04,07:16:00 Tender feeling on each side of my chin, in the area of the mental foramen. Feels bruised.
- 04,08:06:00 Cheeks pink on either side of a pink nose, the tip of the nose only is pink.
- 07,09:xx:xx Woke up, looked in the mirror. Pimple red area as large as a nickel, and my whole left cheek is swollen. Looks like I had a tooth extracted. It has not made a head. It is all deep under the skin. Size and shape of pimple is one centimeter, round.
Hard are under skin in irregular, three centimeters by four centimeters.
- 07,10:xx:xx Face very swollen, left cheek very puffy. Put a hot wet compress on face before bed.
- 08,10:07:00 Dull ache at root of nose and briefly below eyes near side of nose, worse on the right side.
- 07, 11:06:00 Face is worse. Left swelling has extended to lower jaw. Put a compress with ice inside on swelling for five minutes.
- 07, 11:14:00 Ninety per cent of face swelling is gone; face looks much more normal. Pimple still there, the size of a nickel under the skin.
- 08, 13:07:00 Pain beneath lower right jaw, as if in parotids or sub-maxillary salivary glands, not in lymph nodes. Pain frontal and at angle of right eye, worse after coughing.

Argentum Sulphuratum

- 04,21:xx:xx Late morning felt a sore spot to the right of my nose toward my cheek. It has turned it out to be raised and will probably be a pimple. I don't usually get pimples in this area.
- 04,08:12:15 Face hot.
- 04,08:17:00 Flushed pink cheeks, but sort of looking like triangles.
- 07,17:xx:xx Swelling under pimple much smaller, smaller than a pea. It still hasn't come to a head; it seems it won't come to fruition.
- 07,26:xx:xx Lots of pimples on lower chin.

MOUTH

- 10,00:00 My lips felt more fullness.
- 10,01:00:00 My lips still feel full.
- 07,02:13:40 Bottom lip tingling and swelling. Looked in mirror. I have a large cold sore.
- 07,03:11:40 Cold sore on lip is dry with a scab.
- 08,03:19:30 Single aphthae on tongue, right center.
- 09,04:00:00 Woke midnight. Feel dry: lips and tongue.
- 07,04:08:30 Canker sore on right front gum inside mouth.
- 07,04:10:30 Cold sore is completely a scab, but entire lower lip is swollen.
- 07,05:21:20 Dry pasty tongue woke me two or three times in night, had to wet tongue.
- 08,05:21:30 There is a slight taste of blood.
- 07,06:00:00 Tongue very dry. Thick white coating on tongue, very pasty.
- 09,07:00:00 Dry sensation continues: mouth, lips and throat.
- 08,08:08:30 This morning hawking a lot of mucus from throat, it is clear and tastes sweet.
- 08,10:22:30 Have a sore, an aphthae, on right side of roof of mouth.
- 07,14:xx:xx Spit in morning, one small, thick, yellow ball, some clear, watery after.
- 07,15:xx:xx Spit in morning yellow.
- 07,07:19:00 Tongue pasty.

Argentum Sulphuratum

- 07,19:xx:xx Spit in morning yellow, string.
- 04,07:07:00 slept with mouth open.
- 04,08:00:15 Taste only slightly salty.
- 04,08:00:30 Sneezing-- globs of stuff in my mouth.
- 04,10:15:00 Swollen taste bud tip of tongue left side.
- 04,11:13:00 While eating, notice a nerve-ish sort of discomfort going from back bottom right molar down toward the jaw bone.
- 04,11:17:20 Bottom right molar the furthest one back hurts when chewing, like it jars wrong. Only when chewing something, I can't make it feel that way on empty chewing.
- 09,12:08:15 Dry mouth and lips.
- 04,14:17:30 Tiny swollen taste bud and burnt feeling tip of tongue after drinking hot chocolate.
- 09,15:08:00 Dryness in mouth, lips. Thirsty and drinking plenty of water.
- 09,16:00:0, continuing dryness of mouth and lips.
- 07,21:xx:xx Very little spit this morning, only clear. One clear string. Rest of spit kind of frothy and foamy.
- 09,25:00:00 Very dry mouth upon waking.
- 09,26:00:00 Metallic taste in mouth as if from my filling. Occasional tiny shooting pain in tooth.
- 07,27:xx:xx A little spit in throat in morning, one string, rest clear.
- 07,38:xx:xx Sinuses were full, teeth upper and especially lower ached on right side, especially when stooping.
- 04,41:xx:xx Fumey taste in mouth, tip of tongue area about the size of a quarter. A camphory taste.
- 4,42:xx:xx The camphory taste is on and off, but still happening. It feels/tastes really astringent, like bitter very strong black tea.
- 07,43:xx:xx Gums sore inside upper teeth on both sides. Can't eat food. Very sore, open sores.
- 04,43:22:30 4 aphthae on bottom right lip crease and gum.
- 04,44:xx:xx Aphthae still there. Might be getting bigger.

Argentum Sulphuratum

- 04,44:xx:xx I keep getting this TASTE in my mouth, on the tip of my tongue, a chemical sort of taste, like when I accidentally taste my hand lotion. The taste is on the front of my tongue.
- 08,44:05:00 Left lower corner mouth twitching and a little numb. Lasted about 4 hours.
- 07,45:xx:xx I got very mad... I had a large rock, size of a softball, inside my stomach. I needed to throw up, only worse; but I couldn't. It stayed for three to four hours. The rock finally softened quite a bit but is still there. You could have felt the rock with your hand on my stomach. It hurt me on the inside.
- 04,45:09:30 While showering, without having eaten anything, water gets into my mouth and I get that same chemical taste in my mouth.
- 04,45:xx:xx Every time I eat anything I get that obnoxious after-taste. Sort of chemical, sort of astringent, like the astringency of very strong black tea. I've gotten this after taste after tea, after rice, after chicken... seems like everything I have in my mouth. Sometimes is there even after I just drink water.
- 04,45:xx:xx Aphthae still there but getting better, less painful.
- 04,45:xx:xx Also my teeth mesh together differently than they did. They grind together differently than before. Sometimes they come together with a sort of jolt, it is unpleasant, somewhat painful.
- 04,46:xx:xx Today the aphthae is still there, and now I have a tender and swollen sensation between my jawbone and my neck, that gland is infected.
- 04,46:09:30 Still have the astringent mouth taste. I've only had water so far today and that was about an hour ago. Still have the taste in my mouth.
- 04,46:xx:xx The astringent taste comes and goes. It fades away and I forget about it, then I drink some water, or tea, or eat and it's back again for a while. Then it fades again. It's a slight taste, but very noticeable.
- 04,46:19:00 Taste is like the taste of novocaine wearing off.
- THROAT**
- 04,05:23:50 I seem to have moved out of itching and into aches-sore throat.
- 04,05:07:35 Throat is very dry.
- 08,05:08:30 Slight sore throat.
- 08,05:21:30 Throat feels raw.
- 08,06:20:00 Throat very irritated while talking on the phone, had to get some water to drink, coughing, throat felt dry and tickling in pharynx.

Argentum Sulphuratum

- 04,06:23:00 Felt heart beat in throat, short while, say 4 beats. Still have a slight sore throat.
- 08,07:06:30 Throat a little raw, more right sided. Lots of mucus postnasal, hawking it to clear throat.
- 04,07:07:00 Throat scratchy.
- 08,07:08:00 Feel like I have a cold. Throat raw.
- 04,07:12:00 Very brief feeling of throbbing pulse in throat.
- 08,07:17:00 Throat aches, especially on dry swallowing.
- 08,07:22:00 Throat sore and achy.
- 04,08:10:30 Fit of coughing throat hot, > cold water.
- 08,08:08:30 Throat achy. This morning hawking a lot of mucus from throat, it is clear and tastes sweet.
- 04,09:06:30 Dry throat.
- 08, 09:07:00 Congested in the throat, hawking a lot in the morning. Mucus clear. Also a tickle lower than the throat pit.
- 08,10:22:30 Throat achy and sore from cough.
- 08,11:06:00 Throat sore, aches in pharynx.
- 08,11:13:30 Quite hoarse from the cough.
- 08,11:20:00 Coughing and hoarse.
- 07,14:22:30 Throat feels funny.
- 04,14:20:50 Strong heart beat, felt in throat in the area of the collarbone, less than 5 seconds.
- 07,15:xx:xx Throat feels swollen maybe; not sore, feels weird.
- 09,15:08:00 Woke with very scratchy throat and HA. Swollen sensation in pharynx. Better as the day wore on.
- 07,16:xx:xx Throat sore, drank four cups hot tea before bed. Voice dry, hoarse during the day.
- 09,17:00:00 Woke with sore throat. Had it through the night. Dry and raw sensation which makes me want to cough. I don't cough though because I think it will hurt. But when I finally do cough - it does not hurt. Throat and tonsils and uvula red with SAI swollen. Heavy feeling. All ailments seem less severe once I get up and have tea and move around.

Argentum Sulphuratum

- 07,17:xx:xx Throat still sore, more hot tea before bed. Voice is dry and hoarse during the day.
- 09,18:13:00 Continue to have sore throat.
- 07,19:xx:xx Throat still dry, to almost hurting, yet not painful; very irritating when I first lay down to a nap and again when I first wake up. Have had this several days on and off.
- 10,24:00:00 I Was getting a swollen gland on right side of throat.
- 04,25:xx:xx Sensation of a little hair in the back of my throat (could be a cat hair I suppose).
- 09,25:00:00 Very dry throat upon waking.

STOMACH

- 07,04:10:30 Had a feeling when I had gone to bed the night before and felt a feeling like my stomach was floating up. Very strong feeling I was lying on my right side and my stomach felt like it was going up to the left side, not out of my body, but just lifted up high. It did not hurt.
- 08,04:22:30 Abdomen uncomfortable with gas, feel like a balloon pumped up with air.
- 07,05:05:50 My stomach felt nauseated, then I threw up two times, some undigested sausage from previous day's lunch and raw carrots from supper on the plane.
- 07,05:07:15 Still very nauseated. Drank sprite until 1 PM. Stomach, intestines queasy, worse standing up and worse with motion. While sitting constantly feel like I will throw up. I want to lie down, but I had to be at work.
- 07,05:10:00 Worse with pressure on stomach.
- 07,05:10:50 Hiccups, lots of large burps.
- 07,05:13:00 Nothing for lunch. Had to come home from work: too nauseated in stomach.
- 07,05:15:25 Churning and rumbling in intestines, gas, then stool again in toilet.
- 07,05:16:10 More diarrhea, one small rumble before. Felt hot in throat. Doesn't hurt to swallow. Lots of pain, gas, in intestines, close to stomach, like five to six inches to the right and to the left of my belly button only about one-half inch below belly button level. Hurt on each side.
- 07 05:16:15 Nausea bad, like I'm going to throw up, but I never do.
- 07,05:16:22 More large burps and hiccups-large hiccups-whole diaphragm really moves. One little blup before diarrhea.

Argentum Sulphuratum

- 07,06:xx:xx Woke with stomach queasy.
- 07,07:08:00 Stomach very queasy, felt like I would throw up. Had to go get Sprite to calm stomach, then OK.
- 07 07:10:30 Stomach hurt very bad because it was empty. Wanted something to eat.
- 07,07:11:00 Ate a colochi at Sam's, pizza dough with chicken, peppers, onions, cheese inside. Stomach okay, but a lot of rumbling and gurgling.
- 07,07:18:00 Stomach not hungry, smell of dinner smells bad, no appetite.
- 08,07:22:00 Seem quite flatulent.
- 04,08:11:30 STARVING! Eat eggs and hash browns (usually I'd eat eggs and bacon).
- 08,08:14:00 I'm still quite flatulent.
- 08,09:06:30 Strong cutting pain, left side, under the short ribs, lasting only a couple seconds, but strong.
- 08,10:08:00 Sudden brief cramp-like pain in left side under short ribs like the day before; right after passing stool.
- 08,11:09:00 Pain under right lower ribs.
- 08,13:06:30 Still flatulent.
- 08,12:22:30 I notice I have been very flatulent since day 07, it hasn't diminished.
- 04,14:19:00 Feel a bit queasy. Reacting to the onions, I taste onions in my mouth.
- 04,14:20:15 Hungry-- big hunger-- don't eat though. I don't trust my stomach.
- 04,14:xx:xx Wake periodically through out the night with onion burps. This is not typical for me to react this way to onions.
- 04,15:07:45 Stomach a bit queasy still. It alternates with hunger. Am I queasy from hunger or is my stomach giving the wrong signals?
- 08,21:09:00 Flatulence.
- 08,23:14:00 Flatulence.
- 08,23:20:00 A little more flatulence.
- 08,26:15:30 Generally feeling "off". Abdomen gurgling as if diarrhea will start but it doesn't.
- 08, 32:12:30 Nausea while sitting listening to a talk, lasting about 5 minutes.

Argentum Sulphuratum

- 08, 33:20:00 Brief nausea again.
- 04,43:18:30 Upswelling of nausea, it passed quickly.
- 04,44:12:30 Nauseated in a wave. Brief.

RECTUM

- 09, 02:00:00 Midnight. Shooting pains in rectum with an upward motion.
- 08,04:22:30 Sudden, urgent diarrhea with tremendous distention and some tenesmus. Urgent stools continue through the rest of the evening and wake me twice at night.
- 08,16:08:00 For more than a week I have been extremely flatulent. Not particularly distended, just passing lots of gas.
- 09,20:12:00, Rode my bike to the store and had unexpected diarrhea while there.
- 08,24:12:00 Flatulence seems almost normal. Some loose stool and excoriation and with a small amount of anal bleeding, recognizable as from spicy foods.
- 09,27:xx:xx A twinge in rectal area like a ghost of hemorrhoids yesterday.

STOOL

- 08,04:22:30 Stools lienteric, orange.
- 07,05:05:50 I had two bouts of soft stool, then I had diarrhea, small pieces of brownish-orange stool, some mucus and pieces of undigested food. The diarrhea was not burning.
- 07,05:15:20 Woke because I felt a liquid on my back. When I sat up, stool, diarrhea was all in my underwear, shorts and back-all over the couch-I had never felt it. Got up and cleaned up mess. Like thick pea soup, only the color was brownish orange.
- 07,05:16:22 More large burps and hiccups. One little blup before diarrhea.
- 07,05:17:32 Diarrhea.
- 07,05:19:05 Diarrhea.
- 07,05:19:25 Diarrhea like water, still no burning. No more stool.
- 09,10:13:00 Half brown with the other half darker brown with a line lengthwise.
- 07,11:14:00 A little constipated.

BLADDER

- 07,05:16:15 Always urinate after each bout of diarrhea

Argentum Sulphuratum

- 07,05:17:32 Urine hot, nothing to drink since 1 PM.
- 04,08:00:30 Also I almost pee when I sneeze.
- 04,11:xx:xx Woke up in the middle of the night having to pee but fall back asleep before I do it.
- 04,11:06:30 Woke, still have to pee.
- 04,05:16:00: Bladder while peeing feels very distended as if I had to pee a whole lot. Yields normal amount of pee.
- 08,19:08:00 Notice that my urine is much less strong smelling for the past period of time, maybe the last two weeks. (My urine usually has a strong smell, it went away during most of the proving and a few days before the extraction).
- 08,27:04:00 Woke and got up to urinate.
- 08,33:20:00 Notice my urine is back to being smelly again (that definitely stopped for most of this proving.)

FEMALE

- 04,00:21:00 light pull, left side groin
- 04,01:xx:xx Throughout the day when I pee I have that uterine sensation. It sort of hurts, not crampy, just a bit painful.
- 04,00:22:30 Passionate loving, sex as if it were a new relationship, heady stuff.
- 04,01:08:15: Right side pain from ovulation (normal).
- 04,01:16:00 Felt very full uterine area.
- 04,02:06:30 Uterus feels sore.
- 09,03:00:00, Menstrual flow heavier than usual.
- 09,09:00:00, Menses this month was different in that it was heavier and shorter in duration. 4 days only. Brief, low grade cramping.
- 04,09:23:00 Sploosh of vaginal moisture. More vaginal wetness.
- 07,23:xx:xx Feminine discharge, bright yellow; had been yellow-brown for last four to six weeks before taking remedy. Brown is completely gone.
- 04,25:15:30 Heavy sensation in right lower abdomen-ovulation? My right breast is tender. This is not my typical signal of ovulation, but the timing is right.

Argentum Sulphuratum

- 07,26:xx:xx Discharge clear and yellow.
- 07,27:xx:xx Feminine discharge yellow gold
- 09, 28:00:00 Bleeding more heavily.
- 07,45:xx:xx Woke at 5:30, began menses, first one in twenty-three months due to pregnancy and nursing. No cramping.

COUGH

- 08,07:08:00 Occasional cough.
- 08,07:09:30 Occasional cough, dry, from irritation or tickle in throat, unproductive.
- 08,08:08:30 Occasional cough during the night and some pain in chest when coughing.
- 04,08:09:00 Coughing now, a hoarse cough, sometimes productive, sometimes dry.
- 08,08:13:00 Cough while talking on phone, better drinking.
- 08,09:07:00 Coughing a lot, from irritation in pharynx.
- 08,09:16:30 Busy, full of energy although still coughing.
- 08,10:07:00 Very congested and coughing in the night. A kind of tickle in trachea, low enough to be bronchial. Coughed up some chunky, thick grey-green mucus, then some yellow-green and not as thick.
- 08,10:22:30 A little breathless after coughing. Cough mostly from chest with a slight tickle there.
- 08,11:06:00 Lots of coughing on rising, like yesterday thick green expectoration. Feel breathless after coughing.
- 04,11:16:40 Coughing and gagging, lasts about 15 seconds.
- 08,12:06:30 Cough out a large quantity of sweet green mucus. Post-nasal mucus is clear, salty.
- 08,12:22:30 Coughing all day.
- 08,13:06:30 Coughing a lot after hot shower. Expectoration is less quantity, less thick. Less green. Still slightly breathless after coughing.
- 04,17:07:00-0720 Coughing am.
- 04,19:xx:xx Coughing in am when I sit up to write this.

CHEST

Argentum Sulphuratum

- 09,00: 22:15 Aware of heart beating as falling asleep.
- 08,02:06:00 On going for a shower, noticed itching in axillae and then saw that there was a band of erythema like a pink rash, about 1.5 inches wide around both axillae.
- 08,03:06:15 Still itching in axillae, but less so. The rash has faded to a faint pink. This itching continued off and on throughout the proving with varying degrees of erythema.
- 04,04:00:00 This morning a bit of feeling of indigestion under the breastbone.
- 04,04:18:10 Cramp under right breast extending to the armpit. These cramps are all short cramps and they feel like a tiny muscle group is the one involved. This cramp is just a teeny one under my breast, but it feels like a mini-charlie horse.
- 04,05:18:30 Heart pounding. Lasts about 30 seconds.
- 08,07:22:00 Pain on coughing behind sternum.
- 08,12:06:30 Itching in axillae is back and the same rash.
- 08,20:22:00 Itchy armpits!
- 08,12:22:30 Axillae still itching.
- 04,13:15:45 Feel heart beat for a few seconds while sitting and eating.
- 08,18:14:30 Itchy axillae again.
- 08,21:09:00 Itchy armpits continue with a little of the redness still there.
- 04,21:20:35 Shooting sensation outside left breast toward armpit. The sensation sort of extends toward the armpit.
- 08,22:06:00 Itchy armpits and redness around it, the skin seems rough there.
- 04,22:08:25 Sharp little pain Left side articulation of rib with sternum about the size of a fingertip. > pressing on it.
- 04,22:09:50 Sharp pain, this time lower part of sternum, central > pressing on it.
- 08,23:05:00 Itchy armpits, very red around, very itchy.
- 04,26:13:30 Sharp pain Left breast on sternum side. Lasted about 45 seconds. Sharp and sudden. > pressing on.
- 08,33:20:00 Still have occasional itching in both armpits with the circle of slight erythema around. Worse scratching, so I don't.

NECK

Argentum Sulphuratum

- 04,01:17:20 Crick in neck, left side. Like a cramp. Passes quickly.
- 04,01:23:00 Heart palpitations, felt mostly in the outer throat neck area. Feels like a throbbing.
- 04,03:20:00 Neck spasm, like a charlie horse, very brief.
- 04,04:19:20 Cramp in the neck under the larynx. Small muscle.
- 07,27:xx:xx Vary large pimple on neck, lower neck.
- 08,27:14:00 Neck is slightly stiff. It's uncomfortable.

BACK

- 09,00:21:30 Stabbing pain in R waist area but a little deeper.
- 04,03:21:00 Upper back, thoracic region feels like a muscle spasm. Small area, < left side of spine. Very brief, less than 2 minutes.
- 09,04:00:00 Woke midnight. Sharp stitching pain L side at waist level shooting to the back.
- 04,04:07:30 Out for a walk, while walking feel a twinge in right lower back. Sciatica place. Feels more like a little muscle spasm. Upper thoracic feels like it needs to crack. Also feels as if tired from exertion. Moving and walking is harder than usual. As if I'm tired from walking really far.
- 04,04:08:30 Sensation as if muscles on each side of the spine are spasming, thoracic.
- 04,04:08:45 Seems as if the front sensation of pressure and (the indigestion sensation) and the thoracic cramps are connected. Front and back "cramps" at the same time.
- 04,04:10:15 Spasms along thoracic as if overworked. BACK
- 04,04:16:30 Cramps thoracic back.
- 04,04:17:00 Lower back twinge like it needs to crack.
- 04,04:17:30 Some itching on back, bra line area and across the entire back.
- 04,04:18:20 Another sciatic twinge.
- 04,04:23:55 Getting prepared for bed. I have some itches on my back upper shoulder area.
- 09,05:00:00 Pain right hip/waist area. Muscle and joint.
- 04,05:08:00 Upper back from about 6 cervical to 10 or 11 thoracic is very achy.

Argentum Sulphuratum

- 04,05:12:00 Thoracic sore around spine, like just the muscles by the vertebrae are sore. 7 cervical hurts, aches.
- 04,05:13:15 Ache in lumbar and sacrum, also upper thoracic and neck.
- 04,05:15:50 Right lumbar twinge feels like it needs to crack.
- 04,05:17:30 Ache in tailbone, chills.
- 04,05:18:50 Sciatic twinge, right side.
- 04,05:24:00 Sacrum aches, worse right side.
- 04,06:22:00 Very slight back ache.
- 04,06:23:30 Little bit of backache left side sacrum.
- 04,08:10:35 Sensation of pain/pressure L sacrum-like a tightening feeling, gradually tightening.
- 04,10:07:00 Went for walk, felt good-slight stiffness, right sciatica area.
- 04,11:09:00 Walked, sciatic right side twinges now and then. After a while of walking it goes away. These twinges happen at arbitrary times, I can detect no pattern.
- 04,11:14:30 Sciatica needs to crack. Seems like it's a dull ache that spikes about every half hour.
- 04,12:xx:xx Very occasional sciatic twinges-right side.
- 04,14:17:00 Small ache right sciatica.
- 04,14:18:00 Right side kidney area slightly achy extending up back ribs as if a muscle twinge.
- 04,14:20:30 Pain under right scapula as if it needs to crack.
- 04,15:05:30 Right waist area a bit sore where it hurt last night (kidney area).
- 04,15:13:00 Jabbing pain in my tail bone, felt as if it was coming up inside from the bottom. Very noticeable!! Jerked while walking, almost felt as if I would fall. Lasted a split second.
- 07,19:xx:xx Noticed a round dry patch on my skin below neck on upper left back, about two inches left of vertebrae and four inches down from shoulder. Like a ringworm, which I have never had before.
- 07, 22:xx:xx Dry round patch on left back like ringworm still there, hasn't changed at all.
- 07,26:xx:xx Ringworm like spot much smaller.

Argentum Sulphuratum

- 07,27:xx:xx Scratched ringworm like spot on back, dry skin; then it was gone, scaly skin came off.
- 07,28:xx:xx Scratched ringworm spot again. Only a very small spot came off. Three small scales, spot gone again.
- 04,44:10:00 An awkward movement causes a sharp pain around my left side waist area. Causes me to stumble and lose my balance. Very brief.
- 04,44:11:15 Sharp pain waist area.
- 04,44:12:25 Sharp pain left side waist area when bending over side ways and setting something on the floor.

EXTREMITIES

- 04,00:17:00 Notice a bit of itching, legs.
- 04,00:22:30 Go to bed, left leg sort of achy as if stiff, the feeling centers in the back of the knee, "knee-pit."
- 09, 00:22:00, Drawing sensation in inner elbow area as if in the muscle.
- 09,01:00:00 Felt some weakness and sensation of trembling in lower legs and then in whole leg. Subtle and more of a sensation.
- 09,01:07:15 Brief tingling pain in R foot-- middle toes on walking.
- 04,01:17:00 Itchy palms.
- 09, 01:00:00 Short shooting pain in L foot from toes into ball of foot.
- 09, 01:21:15 Jumpy legs-- Old symptom but not usually this early in the night.
- 09, 02:00:00 Midnight. Legs still jumpy which usually goes with sleep.
- 04,02:16:15 Itching ankles < left ankle.
- 04,02:17:15 Itching knees < right knee. Itching in tiny spots also on calves, < right calf.
- 04,02:18:30 Itch left hand, tiny little welt about as big as a piece of barley, but round. It is positioned with a tiny skin crease right across it. It's somewhat raised and a tiny bit pink.
- 04,03:06:45 Out of shower wrists itch, both of them. No eruption.
- 08, 03:19:30 Sudden feeling as if flea bites on right forearm and left wrist.

Argentum Sulphuratum

- 04,03:21:30 As I lay down in bed to sleep, lying on my right side I get a charleyhorse in my left thigh muscle, the one in the back.
- 04,04:06:30 Get up and notice that my hands and feet feel a bit thick, like I'm retaining water.
- 04,04:10:00 Spasms in left upper arm as if overworked
- 04,04:16:15 Cramp in right calf. Brief. It's right below the knee where those two muscle groups go parallel down into the Achilles tendon. Left knee feels like it needs to crack.
- 08, 04:17:00 Two or three times in past 24 hours have felt a brief twinging pain in right ankle or foot, intense but brief.
- 04,04:18:00 Right wrist and top of hand itches.
- 04,04:23:55 Hands still itch, and ankles occasionally.
- 09, 04:00:00 Woke midnight. Jumpy legs.
- 04,05:08:00 Right hip is very achy as if I slept exclusively on it while sleeping on the bare ground.
- 04,05:15:45 Outer hip socket hurts, aches.
- 04,05:16:05 Ache upper Left arm toward shoulder.
- 04,05:20:00 Sensitive on right foot. Itchy and pokey, reminds me of when I stepped on a nail.
- 04,06:11:30 Feels sore behind left knee, like a tendon strain or something. Continued steadily all day. It isn't worse from walking on it. A dull ache.
- 07,06:16:30 Noticed tips of fingers sore to touch like a splinter is in them. Left thumb, right pinky. Never had this before. No splinter visible or felt.
- 04,06:19:00 Left wrist aches on the top in the center, the carpals between the ulna and radius bones. Feels as if I fell yesterday and broke my fall with my left hand.
- 08, 06:21:00 Pain left knee as if bruised, as if I had knelt on a small stone.
- 08, 07:06:30 Right buttock sore as if cramped or contracted in the night.
- 04,07:07:00 Left wrist hurts more.
- 08,07:09:30 Pain now in left buttock as well as right, but less strong than right side.
- 08,07:11:00 Very weak in upper arms.
- 07,07:12:10 Right thumb has same splinter feeling today as others had yesterday. In other fingers the feeling of splinters is gone today.

Argentum Sulphuratum

- 07,08:xx:xx Itching on top of left foot during and after shower and later in the day. Also some itching above knees after shower.
- 04,08: xx:xx For the last three days I've noticed a sensation of glass or some sort of small splinter in left index finger.
- 04,08:00:30 Left wrist still hurts < pressure or weight on it.
- 08,09:06:45 Pain, cramp-like, right buttock again.
- 07,09:10:30 I turned around and my left hip socket where my leg joins my pelvis hurts and gives a twinge of pain; whenever I pivot or turn and twist the leg. If I keep the leg straight it doesn't do it. It hurts and feels like I'm straining it, but I'm not. The twinge lasts for a second or two after I correct my leg.
- 04,09:19:40 Itching along inseam right thigh about midway down for about 3 inches.
- 07,10:xx:xx Twinge in leg continues same as yesterday.
- 08,10:07:00 Slight numbness right hand, mostly in ring finger, as I write this.
- 08,10:15:00 Pain right buttock, cramp-like, brief. This symptom continued off and on for the next week or so.)
- 08, 11:06:00 Feel weak in both shoulders and upper arms. Try to go back to bed but feel worse lying down. Clumsy, stumbling a bit.
- 08, 11:09:00 Shoulders sore and achy.
- 07, 11:14:00 Hip feels milder and twinges milder and less often today.
- 04,12:07:00 Feet hurt when I woke up. In the joints of my toes.
- 04,12:xx:xx Sensation of a splinter is still there but less. No sign of festering, redness or anything like a real splinter would have.
- 08,12:22:30 Pain, biting, left shin extending up to knee, brief.
- 07,13:xx:xx A bump under left thumb nail like a splinter; I can see a little white bump.
- 04,14:08:00 Numb hand-left.
- 04,14:xx:xx Right knee hurts, behind right knee, like muscle pain, a little like an "old injury".
- 04,14:16:00 right ankle aches.
- 04,14:19:30 Brief hot poking pain like a needle in tip of middle toe, left foot.

Argentum Sulphuratum

- 04,15:xx:xx A tender spot on the top of my left wrist between the bones. It feels like a bruise but I don't remember hitting it.
- 07, 15:xx:xx Inside fingers on left hand very itchy. Put on lotion after really scratching.
- 08,15:18:00 Biting, cramping pain right shin when walking, brief.
- 07,16:xx:xx Left foot a little itchy during shower.
- 04,16:19:00 Notice a bruise looking thing on my right thumb, purplish blue directly under the bend of the thumb on the inside. Thumb feels thick and somewhat numb.
- 07,17:xx:xx Inside of right arm itched for a brief period. Scratched until very red, then it didn't itch any more.
- 4,18:20:00 Left hand on and off itching throughout the evening. Feels swollen as if warming up after being very cold.
- 04,19:17:00 Left knee pit aches, < walking on it.
- 09,19:00:00 Sometime in the early morning "Charlie horse" cramp in left foot while sleeping. It woke me. Was able to ward it off by flexing foot.
- 09,20:14:00 Legs jumpy as I sit watching TV.
- 04,22:08:30 Top of left hand is cold. The upper outer side (ulna side) of arm also cold. Stops mid-arm.
- 08,22:17:00 Feeling of pulsation in legs, as if wearing very tight pants.
- 08,23:16:00 A strange blue discoloration on left inner forearm, like an extravasation of blood, but not a usual reddish or purplish bruise.
- 08,24:06:15 The blue discoloration is still there on left forearm, very odd looking.
- 08,24:19:00 Lots of cramping in feet when I sit back on them. In the last three days it has happened many times. The cramping is better if I just shift my weight off them.
- 04,25:xx:xx In the past week I've bitten off all nails but my left thumb nail. On right thumb I peeled the skin off, it hurts a lot. Compulsive finger picking.
- 08,25:18:00 Still frequent cramps in feet when sitting on them.
- 08,26:15:30 Have also felt it in arms and legs at times today. The pressure is as if compressed by tight elastic clothing.
- 08,26:22:30 Pain aching, a little crampy on outside of right shin.

Argentum Sulphuratum

- 07, 27:xx:xx Index finger on right hand sore inside tip. Noticed it when using calculator. Finger tips sensitive on and off throughout proving.
- 04,27:xx:xx More little flat reddish spots on left leg. These are rather insignificant so I don't know how many there usually are, but there seems to be more. Sort of itchy, flat. They are yellowish, flaky with reddish tiny dots within it, oblong, about 1/2 inch by 1/4 inch. There are 5 of them. Some of them are quite small. The one closest to the knee is the largest.
- 04,27:10:00 My right foot starts to feel thick around the ball of the foot, becomes a bit hard to walk.
- 04,27:16:30 Wandering pains in my right finger knuckles, sharp aches. Moved to left hand.
- 08,27:19:30 Still have pain right shin, occasionally.
- 04,28:x:xx Today had some soreness ball of right foot < walking.
- 07,28:xx:xx Right index finger still sore on tip.
- 08,28:23:30 Away to the big city for the day and feeling normal. Hands did not get numb as they used to do when driving a long time.
- 08, 31:11:00 Pain right shin again, brief.

SLEEP

- 09,01:04:30 Woke and went back to sleep.
- 09,01:05:30 Woke and went back to sleep.
- 09,01:06:30 Woke and went back to sleep.
- 04,02:06:30 Wake tired, would rather go back to sleep.
- 09,03:00:00 Wake midnight to urinate.
- 09,04:00:00 Woke midnight. Went back to sleep.
- 04,05:08:25 Could easily drift back to sleep but have someone coming at 0930.
- 08,05:08:30 Woke up late, feeling tired and weak despite oversleeping.
- 04,05:13:15 Would like to just sleep.
- 04,05:16:00 I just want to lie down somewhere and sleep.
- 09,05:22:00 Very sleepy.
- 08,10:07:00 Restless sleep, frequent waking.

Argentum Sulphuratum

- 09,11:00:00 Went out and stayed out later than usual-- midnight.
- 09,12:08:15 Very difficult to get up. Feel as if I have a hangover-- tired. Stayed tired most of the day. Had to take a nap.
- 04,13:xx:xx Only had 5 hours sleep felt untired and took a while to fall asleep.
- 08,13:05:30 Sleep was restless, tossing around.
- 08,14:05:00 Wake early, lots of ideas and plans in my mind, think about things then doze, very pleasurable.
- 04,15:05:30 I don't want to get up.
- 08,15:06:00 Restless sleep.
- 08,16:06:00 Waking in night with clear thoughts and plans, then back to sleep.
- 08,17:06:30 Husband notices that I have been shutting off the alarm and going back to sleep, several times in the past week or so. It's true. I'm not more tired or going to bed later than usual, just harder to get up in morning.
- 04,20:23:15 Got only about 4 1/2 hours sleep last night yet I was inclined to stay up this late. I could've stayed up later, but I knew I should be tired. I fell asleep right away.
- 08,24:06:00 Restless sleep, waking and thinking about a patient's case. Then back to sleep and nearly overslept.
- 08,25:21:00 I am definitely sleeping more than usual, needing more sleep.
- 08,26:22:30 Restless and uncomfortable, difficulty going to sleep. Then woke several times in the night.
- 08,27:07:00 Back to sleep and sleep much later than usual.
- 04,27:22:30 It's easy to stay up late.
- 04,32:xx:xx Alert and knitting, everyone else had gone to bed. It's now 0100 am.
- 04,33:xx:xx Sleep was disturbed, I was in and out of sleep a lot.
- 04,45:xx:xx Again finding it very easy to stay up quite late. I have plenty of energy to stay up until past one am.
- 04,46:xx:xx Again, here it is after midnight, I'm a bit tired but could stay up a long time yet. This afternoon I felt really wiped out.
- 04,27:22:30 To bed. It's easy to stay up late.

SKIN

- 04,00:17:20 Notice prickly skin on back, palms, front shoulder.
- 04,00:18:00 Various tiny itches on legs, face, in hair back of neck-- wandering and barely noticeable, wonder if it's the power of suggestion, it seems more noticeable when I pay attention to it. Could easily ignore it. Also face feels like the skin is thick, like a sunburn feels, but without the pain, just the occasional prickly itch. The quality is of a mechanical irritant, reminiscent of hair in shirt after a haircut, or the little leftover itchy particles after a burdock burr is picked off clothing.
- 04,01:15:00 Some oddball itches. Single spot "hit and run" itches about 3 or 4 times, leg, face, back, no big deal.
- 04,02:22:50 Itchy spots left leg center back of calf. Itching inner left thigh, itching inner left arm midway between elbow and wrist. Itching outer forearms, both arms. Hands feel itchy outer surface on the left little finger, and fingers on the palm side surface. Again, as I write this it becomes more apparent. Although it itches, I am not inclined to scratch.
- 04,03:09:15 Spot itching again.
- 04,03:17:00 Feet feel like they did once when I was 11 or 12 and had hives. Internally they feel like if I were to look at them they'd be swollen and hive-ish. Nothing shows from outside. Skin looks just fine. I feel like I should have welts on my body, like lots of mosquito bites. I feel like my face should be red. It feels like it is either chapped or sunburned, slightly stingy, and slightly itchy. None of this shows externally at all.
- 04,04:19:55 Itch in crease of my left leg groin area. Itchy around waistband.
- 09,04: 21:00 Itchy spots all over. Almost feel as if bug crawling here and there.
- 04,11:07:00 Sebaceous cyst/pimple thing about the size of a piece of barley on right outer labia in the hair line is harder and I'm able to squeeze waxy white matter out of it. This thing and another have been there for years, I have no idea how many years, but lots. I've tried to squeeze them out in the past and nothing happened, they just hurt and blanched. Now this one squeezes out "stuff", white and waxy. No odor.
- 04,15:09:00 Noticed a new mole on my right inner forearm.

GENERAL

- 10,00:xx:xx Felt almost euphoric about an hour after taking remedy.
- 04,00:17:15 Get a slight chilled feeling, as if in a draft, or from a change of environmental temperature, passes quickly.

Argentum Sulphuratum

- 10,01:xx:xx Took a nap.
- 08,01:02:00 Waking after an hour's sleep, very thirsty, have to get up and drink.
- 09,01:11:00 Feel jazzed like too much coffee but have had none. Pretty energized until mid-afternoon.
- 04,01:15:00 Some oddball itches. Single spot "hit and run" itches about 3 or 4 times, leg, face, back, no big deal.
- 09,01:19:00 Less hungry for dinner than usual but enjoyed the ice cream after.
- 04,01:20:00 Take a sip of red wine after a duck dinner-it hits me immediately. I felt giddy and drunk after literally the first sip.
- 09,02:12:00 Hungry for breakfast this AM.
- 08,02:16:00 Busy with patients, I feel pleasantly focused, organized, effective, energetic. This feeling of energy and focus continued through most of the proving.
- 04,02:17:30 Itching butt, back, shoulders, upper back.
- 09,02:20:30 Easy to drink water today, which is usually difficult. I guess thirstier than usual.
- 04,03:09:45 Throughout the day I've felt itchy, as if absolutely all my clothes are made of wool.
- 04,03:21:30 A small muscle spasm. All day long I've been itching all over, though not all totally at once. Little spot itches, on my hands, face and feet as well as the clothed parts of my body.
- 10, 04:00:00 I continue to be very tired.
- 04,04:00:00 The muscle spasms are vague, they happen quickly and are gone.
- 04,04:00:00 The itch is "wherever" but seems sometimes to travel up.
- 04,04:07:30 Moving and walking is harder than usual. As if I'm tired from walking really far.
- 04,04:09:20 Arms itch, back of neck itches, more sensation as if my clothes are made of wool.
- 04,04:00:00 Today we seem to have moved into wandering cramps like there used to be wandering itches. The itching is still present, but now there is the introduction of cramps and twinges.
- 07,04:21:45 When I got home I was hot so I turned the air conditioning on.
- 07,05:04:00 Woke in the night. I was very hot on my body. I put one leg out of covers and one side (right) out of covers to cool down.

Argentum Sulphuratum

- 09,05:00:00, Decreased appetite today.
- 07,05:05:50 Got up, showered. I was very hot, turned air conditioning on again. Husband said it was cold, he is usually hot natured. I took a cool shower, then I was much cooler. I took my temperature before taking a shower. 98.8, but I felt very hot. My head was not hot.
- 04,05:07:35 HOT, feel very hot, cats everywhere along the covers, all I can do is put my shoulders out of the covers to cool off. Would like to stick feet out too, but too many cats will be disturbed
- 04,05:08:00 Last night at work someone brought Hershey's' caramels with milk chocolate inside, I couldn't leave them alone, I must've eaten about 15-20 of them. Liked the feeling of sucking on them and the chocolate coming out into my mouth. Mmmmmm. I wonder if this feeling is from too much sugar, but I've eaten lots more sugar than that in an evening and didn't feel like this the next day. Get a big glass of water and drink it all at once (I always do that). Immediately feel better in the throat and feel much cooler.
- 04,05:12:00 Cold cold cold. Put on more clothes, hands very cold
- 04,05:13:15 Still very cold. Would like to just sleep, but have to go to work. Very sensitive to drafts-- the draft off the kitchen window.
Ate a steak for breakfast (at 1230), then 1/2 bagel with lox. Drinking lots of water. The last few days I think my water consumption has been less than usual.
- 04,05:14:00 Still very cold.
- 04,05:14:30 Feel achy, lumbar, knees, head. Feel crummy, just feel really achy and really old.
- 04,05:15:45 Still feel very cold. If I touch something cold (a glass of ice water) my whole body gets a chill.
- 07, 05:16:15 Took temp. 99.6. Dry heat. Felt very hot again.
- 4,05:16:45 Ate only garlic bread and a cup of chicken noodle soup for dinner. Feel achy, cold.
- 04,05:17:30 Chills.
- 04,05:18:15 Take long-sleeved shirt off, getting hot. One sneeze.
- 07,05:18:18 Needle pain in right side of neck.
- 07,05:18:25 Needle pain in right breast.
- 04,05:18:45 Still hot, can put hand in cold water now without getting chills.
- 07,05:19:00 Needle pain in left groin area.

Argentum Sulphuratum

- 07,05:19:15 Ate tomato soup made with milk and grilled cheese sandwich.
- 04,05:21:05 Lushes of heat, no more chills.
- 04,05:23:00 Hungry. Feel much better. I want to eat macaroni and cheese and lox. Ate lox yesterday and had bacon twice the day before.
- 04,05:23:50 Cold again. Aches are better, but still there. I seem to have moved out of itching and into aches. Maybe the chill came from eating at the same time I drank a glass of room temperature water. Maybe the water chilled me.
- 04,05:24:00 Feel very cold, shivery.
- 09: 06:00:00 Still feel dry. Drinking more than usual w/o difficulty. Have probably lost a couple pounds.
- 07,06:00:00 Lunch-ate vanilla ice cream. Ate nothing all day; drank some Sprite and some water.
- 04,06:05:45 Feel a bit snuffly, as if still catching a cold.
- 08,07:08:00 Feel like I have a cold. Head spacey. Feel weak and tired and spaced out.
- 08,07:09:00 I feel good outside in the cold air, but don't stay there long. I'm neither hot or cold. Feel a little breathless when I cough.
- 08,08:08:30 Feel quite warm but not feverish.
- 04,08:09:00 A little bit "off my feed."
- 04,08:11:30 STARVING! Eat eggs and hash browns (usually I'd eat eggs and bacon).
- 04,08:12:30 Upper body hot.
- 04,08:13:00 This feels just like a cold.
- 08, 08:14:00 Also thirstier than usual, especially in the evening before bed.
- 04,08:23:00 Coughing now.
- 04,09:xx:xx Everyday I wake up hot.
- 08,09:08:30 Again felt much better after morning walk in the cold air.
- 04,10:xx:xx I've eaten ice cream for the past four days (old symptom, current symptom but not currently on a daily basis), vanilla with chocolate sauce.
- 08,11:09:00 Feel hot but no fever and feel as if sweat is trying to come out but am not sweating.

Argentum Sulphuratum

- 09,12:00:00 Less tired this AM but still slow getting started.
- 09,12:08:15 Feel as if I have a hangover-- tired, dry mouth and lips. Stayed tired most of the day.
- 08, 13:11:00 Feel very warm, must go out in cool air.
- 04,14:xx:xx Afternoon low energy, sleepy.
- 04,14:xx:xx Wake periodically through out the night with onion burps. This is not typical for me to react this way to onions.
- 08,14:17:00 Have had a ravenous, excessive appetite all day. Eating large quantities, frequently-- much more than usual and hungry again soon after eating. I normally have a good appetite and must restrain it.
- 09,15:08:00 Scratchy throat, HA, swollen sensation in pharynx. Better as the day wore on. Thirsty and drinking plenty of water.
- 07,17:xx:xx Haven't been thirsty for the last five days or so; have drunk nothing during the day. Making myself drink liquids, water mostly.
- 07,18:xx:xx Making myself drink water. Not really hungry, but always wanting a snack for anything.
- 09,18:13:00 Continue to have sore throat and heavy head. Feel slightly feverish. Must lay down and take a nap. Very low energy. Drank lots of water and still felt dry.
- 08,22:17:30 Feeling of pulsation in upper body, arms, head.
- 04,24:xx;xx Today I ate a lot of marginal food. 3 mini Milky Way dark bars, 2 mozzarella cheese sticks, 1 ice cream bar, lots of sunflower seeds, 3 cups of tea, (2 of them made with 2 bags each). Ramen noodles and tempura chicken. Not as thirsty as normal, probably from all the tea. Ate chicken and salad for dinner.
- 04,25:16:15 Very hungry. I want meat, solid food. After yesterday with all the tea and sugar stuff and talk talk talk I want a decent meal.
- 04,25:17:00 Ate steak, mashed potatoes, corn, garlic bread.
- 08,25:21:00 Also, my appetite is huge, canine. I really have to restrain myself.
- 08,25:21:00 Notice I have for some time, maybe a week, been thirsty and drinking much more water than usual in the evening, around 9:00 PM
- 08,26:10:00 Generally feeling better in head and body after exercise.

Argentum Sulphuratum

- 08,26:22:30 After going to bed, still a feeling of pressure in body. Not quite pulsation, more as if compressed. Very uncomfortable. Feel as if body is puffy, but nothing is swollen. Restless and uncomfortable.
- 04,27:xx:xx Husband comments on how much money we've spent on ice cream. I think I'll just have to eat ice cream at work then. I'm that unwilling to taper down on ice cream. I want to eat strong things like dark chocolate, coffee, dark tea, sweet stuff must be strong. A candy bar or cookies doesn't cut it. Decided to lay off tea and see if that improved my mood. It may have.
- 04,27:16:00 Home. What I've been wanting for about the past two weeks is a stout cup of coffee. Second best is some dark chocolate... real dark.
- 04,26:xx:xx Again tired in the evening, low energy at work.
- 04,27:16:00 What I've been wanting for about the past two weeks is a stout cup of coffee. Second best is some dark chocolate...real dark.
- 07,39:xx:xx Did not EAT anything.
- 07,40:xx:xx Did not EAT anything.
- 07,41:xx:xx Did not EAT anything.
- 09,xx:xx:xx chipping/breaking nails but growing fast and so is hair.
- 09,xx:xx:xx brief little twinges of pain here and there throughout proving.

Argentum Sulphuricum Repertory Symptoms

Number of Provers, Type of Symptom, Section, Symptom

- MIND, Absent-mindedness
- MIND, Anger
- MIND, Anger, contradiction, from
- MIND, Anxiety, conscience, of
- MIND, Aversion, family members, to
- MIND, Aversion, herself, to
- MIND, Biting, nails
- 2 MIND, Business, aversion to
- MIND, Cheerfulness
- MIND, Clarity
- 2 MIND, Company, aversion to
- 3 MIND, Concentration, active
- 3 MIND, Concentration, difficult
- MIND, Concentration, difficult, calculating
- MIND, Confidence, self, in
- 2 MIND, Confidence, want of self
- MIND, Confusion, loses his way in well-known streets

Argentum Sulphuratum

- 2 MIND, Confusion of mind
- 3 MIND, Delusions
 - MIND, Delusions, body, body parts, heavy, is
 - MIND, Delusions, body, body parts, nose, enlarged, is
 - MIND, Delusions, cartoon-like
 - MIND, Delusions, criticized, she is
 - MIND, Delusions, faces, sees, car has a face
 - MIND, Delusions, great person, is a
 - MIND, Delusions, insane, become, that she will
 - MIND Delusions, life, short, is too
 - MIND, Delusions, old, being
 - MIND, Delusions, magician, is a,
- NR MIND, Delusions, people, sees people she knows
- NR MIND, Delusions, slowness, of, mental and physical
- NR MIND, Delusions, talking, people talking about her
 - MIND, Delusions, time, passes too, quickly
 - MIND, Detached
 - MIND, Discouraged
- NR MIND, Dreams, advances, making, someone
 - MIND, Dreams, airplane
- NR MIND, Dreams, airplane, water, in
- 2 MIND, Dreams, amorous
- MIND, Dreams, anger
- 5 MIND, Dreams, animals, of
 - MIND, Dreams, animals, of, captured
- NR MIND, Dreams, animals, of, caterpillars
- 3 MIND, Dreams, animals, of, cats
- NR MIND, Dreams, animals, of, cats, caterpillar, looks like a
 - MIND, Dreams, animals, of, flying
 - MIND, Dreams, animals, of, growing large
 - MIND, Dreams, animals, of, insects
- NR MIND, Dreams, animals, of, praying mantis
- NR MIND, Dreams, animals, of, squirrel, flying
 - MIND, Dreams, animals, of, wild
- 4 MIND, Dreams, anxious
- NR MIND, Dreams, attack, someone planning an
- NR MIND, Dreams, beaches
- NR MIND, Dreams, beds, making the
- NR MIND, Dreams, beer, drinking
- NR MIND, Dreams, bicycles
- 2NR MIND, Dreams, bicycling
- NR MIND, Dreams, bills, unpaid
- NR MIND, Dreams, bodies, death
- NR MIND, Dreams, bodies, death, getting up
- 3 MIND, Dreams, body, body parts
 - MIND, Dreams, body, body parts, eyes
 - MIND, Dreams, body, body parts, eyes, crossed
- NR MIND, Dreams, body, body parts, gall bladder
- NR MIND, Dreams, body, body parts, hair, electric
- MIND, Dreams, bombs

Argentum Sulphuratum

- NR MIND, Dreams, boss, new
- MIND, Dreams, buildings
- NR MIND, Dreams, business cards
- NR MIND, Dreams, business cards, cases written on
- 3 MIND, Dreams, cars, automobiles, of
- NR MIND, Dreams, cars, automobiles, of, airplane, changing into an
- 2NR MIND, Dreams, cars, automobiles, of, damaged
- NR MIND, Dreams, cars, automobiles, of, defective
- NR MIND, Dreams, cars, automobiles, of, driving with brake on
- MIND, Dreams, cars, automobiles, of, lending my, to a friend
- NR MIND, Dreams, cars, automobiles, of, lost
- NR MIND, Dreams, cars, automobiles, of, race
- NR MIND, Dreams, cars, automobiles, of, repairing
- NR MIND, Dreams, cars, automobiles, of, water, submerged in
- NR MIND, Dreams, changing, from one thing into another
- NR MIND, Dreams, chaotic
- 3 MIND, Dreams, child, children
- 2 MIND, Dreams, child, children, babies
- MIND, Dreams, child, children, babies, taking care of
- NR MIND, Dreams, child, children, disciplining
- NR MIND, Dreams, child, children, disciplining, ineffective
- NR MIND, Dreams, child, children, half human, half mouse
- NR MIND, Dreams, child, children, wounded
- NR MIND, Dreams, circus
- 2 MIND, Dreams, cities
- NR MIND, Dreams, cities, ancient
- NR MIND, Dreams, clients, of
- MIND, Dreams, clothes, giving away
- NR MIND, Dreams, clothes, unusual
- NR MIND, Dreams, college
- NR MIND, Dreams, color, blue
- NR MIND, Dreams, color, blue and white
- 2NR MIND, Dreams, colorful
- NR MIND, Dreams, community
- NR MIND, Dreams, community, alternative
- NR MIND, Dreams, conference
- 3 MIND, Dreams, confused
- NR MIND, Dreams, contact lenses
- NR MIND, Dreams, contact lenses, two in the right eye
- NR MIND, Dreams, cookies
- MIND, Dreams, cooking
- NR MIND, Dreams, copying, illegal
- 2 MIND, Dreams, country, foreign
- NR MIND, Dreams, country, foreign, India
- MIND, Dreams, country, foreign, Russia
- MIND, Dreams, cutting
- NR MIND, Dreams, cutting, hand, someone cutting his
- MIND, Dreams, danger
- MIND, Dreams, daughter
- MIND, Dreams, daughter, meeting her, of

Argentum Sulphuratum

- MIND, Dreams, death, dying, of
NR MIND, Dreams, deceit, of
MIND, Dreams, diamonds
NR MIND, Dreams, dinner party
NR MIND, Dreams, disagreements
MIND, Dreams, driving, car, a
NR MIND, Dreams, eating, restaurant, in a
NR MIND, Dreams, embarrassment
MIND, Dreams, escape, of
NR MIND, Dreams, ethnic division
MIND, Dreams, evil, impending
MIND, Dreams, exhilarating
NR MIND, Dreams, faces, painted
3 MIND, Dreams, family, own
MIND, Dreams, family, own, in-laws
MIND, Dreams, father
NR MIND, Dreams, father, sex life, commenting on her
NR MIND, Dreams, fields, fallow
NR MIND, Dreams, flowers
MIND, Dreams, flying
MIND, Dreams, flying, ball, on a
2 MIND, Dreams, food
NR MIND, Dreams, food, delicacies
MIND, Dreams, food, giving away
NR MIND, Dreams, food, hair in the, a
2 MIND, Dreams, friends
MIND, Dreams, friends, old
NR MIND, Dreams, friends, wealthy
MIND, Dreams, frightful
NR MIND, Dreams, frustrating
NR MIND, Dreams, girls
NR MIND, Dreams, girls, naked
NR MIND, Dreams, glasses
NR MIND, Dreams, glasses, dented
NR MIND, Dreams, guests, having
MIND, Dreams, guns
NR MIND, Dreams, gurus
NR MIND, Dreams, healing, magical
NR MIND, Dreams, homeopathy
NR MIND, Dreams, hospitals
4 MIND, Dreams, houses
NR MIND, Dreams, houses, big
NR MIND, Dreams, houses, buying
NR MIND, Dreams, houses, haunted
MIND, Dreams, houses, mansions
NR MIND, Dreams, houses, underground
MIND, Dreams, hunger
NR MIND, Dreams, husband
NR MIND, Dreams, initiations
2NR MIND, Dreams, joking

Argentum Sulphuratum

- 2 MIND, Dreams, journey
- NR MIND, Dreams, knitting, patterns
- NR MIND, Dreams, ladders, climbing
- NR MIND, Dreams, lamas
- NR MIND, Dreams, laundry, doing
- NR MIND, Dreams, light bulbs
- NR MIND, Dreams, light bulbs, fluorescent
- NR MIND, Dreams, light bulbs, rolling downhill
- NR MIND, Dreams, magical
- 4 MIND, Dreams, many
- NR MIND, Dreams, massage
- 3 MIND, Dreams, men
- NR MIND, Dreams, men, black
- NR MIND, Dreams, men, black, threatening
- NR MIND, Dreams, men, enslaved
- NR MIND, Dreams, men, molest women, forced to
- MIND, Dreams, men, naked
- NR MIND, Dreams, men, unknown
- NR MIND, Dreams, men, unknown, advice, giving
- NR MIND, Dreams, mirrors
- 2 MIND, Dreams, money
- NR MIND, Dreams, money, loan
- NR MIND, Dreams, money, losing
- NR MIND, Dreams, money, management
- NR MIND, Dreams, monks
- 2 MIND, Dreams, mountains
- NR MIND, Dreams, mountains, driving in
- NR MIND, Dreams, movies
- 2NR MIND, Dreams, mud
- MIND, Dreams, mud, sitting in
- NR MIND, Dreams, naturopathic practice
- MIND, Dreams, nightmare
- NR MIND, Dreams, noise, making, Coat hanger, with
- NR MIND, Dreams, noise, making, hurt somebody, that could
- NR MIND, Dreams, nuns
- NR MIND, Dreams, parents
- NR MIND, Dreams, parents, disconnected from, feeling
- 4 MIND, Dreams, parties, of pleasure
- 4 MIND, Dreams, people, of
- NR MIND, Dreams, people, of, injured
- NR MIND, Dreams, people, of, lost
- NR MIND, Dreams, people, of, of the higher classes
- NR MIND, Dreams, people, of, wealthy
- NR MIND, Dreams, philosophical
- NR MIND, Dreams, phoned, being
- NR MIND, Dreams, piano, broken key, with
- NR MIND, Dreams, piano, playing
- MIND, Dreams, places, foreign
- NR MIND, Dreams, places, narrow
- 2 MIND, Dreams, pleasant

Argentum Sulphuratum

- NR MIND, Dreams, princess
- NR MIND, Dreams, proving, homeopathic
- NR MIND, Dreams, rain
- NR MIND, Dreams, rain, house, only on my
- MIND, Dreams, religious
- 2NR MIND, Dreams, remedies, homeopathic
- NR MIND, Dreams, reprimands
- NR MIND, Dreams, reunion
- NR MIND, Dreams, rivers
- NR MIND, Dreams, rivers, flooding
- MIND, Dreams, role, playing a
- NR MIND, Dreams, sand
- NR MIND, Dreams, sand, burying someone in
- NR MIND, Dreams, sand, clothes, in my
- MIND, Dreams, screen, white, words on it, with
- NR MIND, Dreams, secrets
- NR MIND, Dreams, separation, males and females, of
- NR MIND, Dreams, shoes, lead
- NR MIND, Dreams, silverware
- NR MIND, Dreams, skin, dry
- MIND, Dreams, snow
- NR MIND, Dreams, soup
- NR MIND, Dreams, soup, mushroom
- NR MIND, Dreams, sprites, water
- NR MIND, Dreams, stadium
- NR MIND, Dreams, stairs
- 2NR MIND, Dreams, statues
- NR MIND, Dreams, statues, horse's head, of
- MIND, Dreams, stealing
- MIND, Dreams, stove, unattended, leaving things on
- MIND, Dreams, strangers, of
- NR MIND, Dreams, stuck, being
- NR MIND, Dreams, survival
- NR MIND, Dreams, telescope
- NR MIND, Dreams, tents, setting up
- NR MIND, Dreams, theatre
- NR MIND, Dreams, things, lost
- NR MIND, Dreams, threatening
- NR MIND, Dreams, time, mix ups in
- NR MIND, Dreams, times, long past
- NR MIND, Dreams, tractors
- NR MIND, Dreams, trees, burnt
- NR MIND, Dreams, tropics
- 2 MIND, Dreams, unpleasant
- 5 MIND, Dreams, unpleasant
- MIND, Dreams, vivid
- MIND, Dreams, war
- 5 MIND, Dreams, water
- NR MIND, Dreams, water, bathing
- NR MIND, Dreams, water, cars submerged in

Argentum Sulphuratum

- NR MIND, Dreams, water, children, drowning
- MIND, Dreams, water, diving in
- MIND, Dreams, water, floating in
- MIND, Dreams, water, laundry, doing
- NR MIND, Dreams, water, rivers
- MIND, Dreams, water, rush, going with the
- NR MIND, Dreams, water, saving drowning children
- 2 MIND, Dreams, water, swimming in
- NR MIND, Dreams, water, waves, riding the
- NR MIND, Dreams, weeds
- NR MIND, Dreams, weird
- NR MIND, Dreams, wine
- NR MIND, Dreams, wine, selecting
- NR MIND, Dreams, wizards
- NR MIND, Dreams, woman, psychic
- 2 MIND, Dreams, work
- NR MIND, Dreams, work, repetitive
- MIND, Ennui, boredom
- MIND, Escape, desires to
- MIND, Euphoria
- MIND, Excitement, tendency
- NR MIND, Expressing oneself, easy, sexual desire
- NR MIND, Feigning, friendliness
- MIND, Forgetfulness
- MIND, Gestures, makes, grasping or reaching at something, picks at, fingers
- 2 MIND, Impatience
- MIND, Indifference, apathy
- MIND, Indolence, aversion to work
- 4 MIND, Irritability
- MIND, Irritability, family, to her
- MIND, Jesting
- 2 MIND, Memory, weakness, loss of
- 2 MIND, Mistakes, makes
- MIND, Mistakes, makes, calculating
- MIND, Mistakes, makes, writing, in
- MIND, Offended easily
- MIND, Philosophy, ability for
- MIND, Quarrelsomeness, scolding
- 2 MIND, Quiet, disposition
- MIND, Restless
- 2 MIND, Rudeness
- 2 MIND, Sadness, despondency, depression, melancholy
- 3 MIND, Sensitive, oversensitive
- 2 MIND, Sensitive, oversensitive, odor, to
- MIND, Slowness
- MIND, Spaced-out feeling
- CUR MIND, Starting, startled
- MIND, Starting, startled, noise, from
- MIND, Superstitious
- MIND, Thinking, ailments, complaints of, agg.

Argentum Sulphuratum

- MIND, Thoughts, clearness of
NR MIND, Thoughts, clearness of, waking, on
2 MIND, Thoughts, persistent
NR MIND, Thoughts, unclearness of
MIND, Thoughts, wandering
MIND, Trance
2 MIND, Weeping, tendency
- HEAD, Dandruff
2 HEAD, Empty, hollow sensation
2 HEAD, Fullness
HEAD, Hair, affections of, flat
HEAD, Hair, affections of, greasy
2 HEAD, Heaviness
2 HEAD, Itching
HEAD, Itching, Forehead
HEAD, Itching, Scalp
- 6 HEAD PAIN, General
HEAD PAIN, General, alcoholic drinks, as from
HEAD PAIN, General, coughing, on, agg.
HEAD PAIN, General, eating, amel., after
HEAD PAIN, General, hold head, must
HEAD PAIN, General, noise, from
HEAD PAIN, General, pressure, external, amel.
HEAD PAIN, General, spot, in small
HEAD PAIN, General, standing, while, agg.
HEAD PAIN, General, stooping, agg.
NR HEAD PAIN, Localization, Ears, between the
3 HEAD PAIN, Localization, Forehead
HEAD PAIN, Localization, Forehead, eyes, above, right
HEAD PAIN, Localization, Forehead, eyes, behind, right
HEAD PAIN, Localization, Forehead, nose, above root of
HEAD PAIN, Localization, Forehead, extending, temples, to
HEAD PAIN, Localization, Occiput
HEAD PAIN, Localization, Sides, ears, behind
HEAD PAIN, Localization, Sides, ears, behind, right
5 HEAD PAIN, Localization, Temples
3 HEAD PAIN, Localization, Temples, left
HEAD PAIN, Localization, Temples, right
2 HEAD PAIN, Localization, Vertex
HEAD PAIN, Burning
HEAD PAIN, Burning, Forehead, eyes, over, right
HEAD PAIN, Dull
HEAD PAIN, Dull, Forehead, eyes, behind, right
HEAD PAIN, Pressing
HEAD PAIN, Pressing, Occiput
2 HEAD PAIN, Pulsating, throbbing
- NR EYE, Discoloration, brown, lids, eyelashes, along

Argentum Sulphuratum

- 3 EYE, Discoloration, redness
NR EYE, Discoloration, redness, lids, eyelashes, above
EYE, Discoloration, redness, margins
NR EYE, Discoloration, white, lids, eyelashes, roots of
2 EYE, Dryness
EYE, Dryness
EYE, Dryness, waking, on
EYE, Ecchymosis
NR EYE, Fullness, sensation of, eyes, behind
2 EYE, Glassy
NR EYE, Glued, sockets, as if glues into the
EYE, Hair, falling from, eyelashes
2 EYE, Heaviness
EYE, Heaviness, lids
3 EYE, Itching
EYE, Itching, right
2 EYE, Itching, night
2 EYE, Itching, lids
EYE, Itching, lids, right
3 EYE, Lachrymation
EYE, Lachrymation, evening
EYE, Lachrymation, left
EYE, Lachrymation, morning, waking, on
NR EYE, Lachrymation, viscid tears
EYE, Open lids, half open
2 EYE, Pain, General
EYE, Pain, General, left
EYE, Pain, General, right
EYE, Protrusion
EYE, Staring
NR EYE, Stuck, sensation as if
EYE, Swelling, morning
EYE, Tired, sensation
2 EYE, Twitching
EYE, Twitching, left
EYE, Twitching, right
NR EYE, Twitching, sneezing, after

VISION, Colors before the eyes, gray, fog
NR VISION, Loss of, peripheral
NR VISION, Loss of, peripheral, rising, on

EAR, Eruptions, behind ears
3 EAR, Fullness, sensation of
EAR, Itching
2 EAR, Noises in
2 EAR, Noises in, ringing
2 EAR, Pain, General
EAR, Pain, General, turning, head, on
EAR, Pain, lancinating

Argentum Sulphuratum

- 2 EAR, Pain, stitching

- NOSE, Coldness
- 2 NOSE, Coryza
- NOSE, Discharge, bloody
- NOSE, Discharge, crusts, scabs, inside
- NOSE, Discharge, excoriating
- 2 NOSE, Discharge, profuse, posterior nares, from
- NOSE, Discharge, thick, posterior nares, from
- NOSE, Discharge, thin
- NOSE, Discharge, watery
- NR NOSE, Discoloration, pink, tip
- NOSE, Eruptions, inside
- NOSE, Eruptions, inside, right
- NOSE, Itching
- NOSE, Itching, inside
- NOSE, Obstruction
- NOSE, Pain, General, root
- 3 NOSE, Sneezing
- NOSE, Sneezing, air, cold, in

- 2 SMELL, Acute

- FACE, Aphthae on lips
- FACE, Discoloration, bluish, eyes, circles around
- FACE, Discoloration, pink, cheeks
- NR FACE, Discoloration, pink, nose, beside
- FACE, Discoloration, red
- FACE, Dryness
- 2 FACE, Dryness, lips
- FACE, Dryness, lips
- 2 FACE, Eruptions
- 2 FACE, Eruptions, pimples
- FACE, Eruptions, pimples, left
- 2 NR, FACE, Eruptions, pimples, cheeks
- FACE, Eruptions, pimples, chin
- NR FACE, Eruptions, pimples, swelling, with
- 2 FACE, Heat
- FACE, Heat, burning
- FACE, Heat, burning, right
- NR FACE, Heat, burning, cheek, right
- FACE, Heat, flushes
- FACE, Itching
- FACE, Itching, cheeks
- FACE, Itching, eyebrows
- NR FACE, Itching, eyebrows, left, above
- FACE, Itching, mouth, corners of
- FACE, Numbness
- FACE, Numbness, jaw, lower
- NR FACE, Numbness, mouth, corners of, left

Argentum Sulphuratum

- 3 FACE, Pain, General
FACE, Pain, General, eye, around
NR FACE, Pain, General, jaw, right, beneath
NR FACE, Pain, burning, eyebrows, left, over
FACE, Pain, sore, bruised
- 2 FACE, Swelling
2 FACE, Swelling, eyes, under
FACE, Swelling, lips
FACE, Swelling, lips, lower
NR FACE, Thick, skin, sensation of
FACE, Twitching, mouth, corners of, left
- 3 MOUTH, Aphthae
2 MOUTH, Aphthae, Gums
MOUTH, Aphthae, Palate
MOUTH, Aphthae, Tongue
MOUTH, Discoloration, white, Tongue
NR MOUTH, Displaced, jaw
2 MOUTH, Dryness
MOUTH, Dryness, morning, waking, on
MOUTH, Dryness, night
MOUTH, Dryness, Tongue
MOUTH, Dryness, Tongue, night
NR MOUTH, Fullness, lips, of
MOUTH, Odor
MOUTH, Odor, urine, like
MOUTH, Open, sleep, during
MOUTH, Pain, sore, Gums
MOUTH, Swelling, Tongue, tip
- TASTE, Astringent
TASTE, Astringent, eating, agg., after
TASTE, Bitter
TASTE, Bloody
NR TASTE, Camphor, like
TASTE, Metallic
NR TASTE, Novocaine
TASTE, Salty
- 3 TEETH, Pain, General
TEETH, Pain, General, eating, agg., after
TEETH, Pain, General, eating, agg., during
TEETH, Pain, General, right
NR TEETH, Pain, General, stooping, agg.
TEETH, Pain, stitching
- THROAT, Discoloration, redness
THROAT, Discoloration, redness, Tonsils
THROAT, Discoloration, redness, Uvula
4 THROAT, Dryness

Argentum Sulphuratum

- THROAT, Dryness, morning
- THROAT, Dryness, morning, waking, on
- THROAT, Hair, sensation of
- THROAT, Hawk, disposition to
- 2 THROAT, Heat
- THROAT, Heat, cough, after
- THROAT, Heaviness in
- THROAT, Irritation
- NR THROAT, Irritation, talking, agg.
- THROAT, Irritation, Pharynx
- THROAT, Irritation, Pharynx, swollen, as if
- 5 THROAT, Pain, General
- THROAT, Pain, General, right
- THROAT, Pain, General, night
- THROAT, Pain, General, coughing, on
- THROAT, Pain, General, spot, in a
- THROAT, Pain, General, swallowing, on
- THROAT, Pain, General, swallowing, on, empty, agg.,
- THROAT, Pain, General, waking, on
- THROAT, Pain, General, Pharynx
- THROAT, Pain, sore, bruised
- THROAT, Pain, splinter, as from a
- NR THROAT, Pulsating, heartbeat
- 2 THROAT, Roughness
- 2 THROAT, Scratching in
- THROAT, Swelling

EXTERNAL THROAT, Eruptions
EXTERNAL THROAT, Eruptions, pimples
EXTERNAL THROAT, Pain, cramping
EXTERNAL THROAT, Perspiration
EXTERNAL THROAT, Pulsation, Carotids
EXTERNAL THROAT, Swelling, Cervical glands

- 3 STOMACH, Appetite, diminished
- 3 STOMACH, Appetite, increased, hunger in general
- 2 STOMACH, Appetite, increased, eating, after
- STOMACH, Appetite, increased, morning
- STOMACH, Appetite, ravenous
- STOMACH, Appetite, wanting
- STOMACH, Eructations
- STOMACH, Hiccough
- NR STOMACH, Lifting up, sensation as if
- 4 STOMACH, Nausea
- STOMACH, Nausea, morning
- STOMACH, Nausea, morning, waking, on
- STOMACH, Nausea, evening
- STOMACH, Nausea, drinking, agg., water
- STOMACH, Nausea, lying amel., abdomen, on
- 2 STOMACH, Nausea, motion, on, agg.

Argentum Sulphuratum

- STOMACH, Nausea, pressure, with, stomach, on
- STOMACH, Nausea, rising, agg., on
- STOMACH, Nausea, sitting, while, agg.
- STOMACH, Noises
- STOMACH, Noises, gurgling
- 3 STOMACH, Pain, General
- STOMACH, Pain, General, bending:, backward amel.
- STOMACH, Pain, General, empty stomach, from
- STOMACH, Pain, General, spot, in a
- 2 STOMACH, Pain, burning
- STOMACH, Pain, cramping
- STOMACH, Pain, cutting
- STOMACH, Pain, stitching
- STOMACH, Retching, gagging, cough, with
- 2 STOMACH, Stone, sensation of
- STOMACH, Thirst, morning
- STOMACH, Thirst, morning, waking, on
- STOMACH, Thirst, evening
- STOMACH, Thirst, waking, on
- STOMACH, Thirstless
- STOMACH, Vomiting, General
- 2 STOMACH, Weak feeling
- NR STOMACH, Weak feeling, appetite, increased, alternating with

- ABDOMEN, Constriction, Hypochondria
- 2 ABDOMEN, Distension
- 3 ABDOMEN, Flatulence
- NR ABDOMEN, Heaviness as from load or weight, ovulation, during
- 3 ABDOMEN, Noises
- ABDOMEN, Noises, gurgling
- 2 ABDOMEN, Noises, rumbling
- ABDOMEN, Noises, rumbling, stool, agg., before
- 2 ABDOMEN, Pain, General
- ABDOMEN, Pain, General, night
- ABDOMEN, Pain, General, night, midnight, about
- ABDOMEN, Pain, General, flatus, incarcerated, as from
- ABDOMEN, Pain, General, lying, while, agg., side, on, left,
- ABDOMEN, Pain, General, Hypogastrium
- ABDOMEN, Pain, General, Sides
- ABDOMEN, Pain, General, Sides, left
- NR ABDOMEN, Pain, General, Sides, left, extending to, back,
- ABDOMEN, Pain, burning
- ABDOMEN, Pain, cramping, griping
- ABDOMEN, Pain, cramping, griping, Hypogastrium, left
- ABDOMEN, Pain, cramping, griping, menses, during
- ABDOMEN, Pain, cramping, griping, morning, waking, on
- ABDOMEN, Pain, cramping, griping, motion, on, agg.
- ABDOMEN, Pain, cramping, griping, stool, before
- ABDOMEN, Pain, cutting
- ABDOMEN, Pain, cutting, Hypogastrium

Argentum Sulphuratum

- ABDOMEN, Pain, stabbing
- ABDOMEN, Pain, stabbing, Sides, right
- ABDOMEN, Pain, stitching
- ABDOMEN, Pain, stitching, Hypochondria
- ABDOMEN, Pain, stitching, Hypochondria, left
- ABDOMEN, Pain, stitching, Hypogastrium
- ABDOMEN, Pain, stitching, Sides, left
- NR ABDOMEN, Pain, stitching, Sides, left, bending, agg.,
- ABDOMEN, Tension
- NR ABDOMEN, Tension, Solar plexus

- RECTUM, Constipation
- 4 RECTUM, Diarrhea
- RECTUM, Diarrhea, painless
- RECTUM, Diarrhea, sudden
- NR RECTUM, Diarrhea, urination, followed by
- 2 RECTUM, Flatus
- RECTUM, Flatus, loud
- RECTUM, Flatus, offensive
- RECTUM, Flatus, stool, during
- RECTUM, Involuntary stool
- RECTUM, Involuntary stool, sleep, during
- RECTUM, Irritation
- 2 RECTUM, Mucus, discharge of
- RECTUM, Pain, General
- RECTUM, Pain, General, midnight, about
- RECTUM, Pain, stitching
- RECTUM, Pain, stitching, midnight
- RECTUM, Pain, stitching, upward
- RECTUM, Pain, tenesmus
- 2 RECTUM, Urging, desire

- STOOL, Acrid, corrosive, excoriating
- STOOL, Balls, like
- STOOL, Bloody
- 2 STOOL, Color, orange
- STOOL, Color, yellow
- STOOL, Large
- STOOL, Lienteric
- STOOL, Soft
- STOOL, Spurting
- STOOL, Watery

- BLADDER, Distension, feeling of
- BLADDER, Fullness, sensation of
- 2 BLADDER, Urging to urinate, morbid desire, night
- NR BLADDER, Urging to urinate, morbid desire, sneezing, when
- BLADDER, Urging to urinate, morbid desire, waking, with

- KIDNEYS, Pain, General

Argentum Sulphuratum

KIDNEYS, Pain, General, left
KIDNEYS, Pain, General, region of
KIDNEYS, Pain, General, region of, left
KIDNEYS, Pain, General, region of, right

URETHRA, Bubbling

URINE, Burning, hot
URINE, Odor, strong
URINE, Watery, clear as water

2 FEMALE GENITALIA, Coition, enjoyment, increased
FEMALE GENITALIA, Fullness, Uterus
FEMALE GENITALIA, Leucorrhea
FEMALE GENITALIA, Leucorrhea, yellow
FEMALE GENITALIA, Menses, profuse
FEMALE GENITALIA, Menses, scanty
FEMALE GENITALIA, Menses, short, too
FEMALE GENITALIA, Pain, General
FEMALE GENITALIA, Pain, General, Uterus
FEMALE GENITALIA, Pain, General, Uterus, urination, during
FEMALE GENITALIA, Sexual desire, increased
FEMALE GENITALIA, Wet, vulva

2 COUGH, Daytime, agg.
2 COUGH, Morning, agg.
COUGH, Morning, agg., rising, after
COUGH, Night, agg.
COUGH, Drinking, after, amel.
2 COUGH, Dry
NR COUGH, Hoarse
NR COUGH, Hot, shower agg., after
COUGH, Irritation in air passages, from, throat, in
COUGH, Loose
COUGH, Sitting, while
COUGH, Suffocative
COUGH, Talking, from
COUGH, Tickling, chest, from tickling in
COUGH, Tickling, pharynx, in
COUGH, Tickling, throat, from tickling in
COUGH, Tickling, trachea, from tickling in

EXPECTORATION, Balls, in shape of
EXPECTORATION, Color, clear
EXPECTORATION, Color, grayish
EXPECTORATION, Color, greenish
EXPECTORATION, Color, greenish, yellow
2 EXPECTORATION, Color, white
3 EXPECTORATION, Color, yellow
3 EXPECTORATION, Globular

Argentum Sulphuratum

- NR EXPECTORATION, Globular, sneezing, on
EXPECTORATION, Hawked up, mucus
EXPECTORATION, Morning
EXPECTORATION, Mucous
EXPECTORATION, Taste, sweetish
EXPECTORATION, Viscid
- CHEST, Constriction, tension, tightness, Lower part
CHEST, Constriction, tension, tightness, sitting, while, amel.
CHEST, Constriction, tension, tightness, standing, while, agg.
CHEST, Constriction, tension, tightness, walk, walking, while
CHEST, Cramp
CHEST, Cramp, External chest
CHEST, Eruptions, axilla
CHEST, Eruptions, itching, axilla
CHEST, Heaviness
CHEST, Heaviness, Mammae
CHEST, Itching, axilla
- 3 CHEST, Pain, General
CHEST, Pain, General, cough, during
CHEST, Pain, General, pressure, amel.
CHEST, Pain, General, axilla
CHEST, Pain, General, axilla, right
CHEST, Pain, General, Mammae, under, extending to, axilla,
CHEST, Pain, General, Mammae, under, right
CHEST, Pain, General, Nipples
CHEST, Pain, General, Ribs
- NR CHEST, Pain, General, Ribs, lower left, under
NR CHEST, Pain, General, Ribs, lower right, under
CHEST, Pain, General, Sternum, behind, coughing, when,
CHEST, Pain, General, Sternum, behind
CHEST, Pain, cramping
CHEST, Pain, sore, bruised, Mammae, right, ovulation, during,
CHEST, Pain, stitching, Sides, left
CHEST, Pain, stitching, Sides, left, extending to, axilla,
CHEST, Pain, stitching, Sternum
- NR CHEST, Pain, stitching, Sternum, pressure, amel.
CHEST, Palpitation heart
CHEST, Swelling, Mammae
- BACK, Eruptions
BACK, Eruptions, Dorsal region
BACK, Eruptions, Dorsal region, Scapulae
BACK, Eruptions, Dorsal region, Scapulae, left
BACK, Eruptions, dry
BACK, Eruptions, patches
BACK, Eruptions, patches, Dorsal region
BACK, Eruptions, patches, Dorsal region, Scapulae, left
BACK, Itching

Argentum Sulphuratum

- 2 BACK, Pain, General
- 2 BACK, Pain, General, Cervical region
- BACK, Pain, General, Dorsal region
- BACK, Pain, General, Dorsal region
- BACK, Pain, General, Dorsal region, right
- BACK, Pain, General, Dorsal region, Scapulae, right, under,
- BACK, Pain, General, Lumbar region
- BACK, Pain, General, Sacral region
- BACK, Pain, General, Coccyx
- BACK, Pain, aching, Cervical region
- BACK, Pain, aching, Dorsal region
- BACK, Pain, aching, Lumbar region
- BACK, Pain, aching, Sacral region
- BACK, Pain, cramping
- BACK, Pain, cramping, Cervical region
- BACK, Pain, cramping, Dorsal region
- BACK, Pain, cramping, Dorsal region, left
- BACK, Pain, stitching, shooting
- BACK, Pain, stitching, shooting, Coccyx
- BACK, Pain, stitching, shooting, Sacral region
- 2 BACK, Stiffness, Cervical region
- BACK, Stoop shouldered
- BACK, Tension, Cervical region
- BACK, Twitching, Cervical region
- BACK, Twitching, Shoulder
- BACK, Weakness, tired feeling in spine

- EXTREMITIES, Awkwardness
- EXTREMITIES, Awkwardness, Lower limbs
- EXTREMITIES, Coldness
- EXTREMITIES, Coldness, Forearm
- EXTREMITIES, Coldness, Forearm, left
- EXTREMITIES, Coldness, Hands
- EXTREMITIES, Coldness, Hands, left
- EXTREMITIES, Cramps
- EXTREMITIES, Cramps, Upper limbs
- EXTREMITIES, Cramps, Upper arm
- EXTREMITIES, Cramps, Lower limbs
- EXTREMITIES, Cramps, Buttocks, nates
- EXTREMITIES, Cramps, Buttocks, nates, night, in bed
- EXTREMITIES, Cramps, Thigh
- EXTREMITIES, Cramps, Thigh, posterior part
- EXTREMITIES, Cramps, Leg
- EXTREMITIES, Cramps, Leg, calf
- NR EXTREMITIES, Cramps, Leg, tibia
- EXTREMITIES, Cramps, Foot
- NR EXTREMITIES, Cramps, Foot, left
- NR EXTREMITIES, Cramps, Foot, left, sleeping, while
- EXTREMITIES, Cramps, Foot, sitting on
- EXTREMITIES, Discoloration, blue, Forearm

Argentum Sulphuratum

- EXTREMITIES, Discoloration, blue, Forearm, left
- EXTREMITIES, Eruptions
- EXTREMITIES, Eruptions, Hand
- EXTREMITIES, Eruptions, Leg
- 4 EXTREMITIES, Itching
- NR EXTREMITIES, Itching, shower, after
- 2 EXTREMITIES, Itching, Upper limbs
- EXTREMITIES, Itching, Shoulders
- EXTREMITIES, Itching, Upper Arm
- EXTREMITIES, Itching, Upper Arm, posterior part
- EXTREMITIES, Itching, Wrist
- 2 EXTREMITIES, Itching, Hand
- EXTREMITIES, Itching, Hand, left
- EXTREMITIES, Itching, Hand, left
- EXTREMITIES, Itching, Hand, Palm
- EXTREMITIES, Itching, Fingers
- EXTREMITIES, Itching, Fingers, left
- EXTREMITIES, Itching, Lower limbs
- EXTREMITIES, Itching, Thigh
- EXTREMITIES, Itching, Thigh, inner side
- EXTREMITIES, Itching, Knee
- EXTREMITIES, Itching, Leg
- EXTREMITIES, Itching, Leg, calf
- EXTREMITIES, Itching, Ankle
- 2 EXTREMITIES, Itching, Foot
- EXTREMITIES, Itching, Foot, left
- EXTREMITIES, Nails, brittle
- 2 EXTREMITIES, Numbness, insensibility
- EXTREMITIES, Numbness, insensibility, Hand
- EXTREMITIES, Numbness, insensibility, Hand, left
- EXTREMITIES, Numbness, insensibility, Hand, grasping anything
- EXTREMITIES, Numbness, insensibility, Fingers
- EXTREMITIES, Numbness, insensibility, Fingers, right
- EXTREMITIES, Numbness, insensibility, Fingers, third finger
- EXTREMITIES, Numbness, insensibility, Fingers, third finger, right
- EXTREMITIES, Numbness, insensibility, Fingers, third finger, writing, while
- EXTREMITIES, Numbness, insensibility, Thumb
- EXTREMITIES, Pulsation
- EXTREMITIES, Pulsation, Leg
- EXTREMITIES, Restlessness
- EXTREMITIES, Restlessness, Leg
- EXTREMITIES, Restlessness, Leg, night
- 2 EXTREMITIES, Stiffness
- 2 EXTREMITIES, Stiffness, Knee
- EXTREMITIES, Stiffness, Knee, left
- EXTREMITIES, Stiffness, Knee, hollow of
- NR EXTREMITIES, Stiffness, Knee, rising from a cross legged position
- EXTREMITIES, Swelling, sensation of
- EXTREMITIES, Swelling, Hand, sensation of
- EXTREMITIES, Swelling, Hand, left, sensation of

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- EXTREMITIES, Swelling, Fingers, sensation of
- EXTREMITIES, Swelling, Thumb, sensation of
- EXTREMITIES, Swelling, Foot
- EXTREMITIES, Swelling, Foot, sensation of
- EXTREMITIES, Swelling, Toes, sensation of
- EXTREMITIES, Trembling, General
- EXTREMITIES, Trembling, Lower limbs
- EXTREMITIES, Trembling, Leg
- 2 EXTREMITIES, Twitching
- EXTREMITIES, Twitching, Upper limbs
- EXTREMITIES, Twitching, Upper arm
- EXTREMITIES, Twitching, Lower limbs
- EXTREMITIES, Twitching, Leg
- 2 EXTREMITIES, Weakness
- EXTREMITIES, Weakness, Upper limbs
- EXTREMITIES, Weakness, Upper limbs, lying, agg.
- EXTREMITIES, Weakness, Shoulder
- EXTREMITIES, Weakness, Shoulder, lying
- EXTREMITIES, Weakness, Upper arm
- EXTREMITIES, Weakness, Lower limbs

- 5 EXTREMITY PAIN, General
- 4 EXTREMITY PAIN, General, Upper limbs
- 2 EXTREMITY PAIN, General, Upper limbs, Shoulders
- EXTREMITY PAIN, General, Upper limbs, Wrist
- EXTREMITY PAIN, General, Upper limbs, Wrist, left
- 4 EXTREMITY PAIN, General, Upper limbs, Fingers
- EXTREMITY PAIN, General, Upper limbs, Fingers, right
- NR EXTREMITY PAIN, General, Upper limbs, Fingers, splinter, as from a
- NR EXTREMITY PAIN, General, Upper limbs, Fingers, splinter, as from a
- EXTREMITY PAIN, General, Upper limbs, Fingers, tips of
- NR EXTREMITY PAIN, General, Upper limbs, Fingers, tips of, right
- NR EXTREMITY PAIN, General, Upper limbs, Fingers, tips of, right, first,
- NR EXTREMITY PAIN, General, Upper limbs, Fingers, tips of, splinter, as from a,
- 4 EXTREMITY PAIN, General, Lower limbs
- EXTREMITY PAIN, General, Lower limbs, sciatica
- EXTREMITY PAIN, General, Lower limbs, sciatica, right
- EXTREMITY PAIN, General, Lower limbs, Buttocks, nates
- 4 EXTREMITY PAIN, General, Lower limbs, Hip
- EXTREMITY PAIN, General, Lower limbs, Hip, left
- 2 EXTREMITY PAIN, General, Lower limbs, Hip, right
- 2 EXTREMITY PAIN, General, Lower limbs, Knee
- 2 EXTREMITY PAIN, General, Lower limbs, Knee, right
- EXTREMITY PAIN, General, Lower limbs, Knee, hollow of
- EXTREMITY PAIN, General, Lower limbs, Knee, hollow of, walking, agg.,
- EXTREMITY PAIN, General, Lower limbs, Knee, inner side
- EXTREMITY PAIN, General, Lower limbs, Leg, calf
- EXTREMITY PAIN, General, Lower limbs, Leg, calf, spot, in
- EXTREMITY PAIN, General, Lower limbs, Leg, tibia
- EXTREMITY PAIN, General, Lower limbs, Leg, tibia, right

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- 2NR EXTREMITY PAIN, General, Lower limbs, Leg, tibia, right, extending to, ankle
- 2 EXTREMITY PAIN, General, Lower limbs, Ankle
- NR EXTREMITY PAIN, General, Lower limbs, Ankle, right
- 3 EXTREMITY PAIN, General, Lower limbs, Ankle, pressing, while calf, on
- 2 EXTREMITY PAIN, General, Lower limbs, Foot
- 2 EXTREMITY PAIN, General, Lower limbs, Foot, right
- EXTREMITY PAIN, General, Lower limbs, Foot, right, walking, agg. while
- EXTREMITY PAIN, General, Lower limbs, Toes
- EXTREMITY PAIN, General, Lower limbs, Toes, right
- EXTREMITY PAIN, General, Lower limbs, Toes, walking, while
- EXTREMITY PAIN, General, Lower limbs, Toes, joints of
- EXTREMITY PAIN, Burning, Toes, third, tip
- 2 EXTREMITY PAIN, Cramping
- EXTREMITY PAIN, Cramping, Upper arm
- EXTREMITY PAIN, Cramping, Buttocks, nates
- EXTREMITY PAIN, Cramping, Calf
- EXTREMITY PAIN, Cramping, Thigh, left, posterior part
- EXTREMITY PAIN, Cramping, Thigh, posterior part
- NR EXTREMITY PAIN, Cramping, Leg, tibia
- EXTREMITY PAIN, Cutting
- EXTREMITY PAIN, Cutting, Hip
- EXTREMITY PAIN, Cutting, Hip, right
- EXTREMITY PAIN, Drawing
- EXTREMITY PAIN, Drawing, Elbow
- NR EXTREMITY PAIN, Drawing, Elbow, inner part
- EXTREMITY PAIN, Neuralgic
- EXTREMITY PAIN, Neuralgic, Foot
- EXTREMITY PAIN, Neuralgic, Toes
- NR EXTREMITY PAIN, Pulling, groin, left
- NR EXTREMITY PAIN, Shooting, Hand, knuckles
- NR EXTREMITY PAIN, Shooting, Hand, knuckles, right
- NR EXTREMITY PAIN, Shooting, Hand, knuckles, wandering
- NR EXTREMITY PAIN, Shooting, Hand, knuckles, wandering, right to left,
- 3 EXTREMITY PAIN, Sore, bruised
- 3 EXTREMITY PAIN, Sore, bruised, Upper limbs
- EXTREMITY PAIN, Sore, bruised, Shoulder
- EXTREMITY PAIN, Sore, bruised, Wrist
- EXTREMITY PAIN, Sore, bruised, Wrist, left
- EXTREMITY PAIN, Sore, bruised, Fingers
- EXTREMITY PAIN, Sore, bruised, Fingers, right
- EXTREMITY PAIN, Sore, bruised, Fingers, right, tips
- NR EXTREMITY PAIN, Sore, bruised, Fingers, right, tips, first
- EXTREMITY PAIN, Sore, bruised, Thumb
- EXTREMITY PAIN, Sore, bruised, Thumb, right
- 2 EXTREMITY PAIN, Sore, bruised, Lower limbs
- 2 EXTREMITY PAIN, Sore, bruised, Knee
- EXTREMITY PAIN, Sore, bruised, Knee, bend of
- EXTREMITY PAIN, Sore, bruised, Knee, left
- EXTREMITY PAIN, Sore, bruised, Foot, right
- EXTREMITY PAIN, Sore, bruised, Foot, ball of

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- 3 EXTREMITY PAIN, Splinter, as if
- 3 EXTREMITY PAIN, Splinter, as if, fingers
- EXTREMITY PAIN, Splinter, as if, Thumb
- EXTREMITY PAIN, Stinging
- EXTREMITY PAIN, Stinging, fingers
- 3 EXTREMITY PAIN, Stitching
- 3 EXTREMITY PAIN, Stitching, Lower limbs
- EXTREMITY PAIN, Stitching, Hip
- EXTREMITY PAIN, Stitching, Hip, left
- EXTREMITY PAIN, Stitching, Leg
- EXTREMITY PAIN, Stitching, Leg, tibia
- EXTREMITY PAIN, Stitching, Leg, tibia, left
- EXTREMITY PAIN, Stitching, Foot
- EXTREMITY PAIN, Stitching, Foot, left
- EXTREMITY PAIN, Stitching, Toes
- NR EXTREMITY PAIN, Stitching, Toes, extending, ball of foot, to

SLEEP, Disturbed
SLEEP, Falling asleep, difficult
SLEEP, Prolonged
SLEEP, Restless

- 3 SLEEP, Short, refreshes
- 3 SLEEP, Sleepiness
- SLEEP, Sleepiness, daytime
- 2 SLEEP, Sleepiness, afternoon, agg.
- 3 SLEEP, Unrefreshing
- 2 SLEEP, Waking, morning, toward
- SLEEP, Waking, morning, toward, 5:00 A.M.
- SLEEP, Waking, morning, toward, 5:30 A.M.
- SLEEP, Waking, morning, toward, 6:30 A.M.
- SLEEP, Waking, midnight, about
- 2 SLEEP, Waking, midnight, after
- SLEEP, Waking, midnight, after, 3 A.M.
- SLEEP, Waking, midnight, after, 4:30 A.M.
- 2 SLEEP, Waking, early, too
- 2 SLEEP, Waking, frequent
- SLEEP, Waking, thoughts, from, business, of
- SLEEP, Waking, urinate, with desire to

CHILL, CHILLINESS, Chilliness
CHILL, CHILLINESS, Coldness in general
CHILL, CHILLINESS, Shaking, shivering, rigors

- 3 FEVER, HEAT, Heat in general
- FEVER, HEAT, Morning, bed, in
- FEVER, HEAT, Morning, waking, on
- 2 FEVER, HEAT, Night
- FEVER, HEAT, Night, waking, on

SKIN, Formication

Argentum Sulphuratum

- 4 SKIN, Itching
SKIN, Itching, crawling
SKIN, Itching, eruptions, without
SKIN, Itching, fleabite like
SKIN, Itching, scratching, changing place on
- 2 SKIN, Itching, spots
SKIN, Moles
SKIN, Prickling
- GENERALITIES, Air, draft, agg.
GENERALITIES, Cold, air, amel.
GENERALITIES, Coldness
GENERALITIES, Cramps, Muscles
GENERALITIES, Cramps, Muscles, wandering here and there
- 3 GENERALITIES, Energy, lots of
GENERALITIES, Energy, lots of, evening
GENERALITIES, Energy, lots of, night
GENERALITIES, Food and drinks, alcohol, alcoholic drinks, agg.
GENERALITIES, Food and drinks, chocolate, desires
GENERALITIES, Food and drinks, coffee, desires
GENERALITIES, Food and drinks, ice-cream, desires
GENERALITIES, Food and drinks, onions, agg.
GENERALITIES, Food and drinks, strong food, desires
GENERALITIES, Food and drinks, sweets, desires
- 2 GENERALITIES, Heat, flushes of
GENERALITIES, Heat, flushes of, waking, on
- 3 GENERALITIES, Heat, sensation of
GENERALITIES, Heat, sensation of, night
GENERALITIES, Heat, sensation of, alternating with sensation of cold
GENERALITIES, Heat, sensation of, waking, on
- 4 GENERALITIES, Lassitude
GENERALITIES, Motion, amel.
GENERALITIES, Pain, Muscles, of
GENERALITIES, Pain, spots, in small
GENERALITIES, Pain, aching
- 2 GENERALITIES, Pain, cramping
GENERALITIES, Pain, cutting
GENERALITIES, Pain, drawing
GENERALITIES, Pain, neuralgic
GENERALITIES, Pain, shooting, darting, lightning, quick
- 3 GENERALITIES, Pain, sore, bruised
- 3 GENERALITIES, Pain, splinters, sensation of
GENERALITIES, Pain, stinging
- 3 GENERALITIES, Pain, stitching
GENERALITIES, Pain, twinging
GENERALITIES, Pulsation, internally
GENERALITIES, Swelling, sensation of
GENERALITIES, Weakness
- 4 GENERALITIES, Weariness
GENERALITIES, Weariness, morning

Argentum Sulphuratum

GENERALITIES, Weariness, afternoon

GENERALITIES, Weariness, night

Carbon Dioxide

Scientific Name

Carbon Dioxide
Carbon Bioxygenium
CO₂

Proving Details

Primary Proving Location: Boston, MA

Year: 1996

Master Prover: Louis Klein R.S. Hom.

Co-Master Prover: Jackie Clason, R.S. Hom., C.C.H.

Compilation: Sherrill Sullivan

Source Notes: Catherine Sharfstein R.S.Hom., NA and Louis Klein R.S. Hom.

Remedy Preparation

Provers took a 30c potency, one dose, without knowing the identity of the remedy. For this proving, Michael Quinn, the homeopathic pharmacist selected the remedy. The master provers did not know what substance they were proving

Source Notes

Carbon Dioxide is a widely distributed gas which makes up 0.4 % of the air. J.B. van Helmont (1577 - 1644) discovered that a gas was formed when limestone was treated with acid, and that this gas differed from air. It was Carbon Dioxide. He also found that Carbon Dioxide was produced by fermentation. The same gas was present in the Grotto del Cane, a cave in Italy, in which dogs were observed to become unconscious. This gas was escaping from fissures in the floor, and it was displacing the air in the lower part of the cave.

Carbon Dioxide is a colorless and odorless gas. It is about 50% heavier than air. When it is dissolved in water (easily), only about 1% of it reacts with the water, and it forms carbonic acid which has a weak acid taste-- $CO_2 + H_2O = H_2CO_3$

One liter of water at 0 degrees Celsius dissolves 1713 ml of the gas under 1 atmosphere of pressure. It is therefore the ultimate oxidation product, and it is also the major product obtained when carbonaceous matter is burned in an abundant supply of air or oxygen. There are processes in nature that keep the amount of atmospheric Carbon Dioxide at a relatively stable level.

When the supply of oxygen is insufficient to provide a complete conversion of Carbon to Carbon Dioxide, CO₂, then the less highly oxidized product Carbon Monoxide, CO, is formed.

Carbon Dioxide may also exist in crystalline/solid and liquid forms under certain conditions of temperature and pressure. Solid Carbon Dioxide (-78 degrees C) is known as dry ice, and it is used as a refrigerating agent. "Dry Ice" has the advantage of not melting into liquid; rather it sublimates and absorbs 3 times as much heat per gram of weight as does regular ice in the process of refrigeration

Some of the commercial solid Carbon Dioxide is made from the gas emitted in a nearly pure state from the gas wells in the western United States. Most of the Carbon Dioxide which is used commercially is a by-product of cements mills, iron blast furnaces, and breweries. Carbon Dioxide can be liquefied at an ordinary temperature under a pressure of about 70 atmospheres.

Carbon Dioxide

Carbon Dioxide is available commercially in steel cylinders as a liquid under the pressure of its own vapor. Carbon Dioxide is non-toxic in low concentrations, but it is toxic in high concentrations. Human beings lose consciousness when exposed for even a few minutes to an atmosphere containing 10% Carbon Dioxide.

Carbon Dioxide is used for the manufacture of sodium carbonate (washing soda), $\text{Na}_2\text{CO}_3 \times 10\text{H}_2\text{O}$. It is a white crystalline substance used for washing and cleaning, and as an industrial chemical, sodium hydrogen carbonate - NaHCO_3 (baking soda, bicarbonate of soda). Baking powder is used in making biscuits, cakes and other foods. Its purpose is to provide bubbles of gas to make the dough "rise." The reaction that occurs involves the action of an acid on Sodium Hydrogen Carbonate to form Carbon Dioxide, carbonated water, for use as a beverage (soda water). Carbonated water is charged with Carbon Dioxide under the pressure of 3 or 4 atmospheres.

Carbon Dioxide is used in fire extinguishers because of its properties of being 1 1/2 times heavier than air and not supporting ordinary combustion. The cylinder of a portable fire extinguisher is filled with liquid carbon dioxide. It releases CO_2 from the steel cylinder in the form of a gas which smothers fires.

Plants use CO_2 in the photosynthesis process. In this process chlorophyll (the catalyst) and sunlight (the energy source) must be present. The reactions and products of these reactions are:
 $6\text{CO}_2 + 6\text{H}_2\text{O} = \text{C}_6\text{H}_{12}\text{O}_6$ (simple sugar) + 6O_2 , or
 $6\text{CO}_2 + 5\text{H}_2\text{O} = \text{C}_6\text{H}_{10}\text{O}_5$ (cellulose) + 6O_2

The most important carbonate mineral is Calcium Carbonate CaCO_3 . This substance occurs in beautiful colorless hexagonal crystals as the mineral Calcite.

Laboratory preparation of CO_2 consists of treating calcium carbonate (marble chips) with hydrochloric acid, although any carbonate and bicarbonate and any common acid could be used. The gas is collected by water or air displacement: $\text{CaCO}_3 + 2\text{HCl} = \text{CaCl}_2 + \text{H}_2\text{O} + \text{CO}_2$. Commercial preparation of CO_2 is accomplished by burning of coke or petroleum: C (amorph) + O_2 (gas) = CO_2 (gas)- a by-product of fermentation, "burning" or decomposing of limestone.

Commentary

It was appropriate that this proving was done on the eastern seaboard of the United States, since Carbon Dioxide is such a strong byproduct of industrialization and increasing pollution, and relates to issues like global warming and even poverty. On the other hand, we also associate Carbon Dioxide with the good life, such as in bubbling products like Champagne or "sparkling" mineral waters. These two extremes were found in the proving.

Extraction Meeting

The "energy" of the extraction meeting was apparent many months before the actual formal meeting. Many of the participants in the proving insisted on a meeting right after taking the remedy to discuss what would happen at the extraction meeting 2-3 months away.

This first meeting was held in a restaurant and the first order of business for planning the extraction meeting was the planning of the food for the “celebration” after the meeting. There were arguments, primarily about when the food would be served and what it would be. There were long discussions of how the meeting would be organized.

Approximately three months later, when the extraction meeting started, the provers were on either of two extreme, being either quite lively or quite subdued. Some provers stated that they had had trouble with money, either suddenly losing it or suddenly finding or gaining it. This is part of Carbon Dioxide and one of its key indicators. During the proving many of the provers had a strong desire to “party” and wear clothing reflecting this. Others had a concern about organization and money.

Post Script

Carbon Dioxide is a remedy that I have seen for respiratory problems. Some of the key indications in the disposition have to do with a feeling of loss of material wealth and a tendency to organization. There may be alternating states: organizing and planning, and partying.

Additionally, this is a remedy to consider for someone who has gone through an intense trauma or natural disaster, like a fire.

Proving Collation

Prover number, day and time, symptom, type of symptom

MIND

07,XX:XX:XX More gloomy and irritable with family for most of the first part of the proving. Symptoms seemed to lift when I was able to be outside and garden or walk.

08,XX:XX:XX No desire to work [NS since beginning of proving].

03,00:09:XX Difficulty spelling (between 4 and 10PM). NS

04,00:10:30 In a class! wandering and watching people without feeling of involvement.

07,00:13:30 Foggy/sleepy feeling. Driving back from shopping at nurseries. Beautiful day, warm sun. Almost seemed otherworldly. Is this a drug remedy? Got home and felt like too much to do--house, work, yard. Overwhelmed. Where to begin. Would rather go to sleep and avoid thinking about it. AS

07,00:14:00 Ate lunch and felt better.

04,00:14:30 More chatty than usual. Supervisor observation: voice sounds peaceful, sing-songy, and musical.

04,01:XX:XX Soft voiced.

03,01:XX:XX Very pissed off at friend in afternoon. AS. Feeling of friend being inconsiderate. AS. Ready to tell friend off. NS. sleeping a lot. AS.

Carbon Dioxide

03,01:10:XX Spacey, hard to focus. NS. Misplacing things. AS. Anxiety re: work - none. CS. Sense of intoxication. NS. Feeling she shouldn't be driving. NS. No motivation re: work or anything. AS.

05,01:19:10 Was hungry, but was not after the remedy. I've been enjoying looking out the windows into the sunshine this AM. Feels connecting, fulfilling somehow, feeling relaxed and mellow more than usual.

04,01:20:30 "Spasm" of annoyance when a phone call was not returned by practitioner. Unusual.

05,01:25:30 This afternoon I found out I had \$5K less in my bank account than I thought. Opened to possibilities. Fired my bookkeeper and hired a new one. Fairly unemotional about it though. Nothing personal.

04,02:XX:XX "I don't feel good, it's like an undertow." I want to close my eyes and not be present. I couldn't read. (My throat symptoms are) "evanescent.

04,02:XX:XX "I like all this attention"-- Unusual for me to say something like this.

08,02:XX:XX I feel high at edge of tree feeling as if I took Ecstasy. I thought about S, J,J, L and P. I feel at peace with them. I guess I willed the high.

08,02:XX:XX Feeling so moved by my experience I have worked with these issues before but somehow this feels deeper. Deep level of awareness. Keep crying. God bless this proving, I finally will clean it out. My eyes feel half closed, blurry, and dazed-like feeling, yet I feel close to Euphoria.

03,02:XX:XX Whole day <. Gentle inebriation eve. Couldn't speak, like a stroke victim, I had to think how to say things. NS. Irritable in AM-picking on husband. AS. Eve. 7-10PM Perception of other people swaying. NS. Very relaxed and calm all day. NS.

08,02:10:XX Thoughts came with Headache. Wake up with tremendous pressure over my right eye and around the Eye socket as the headache progresses and when in bed I get this kind of feeling. This is not bad compared to my migraines I used to have over 4 years ago. The first thought that comes to mind: This pain in head, shoulder and liver is the result of negative thought patterns stuck in me since childhood. It is the resentments that were modeled by the family, the manipulation through anger and guilt. The exploitation of my innocent child's feelings or emotions. I thought that was the way to be so I started acting the same though it felt harsh and destructive. I feel the need to pass my hands over the affected areas. As I do that I think you belong to the distant past. Kindness and acceptance now take the place of pun, negativity and ugliness. People come to mind that I recently have had issues with and a deep feeling of forgiveness takes place. I give you back what you gave me that was not nice and I take back what I gave that was not nice: In our experiences I validate what was positive and what I did that was good and the positive intentions I always had. As I touch every part in my body that is ailing I feel the part relaxing and the pain is easing off. In my mind, I put kindness in my eye, my head, my shoulder, my liver I realize that kindness lacks in me when enter into competition I feel kindness being this expansion of my awareness in acceptance. After this the pulsing and the pressure in my eye is gone.

Carbon Dioxide

04,02:11:XX I watered my plants, without resistance, unusual for me.

06,02:22:XX (8 AM to noon) Rainy, dark day, feel a little down and irritated at things that usually don't bother me. Felt I could cry but didn't. Had errands to run and didn't bother. Noontime, tried calling a friend and my husband to talk to in order to get out of the mood. 8:30PM and I'm ready for bed.

05,02:23:00 For the day I felt energized, but heavy physically. I also felt certain levels of negativity (disgust, down thinking) that I struggled with in the afternoon. Gloom and down felt pulled downward into negativity.

03,03:XX:XX Bought plants. AS. Desire to do gardening all day. AS. Very irritable. AS. Forgetfulness. AS. Walked by a tall house and felt like I was shrinking, felt small and turned corner, went by small house and felt big. NS. Felt emaciated. NS. Critical. AS.

08,03:XX:XX Thought: There is this softness inside now, all the stuff about S. I closed off to him with a hardness around it now. I'm softening about this closing off, much more at peace with him [S]. I don't have to insist on things from the past, issues between us that I would keep inside. He would go back to past-- regurgitate it again-- he adds and subtracts to story. I would keep the memory clear - so when he comes with a distorted picture of past I could say exactly what happened. I kept that alive and this damaging, now I'm not concerned with that anymore. I am letting go of the past, I am a nice person, he is a nice person. Whatever happened, happened. Like my sister... She would do things for me, then keep bringing them up when she wanted something from me. I would get so hurt that she did that. Steve would bring up issues that he did for me and he expects something from me. [I am feeling tension in my chest talking about this] This is my pattern to hold onto things.

04,03:10:30 Still feeling "friendly."

04,03:10:30 I do not usually like bad news, but I like it even less now.

04,03:14:00 Mental irritation-- pressure to get things done.

04,03:20:00 Impatience with idiosyncrasies of patients, detached, "get on with it" feeling. Things look clearer, clearer, better, fresher.

04,03:22:XX Watched the movie "The House of Spirits" in preference to favorite TV show.

05,03:91:00 Negative thoughts protruding. I had situation at work in AM struggled with negativity. Got angry, did not solution think as I usually do, but just got pissed off, or felt defeated and depressed. I began to have thoughts of desperation in business-- defeat, business failure (things just aren't that bad.) I'm usually positive, but I found myself withdrawn. I kept struggling with it.

03,04:XX:XX All day feeling and saying that there isn't enough time for anything, to do anything. AS. Feeling of friendlessness-- better. CS.

03,04:XX:XX Spacey, better by eating. RS.

Carbon Dioxide

08,04:XX:XX All the resentments I kept under the icing of Justification. I am at peace but need to keep the S. resentments to protect my self. Realized until I am at peace with S. I won't be able to move on. Satisfy - I am peaceful. Felt before I will leave because he is a Jerk or this or that. Now I can leave because it didn't work. I want to start vitamins to have him be better and I am having a cup of coffee.

06,04:00:XX (entire day) Non-eventful day, relaxed. Things seemed to go SLOW. Took longer to do things than I expected.

04,04:XX:XX Irritability rushed, pressured to get things done. Edgy with patients felt detached, feel very businesslike.

04,04:14:30 Anxiety with low back pain, etc. Fear it would prevent SLEEP so I took licorice as a laxative.

04,04:22:30 Feel I antidoted the remedy prior evening because I took licorice to relieve constipation. Conscience stricken.

05,04:103:00 I kept saying no to outside pressure throughout the day felt isolated, upset, tight mentally. If someone were to CN or a patient were dissatisfied, I'd get upset, tense inside. I would not say/do anything. Retreat into my office. Ate by myself, very little contact with staff and other co-workers. Very negative, nothing is working out.

04,05:XX:XX Do errands. I just get things done...odd for me. Feel guilty about possible antidoting by the licorice.

03,05:XX:XX Forgetfulness and must write things done. AS

04,05:XX:XX Went to visit two Botanical gardens on the same day.

06,05:00:XX Desire to get outside all morning, felt had "housatosis" Finally got out and loved the outdoors.

08,05:14:XX I feel strong and beautiful.

03, 06:XX:XX Mind-more focused than usual, especially with working on cases Memory improved. AS

04,06:XX:XX Anger at personal injustice-- usually philosophical.

04,06:23:00 Fantasy something disgusting was creeping up on me out of the floor and creeping around my feet. Sense of disgust, had to throw out all "old food" in my refrigerator.

05,06:164:00 Have been putting up less with complacent people in my life. Intolerance is not as great but still present. Today I put my foot down with my wife Diane. She was going to set us up with a couple for dinner who she anticipated would be difficult. I was not going to put up with it. This situation did not have to be bad. She was putting a negative spin on it and I wasn't going to leave headed into it.

Carbon Dioxide

04,07:XX:XX Pervasive mood-- friendlier and more outgoing, but also impatient and cooler. Anger at problems, weighed down by chaotic class. Irritated at conversations.

06,07:00:XX Woke tired (5:30AM), felt a little down (8:30AM) and could easily weep, but didn't. By noontime in a good mood but still tired. Day was a little cloudy, damp.

04,07:19:00 Made effort to be personable.

04,07:20:00 Tired, worn out.

06, 07:22:XX 9:00AM Driving, seeing people in their cars, walking and thought, so many souls, where are they going?

08,08:XX:XX I want to have time off. I didn't see clients last week but I worked like crazy trying to get caught up. Now I feel the need to just enjoy the weather and relax.

05, 08:XX:XX PM - Taught a seminar to other acupuncturists. I felt relaxed, enjoyed the interaction. I found that many of them felt victimized or out of control with "the system." (Drs, insurance co., patients) I was pushing for them to stand up for themselves for what they believe in. Stand up for themselves in their ideas and rights as practitioners. To set up systems (boundaries that help them) I am usually for this but I was a bit more evangelistic than I usually am.

07, 09:XX:XX Felt foggy/sleepy the rest of the afternoon lasted for the whole proving. On the way home from watching video of a hypnosis session. Wonder if part of the trance had worn off. So much consistency. AS.

05,10:00:00 My mind felt less anxious when I'm in a bad situation-- being thrown around but still helpless, vulnerable to any attack.

04,10:XX:XX Amiable, wandering around. sleepy all day.

08,10:XX:XX I find myself more detached or more neutral with the behavior of my husband that normally causes me irritation.

07,10:08:17 6:17 AM Unloading dishes from dishwasher. Putting my plates 1 way and wondering if I'm putting them in the right place. Whether I'm putting big plates in with small plates. NS

04,11:XX:XX Felt irritable, disappointed, and unheard. Left out of a decision process. "Too many words, tired brain" after seminar. If I hear one more theory, I'll spit at them. Embarrassing to talk about my stool (to supervisor) OS Disappointment that more people aren't interested in the proving.

05,11:00:00 Is calmer and feels Ok with the urgent stuff that goes on. Night--laying in bed with my wife felt warm and cuddly, still no sexual physical desires that are strong enough to act--but somehow its OK with me. She's not too Ok with it. Feel better in being centered, manifesting.

My wife and I had a vision together of walking down a country road together, relaxed, free. Have been noticing females sexually less.

08,11:XX:XX A lot of thoughts of what evil really is my negative judging or distressing thoughts are the seat of evil. Evil gets created by our own minds. Same feeling as an evil entity doing it to us. Image looks like the devil to me. Idea of a thought that has element of judgment, that I can see the energy that has a physical appearance of the devil. I am concentrating on sending that negative thought into the light. These thoughts create or is [are] the evil entity. I am becoming very observant about small things, my thought patterns and how my thoughts are creating these things. I am aware of these thoughts much more and am releasing this energy. this is why my liver is better because I'm not letting it go to my liver, not carrying these thoughts to my liver. feeling quite grounded, I'm a physical being, I'm here, I'm not floating. I am much more accepting of Steven's energy. His struggle shows in his face when he says something, I used to immediately judge it - but this is not happening now, I'm not judging it anymore - I'm feeling neutral, detached - it's his struggle.

05,12:00:00 Busy day at clinic. Still theme of intolerance. People are taking me off my path-- no doing what they say. Secretary is a complainer, so I may have to leave. It's coming down to people I have to associate with need to be carefully chosen. Feeling this a lot more, and more steadfast in my energies to change it. Not so tolerant of this stuff.

08,12:XX:XX Still processing forgiveness issue. Need to move more to neutrality. Cried when running about feeling that I'm finally forgiving S. I came to feeling of total forgiveness. Commitment of not bringing it into my life anymore. Brings a lot of emotion-- sadness [sadness] about the relationship also gratitude or happiness that I'm finally there at forgiveness. I feel moving toward the creator [creator] with detachment, and neutrality from the center place I have access to what is Good and positive. Desire to do mental work.

04,12:XX:XX "Brain drain"-- long day-- wiped out.

04,13:XX:XX Wildly busy, but not overly pressured. Just getting it done. Unusual for me.

07,13:XX:XX Feeling kind of glum this morning. Not enthusiastic about the day. Thinking I have been having many days like this and wondering if it's me or the remedy. NS.

05,13:XX:XX Still feeling of intolerance around people--saw a busy day at the clinic. People not taking responsibility for their actions and what they say. I need to be more responsible to whom I associate with in business. If I let awful people close to me, it'll be like a virus-- infected feeling, just getting tired of this stuff and unwilling to take it anymore!!!

06,13:02:XX Had insight regarding viewing a case. That the essence is always there no matter how the person presents themselves, even if they are not in their normal behavior, they are showing their essence.

07,14:XX:XX Then haircut. Felt I laughed too loud at a comment that might be taken as unfriendly or unladylike and felt bad about it. NS.

03,14:XX:XX Difficult articulation-- articulation of words still not formed. NS.

08,14:XX:XX Out of nowhere a few days ago saw high heels [heel/heelled] shoes at the shoe store and wanted to wear heels which I haven't done in 19 years.

04,14:XX:XX Talking to friend on phone-- she noticed that I'm nicer. I comforted her and she commented that it was unlike me to do that.

04,15:XX:XX Feeling harassed. Very busy.

08,15:XX:XX I do not want to work. Once I start I am fine. Find pleasure in work. Being behind in accounts and things I offer people wears on me or wears me out. Right now behind with cases I offered to go over for the study groups. I feel pressured I want to get up in the mo. [morning] read inspirational Books, go for a run, eat light and delicious and be in the sun for a while.

05,15:XX:XX Last night at business meeting had to say some things that weren't very nice-- but it was OK, I didn't care. I could speak my mind and set direction with person who is usually intimidating-- but was able to get him to listen. But it's not important whether he gets it or not, we are going to go ahead. Stayed focused and friendly. No tension in neck or back (it's been very strong past two weeks-- like a Geiger counter - if I'm not being truthful to myself. Insight: can no longer be stored inside. My wife's family-- they were super weird-- distant, uncommunicative, secretive, holding. Instead of feeling angry about it I just found it odd and my wife and our kids were amused about it.

07,16:XX:XX Note: this part was crossed out: [I am not sure I am getting anything from this remedy or maybe I am too busy to notice.] POSSIBLY MORE LIKELY TO SPEAK MY mind (but guarding against it. What may come out might be unlikable.) Certainly, I've had to be more introspective and check things out.

05, 17:XX:XX Stressful situation at work (patients not feeling better, it's not working, etc.) I still feel like an outsider in my office, rent space. Feels like the women's club, feel distanced by it. I can handle it, but I'm clearer that I don't need to-- not the intolerance as before, but a feeling of needed change.

07,17:XX:XX Nervous before a meeting.

05, 18:XX:XX Talk to D about our separation--we work too much and are away from each other too much. Want more of a connection with my partner. Would feel better. We talked of sexual contact, but were too tired to do anything.

05,18:XX:XX Watch Knot's Landing special with drinking. She's a mess, but somehow, I'm not intolerant. I'm OK with her habits. A shift!!

06,18:XX:XX Thinking about proving. Feeling I am wasting my time. Thinking I am not proving the remedy and I hate putting my time in when it appears purposeless. Wish I had repeated remedy the first day and taken better notes and spending more time each day. The day goes so quickly. I'd like to do this again at another time and do it right.

06,19:XX:XX Feeling relaxed and desire to be outdoors, got the garden going.

06,20:XX:XX Feeling I'm always going somewhere doing something. Want to simplify things.

Carbon Dioxide

04,20:XX:XX (with diarrhea and vomiting) Forlorn, emotional, I had done a piece of artwork-- a collage-- "it's hurting my brain to look at it. It made me "CRAZY" with the diarrhea-- I kept imagining things coming out-- worms mice. No one will help me and now wants to.

08,21:XX:XX I feel good, centered, inspired. I have to work even though I [I'd] rather read and 'go for runs' My body feels freer and strong [stronger]

08,XX:XX:XX Sitting at the computer [as soon as I did] tension in my neck and shoulders distressed anxious, fearful. Fearful of what; why do I feel this way? fearful that I'll make a mistake and the whole thing will be messed up [my accounts] as if I do not know enough to do my own accounting, as if some very disruptive thing [is] about to happen that will take days to fix and I do not have time. Went upstairs where there is no computer, feeling is back [EMR?] [WS].

05,22:XX:XX 12:30 AM I lay down and said, OK going to trust that good things are happening: I told the universe to get my attention. I was half asleep. Then I heard a voice: "David... DAVID!" Very clear! I jumped up and said "WHAT?" Then said, "OK, if you talk to me like that I will not miss a thing." (didn't pay much attention the first time: then it got LOUD) Then fell asleep (I always read diving books and magazines before going to sleep-- it put me in the right mood.

08,23:XX:XX 8:00 P.M. at the end of the day. I feel tired, body aches, not knowing if to eat, exercise or continue working: plenty of paperwork to do. FEELING: I decide to go for a walk. I get to the woods by the water sense of oneness [N.S. - ?] [A feeling I get but more often since the remedy] I feel great. A blue heron flies from the edge of the water very close to me.

04,23:XX:XX Cancelled work. Ignored phones. Very big anxiety about money- sadness, forlorn, "no one with any sense looks after me-- Threatened my friend to resolve the money situation.

-

04,23:XX:XX on going to bed and closing my eyes-- a vision of a bleeding, beaten woman standing by the road in tatters. I'm still feeling bruised.

04,24:XX:XX Still ignoring phones-- empty feeling. A phone call regarding money.

04,25:XX:XX Still worry about money.

08,25:XX:XX Emotionally I continue to be much more peaceful. It is my choice to keep detached from the turmoil of the negative emotions that people put out. I am able to see what I put out and work with it until it is good.

06,28:XX:XX Noticed lack of wanting to overextend myself. Usually do overabundance of things and will be committed.

05,30:XX:XX Feel like I'm making better choices. Normally have overwhelming sense of responsibility. Now seem more careful and discerning

05,33:XX:XX Boundary setting continues getting better at it.

05,42:XX:XX This trip home was different. I set good boundaries with my mother (who complained about the way my brother was raising his son) she respected that.

06,60:XX:XX Realized missing \$3000 in checking account.

05,78:XX:XX Second day of the workshop-- he attacked me verbally through his translator for asking a question. During the surprise taping (video) of which he wanted to later sell. I stood my ground quietly, did not resist and found strength in passive resistance. He backed down and I had the support of the group. He was manipulating us during the last part of the workshop. Usually I react to an attack with more vigor, but this worked well. I felt good about myself and did not make it personal (of which I'm sure I would not have held up as well).

DREAMS

04,00:XX:XX Flames and yellow leaves; detached, friendly, bemused.

08,00:08:XX War in the jungle like Vietnam. I am an American soldier. I move on from one situation to the next, seeing people being ambushed and killed. I don't see blood. I am trying to survive. I negotiate to keep alive! I move alone in the jungle. I came across a native and another American soldier. The native offered to smoke dope with me and the American soldier. A Vietnamese soldier then took then both away. I felt always in danger. I moved at night. Then I came out of the jungle to the seashore. I see rocks there, I see a woman who is my maid. She is with her family. Then we walked to my house, which is a tropical wooden structure, I hear two woman talking, one of them says its going to be a long night. I get the feeling that one of them is sick, then I feel that I can help that person who is sick.

08,00:10:XX I am at the hair salon with my daughter. The women walking they were wearing sexually explicit costumes-- G-string and bare bottoms. They wore bright colors-- flamingo pink, bright orange, lemon yellow. Why am I here? The woman doing my hair offers to give me a costume to wear, and if I wear the costume she will give me a body-sized picture of myself. It is a whole body suit with a yellow collar with texture like a stuffed animal. I said I was too old for that but I wanted my picture taken, but not in the costume.

08,00:10:XX About a toy that helps teach my daughter to count. There are buttons to learn to count by. I see electricity running inside the toy, then it transforms into something bigger. I thought about how I can send this to my sister for her children.

06,00:13:XX Scotty dog lying on the kitchen floor, 4 legs spread out-- my family was home and I said Ok guess we have to keep him, he has no place to go.

08,01:00:XX I am outside of the store that belongs to this older man who is a friend or relative. Then a bus comes by and a man comes out of the bus. I now that he is planning to rob the store. I warned the owner and get the owner to duck under the counter.

08,01:10:XX I am at the house I grew up in. There are trees in the backyard. The soil is compacted, I am using a hose to wet the area. Some friends are helping to put construction material around. I am trying to make the place look nice. I bring in the hanging plants to put among the trees.

05,01:37:30 Vivid, realistic dream in the present. Going back from a class at night, I have my book and my laptop computer with out the carrying case. This makes it awkward and obvious that it's a laptop. One of the women in our group (of 5 or 6) needs to stop by her apt first. We find ourselves walking into a slum, desolate dwelling, and outside is the middle of the 4 buildings,

(which created a black and white effect--the color in the dream stopped) were African-Americans--they were dark Black-large round eyes-staring. They barely moved but stared. Her apt was close by in and out. Left the plaza and went to a small corner store where the owner (an old black woman) was concerned about our safety. She gave us tips on how to survive and sent us on our way. My friends did not seem distressed. I felt sort of safe, but an ominous feeling prevailed. We went out to the parking lot there was a very small car. They decided to get in and back it out of a tight parking space, so myself and another person would get in just a minute. The driver backed out quickly (60mph) and struck another car, they both blew-up in flames, THEIR SOULS EXITED THE BURNING CAR AND WERE ASCENDING TO HEAVEN, and demons were busy trying to pick them off on the way. I felt stunned and relieved. I couldn't believe this just happened.

03,02:XX:XX Supervisor telling her to write things down. NS.

07,02:08:XX Dreamt about playing basketball. I don't play basket ball-- don't remember too much more about the dream. NS

08,02:10:XX I am in CR (Costa Rica) where I used to live. Cooking a dinner for the people past, present and future, whom I have issues with. I remember saying this in the dream, as I am waking up.

07,02:13:30 Went to N's soccer game and one of his teammates had broken his leg playing basketball. (Coincidence?).

05,02:17:00 In some kind of trouble and an Irish Schoolteacher (set in turn of century) risks her job to help, she's strong willed, and spirited and unafraid.

08,03:XX:XX Getting ready for an event with all these women. Fixing the road. Went into the house and I see this hole in the ground. The texture of the soil is smooth and reddish. I realize the stone on the side of the hole is to warn people of the hole. So I-- went in. Those women around there is a competitive feeling in the air among the women. I go in a back room put this dress on see myself in the mirror looks good. Then turn my body to see the back in the mirror and a piece of material that should go under the neck of the dress is hanging out. The feeling is I need to look good and now I won't because of this. Realized how silly to store all the offenses very carefully to remember them when I need to throw ugliness at people. I now realize how that is festering in my body creating illness. I'd rather forgive and forget. When I think this my body relaxes.

05,03:77:00 Conflict/struggle had difficulty under-standing what to do in a school setting, a teacher helped. Had feelings of being pressured and decided not to do it. I actively resisted suggestions-- fought back.

04,04:09:00 Breaking drinking glasses-- broken glass pitcher and one jelly glass-- into rings, not shards. DREAM: Lost in an emergency room in a hospital.

06,04:13:XX I was supposed to teach a homeopathic 2-day course. I didn't feel prepared to do it and didn't know why I was teaching the course when the people in the course were so much more experienced than I. A woman started talking and ran all day and I was relieved I didn't have to teach. I left the hotel the course was being offered at and was hit on the passenger side of my car by an old white-beige colored car. I pulled over and a blond haired woman with long fingernails tried to get in. I had my window up and locked the doors and drove off-- realizing the

woman was with the car that hit me and it was a set-up. I couldn't find the hotel and was out all night and found it in the AM. My hair was greasy and I needed a shower and it was time for class. I wouldn't make it. I had to get cleaned up. I was somewhat relieved because I wouldn't make the class but wiry from the experience.

05,04:10:00 Had one dream, forgot it. In AM: Woman came up to me and said, "tonight we can go into this Time vortex-- go back to first time Beatles played on Ed Sullivan" I refused-- she got REALLY MAD. (he has dream recorded in detail).

07,05:XX:XX I had some dreams last night-- I just remember snatches. NS I was involved with some guy I had just met. He was wild. We were screwing and afterward realized it was a mistake and I probably was pregnant. Thinking I could get another abortion. Thinking it would have been a good idea to put a diaphragm in my purse just in case. Thought about the dream I kept thinking about being pregnant. We were in someone's house. There was some danger. I slid down a snow-covered embankment to rescue someone who had been shot. He was inside a house at bottom of hill and glad to see me. A bad guy got killed by a tiger. I believe the tiger was protecting our territory. Or maybe it was one of us that got killed trying to sneak onto the bad guy's territory.

07,05:XX:XX It was night. I came outside to get some fresh air. J was there. (someone I haven't seen since 1981, we had been best friends but had a falling out, still bother about it) I was happy to see her, we moved to the back yard to talk. I thought I should adjust the lights in the back and went inside to do so. Realized it was the house I grew up in, in Palm Beach. I was asking my mother if that was a blueberry tree outside the door. Feeling: WISTFULNESS, SADNESS AT OLD FRIENDS AND OLD HOUSE (we moved to KY with my mother after my parents divorced. I always missed my friends there and that wonderful house).

05,05:19:00 (he had watched the last part of "The Shining") Fragments-- guys came in saying "this is how it's going to be." But I refused, I popped "em in the head (they pushed it to a physical level). "I don't want to do this" hit them in the FACE, got their attention-- "you don't know it but you are NOT going to push me into unfamiliar territory-- I can go as far as you want to take this thing." They backed off.

05,05:19:00 Recreation of "The Shining" I've been having dreams of TV shows and situations that I've been in. Conversations or dramatic scenes on TV that are replayed. I don't usually have recreation dreams. Most of these dreams are disturbing.

05,05:19:00 AM: These guys come in demanding I do something that I didn't want to do. I refused-- they come at me again, putting pressure on me to conform. We don't talk but stare down-- the feeling we exchange is that I am not about to do what I do not want to. If they want to try to get physical, it is OK with me. I can go there, too. They sense the conviction and back off.

08,06:XX:XX Dream I am in a building I do not recognize, and I am with a baby. It is a baby girl. I am changing her and I put my hand over her crotch and feel sexually aroused. Immediately I catch myself and say to myself What are you doing?! this is sexual abuse! This is incest! The feeling is I am horrified and worried for the baby. It dawns on me that just this single incidence can be traumatic for the baby. With a great deal of worry I check her FACE to see if she is showing any indication that confirms that what just happened was traumatic to her. I feel shame while I tell this to Walter and I feel disturbed, horrified that my subconscious mind can produce something like that in a dream. Does that mean that at some level that is in me? Have I done something like that in any lifetime?

This dream was upsetting and continued to be upsetting for several weeks.

06,06:15:XX With myself and a friend and a few other people, I didn't know she was trying to sort out a money situation-- who owed what. I was a little annoyed and thought it humorous-- what was the big deal, everything had to be even as far as each person.

07,07:XX:XX I had a dream I remembered. YEA!!! I had to get home because someone told me my birds were out of their cages and were dying. They had not been fed for a while. I had neglected them. I felt horrible and began to run home. I was running barefoot on sidewalks but the sidewalks were covered with small pieces of broken glass. This was in the city. My feet were tough so I kept running. At a certain point I stepped to pick the glass from my feet. A couple of men, African-Americans, came over to help me pick all the glass from one foot and then the other. They were quite nice and concerned. I asked them how all the glass got there and it turns out they did it-- just having fun breaking bottles, not thinking of the consequences. They wore shoes, so it didn't matter to them that glass was on the sidewalk. I told them they really should clean it up. They offered or I asked for a ride home. My feet were sore. But the car took too long in coming and I continued on my way. On the way home, I thought I've got to leave signs around my house to "FEED THE BIRDS" so that I will remember and not ignore them. Maybe I should put the birds in a part of the house where I will see them more often. On the way home I saw a bird in an aviary outside and I thought what a nice place for a bird - maybe I can find a place in the shade for my bird. When I got home and entered the porch NR I saw some very tiny raccoons - just born. I wondered how or WHY they would have come into my house. I was intrigued watching them and was pleased they had chosen my house to come to. There were several of them in all sizes- some looked like cats. I was relieved to find another person outside taking care of them and making sure they were all right. I think the birds were OK. I woke up before I actually went into their room to see about them.

05,08:00:00 I was strongly opposed to negative thoughts. I fought strongly to stay focused and did not give in to depressing/victimizing thoughts or distractions. Kept on course.

08,09:XX:XX Slept late again.... Deck/sidewalk made out of stone with walls that go up to the waist; like a rail of stone. Sense of medieval time. Sense that the sea is beyond that deck but I don't see it. I stand close to a big door looking at this man that [who] is sweeping the floor of this deck-sidewalk thing. His broom is made out of sticks with small branches at the end gathered in a bunch and tied around a pole. There are lots of little mounds of dog shit or animal shit all over. He goes around sweeping, pushing the shit from 1 place to another trying to gather it, it is not sticky shit, but somewhat dried up shit. He is ranting and raving about the stupid idea of building this sidewalk, now he has to clean the shit on it. I start to help him clean the shit but I don't see myself using a broom, I am wondering how he will discard it. No dumpster or bag in sight. [End of dream.]

08,09:XX:XX I am walking on this reddish dirt road that comes out of this castle-like brown building. There are walls on side of road. Everyone is riding a bicycle. [bicycle] Some people very skillfully make their way with their bike thru the crowded street, I am thinking there is no way I'll make it here riding a bike. I look at the bikes again they almost touch each other with the pedals. Am imagining if someone touches my bike I'll fall or I will be bouncing all over the place, fear of ridicule or embarrassment!

08,09:XX:XX My nephew come[s] to live with my mother, my sister and me. He is 13 or 14. I am maybe 20. He doesn't have any place to stay [in reality He [he] has been getting into trouble] I

have the sense in the dream that he is trouble. I am looking for my green dress and I don't find it. I look everywhere, not there. I know he got it and I ask him where it is. I am angry and get out of the house to go and look for my mother. I am running down this long road. Didn't find my mother. On my way back I am going down these hilly roads and I am sliding with my feet as if I had roller blades or skis [skis] I am going so fast; at times fun at times scary. Come home. My mother who is now a man is trying to force open the door because I left the keys inside. I say I am sorry and start accusing my nephew of stealing my clothes. I humiliate him he goes somewhere in the back yard and comes back wearing my beautiful like teasing me. I am so furious I tell my mother he cannot stay here he has to go. The feeling: all I care about is my clothes which are beautiful. I don't care about my nephews situation who doesn't have a place to go.

07,09:XX:XX Slept well last night. I dreamt, but can't quite remember what they were about. One about my 10 year old son being sick and wondering if would ever get well. There was worry but it didn't seem serious.

05,10:00:00 I was in situation where forces were opposing me. I felt like I was barely winning the struggle. I felt like I was struggling (usually in dreams I don't work so hard at this stuff.) I can do lurid dreaming and stop this kind of shit. I finally stood up to these other worldly forces and said NO!!! and it really changed!! I was comfortable after that and was able to relax more.

05,11:00:00 I'm in an opulent house, at a cocktail reception. We're all wearing formal clothing. I'm feeling OK, but just OK. More tense than I'd like to be. I am introduced to Princess Diana of England. We get along and suddenly turn into school children dressed in private school uniforms (age 8 or 9) She leads me back through other rooms and quarters. We run around, going into places we're clearly not supposed to be in. We're playing, laughing, having a great time, running, hiding, holding hands, running down these gigantic, heavily decorated hallways. We hold hands again and begin to grow up. She becomes the likeness of a woman. As she grows up she looks like a likeness of a married woman whom I had an affair with (when I was single.) Hiding, naughty, and sexual thoughts begin. Then she changes to Princess Diana-- we hold hands. Now I experienced warm, cuddly thoughts, walked down the hallway holding hands, looking in each other's eyes. A great connection, closeness without pressure. Feels good.

05,13:00:00 I was in the downstairs finished basement with dark paneling. I'm watching TV. My daughter (but not in real life) comes down and tells me there are ghosts/spirits disrupting things upstairs. I don't believe her until the ghosts come downstairs and open up louver doors and pull clothes out and throw them on the floor. They were moving furniture around. I couldn't think of what to do (a powerless feeling) in front of my kids also. Felt as if ghosts were thumbing their noses. I went upstairs and they started doing stuff upstairs. I felt panicked, disordered, pressure from by family to DO SOMETHING. I went downstairs again and they kept it up. Powerless (I usually don't feel his way in my dreams I usually could change it-- very uncomfortable and panicky with powerless feeling. Victim feeling strong.

05,15:XX:XX This morning woke up-- weird sexual dream about my stepdaughter disturbing.

08,15:XX:XX I am in a building with people I intend to go to a certain part of the building. I take the elevator with a woman friend. We come out of the elevator, we both know we are in [on] the wrong floor or section. She leaves. I feel left alone to my own devices. Abandoned. I go back in the elevator and come out into another wrong section. I know I am totally lost. Feeling in the dream: Anxious, fearful of not finding my way. That I will be late or not there at all. Trying to retrace what I did but I cannot.

08,16:XX:XX I am with this tall blond woman who is [x-husband] L's wife. We are going to the edge of the river. She tells me that Lloyd died. We are both sad and talking about him [don't remember what]. We get in the river to bathe as we come back to the edge the water is running fast where we came in. I say: Oh my God! Let's find another place to come out that water is going to take us down. I am at a copy/computer place getting prices and repairing some equipment that K [my daughter] delivered before. She is around some place in the store. I go to different section of the store and see Lloyd doing something [copies or labels] for the study group. A woman is helping him. I say "hi do you need any help?" They say "yes" and leave me with pasting these labels that don't fit on the paper right as I paste them they come unglued. I am getting impatient. Why did they leave me with this work? Then I am saying goodbye to the man that [who] was helping me with the equipment and bargaining about prices and joking with him. He has to make a call to the other place where I bought some of the equipment. I leave with K. Then I am home and realize I haven't watered this African violet that I get a sense came from Karen and I feel terribly guilty I let it die. The plant is not totally dead. I realize that the plant doesn't have the plate under the pot and I think that's why, it didn't hold water to keep it moist. I run to give it water.

08,17:XX:XX Dry environment, trees not many leaves, dessert like but tropical. I am walking with S, my husband, enjoying nature looking for birds. I see snakes a lot of them, some are petrified and have a red color. I am fascinated by the petrified snakes. I keep walking marveled [marveling] at the sight. There was [is] a baby a baby one on top of the mother. I say, "look ! It is petrified too" then I realize there is a live one at the end of the same branch the petrified 'mom' is in. At that point I am under the branches of the tree. S says watch out! I look up there is one hanging close to my head. It is then that it dawns on me this can be dangerous [being around snakes so close].

05,18:XX:XX I'm at a picnic party-- celebrating the setting is warm/beautiful. Lots of people I know. Very comfortable. I have a kite that I want to fly while I'm in the middle of this crowd in the city. I decide to try it. A single line kite goes out of my hand whips straight into the sky-- out of the crowd past the telephone lines into the sky--no problem. Very freeing feeling. I surprise it went up so easy. Later on some business associates I know pull up in a car a couple blocks up the street. I see them get out with the numbers on their CHEST and they begin to run towards the finish line of a road race that we were having. I begin to realize they want to deceive us into thinking they were running the race. Their obvious deceit disgusts me and disappoints me. They posture themselves for public opinion-- it's disappointing to me. Feel betrayed by their gap in integrity--especially when I try to keep mine and they expect this of me. What have they done this for? Didn't get angry at them, just thought what a waste of time to do that crap.

06,18:16:XX I went to the mailbox to pick up the mail and found there was moss and leaves (alive) in the box. I pulled it out and my mail was mixed in it.

07,20:XX:XX L carries a bag with him with an EKG strip on it. Looks like some form of bradycardia but I don't know enough to comment. Later in the hospital I realize that must be his rhythms and that he carries it around with him so in case he collapses medics will know what needs to be done. It's not good and I have a lot of compassion for him, but feel powerless to do anything.

08,22:XX:XX A check is flying in the air coming to my hands and I catch it. My attitude is one of a bit of doubt maybe it won't be enough.

05,26:XX:XX I'm back in high school as a student but my present age. I'm taking classes as an elective I have several choices that afternoon, but decide to choose Scuba diving since I'm already a certified diver. I'd love to go sign up. I have difficulty finding the area to meet the others. The first place I go is in a dark locker room--only a pallet of brightly colored T-shirts in the middle of the floor, and a single lit light bulb. I feel a little nervous because I can't find them. I'm afraid I'll miss the class. I hear them outside, I run by the pool (which we never had in H.S.) and I hear them outside. My wife is with me now. I take off my shoes and socks for some reason. Blue tennis shoes which I currently have. I go outside and they're gone. I believe I know which way they're heading so my wife and I will walk there. We get to the center of town, the instructor Bill (a current friend and Scuba instructor) is yelling out a 3rd floor window, what's going on with the class--simultaneously there is a loudspeaker going off in the square detailing shopping discounts and specials. I can't make anything out. I'm frustrated. I feel like I'm going to be left behind. I'm so close. I keep missing out. Then I feel as if I know where they are, so I go to get my wife who can't hear me because she's across the street in a shop behind a front window. I'm feeling anxious again because it feels like time is running out. She finally hears me and we walk back. I ask if it's OK that I run ahead and she says OK. I run, but I still miss them. Nowhere to be found. I'm disappointed. I was so close. I find my tennis shoes and socks. My wife criticizes me for leaving them there to be stolen. We walk off. I'm feeling defeated.

06,34:16:XX Last night I was giving a talk on acupuncture. Was prepared to give the talk to a lay audience. It turned out to be a group of acupuncturists. I got totally thrown off, then restarted and it was over.

05,38:XX:XX Defending my home then community from some space/other dimensional beings. At first, felt overwhelmed by it, could not win physically. I was surrounded, outnumbered, they came falling from the sky. I woke up (for real) and spoke, "No fucking way I'm going to let these guys do this to me." I went back to sleep determined to win. Got back in the dream, relaxed, sat in meditating half-lotus and with visualizing (like an old Star Trek episode.) They were destroyed. No one knew how close they had come to invasion. I find this a bit melodramatic but had a great sense of accomplishment afterwards.

07,49:XX:XX Being chased by a man, I believe it is someone I know but don't like. Kind of an endless chase with elaborate escape routes and places of hiding and traps for this beast. It didn't seem too scary. Seemed like I know it was a dream and looked on in interest.

05,71:XX:XX I was the leader of a group who organized a large terrorist ransom deal with hostages. I just woke up there-- in my role-- I couldn't believe I had done this, but could not find a way to stop it. Found that the project and people were like a monster that I created-- a living organism-- no longer controlled by me. I felt desperate to stop it but did not know how. Decided to go with it but suffered self-humiliation. Felt weak by it.

HEAD

07,00:00:00 Fleeting feeling in L temple.

04,01:09:XX Woke with slight headache over right eye. Spasm pain in vertex. Sort of contracting-- "gossamer stuff."

Carbon Dioxide

- 08,01:10:XX Waking with headache on the front and the top of the head, and congestion in the head like a hangover. AS
- 04,01:12:XX Hair quality felt thin, fine, and oily and unmanageable.
- 08,01:13:30 Headache better by [in] open air and sun. NS
- 05,01:25:30 Again noticing a [tightening]? in both temples.
- 04,02:09:XX Headache in bed on waking. (sitting) moving around. Vertex and all over.
- 05,03:91:00 Head - felt temples tighten.
- 08,04:21:00 My scalp is itchy and the skin feels raised in areas. NS
- 08,09:19:00 Pain in the back of head. Radiating from occiput toward the top and side of head covered 2 or 3 inches, sharp nerve-like, brief strong. NS
- 07,10:14:30 AL still more intense. Different modalities of head pain. >light touch; <deep pressure.
- 08,12:00:00 The itch and raised skin had now extended to occipital area of the scalp, more pronounced on L side AS head itching up on sides of head NS
- 03,14:00:XX NS. Hair falling—handfuls-- X 1 month.
- 06,15:XX:XX Heavy feeling between eyes and forehead, tired.
- 06,16:XX:XX Headache in forehead all day- weak and tired.
- 08,17:XX:XX Woke up with headache severe R. OS Had to wait to eat lunch and headache intensified and settled in L side. Lasted couple of hours > Pepsi. AS
- 04,18:09:XX Woke with slight headache.
- 04,20:XX:XX Frontal, as if bruised, with dry mouth.
- 08,46:XX:XX [?]From the eczema in my head my hair is dryer and finer NS. I have had a headache almost every day since day 17.
- 06,48:XX:XX notice thinning of hair, limp, only got 2" hair ?. NS
- 08,60:XX:XX Woke up last night at 1 AM with a headache R sided strong. This morning headachy, > caffeinated tea. AOS.

FACE

- 05,00:14:30 1st Dose-- I immediately noted a tightening in my

Carbon Dioxide

temples, < LT. went away quickly, went away in 10 minutes.

04,01:12:XX Big dark circles under both eyes.

05,03:91:00 Jaw tightened < LT.

05,06:151:00 Woke up this A.M. w/o Jaw pain on LT. This had been bothering me. Tension in jaw was up over the past few days.

05,10:00:00 Jaw tightened up. < LT. Tried to release it but could not.

04,10:XX:XX Small crop of whitehead eruptions on cheeks and chin.

08,21:XX:XX Itching. FACE itchy especially L side cheek and eye area. NS

08,26:XX:XX Face itching with no eruption since yesterday night severe
NS

08,47:XX:XX From 6/15 to 6/25 I had a rash on my FACE like a heat rash especially all over the forehead. Itchy but not severe. NS

EYES

08,XX:07:00 Blurring of vision < since beginning of proving. AS

04,01:XX:XX Slight irritation..

08,01:10:XX Eyes heavy and tired with headache. NS

04,02:09:XX Slight irritation.

04,07:XX:XX Eyes irritated around eyes, margins of lids, and ...

04,08:09:XX Eyes itchy and red (margins).

NOSE

04,01:22:30 Scratchy, (inside) and sneezing.

04,01:24:00 Sneezing.

08,02:10:30 Came out of shower sneezing & profuse discharge from nose, few minutes.

04,02:20:XX Sneezes-- big sneezes, shake you.

04,15:XX:XX Postnasal drip.

MOUTH

Carbon Dioxide

- 06,00:00:01 Tingling (couple minutes). NS
- 06,00:00:05 Metallic taste (for five day) (like after dentist).
- 06,00:00:05 Numb tongue (for entire day). NS.

SPEECH

- 04,23:XX:XX A hesitation when I start to talk-- cough, as well, preventing talking.

TEETH

- 07,00:20:00 6pm. Teeth pain-- lower bicuspid's eating strawberries. NS.
- 07,00:21:30 Teeth pain upper bicuspid's-- at E's recital. Sitting listening to all the kids play and noticed my teeth hurt. Lasted about 10 minutes (unusual). NS.
- 08,13:XX:XX On waking I have 2 spots inside my mouth; 1 above the upper on the left side, the second is under the cheek at the level between my teeth. They feel like cuts as if I bit myself. The one above my lip looks like an aphthous ulcer. The other I cannot see. OS-- childhood
- 08,50:XX:XX Cold sore on tip of tongue on R. OS-- childhood

EAR

- 06,01:XX:XX Noise-- humming or buzzing. NS.
- 07,30:17:00 Sharp intense pain behind R ear. Had to hold it to keep it from hurting. Neuralgia. At the time I was lying on couch talking to a friend of mine who has some abdominal pain. She was diagnosed with breast cancer several months ago and is worked this pain is cancer. I was trying to reassure my friend and I have this intense pain. NS.
- 07,16:XX:XX Ate spicy food at dinner and my L ear itched TERRIBLY. The hotter the food the more it itched. I tried to push on the tragus which normally relieves the itch but there was no relief. AS.
- 08,20:XX:XX Earlobe [R] is swollen itchy and red. Tried to wear earrings, but do not feel good. NS.
- 08,24:XX:XX Wearing earrings does not work. I thought my earlobe [R] ok but as soon as I put metal thru the pierced place my earlobes [both this time] went nuts itching, irritable, not so red, but they don't feel right. I took them off. NS.

THROAT

Carbon Dioxide

04,01:22:30 Scratchy throat.

04,02:20:XX Scratchy throat, evanescent.

04,03:14:30 Esophageal spasm slight, while eating lunch (1st appearance of this was 3D before I took Co2). Choking sensation, difficulty swallowing food or liquid-- lasted short time and then went away.

04,04:14:XX Esophageal spasm, throat closed with 1st bite of food. Sip of water.

04,18:11:00 Esophageal spasm while eating bread.

EXTERNAL THROAT

04,02:09:XX Cervical glands swollen.

04,07:XX:XX Enlarged cervical nodes.

04,08:XX:XX Nodes smaller, hard.

08,56:XX:XX Silver necklace around 4 o'clock I had a rash around my neck, 1 inch wide. I never reacted to silver on my skin before. Nature of rash: bumpy, smaller bumps and irritated chaffed, not itchy.

CHEST

08,06:19:XX I rubbed my knee. While doing that, and in direct relation to the motion of rubbing I get 2 hair-thin lightening sensation[s] inside my [R] breast. [In 2 parts of it.] Do not last longer than a few seconds. I tried it again and it did it again-- the lightening. NS.

08,08:XX:XX In the last week or so the smell under my armpit is very strong. I am in search for [of] the ideal deodorant... I have changed deodorant. NS.

04,09:XX:XX Mammal, itchy left nipple seemed to have been going on for a few days prior, but had been suppressing it.

08,10:22:30 Shooting or lightening pain in left breast, came and went in seconds. NS.

04,11:XX:XX Itchy left breast.

08,14:XX:XX Rash under my left armpit. Chafed. The whole of it feel[s] raw, not weepy, dry. Covers the whole area of armpit, reddish. NS.

08,75:XX:XX Chest pain [oppression] and shortness of breath with humidity. For 1 hour or more the pressure feels [felt] behind the sternum. NS.

Carbon Dioxide

08,77:09:00 Pain in my chest /heart [oppression] talking to my mother, when thinking about the pressure of work. Lasted for over an hour.

08,77:XX:XX Pain in the chest/heart at the movies. Lasted one hour.

ABDOMEN

08,01:03:XX Woke with large quantity of gas, flatus. Felt like I could pass it forever. It had a very bad smell and drove me from the room. Acid smell to the gas. Rumbling, and feeling that I need to expel more gas. NS .

04,03:15:30 Fullness, distension, aching. Bloating with pain.

04,04:15:30 Fullness, distention, nausea (bloating) aching in gut, pants felt tight from distension.

04,07:09:XX Heaviness in abdomen slight.

06,09:22:XX Cramps sacral iliac area, pelvic border after eating, subsided 1/2- 1 hour after. > no motion.

04,18:09:00 Crampy feeling, abdomensore to the touch. Crampy feeling >w / stool.

STOMACH

03,00:XX :XX Nausea in A.M.-- slight. NS

07,00:09:50 7:50 - Vague nausea, very mild.

03,01:XX:XX Entire day-- Desires sugar. AS

04,01:09:XX Stomach "unsettled" on waking.

03,02:XX:XX Hunger diminished. AS

04,02:09:XX Slight nausea on waking.

04,03:15:30 Nausea.

03,04:XX:XX Sugar craving less. CS.

04,04:XX:XX Eructations during diarrhea.

04,05:20:00 No appetite for dinner.

04,05:23:00 Craved plain white rice. Tummy rumbles. Distension, burping, bloating.

04,05:14:00 Appetite increased for lunch. Diminished to none for dinner.

Carbon Dioxide

04,10:XX:XX Ate no dinner again, unusual.

08,12:XX:XX I got a sharp pain in my stomach [upper abdomen, it feels right in the stomach]. Burping. NS.

04,15:30:XX Nausea.

04,20:00:XX Very Hungry.

04,20:04:XX Woke up with cramping pains in stomach.

04,20:07:XX Vomiting-- stopped at 08 - 09:XX.

04,23:XX:XX Occasional stomach gurgling.

BACK

05,01:31:30 Felt sharp jabbing pain at ASIS [anterior superior iliac spine]. Lasted for approximately 10 min. No known origin. 10 P.M.-- standing.

04,02:XX:XX Heaviness and aching in sacrum and coccyx.

04,03:16:00 Low back, ache extending to waist.

04,04:XX:XX Low back, kidney area ache, trouble walking (felt it was connected to constipation).

04,04:14:30 Aching pain in sacrum extending to waist.

04,04:20:XX Worsening ache in sacrum to waist.

08,04:21:00 Feel good this morning. Don't feel like eating. Weird muscle aches at base of scapula yesterday 7-9 P.M., muscle up/down spine pain in motion bending went away this A.M. NS.

04,05:02:XX Worsening ache in sacrum to waist, plus kidney area and coccyx. Pain prevented sleep.

04,06:10:XX Sacral dull ache.

04,06:19:XX Sacral ache < walking.

04,06:21:XX Sacral ache extending to peritoneum.

04,07:15:XX Sacral ached right worse than left. Dragged down, achy, tired.

04,09:14:XX Long drive in a Toyota, hip, hamstring, sacral pain. Old symptom of driving. OS.

Carbon Dioxide

04,13:09:XX Sacral ache.

07,17:XX:XX R sacral iliac pain-- came on suddenly. I was walking to get in car. Nervous before a meeting. Fairly severe but lessened as I did deep breaths. This pain seemed to disappear throughout the day but I noticed it again at dinner time. I was surprised it was still there. AS.

04,18:11:00 Gripping pain in upper back.

04,20:09:00 Bruised pain in kidney area, after vomiting/diarrhea <movement, <slightest motion.

04,23:XX:XX Low back ache: kidneys and below-- < on waking. Sacrum.

08,34:X:XX Since 3 days ago, aware again of tingly-numb sensation at the level of the 1st, 2nd and third thoracic, between the spine and the shoulder blade more intense on concentrating the mind. NS.

05,35:XX:XX Woke up left sided lower back pain-- no known reason.

07,50:XX:XX My back and R hip started hurting after lifting and carrying these tables from the basement to the car. I shouldn't have done it. But they didn't seem too heavy at the time. It is a puzzle to me why my hip hurts. The pain persisted all day and I walked with a limp. Hurts to stand for any length of time. Leg is > sitting but then I get restless because my back hurts. NS.

EXTREMITIES

07,00:00:00 Fleeting wild pain left hip (and left temple). NS.

08,00:00:45 Woke up with sensation of pain & itch in right heel. NS.

08,00:06:45 My right heel was itchy and cracked.

07,01:20:XX Pain in arch of right foot caused me to want to rub it. Lasted seconds but then returned; poking up from bottom. NS.

05,02:53:00 Legs tight, difficult to loosen up in quads, hamstrings, and cracking knees.

08,03:12:30 Sharp stitching pain intense short. AS. Right foot between heel & arch tear in muscle. Felt it yesterday].

04,03:14:XX Bilateral hamstring pain. <sitting, L more than R.

04,03:20:XX Hamstring pain continuing < 2 PM.

04,04:09:XX Hamstring aching, slight less still there < on right, some on L. < sitting < PM.

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05,04:16:30 Neck, shoulder, back tight and stiff. NS.

04,04:20:XX Hamstring pain.

04,05:XX:XX Hamstring tightness.

04,05:01:30 Hamstring pain.

05,09:00:00 Phone contact at 11:00am-- exhausted in afternoon energy slump 3:30-4:30 PM; extremities stiff - Tai Ch'i instructor said I felt like a stone tablet. He said I was feeling "less urgent" (in response to fist"; reaction time feels like moving ? Physically feeling heavier - like stone - jaw still tightening more, neck still tightening more (these are old Symptoms but now worse).

05,10:00:00 Went to Tai Ch'i, continued to feel stiff in upper back and shoulders. It's referred to as "stone tablet body." Stiff and stone like, heavy, inflexible. My mind felt less anxious when I'm in a bad situation-- being thrown around but still helpless, vulnerable to any attack.

05,11:00:00 Legs stiff and tight - hamstrings and quads-- try to stretch out but found it difficult - even when warmed up. This is not usually the case.

05, 11:00:00 Stiffness continues today. Painful, stiff and inflexible in back, especially upper back and shoulders-- heavy feeling. Jaw tight but no knots.

05,12:00:00 Still tight and painful-- stiff-- useless feeling. I'm beginning to not like this. Took over 1 hour to loosen up. Still feel like stone.

05, 13:XX:XX Still feeling tight in neck, upper back; legs and jaw bothering me-- crunching. Still feeling like stone-- this gives me feeling of weakness and vulnerability. Notice especially in tai ch'i-- pushing hands, I get toppled over; like hinges in my arms and scapulae are not flexible-- hinges are dry. I am bothered a lot by this feeling of vulnerability.

04,13:09:XX Hip ached.

04,14:01:XX Deltoid pain + weakness < raising arm. Worse on left. Arms sore and weak < left.

04,14:XX:XX Calf cramps-- felt started 3-4 D ago but suppressed.

05,14:XX:XX Stiffness and pain in upper extremities has mostly gone, thank God! Feeling of relief. Relaxation-- my normal body.

05,18:XX:XX Tai Ch'i-- relaxed, Jing power training felt good-- pain in

Carbon Dioxide

the last two weeks was getting stuck in my shoulders but now it is OK. Did kicks in class which I was able to do very well-- what a contrast to the tight legs and back I had two weeks ago. I feel strong, less vulnerable, centered focus is good.

07,22:XX:XX Fasciculation left forearm-- brachioradialis were distracting. I was working on cases. This lasted on and off throughout the evening. I noticed it while watching TV. NS.

05,34:XX:XX Woke up stiff in lower back. I can't figure out what I did. Pain is stiff, acute, at level of L-5, .

08,06:XX:XX Biting my nails while at the computer. [I used to bite my nails as a child]. OS.

08,06:19:XX Went for a walk with my friend around 5. Pain in the medial side of knee while walking right in between the condyles of the femur/tibia.

08,10:22:00 Pain left arm, upper arm, behind or posterior aspect. Lasted a few minutes spreading in quality and 'nervy.' Needed to scratch the area to relieve it. NS.

08,14:XX:XX For about 2 weeks shooting, ripping-like pains on [in] both feet from joint [bunion] to tip of toe or side of the nail - medial but a bit to the upper side. [I didn't register it because I thought it was the high heels - out of nowhere I wanted to wear heels again, which I haven't worn since 1978] It doesn't hurt while I wear the high heels. It hurts when I stretch the feet. < on R.

08,16:XX:XX Sensation of crawling on L side. Upper level of scapula, between scapula and shoulder blades. Last about a minute then back again NS.

08,17:XX:XX Biting nails while reading [OS childhood] [AS-- usually just cuticle]

ERUPTIONS

08,46:XX:XX I haven't been outside a lot, but 6 or 7 days ago I got a cluster of bites on my right leg inner thigh right in the area it was itching without eruption before. Today the bites are red, swollen, raised and have a head like a blister that is almost white. The biggest is about 3/4 inch in diameter. NS. [Note from Prover: This eruption continued for over a month and left bluish discoloration for 3 months] 2 days ago a pair of scissors fell on my foot and the handles hit the medial aspect of the top of my foot falling right on a blood vessel and dark blood (vein) burst out. I had to hold it for over 5 minutes to stop the bleeding. Now there is a bruise about 1 inch in diameter and [it] hurts to touch into the arch. I have been bruising a lot lately. NS.

08,60:XX:XX The bites on my leg continued to be red and raised and itchy. It got a purplish color around the bites. On June 18th my lymph glands in the groin were swollen and a bit painful, related to the bites for 1 day. Then the lymph was > the following day and the bites started to go away with the purplish tint around the where the redness and swelling was. Now four spots remain still somewhat red, but they are dry and on their way out.

URINARY ORGANS AND URINATION

- 04,05:XX:XX Urethral burning.
- 04,06:11:XX Urethral burning.
- 04,06:22:XX Urethral burning.
- 04,06:XX:XX Frequency of urination. Scanty urine.
- 04,06:XX:XX Incontinence, accompanied by urethral burning. Incontinence on sneezing. Need to pee a lot.
- 04,24:XX:XX Stress incontinence with cough.

RECTUM

- 08,01:03:XX Burning in the anus. OS.
- 04,02:XX:XX Grinding and spasms in colon.
- 04,03:15:30 Constipated feeling with slight nausea and aching.
- 04,03:XX:XX Constipated, painful.
- 04,04:14:30 Constipation/knotty stool.
- 04,05:11:XX Slight ache in anus, extending to groin.
- 08,07:19:XX Itchiness in the anus for brief periods in the last few days. Slight biting sensation goes away quickly. NS.
- 04,08:09:XX Flatulence, constipation.
- 04,08:23:XX Straining at stool with abnormal BM texture.
- 04,12:11:XX Unfinished feeling with stool, small stool.
- 04,12:XX:XX Two BMs/day, unusual.
- 08,13:XX:XX Bowel movement[s] have been difficult in the last 2 days. Lot of straining and does not feel complete. Less amount than normal. NS. Realized bowel movements have changed pattern from going on waking to 2-4 hours after waking.
- 04,18:09:00 Straining with BM.
- 04,20:04:00 Violent, copious diarrhea, watery and constant. Every 10-15 mins. for three hours. Forceful, diarrhea < motion.

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04,24:XX:XX No bowel movement since diarrhea on Dec 20th.

08,33:XX:XX 6:30 P.M. on 6/1/97 sensation on L side of anal ring achy sensation. Went away. 9 P.M. on 6/1/97 that sensation is back. NS.

08,34:XX:XX The irritation in the anus is back covering the area of the perineum and almost to the entrance of the vagina. Yesterday from 9 P.M. to 11 P.M. Swollen, red, itchy and intense. This morning there but it had subsided about 60%. AOS.

STOOL

03,01:XX:XX Metallic smell to stool. RS.

04,02:XX:XX Comes out in "not quite pellets."

04,02:04:XX Woke with farting and violent, copious diarrhea, constant.

04,03:16:00 Hard.

04,04:14:30 Hard, knotted.

04,05:XX:XX Knotty, small.

04,07:15:XX Stools in balls-- small and hard.

MALE GENITALIA

05,01:28:15 Distended sensation right testicle at about 7 pm, faded out in an hour.

05, 12:00:00 Tried to have sexual thoughts and get aroused, but no energy, oh well-- still feel OK about it.

05,18:XX:XX Interesting; warm and cozy and cuddly thing sufficing instead of animal grasping thing! Sexual frequency decreased-- but satisfied-- not urgency.

FEMALE GENITALIA

03,03:00:XX Sex drive increased-- couldn't be satisfied and was bothered by it. AS.

03,10:XX:XX Sex drive decreased to point of none. NS.

SKIN

06,27:XX:XX thru day 46-- Fungus nodule between right baby toe and adjacent toe, painful protrusion. NS.

Carbon Dioxide

06,48:XX:XX thru day 68-- Itching burning skin in upper CHEST, sternum. NS.

07,XX:XX:XX Discoloration (white, secondary to fungus) cleared on R great toe and appeared on L great toe. Became aware of this at end of proving.

RESPIRATION

04,03:10:15 Yawning.

04,12:19:XX Yawning very big yawns.

04,11:XX:XX Cough slight with talking, OS returning.

04,13:XX:XX Cough back < AM, OS returning.

COUGH

04,01:XX:XX Slight steady cough.

04,15:XX:XX Slight cough, painless, and productive.

04,16:XX:XX Constant slight cough.

04,17:XX:XX Slight cough.

04,18:XX:XX Slight cough that is constant clearing of throat, 3-4 times per day. Cough on talking.

04,23:XX:XX Cough not better. < on speaking. Cough preventing speech, very pronounced.

04,24:XX:XX Cough terrible, like a speech impediment.

GENERALITIES

03,00:XX:XX Chilly.

04,00:07:XX HEAT FLUSH RISING.

04,00:24:XX Heat flush rising.

08,01:03:XX Felt chilled in the night after passing large amounts of flatus. NS.

04,01:07:XX Heat flushes.

04,01:09:XX Heat flushes.

04,01:19:XX Very tired and weary after physical exertion.

Carbon Dioxide

- 08,01:19:XX Unusually tired 5-7 P.M. NS.
- 03,02:XX:XX Chilly. AS.
- 08,02:XX:XX Had craving for eggs this morning (hard boiled). Had fried egg tonight.
- 04,02:XX:XX Tired after exertion > from activity but < exertion.
- 04,02:11:15 Heat flush.
- 04,02:22:XX Heat flush, energy getting >.
- 04,02:20:XX FOOD: desire for white rice (plain).
- 04,02:14:XX Tiredness.
- 04,03:14:XX Achiness.
- 03,04:XX:XX Desire for sunlight. AS.
- 03,04:XX:XX Desire to be outside. AS.
- 03,04:XX:XX Averse to being closed in-- irritable from being inside (at a conference) (if conference outside there would have been no irritability or restlessness. AS.
- 06,05:02:XX Desires protein, desires eggs-- hardboiled.
- 08,05:19:30 I am exhausted-- 6 P.M. Going to bed now. NS.
- 07,07:XX:XX Drank beer as cooking.
- 04,07:XX:XX "Wiped out" exhausted. Tiredness, wanted to nap. Dragged down, achy, tired.
- 05,10:00:00 Felt exhausted in the afternoon 3:30-4:30-- couldn't get myself focused-- Tried to read-- impossible.
- 08,10:XX:XX Craving sweets.
- 06,11:04:XX After lunch took a walk and returned to conference room, felt hungry and shaky. Sat down ate a little cranberry bread-- buzzing in ears, heat two people beside me were also hot though), feel a little spacey, vision blurry Increased libido.
- 07,14:XX:XX Chilly in am (just this day).
- 06,15:XX:XX Noted had gained 5 pounds since started the proving.

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04,20:XX:XX Chills, sweat alt. with heat, with diarrhea.

04,23:XX:XX Feel shaky and dehydrated, bruised and sore.

08,34:XX:XX My whole body is itchy without eruptions CHEST, back, inner thighs esp. R, buttocks esp. R.

VERTIGO

07,00:09:00 Momentary dizziness in shower, eyes closed. Turning head to left, and again when leaning over. NS.

08,69:20:00 I was teaching the study group and suddenly I felt dizzy - I did not get bothered and continue to teach and the dizziness persisted and got worse to a point that I asked myself, "Will I pass out?" It went on for a minute or 2 but it felt longer] and pushing the edge, as if I would pass out.

08,70:XX:XX Dizzy on and off very lightly during the day and evening.

SLEEP

03,01:XX:XX sleeping a lot, all day. AS.

08,01:10:XX Needing to SLEEP longer than usual, waking later than usual. Sleep deeper than usual.

04,02:14:XX to 16:XX:XX Nap, heavy sleep-- unusual for me.

03,03:XX:XX AS. Sleeping a lot, afternoon. NS.

04,03:10:XX Woke late, hard to wake up and get going, staggering around house, slow bemused. Stayed in bed back to sleep, still yawning.

04,04:XX:XX Woke late.

04,07:09:XX Determined to sleep on left side, woke on left side, unusual for me.

07,09:XX:XX Sleepy 10 AM.

04,14:05:XX Woke early couldn't go back to sleep, very unusual.

06, 20:18:XX Woke 4AM, thinking about father-in-law who has trouble with back and right leg. Then started thinking about how husband and I should prepare for our financial future.

06,21:04:XX Took half hour nap at 2:30 PM with son.

Carbon Dioxide

04,22:XX:XX sleepless night.

04,24:XX:XX Sleepless 4:30AM. "Wide awake" nervous system.

06,24:04:XX Took half-hour nap in afternoon with son.

06, 28:XX:XX Have not slept well last two nights. Woke feeling wiry NR unrefreshed.

Carbon Dioxide Repertory Symptoms

Number of Provers, Type of Symptom, Section, Symptom

- NR MIND, Air, desires to go outside
- 3 MIND, Anger
- 3 MIND, Anxiety
- MIND, Anxiety, money matters, about
- MIND, Audacity
- 4 MIND, Benevolence
- MIND, Biting, nails
- 2 MIND, Business, aversion to
- MIND, Company, aversion to
- MIND, Concentration, active
- 2 MIND, Concentration, difficult
- MIND, Confusion of MIND
- MIND, Courageous
- 4 MIND, Delusions
- 2 MIND, Delusions, animals, of
- MIND, Delusions, animals, of, creeping of
- MIND, Delusions, animals, creeping of, on him
- NR MIND, Delusions, animals, mice, stool, in
- NR MIND, Delusions, animals, worms, stool, in
- NR MIND, Delusions, beautiful, she is
- NR MIND, Delusions, blood, woman bleeding
- MIND, Delusions, body, body parts, heavy, is
- NR MIND, Delusions, body, body parts, stone, is made of
- NR MIND, Delusions, bruised, she has been
- MIND, Delusions, duty, neglected his
- MIND, Delusions, emaciation
- MIND, Delusions, heavy, is
- NR MIND, Delusions, infected, she is
- NR MIND, Delusions, insane he is, diarrhea, with
- MIND, Delusions, large, he or she is too
- MIND, Delusions, smaller
- MIND, Delusions, strong, he is
- MIND, Delusions, time, there is not enough
- MIND, Delusions, visions, has
- MIND, Delusions, voices, hears
- 2 MIND, Despair
- 2 MIND, Detached
- MIND, Discontented
- NR MIND, Dreams, abuse, sexual

Carbon Dioxide

2NR MIND, Dreams, accident, car
NR MIND, Dreams, aliens
NR MIND, Dreams, aliens, fighting
3 MIND, Dreams, amorous
2 MIND, Dreams, anger
3 MIND, Dreams, animals, of
2 MIND, Dreams, animals, of, birds
NR MIND, Dreams, animals, of, birds, feeding
MIND, Dreams, animals, of, dogs
NR MIND, Dreams, animals, of, raccoons
MIND, Dreams, animals, of, snakes
MIND, Dreams, animals, of, tigers
MIND, Dreams, anxious
NR MIND, Dreams, bicycling, difficult
NR MIND, Dreams, castle, castles
NR MIND, Dreams, classes, taking
MIND, Dreams, clothes
NR MIND, Dreams, clothes, sexy
NR MIND, Dreams, colors, bright
NR MIND, Dreams, conflict
MIND, Dreams, confused
MIND, Dreams, country, foreign
MIND, Dreams, danger
MIND, Dreams, death
NR MIND, Dreams, death, husband, of former
MIND, Dreams, deception
NR MIND, Dreams, defending, community
NR MIND, Dreams, defending, home
NR MIND, Dreams, demons
NR MIND, Dreams, dinner, preparing
MIND, Dreams, disease, of
NR MIND, Dreams, disease, of, sick people
NR MIND, Dreams, disease, of, son, her
MIND, Dreams, disappointments
2NR MIND, Dreams, disturbing
NR MIND, Dreams, excrements, animal
MIND, Dreams, family, own
MIND, Dreams, fearlessness
MIND, Dreams, fire
NR MIND, Dreams, flames
NR MIND, Dreams, forces, opposing
MIND, Dreams, friends, old
MIND, Dreams, ghosts
NR MIND, Dreams, glass, walking on
NR MIND, Dreams, glasses, breaking
MIND, Dreams, health problems
NR MIND, Dreams, hole, going into a
NR MIND, Dreams, hostage taking
MIND, Dreams, houses
MIND, Dreams, humiliation

Carbon Dioxide

- 2 MIND, Dreams, killing
- NR MIND, Dreams, kites
- NR MIND, Dreams, leaves, yellow
- NR MIND, Dreams, looking good, need to
- NR MIND, Dreams, lost, being
- NR MIND, Dreams, lost, hospital, in
- NR MIND, Dreams, mail
- NR MIND, Dreams, mail, leaves, mixed with
- 2 MIND, Dreams, money
- NR MIND, Dreams, money, distribution of
- NR MIND, Dreams, naughty, being
- 3 MIND, Dreams, nostalgic
- MIND, Dreams, parties, of pleasure
- 2 MIND, Dreams, people
- 2NR MIND, Dreams, people, African-Americans
- NR MIND, Dreams, people, with whom she has issues
- MIND, Dreams, picnics
- 2NR MIND, Dreams, places, having no place to go
- NR MIND, Dreams, plants, forgetting to water the
- 2 NR MIND, Dreams, play, playing
- NR MIND, Dreams, play, playing, basketball
- NR MIND, Dreams, play, playing, soccer
- NR MIND, Dreams, positive, being
- 2NR MIND, Dreams, powerless, being
- MIND, Dreams, pregnant, of being
- NR MIND, Dreams, pressure, resisting
- MIND, Dreams, pursued, of being
- MIND, Dreams, quarrels, strife
- NR MIND, Dreams, ridicule, fear of
- NR MIND, Dreams, river, bathing in
- MIND, Dreams, robbers
- MIND, Dreams, robbery
- NR MIND, Dreams, royalty
- NR MIND, Dreams, scuba diving
- NR MIND, Dreams, selfish, being
- MIND, Dreams, soldiers
- NR MIND, Dreams, souls, ascending to heaven
- NR MIND, Dreams, standing up for oneself
- NR MIND, Dreams, struggle
- NR MIND, Dreams, supervisor
- NR MIND, Dreams, sweeping
- NR MIND, Dreams, talk giving a
- NR MIND, Dreams, teachers
- NR MIND, Dreams, terrorism
- NR MIND, Dreams, time, going back in
- NR MIND, Dreams, toys, teach, that
- NR MIND, Dreams, toys
- MIND, Dreams, troubles, of
- NR MIND, Dreams, TV, things seen on
- 2 MIND, Dreams, unpleasant

Carbon Dioxide

- NR MIND, Dreams, unprepared, being
NR MIND, Dreams, unsuccessful efforts to find people
MIND, Dreams, vivid
MIND, Dreams, war
MIND, Dreams, water
MIND, Dreams, women
MIND, Dullness
2 MIND, Euphoria
MIND, Fear, failure, of
MIND, Fear, happen, something will
MIND, Forgetfulness
NR MIND, Gardening, desire for
NR MIND, Good, feeling, about oneself
MIND, Hide, desire to
MIND, Impatience
2 MIND, Indolence, aversion to work
MIND, Intolerance
4 MIND, Irritability
MIND, Irritability, air, in open, amel.
MIND, Laughing
MIND, Laughing, loudly
NR MIND, Light, desire for, sunlight
NR MIND, Longing for, sunshine
MIND, Loquacity
MIND, Memory, active
MIND, Mistakes, spelling, in
NR MIND, Oneness, sense of
NR MIND, Overwhelmed
NR MIND, Pacing herself
NR MIND, Peaceful, feeling
2 MIND, Philosophy, ability for
MIND, Relaxed feeling, letting go
3 MIND, Sadness, despondency, depression, melancholy
MIND, Sadness, despondency, depression, melancholy gloomy
MIND, Sadness, despondency, depression, melancholy walking, air, in open
MIND, Senses, acute
MIND, Sleepiness
2 MIND, Spaced-out feeling
NR MIND, Spaced-out feeling, eating, amel.
NR MIND, Speaking, her MIND
MIND, Stupefaction, as if intoxicated
MIND, Theorizing
NR MIND, Thoughts, negative
MIND, Time, passes too quickly, appears shorter
3 MIND, Tranquility, serenity, calmness
NR MIND, Upset, dreams, from
MIND, Weeping, tendency
2 VERTIGO
VERTIGO, Closing eyes: on, agg.

Carbon Dioxide

- VERTIGO, Moving the head
- VERTIGO, Standing, while
- VERTIGO, Stooping, agg., on
- VERTIGO, Turning, moving the head, or

- HEAD, Hair, affections of
- HEAD, Hair, dryness
- 2 HEAD, Hair, falling out, alopecia
- HEAD, Hair, greasy
- NR HEAD, Hair, thin, felt as if
- HEAD, Heaviness
- HEAD, Heaviness, Forehead
- NR HEAD, Heaviness, Forehead, eyes, between
- HEAD, Itching, Occiput
- HEAD, Itching, Scalp
- HEAD, Itching, Sides
- NR HEAD, Raised, skin feels

- 4 HEAD PAIN, General
- HEAD PAIN, General, air, open, amel.
- HEAD PAIN, General, coffee, amel.
- HEAD PAIN, General, intoxication, from, as if
- HEAD PAIN, General, mental exertion, from, agg.
- HEAD PAIN, General, pressure, external, agg.
- HEAD PAIN, General, sun, exposure to, amel.
- HEAD PAIN, General, touch, amel.
- 2 HEAD PAIN, General, waking, on
- 2 HEAD PAIN, Localization, Forehead
- 2 HEAD PAIN, Localization, Forehead, eyes, above, right
- HEAD PAIN, Localization, Occiput
- HEAD PAIN, Localization, Occiput, extending, sides of
- HEAD PAIN, Localization, Occiput, extending, upward
- HEAD PAIN, Localization, Temples
- 3 HEAD PAIN, Localization, Vertex
- 2 HEAD PAIN, Contracting
- NR HEAD PAIN, Fleeting
- HEAD PAIN, Neuralgic
- HEAD PAIN, Sore, bruised

- EYE, Discoloration, redness, margins
- EYE, Heaviness
- EYE, Itching
- EYE, Pain, general
- EYE, Tired, sensation

- 2 VISION, Blurred
- NR VISION, Clearness

- EAR, Discoloration, redness
- EAR, Discoloration, redness, lobes

Carbon Dioxide

- 2 EAR, Itching
 - EAR, Itching, left
- NR EAR, Itching, eating, while, spicy food
 - EAR, Itching, lobes
 - EAR, Itching, lobes, right
 - EAR, Noises in, General
 - EAR, Noises in, buzzing
 - EAR, Noises in, humming
 - EAR, Pain, behind ear
 - EAR, Pain, behind ear, right
 - EAR, Swelling
 - EAR, Swelling, right
 - EAR, Swelling, lobes

- 2 NOSE, Discharge
 - NOSE, Discharge, posterior nares
 - NOSE, Discharge, profuse
 - NOSE, Itching, inside
- 2 NOSE, Sneezing

- NR FACE, Discoloration, bluish, eyes:, circles around
 - FACE, Eruptions, comedones
 - FACE, Eruptions, comedones, cheeks
 - FACE, Eruptions, comedones, chin
 - FACE, Eruptions, Forehead
 - FACE, Eruptions, rash
 - FACE, Eruptions, rash, itching
 - FACE, Itching
 - FACE, Itching, cheeks
- NR FACE, Itching, eyes around
 - FACE, Stiffness, jaw
 - FACE, Tension of:, jaws
- NR FACE, Tension of:, Temples

- MOUTH, Aphthae
 - MOUTH, Aphthae, Tongue
 - MOUTH, Aphthae, Tongue, tip
 - MOUTH, Dryness
 - MOUTH, Dryness, Headache, during
 - MOUTH, Numbness, Tongue
 - MOUTH, Tingling

- TASTE, Metallic

- TEETH, Pain, General
 - TEETH, Pain, General, upper teeth
 - TEETH, Pain, General, lower teeth
 - TEETH, Pain, General, eating, agg.
 - TEETH, Pain, General, molars, bicuspid

Carbon Dioxide

- THROAT, Scratching in
- THROAT, Spasms
- THROAT, Spasms, Esophagus
- THROAT, Spasms, Esophagus, eating, while

- NR EXTERNAL THROAT, Eruptions, metal, from contact with
- EXTERNAL THROAT, Swelling, Cervical glands

- 2 STOMACH, Appetite, increased
- STOMACH, Appetite, increased, eating:, after
- STOMACH, Appetite, wanting
- 2 STOMACH, Eructations
- NR STOMACH, Eructations, diarrhea, during
- 3 STOMACH, Nausea
- STOMACH, Nausea, waking, on
- STOMACH, Noises, gurgling
- STOMACH, Pain, General
- STOMACH, Pain, cramping
- STOMACH, Pain, cutting
- STOMACH, Uneasiness
- STOMACH, Vomiting

- 2 ABDOMEN, Distension
- ABDOMEN, Flatulence
- ABDOMEN, Heaviness, as from load or weight
- 2 ABDOMEN, Noises, rumbling
- ABDOMEN, Pain, General
- ABDOMEN, Pain, General, constipation, from
- ABDOMEN, Pain, General, flatus, incarcerated, as from
- ABDOMEN, Pain, cramping
- ABDOMEN, Pain, cramping, stool, amel. after
- ABDOMEN, Pain, cramping, Colon

- RECTUM, Constipation
- RECTUM, Constipation, ineffectual urging and straining
- 2 RECTUM, Constipation, insufficient, incomplete, unsatisfactory stools
- RECTUM, Diarrhea
- RECTUM, Diarrhea, morning, waking with urging
- NR RECTUM, Diarrhea, eructations, with
- RECTUM, Diarrhea, motion, agg.
- RECTUM, Discoloration, red, Perineum
- 2 RECTUM, Flatus
- RECTUM, Flatus, morning, waking, on
- RECTUM, Flatus, offensive
- RECTUM, Flatus, offensive, sour odor
- RECTUM, Irritation
- RECTUM, Itching
- RECTUM, Itching, Perineum
- 2 RECTUM, Pain, General
- RECTUM, Pain, General, Perineum

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- NR RECTUM, Pain, General, extending, groin, to
- RECTUM, Pain, burning
- RECTUM, Pain, tenesmus
- RECTUM, Swelling, perineum

- STOOL, Balls, like
- STOOL, forcible, sudden, gushing
- STOOL, Frequent
- STOOL, Hard
- 2 STOOL, Knotty, nodular, lumpy
- NR STOOL, Odor, metallic
- 2 STOOL, Small
- STOOL, Thin, liquid
- STOOL, Watery

- BLADDER, Urination, frequent
- BLADDER, Urination, involuntary
- BLADDER, Urination, involuntary, cough, during
- BLADDER, Urination, involuntary, sneezing, when

- KIDNEYS, Pain, General, region of
- KIDNEYS, Pain, General, region of, walking, agg.
- KIDNEYS, Pain, aching, region of

- URETHRA, Pain, General
- URETHRA, Pain, burning

- URINE, Scanty

- MALE GENITALIA, Erections, troublesome, wanting, impotency
- MALE GENITALIA, Sexual desire, diminished
- MALE GENITALIA, Swelling, as if
- NR MALE GENITALIA, Swelling, as if, Testes
- NR MALE GENITALIA, Swelling, as if, Testes, right

- 2 FEMALE GENITALIA, Sexual desire, diminished
- FEMALE GENITALIA, Sexual desire, increased
- FEMALE GENITALIA, Sexual desire, wanting

- SPEECH & VOICE, Speech, difficult
- SPEECH & VOICE, Voice, low, soft, and
- NR SPEECH & VOICE, Voice, melodious

- RESPIRATION, Difficult
- RESPIRATION, Difficult, weather, wet, in

- COUGH, Morning
- COUGH, Loose
- COUGH, Loose, expectoration, with
- COUGH, Talking, from

- COUGH, Talking, from, inability to speak, with

- 3 CHEST, Eruptions, rash, axilla
- 3 CHEST, Eruptions, rash, axilla, left
- 3 CHEST, Itching
- 3 CHEST, Itching, Mammae
- 3 CHEST, Itching, Mammae, Nipples
- 3 CHEST, Itching, Mammae, Nipples, left
- NR CHEST, Odor, strong, axilla
- NR CHEST, Oppression
- NR CHEST, Oppression, Heart
- NR CHEST, Pain, General
- NR CHEST, Pain, General, Heart
- NR CHEST, Pain, burning
- NR CHEST, Pain, lightning, like
- NR CHEST, Pain, lightning, like, mammae, left
- NR CHEST, Pain, lightning, like, knee, on rubbing the

- BACK, Formication
- BACK, Formication, Dorsal region
- BACK, Formication, Dorsal region, Scapulae, between the
- 4 BACK, Itching
- 4 BACK, Pain, General
- NR BACK, Pain, General, anxiety, with
- 2 BACK, Pain, General, Lumbar region
- NR BACK, Pain, General, Lumbar region, left
- NR BACK, Pain, General, Lumbar region, extending to:, waist
- 2 BACK, Pain, General, Sacral region
- NR BACK, Pain, General, Sacral region, driving, while
- 2 BACK, Pain, General, Sacro-iliac junction
- NR BACK, Pain, General, Sacro-iliac junction, right
- NR BACK, Pain, General, Sacro-iliac junction, breathing, deeply amel.
- 2 BACK, Pain, General, Spine
- 2 BACK, Pain, aching
- 2 BACK, Pain, aching, Dorsal region, scapulae
- 2 BACK, Pain, aching, Lumbar region
- 2 BACK, Pain, aching, Lumbar region, walking, difficult
- 2 BACK, Pain, aching, Sacrum
- 2 BACK, Pain, aching, Sacrum, walking, agg.
- NR BACK, Pain, aching, Sacrum, extending to:, peritoneum
- NR BACK, Pain, aching, Sacrum, extending to:, waist
- NR BACK, Pain, aching, Coccyx
- NR BACK, Pain, cramping
- NR BACK, Pain, cramping, Sacrum
- NR BACK, Pain, cramping, Sacrum, motion, agg.
- NR BACK, Pain, dragging
- NR BACK, Pain, dragging, Sacrum
- NR BACK, Pain, griping
- NR BACK, Pain, griping, Dorsal region
- NR BACK, Pain, lancinating

- BACK, Stiffness
- BACK, Stiffness, Cervical region
- BACK, Stiffness, Lumbar region
- NR BACK, Stiffness, Lumbar region, waking, on

- EXTREMITIES, Cracked skin, Feet
- EXTREMITIES, Cracked skin, Feet, heel
- EXTREMITIES, Discoloration, white, Toes, first toe
- EXTREMITIES, Discoloration, white, Toes, first toe, left
- EXTREMITIES, Discoloration, white, Toes, first toe, right
- EXTREMITIES, Discoloration, white, Toes, first toe, Alternating r+i
- EXTREMITIES, Eruptions, nodules
- EXTREMITIES, Eruptions, nodules, Foot
- NR EXTREMITIES, Eruptions, nodules, Foot, toes, between
- EXTREMITIES, Itching
- EXTREMITIES, Itching, Lower Limbs
- EXTREMITIES, Itching, Lower Limbs, Buttocks
- EXTREMITIES, Itching, Lower Limbs, Thigh
- EXTREMITIES, Itching, Lower Limbs, Thigh, inner side
- EXTREMITIES, Eruptions
- EXTREMITIES, Eruptions, red
- EXTREMITIES, Eruptions, red, Thigh
- EXTREMITIES, Eruptions, vesicles
- EXTREMITIES, Eruptions, vesicles, Thigh
- EXTREMITIES, Itching, Foot
- EXTREMITIES, Itching, Foot, heel
- EXTREMITIES, Itching, Foot, heel, right
- 2 EXTREMITIES, Stiffness
- EXTREMITIES, Stiffness, Shoulder
- EXTREMITIES, Stiffness, Lower limbs
- EXTREMITIES, Stiffness, Thigh
- NR EXTREMITIES, Stiffness, Thigh, posterior muscles
- EXTREMITIES, Stiffness, Knee
- EXTREMITIES, Weakness, Upper arm

- 3 EXTREMITIES PAIN, General
- EXTREMITIES PAIN, Upper limbs
- EXTREMITIES PAIN, Upper limbs, Upper arm
- EXTREMITIES PAIN, Upper limbs, Upper arm, left
- EXTREMITIES PAIN, Upper limbs, Upper arm, deltoid region
- EXTREMITIES PAIN, Upper limbs, Upper arm, deltoid region, arm:, raising agg.
- EXTREMITIES PAIN, Upper limbs, Upper arm, posterior part
- 3 EXTREMITIES PAIN, Lower limbs
- 2 EXTREMITIES PAIN, Lower limbs, Hip
- EXTREMITIES PAIN, Lower limbs, Hip, left
- EXTREMITIES PAIN, Lower limbs, Hip, driving, while
- EXTREMITIES PAIN, Lower limbs, Thigh
- EXTREMITIES PAIN, Lower limbs, Thigh, posterior part of
- EXTREMITIES PAIN, Lower limbs, Thigh, posterior part of, afternoon
- EXTREMITIES PAIN, Lower limbs, Thigh, posterior part of, driving, while

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- EXTREMITIES PAIN, Lower limbs, Thigh, posterior part of, sitting, while
- EXTREMITIES PAIN, Lower limbs, Knee
- EXTREMITIES PAIN, Lower limbs, Knee, walking, agg.
- 2 EXTREMITIES PAIN, Lower limbs, Foot
- EXTREMITIES PAIN, Lower limbs, Foot, heel
- EXTREMITIES PAIN, Lower limbs, Foot, heel, right
- EXTREMITIES PAIN, Lower limbs, Toes
- EXTREMITIES PAIN, Lower limbs, Toes, first
- EXTREMITIES PAIN, Cramping
- EXTREMITIES PAIN, Cramping, Calf
- EXTREMITIES PAIN, Neuralgic, Upper arm
- EXTREMITIES PAIN, Stitching
- EXTREMITIES PAIN, Stitching, Foot
- EXTREMITIES PAIN, Stitching, Foot, sole

- 2 SLEEP, Deep
- SLEEP, Heavy
- 2 SLEEP, Prolonged
- 4 SLEEP, sleepiness

- 2 SLEEP, sleepiness, daytime
- SLEEP, sleepiness, forenoon
- SLEEP, sleepiness, forenoon, 10 A.M.
- 3 SLEEP, sleepiness, afternoon
- 2 SLEEP, sleeplessness
- SLEEP, Unrefreshing
- SLEEP, Waking, difficult
- 2 SLEEP, Waking, early, too
- 2 SLEEP, Waking, late
- SLEEP, Waking, thoughts, from
- SLEEP, Yawning

- CHILL, CHILLINESS, Chilliness
- CHILL, CHILLINESS, Chilliness, morning
- CHILL, CHILLINESS, Night
- NR CHILL, CHILLINESS, Night, flatus, after passing

- 2 SKIN, Itching
- SKIN, Itching, eruptions, without
- SKIN, Pain, burning

- GENERALITIES, Afternoon, agg.
- GENERALITIES, Afternoon, agg., 5 P.M.
- GENERALITIES, Afternoon, agg., 5 P.M., 7 P.M., until
- GENERALITIES, Air, open, desire for
- GENERALITIES, Allergy, metal dermatitis
- GENERALITIES, Dry sensation, internal parts
- GENERALITIES, Eating, amel.
- 2 GENERALITIES, Food and drinks, eggs, desires
- 2 GENERALITIES, Food and drinks, eggs, desires, hard boiled

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- GENERALITIES, Food and drinks, rice, desires
- GENERALITIES, Food and drinks, sugar, des.
- 2 GENERALITIES, Food and drinks, sweets, desires
- GENERALITIES, Heat, flushes of
- GENERALITIES, Heat, sensation of, alternating with sensation of cold
- GENERALITIES, Heaviness, internally
- GENERALITIES, Pain, sore, bruised
- GENERALITIES, Stiffness, rigidity
- GENERALITIES, Stretch, stretching, must stretch, stretching in general
- GENERALITIES, Trembling, internally
- 3 GENERALITIES, Weakness
- GENERALITIES, Weakness, afternoon
- NR GENERALITIES, Weakness, afternoon, 3:30 P.M.
- NR GENERALITIES, Weakness, afternoon, 3:30 P.M., 4:30 P.M., until
- GENERALITIES, Weakness, evening
- GENERALITIES, Weakness, evening, 6 P.M.
- 3 GENERALITIES, Weariness, tendency
- 2 GENERALITIES, Weariness, tendency, afternoon, agg.
- NR GENERALITIES, Weariness, tendency, afternoon, agg., 5 P.M.-7 P.M.
- GENERALITIES, Weariness, tendency, exertion, agg.

Coriandrum Sativum

Coriandrum Sativum

Name:

Coriandrum sativum

Proving Details:

Master Prover: Louis Klein, R.S. Hom.

Co-Master Prover: Toni Bark, M.D.

Compilation: Janet Levatin, M.D. and Rose Lee, F.N.P.

Primary Proving Location: New York, New York, USA

Year: 1998

Prover 1, 46 yo female

Prover 2, 46 yo female

Prover 3, 39 yo female

Prover 4, female

Prover 5, female

Prover 6, 39 yo female

Prover 7, 53 yo male

Prover 8, 45 yo female

Prover 9, female

Provers took a 30c potency, one dose, without knowing the identity of the remedy.

Common Name and Meaning:

Coriander/Cilantro

Coriander comes from the Greek word Koriander. Koris means bug, since the odor is of the smell of bed bugs.

Source Notes

Spermatophyta, Angiospermae-- Flowering Plants; Dicotyledonae; Rosiflorae/ Rosidae; Apiales; Umbelliferae / Apiaceae - Carrot / Celery Family

Coriander is one of the earliest spices used by mankind and is currently the most extensively used spice in the world. It is most extensively grown in India, Russia, Central Europe, Asia, Morocco, and South and Western Australia, but it is grown to some extent in most countries around the world.

The plant is bright green, shining, glabrous and intensely fetid. It is an annual, with erect stems, 1 to 3 feet high, slender and branched. The lowest leaves are stalked and pinnate with roundish or oval, slightly-lobed leaflets. The segments of the uppermost leaves are linear and more divided. The flowers are in short-stalked umbels with five to ten rays, pale mauve, almost white, delicately pretty. The seed clusters are symmetrical and the seeds fall as soon as they are ripe.

The coriander plant yields two primary products that are used for flavouring purposes: the fresh green herb, "cilantro" and the spice, "coriander." Cilantro, which is sometimes called Chinese parsley, is used for culinary flavouring purposes in Asia, the Middle East, and Central and South America. Coriander is the dried form of the whole mature seed capsule (fruit) and is frequently termed "coriander seed" in commerce. These fruits are an important ingredient of curry powder. They are also used as a pickling spice; in seasonings and sausages; and in pastries, buns, cakes and other confectionary. The odour and flavour of these two products are markedly different.

Coriander oil is used to flavor alcoholic beverages (including gin), candies, meat, sauces and tobacco. The fruits and oil are used to cover the taste or correct the nauseating or griping qualities of other medicines. They are used medicinally for a number of purposes, particularly to relieve flatulence and prevent “griping.”

The seeds are brownish-red, and when dried are full of coriandrol, an essential oil. The percentage of essential oil depends on the country the plant is grown in.

The taste of the fresh herb is due to an essential oil (0.1%) that is almost entirely made up of aliphatic aldehydes with 10 to 16 carbon atoms. One finds both saturated (decanal) and unsaturated (*trans*-2-tridecenal) aldehydes; the same aldehydes appear in the unripe fruits.

As an herb coriander affects the nervous system, as it is mildly narcotic with sedative properties. It is said to aid digestion and relieve flatulence and diarrhea. It is used in external creams for joint pain and cramping. It is said to relieve the pain of migraines.

Comments

I decided to prove Coriander because it is such a common herb and culinary condiment. In fact it is considered the most frequently used herb in the world, and yet it had never been potentized into a homeopathic remedy. I have also seen some allergies to this seed and herb, so I thought that it would be a useful remedy for inclusion in our homeopathic materia medica.

Post-Script to Proving

For clinical information on this remedy see the [Clinical Focus Guide to Homeopathic Remedies, Volume 1.](#)

Extraction Meeting

In the meeting the provers emphasized the itching of the skin. There was much discussion about the feeling of nostalgia for their native countries. The provers over-all were generally more sensitive and sweet than provers in other provings I have conducted.

During the proving I had a compelling thought that I had to prove the remedy “Scarab,” and ended up studying these creatures and the Egyptian lore around them (the desire stopped after the proving). Coriander was used extensively by the ancient Egyptians for purification and other uses.

Proving Compilation

In this proving compilation, groups of symptoms, in some sections, have been sorted into sub-headings.

Prover Number, Day, Time, Symptom

GENERALITIES

1	00:0900	Took the remedy and within a half an hour I was extremely tired. My eyelids felt heavy. (NS)
1	01:1000	Still feel lethargic and spacey but have more energy than yesterday.
1	02:1100	Very tired and lethargic. (NS)
2	10:1400	Very sleepy, tired again, like this morning. Difficult

- staying awake in class although I am very interested.
Lasted one hour.
- 2 16:1430 Sudden fatigue (NS). Compelled to take a nap. Had planned to go for a run, but changed plans. Slept from 1500 -1540. Woke up by an alarm, still tired. Slept like a log. Tired all afternoon and evening. Felt exhausted. Client commented about how tired I looked.
- 3 02:0700 Very difficult to get out of bed to go to work. My body feels like a dead weight. No motivation. (NS)
- 3 02:0800 Usually when I wait for the subway I cannot sit still and need to pace back and forth. Not today! Sit on bench like a stone statue. Feel like a stone. Contemplate the word "stoned" and why they use it for people when they get high. This is different from getting high but I would like to give the word "stoned" a broader meaning because it is so perfect to describe my state. (NS)
- 3 02:0815 Usually when I get off subway I sprint up the stairs to exit. Today I stand frozen on escalator with crowds. (NS).
- 4 01:1530 I feel like I have the flu. Headache, tired.
- 4 01:1100 Tired, want to go back to bed.
- 6 04:XXXX There is a feeling of slowness, heavy dragging down feeling. With exercise I walk most of the way and run very little. (RS) I felt physically slow and cancelled three things and didn't feel bad or guilty.
- 6 04:XXXX Hangover, heavy feeling when I awoke today
- 6 16:XXXX Extreme exhaustion and fatigue with flu like symptoms (cough, fever, chills and blocked sinuses). Had to cancel appts for a week and slept most of the time.
- 6 01:XXXX Exhaustion at noon, dragging feeling. RS, but much more exaggerated.
- 8 00:1400 Much more tired than usual, this afternoon, fighting to stay awake.
- Low energy, hypoglycemia*
- 1 36:XXXX Low energy all day..... need sugar after eating, hypoglycemic.
- 8 07:2200 Very hungry at several points today. If I go beyond the point when I usually eat then somewhat weak and shaky feeling.
- 8 08:1700 Hungry feeling with weakness and tremulousness with slight throbbing head pain in temples
- 8 09:1300 Ravenous feeling comes over me
- 8 16:2000 Very hungry when didn't fix dinner on time
- Heightened energy*
- 3 05:1900 Swim a mile, which is my usual exercise. Feel great, strong in my body. Swim hard. Like feeling strong. (RS)
- 3 08:1200 Feel very strong swimming again. Two times in row is unusual. Go hydroplaning effortlessly past some big muscular guy for lap after lap. Am wondering "Wow, what's in that stuff"? (RS)
- Fat feelings, bloating, water retention*
- 1 05:0900 awake with major water retention. Hands pretty swollen. (NS)

Coriandrum Sativum

- 1 09:XXXX I feel fat. Feel like I've lost my way.
1 13:2100 Realized in the last 7 -10 days that I don't like to wear any rings on my fingers, including wedding ring. Put them away for awhile and it feels fine. They initially made me feel uncomfortable in the morning with water retention. (NS)
- 1 16:XXXX No major symptoms except major bloating after vegetarian feast for lunch.
1 25:1800 Feel fat and think I will fast for the day.
1 38:XXXX Feel bloated.
1 42:XXXX Bloated.
3 47:1500 Haven't had anything specific outstanding over the last few weeks but wanted to remark that I have put on weight, am abnormally heavy.
9 01:XXXX Dreams: Sitting in dark room huddled up in chair. Dark haired woman passed by, said "Boy are you getting fat." I said "Oh don't tell me that."

Glands

- 1 60:XXXX Awoke with enlarged gland at collarbone.
1 61:XXXX Glands enlarged in neck on right side (3) up to almost Behind ear, and in groin area, both sides.

Food desires

- 1 00:1000 Crave sugar. (OS)
1 09:XXXX My appetite is voracious for mostly sweet things.
1 15:1415 Craving sweets.
1 38:XXXX Crave coffee and sugar
1 42:XXXX Crave sugar today
3 06:1000 Craving for eggs. Must have egg salad sandwich. (RS)
3 07:1100 Craving for eggs again. I usually crave eggs but only once a month, not two days in a row. Have scrambled eggs. (RS)
3 09:0745 Am thinking about eggs. MMMM. Want boiled eggs. Just short of hard boiled. (RS)
3 47:1500 For at least two weeks been having daily alcohol cravings to the point where I fantasize about wine at lunch. I limit myself to one or two wines or beers a day but seem unable to go without them. (NS)
8 02:1900 Craving for warm food, warm soup

MIND

- 3 01:1020 Friend's car breaks down. He's had the car for seven years, it has never broken down before. I feel morose about it. Different from my usual self. Usually I would look at this as an adventure. (NS)
3 01:1030 Not as accommodating as usual. Usually will adapt to friends. I usually care, want to be helpful. Don't give a shit about my friend. Don't want to be here with this stupid broken down car. (NS)
3 02:0820 Usually I feel very connected to people around me, enjoy

smiling at them. Feel separate from others. Don't want to be noticed. I usually like to be noticed. Not now. (NS)

Feelings of heaviness, fatigue, paralysis

- 1 01:0100 If I am doing something that should come natural and I am not concentrating, that's when I get confused.(NS)
- 1 09:2000 Feel paralyzed and depressed. Stuff that I should be doing... can't or won't do, like balance the checkbook, laundry, make some business calls for an organization that I've become attached to. I feel anxious, depressed, and lifeless. Just paralyzed.
- 2 01:0700 Woke up feeling very sad, heavy (OS). Lasted a couple of hours.
- 2 01:0900 Fuzzy feeling in my head when waking (NS). For 3 hours. Like a cloud in my head, like a hangover.
- 2 08:0700 Woke up with low energy and a slight congestion in my nose, left side. Lasted a few minutes. Tired all morning and foggy in my brain. Had difficulties staying focused with my patients.
- 2 10:1000 Sleepy, tired, difficult staying awake during lecture, (got up early in the morning). Lasted one hour.
- 3 01:1000 Am feeling very unenthusiastic, morose, paralyzed. Have lost my good naturedness. Feel heavy. Don't want to move. Thoughts are kind of frozen too. Not thinking too much. (NS)
- 3 01:1400 Leave early from my friend's house because I am so frozen and morose and uninterested in doing anything. (NS)
- 4 01:XXXX Feel very spacey. I want to go back to bed, I am very tired.
- 8 02:0830 Feeling anxious this morning, overwhelmed by all of the things I have to do, feeling like I can't organize my mind and I won't be able to accomplish everything.
- 8 08:2100 Feeling extremely exhausted and emotionally fragile.

Heightened energy

- 1 06:1030 Overall feeling..... had more energy today and did some industrious cleaning and uncluttering of my life for about an hour this morning around 10:30.
- 1 11:1000 Accomplished a lot today that I had been putting off for a long time: balanced checkbook, paid some important bills, returned some needed phone bills. Went to neighbors to give phone number they needed.

Time too slow

- 1 01:0100 Sensation of time passing too slowly. 15 minutes feels more like an hour (NS)
- 1 02:1000 Still no appetite for breakfast; feeling time passing too slowly. (RS)

Happiness, optimism, calmness, beauty

- 1 01:1800 Overall I feel happy. I seem to have more patience with my kids and a much higher level of frustration, I don't get easily frustrated.
- 1 11:900 woke up feeling great.
- 3 03:0930 Morose feeling starts to lift. Am feeling just very deeply

- relaxed. Quiet. Kind of zen-like. A quiet joy. When the state was very intense, it was too much, kind of paralytic, but when it lightened up it was nice to have a bit of stillness physically and emotionally. Makes me realize how nervous I usually am in retrospect (NS)
- 3 03:1030 Feel really great. Can't believe it's turned around. Can't believe less than two hours ago I was considering quitting the proving. (NS)
- 3 04:1500 Still feeling happy and zen-like today, but feeling a little tired. (RS)
- 3 05:0700 Riding the bus to work, I look at all the people on the bus and they look so beautiful. I only see their good and I feel as if I love them all. I feel joyous, radiant and expansive, yet calm at the same time. (NS)
- 3 05:1200 Describe my expansive state and well up with tears of joy. I am so grateful that the remedy is opening my heart. (NS)
- 3 06:1400 Receive gifts and cards in the mail from my family for my birthday. Am very touched. Feel tearful with love for them. (NS)
- 6 02:XXXX Relaxed feeling about cases unfinished and time to call supervisor. (NS) (I am much more anxious usually about matters like this.)
- 6 03:XXXX I do feel I have more self confidence and increased self will. I do not have the anxious feelings, wishy-washy etc.
- 6 04:XXXX Emotionally I feel really good, no anxiety, there is a calm confidence, relaxed feeling, it is OK to give importance to my needs.
- 6 05:XXXX Decide to skip meeting but instead of usual guilty feelings, feel more relaxed and confident about decision.
- 6 11:XXXX I am noticing that I am choosing to not go to many of my commitments (most of the commitment are in the evening). I generally will not cancel and keep my commitments. If I do not go then I will usually be hard on myself and feel terribly guilty. Now I am okay with the slower pace and almost feel that this is the way it should be. There is not reason for me to feel guilty. I like it.
- 8 00:1230 my distance vision, which has been declining over the past year or two, seems markedly improved. I can see things more clearly in the distance than I have been able to in a while. This is making me feel optimistic and happy, like something really good is happening to me.
- 8 01:0600 Dream fragment: under a tree, near a lake, calm and peaceful
- 8 04:0700 Dream: Two women are getting married. Everything is very beautiful, the dream is really about these sensory impressions: peoples' clothes, flowers everywhere, the wedding takes place out in the front yard. Everything is very beautiful. Inside the house there is lots of food,

dishes, much abundance. The feeling is of lots of beauty and abundance.

Mistakes, forgetfulness, confusion

- 1 00:1000 I was in a store and dropped something and couldn't quite get the jelly beans out of the container with the scoop. Paid for them and realized I was still holding the scoop. I felt very "spacey" and my head kind of heavy. I went to another store and thought I had lost something, but hadn't... the clerk found it for me. (NS)
- 1 00:1000 Afraid that I will make a foolish mistake that could hurt someone.
- 1 00:1230 I went to the bank and wrote on my check for cash, "cash" forgetting the "s." Feel like I should not be operating heavy machinery, i.e., my car. (NS)
- 1 01:1200 Wrote a check wrong again today.
- 1 01:1800 Went to get into my car and thought it belonged to someone else and started to walk away until my son confirmed it was our car. My son's (he's 14) observation was, "Mom, you're getting confused when you have to concentrate.
- 1 10:1900 Speaking to Gary and said something with words completely out of order... all of the words were there, just in the wrong order.
- 1 12:12:00 Spoke backwards again "paper get car drive."
- 1 02:1500 Have trouble focusing to read article in magazine.
- 1 02:1900 Feeling that I was not as "confused" today as 2 previous days until I kept trying to turn off my windshield wipers and it turns out that I had turned off my headlights instead.
- 1 05:1700 Cooking in kitchen, went to put cheese board (appetizer) together and realized that I was wearing an oven mitt. I'd forgotten to take the potatoes out of the oven which was why I had on oven mitt. Mind is either moving very quickly or my short term memory is shot.
- 1 10:1000 went upstairs to get something came right back down forgetting the reason I went up there. Sitting with a friend at computer working on remedy and forgot whether I had looked up the remedy or not.
- 1 15:1330 Went to bank without checkbook. Had it in my hand and forgot it .
- 1 30:XXXX Several stupid mix-ups, like at the beginning of taking remedy. Put cereal in refrigerator instead of cabinet. Went to refrigerator to get something had to close it and go back to cooking at the stove in order to recall what I needed.
- 1 43:XXXX Lost several things...went to store with out checkbook, post office forgot mail, etc.
- 3 06:1600 Am rewriting some notes and realize that I don't seem to be able to spell at all. I'm usually a good speller, I always had a knack for it. There seem to be a lot of words I can't

- 3 07:1510 spell or at least I don't feel sure of the spelling.(NS)
I see a sign for two towns that I have known for years. The sign reads, "Allston-Brighton". I read it out loud to myself, "Allton-Blighton". Knowing that sounds wrong, I try out loud again and again, "Allton-Blighton". After three wrong pronunciations, I am finally able to say it correctly. Later in the proving this happens several times only with different words in different situations.(NS)
- 3 08:1230 Am confused about the combination on the lock of my locker which I have had for years. Takes me a few minutes to figure it out. (NS)
- 7 04:0400 Dream that I was at a religious community run by an orthodox rabbi. I was a visitor to the community, not a member. The community made money by holding auctions. The rabbi was also the auctioneer and had a large auction barn. I was unable find my car to leave. I wandered the parking lot for a long time. Finally I found my car and left.
- 8 04:XXXX I pulled into a gas station and pulled up with wrong side of the car towards the pump. It is very unusual for me to make this kind of spatial mistake. When the attendant pointed it out I felt confused and disoriented. I wondered if I had been making goofy mistakes all day.
- 8 05:2000 Made a wrong turn on a well-known street. Also took a wrong turn in a building that is very familiar and it took me a moment to realize my mistake, a great sense of confusion.

Sexual dreams

- 1 03:0930 ... Another dream; I was younger and had a boyfriend who lived across the street and I went over to see him for a kiss. He kissed me
- 2 05:0900 Sexual dreams (OS): seduced by an ex-lover, it was wonderful! Felt fine all day.
- 3 09:0700 Have this bizarre semi-erotic dream. I'm in this apartment with these two women, only they don't know I'm there, I think I'm behind the couch or something. They are two women that I have known remotely in my past. There's a narrator reading as if it's a film. One woman is trying to seduce the other, I kind of figure they're both into it. The narrator is talking about her breast and describing it in a very erotic way. I'm very interested. The narrator comments enticingly on one woman's breast being very swollen because she has gained weight. When I realize that one woman is not interested in gay sex I hang out in the apartment that day waiting for them to return and have a plan to aggressively seduce the interested woman. (NS)
- 3 14:0800 In the third dream I had last night, my host in real life, who is very good looking but much younger and who I don't actually feel attracted to in real life, wants to seduce me and he is kissing me and trying to take off my shirt.

(NS)

- 3 22:0800 Had a dream that I had a penis and a close female friend of mine also had a penis and we are having sex face to face. Wake up pondering the strangeness of the dreams and the logistics of such a sexual act.

Dreams of Pregnancy

- 1 17:XXXX Had a dream that I was pregnant. It was nice. That's all I remember about it.
- 3 04:0700 Had another dream last night that I was pregnant. Actually, because of my period being late before, this possibility had been in my mind. In the dream, I went in for a pregnancy test but the way they performed the test was somehow using sperm and they made a mistake and made me pregnant with the sperm. I never thought I could stop a pregnancy but in the dream I thought I had to because I didn't know whose sperm it was. I decided to abort the baby. (NS)

Dreams about evil, being unsafe

- 3 14:0800 Second dream was that my body was suspended in the air and was filled with light and energy. In the dream I thought it was my body's way of healing itself but later in the dream wondered if it was instead an evil power possessing me. (NS)
- 3 20:0800 Had a dream last night that I walk into a room to find two young children who are silent and I see that one is mostly naked and her clothes are torn and her body is bloody and the horror of the realization that she has been raped chills me. (NS).
- 3 21:0800 Had a dream last night. There was a wedding going on downstairs in the house that I am in. I go upstairs and observe an open window with feet flying out the window. Just at that moment I realize that it is a young adolescent boy who is trying to commit suicide. I see a figure grab his feet at the last second to save the boy. The figure looks evil, he is wearing a white mask with blue carved eyes that jut out from the mask and he looks very scary but he has saved the boy. After he pulls the boy in, the dream shoots like a movie to a garage door outside on the ground level. I can see a large "photo-montage" superimposed on the garage door, a black and white picture of a young girl, maybe 7 or 8, very pretty, innocent looking with dark curls (she is alive as if she is a movie clip) and I feel a very deep terror at the realization in the dream that she is the evil force who tried to lure out the boy to kill himself. I wake up very very frightened. Normally I often hear music which seems very beautiful, like all the molecules of the world that are charged. When I awake the volume has increased tenfold on this music and it is clamoring in my ears and I felt a cold horror that this music could be

- nothing at all, have no spiritual connection at all. I am very upset by the whole experience. In retrospect, the dream for me showed that what seems evil can be good and what seems good can be evil. (NS).
- 8 29:0700 Dream: I am walking on a campus towards the hospital. For some reason I am not authorized to enter, but decide to anyway. I do not have any sinister purpose, I just want to enter, I think I am in the role of a medical student. As I enter I see the Dean, or some such authority figure. I know he could throw me out if he notices I am an unauthorized person, but I adopt an air of confidence, like I belong there, and just walk past him successfully. I enter the bathroom and this is where the horrific part starts. There are three stalls and in each stall are women with either shit, or blood, or a mixture of the two smeared all over them, reddish-brown color, very vivid. It is like a disaster scene. And all I wanted to do was use the toilet. I feel repulsed and horrified, but also wonder what needs to be done to help. Then I woke up. I felt really grossed out. It took me an hour to get back to sleep.
- 8 43:0600 Dream: a very strange dream: Somehow I become part of a strange plot. I receive some instructions about putting some liquid into a muffin and putting in a certain place where someone will pick it up. If I don't comply, something bad will happen to me. I am finding a syringe to put on the liquid on the muffin, and doing the required questionnaire/paperwork. Other doctors and nurses try to see what I am doing, but I conceal it. Later on I am instructed by cell phone to walk in a certain area holding a box with some of the equipment. I am picked up by a station wagon with a number of black people inside. Some women I know see me getting into the car and wonder what I am doing. Inside is the man who ate the muffin. He has been told he took an extract of some sort that will promote health and well being, but what he has really taken is the AIDS virus. The people in the car are going to be filming a documentary of his downfall, and he thinks he will be filmed becoming more healthy. I ask the bad guys how long the documentary will take to make and they say about 5 years. I know the man will die in 5 years. feeling: pissed off at the bad guys and powerless to do anything about their evil plot. Feeling of being trapped into someone else's plot and being out of control.
- 8 01:0600 Dream about being in a freight elevator in a basement and sense of not being quite safe.
- 8 27:0800 Dream about being in an area in the inner city. Look across the street and see a man who is a monk of some sort. His costume or habit is made of some sort of brush or grass which makes him look like broom with a head on top, almost like a cartoon character.

He is also moving with a type of sweeping motion. He appears very angry and agitated. He is helping to evacuate men from a nursing home or something perhaps because of terrorist threats. The whole situation feels dangerous and unsafe

- 8 30:0700 Dream that I am making a phone call but instead of reaching the person I m calling I reach some men who are part of the phone police. My call got routed to them because the person I'm calling has a large outstanding phone bill and they are trying to track her down (in reality, one of my patients has such a bill). Suddenly I'm standing in front of these two men who look like FBI types, black suit, very straight. A bird flies overhead and shits on one of the men's heads, the shit looks like a thin garden slug. I think to myself, "yeah, all right!" The bird is about to circle around and drop another turd on the other man's head but I wake up.
- 8 03:XXXX Dream of a war scene of spy scene. I am in the ocean and there are ships and planes around. I am a soldier or spy and I'm being shot at. I have some equipment in the water with me to help me stay safe and I keep losing it and floating away. My feeling is defiant. I won't let the bastards get me.

Ancient times, far away places, place or origin, nostalgia

- 3 03:0700 Had a dream last night about a neighborhood I used to live in Boston 17 years ago. I have never dreamed about this neighborhood. I am in a local cafe and I realize that Asians, mostly Chinese and Taiwanese have become a major force in the neighborhood. This is very interesting to me in the dream as I have lived in both those countries in real life. (NS)
- 3 23:0800 Had a dream last night that I was with a lot of people in a kind of an ancient enclosed stone city. A child comes running into the courtyard that we are congregated in and is visibly upset. The child cries, "fire, fire"! I go out to look and there is, indeed, a wall of liquid fire, maybe lava (?) slowly moving towards us. As the city is enclosed, we have nowhere to run to and I realize that we will all die within ten minutes. I am not afraid to die in the dream. (NS)
- 3 24:0800 Had a dream last night that I was a woman in a very ancient time and I have a male child between 6 months and a year that I am carrying closely. I feel a deep loving bond to the child. The child has a goatee which I do not find strange in the dream. We are being led away to safety by some type of man. He has long white robes and I'm not sure if he is a very wise, kind real man or if he is a kind of spirit. Regardless, he is our protector. Later, my friend tells me that in ancient Egypt, they did apply stick-on goatees to male children (infants)? I did not verify this through research but found it very interesting. The feeling state in the dream is about the deep connected feeling I have to the child. (NS).
- 4 01:XXXX Dream: About building houses on a hill. It was a foreign land. Looked like China. Houses were on a hill. I felt very confident.
- 4 02:XXXX Dream about a foreign country.
- 6 01:XXXX Dream: My mom was being interviewed on radio in India about what it means to a mom when her daughter moves to a far-away place. I could listen to her from my home in the U.S. I was so glad to

- hear mom's voice, even though little painful. I definitely am missing mom. RS
- 6 01:XXXX Feelings of missing family and wanting to connect with them.
- 6 05:XXXX Dreams of sister visiting and sister-in-law visiting. Dreams of India.
- 6 06:XXXX Dreams: Best friend in India is teaching me how to sew. She has made these two beautiful gowns and I notice how beautiful they are.
- 6 11:XXXX Dream the whole family has gone to India. I am nauseated at the thought of air travel and I have to leave to go somewhere by air again and I am telling my mom that I don't want to go as I am crying. My mom is very understanding and is saying everything will be okay, don't worry and don't cry".
- 8 53:0700 Dream: I am in India to attend a homeopathic seminar. A well-known homeopath is there, he will probably be leading the seminar. We are all outside, the sun is shining, the colors are bright, many people are milling about, but I am not interacting with them. I step inside an arcade-like area to do some shopping. I need to go to the toilet but there is an extremely long line waiting to get in. I feel frustrated by that.
- Dreams of food*
- 8 17:1600 Dream: I am at some type of gathering, a sort of convention of hippie-type people, kind of like Woodstock, but not quite. I am wandering about trying to decide which activities to do, what and where to eat. At the end of the dream I am choosing food from a sort of smorgasbord, I am very hungry. (somewhat of a typical dream for me, except for the part about the food)
- 8 17:1600 Dream fragment: I buy a piece of cake and other foods at a cafeteria line, but someone else takes my piece of cake. When I find her she has already eaten it and is sitting there with the empty bag. I say, "I bet it was good, wasn't it?" The cafeteria worker tries to get me to take another kind of cake, but I refuse and ask for my money back.
- 8 28:0800 Dream fragment: in an ice cream parlor, the owner of the parlor is trying to decide what ice cream flavors to carry, how to furnish the place.
- 8 40:0600 Dream: I am in a cafe. I sit at a table and someone I know is next to me. She orders up different kinds of breads and pastries and she tries to get me to eat portions. The owner/chef is the actor Samuel Jackson, he is across the room behind the counter. He talks to me across the noisy room, I tell him some my sister is coming into town soon and then I will be leaving. There is lots of food in this dream, lots of food I can see.
- 8 44:0700 Dream: I come into a place which is like a combination, gallery-museum-antique shop, a big barn-like loft or attic (upstairs, the stairs are on the outside of the building). There are many objects on display, things look old and valuable. All the objects are made of dark chocolate. They look like polished ebony. I am in the shop starting to learn how to make the special chocolate objects. There is a very

specialized technique involved which must be learned, sort of like an apprenticeship.

Concealment or deception

- 6 03:XXXX Dream of being in a store and see a new lipstick on the shelf and put it into my purse with the intention if I want to pay for it I will at the check out. At the line a woman tells me to go to the office to get my purse checked and I decide to wait in the express line and pay for it before I go to the office to get the purse checked. Quite a bit of time has passed and still the line is not moving. I feel impatient. I ask the people who are ahead of me and they say "Oh the line really starts over there." I want to somehow duck the people but do not want to be too obnoxious. I am also aware that I need to go in that office. I am feeling that maybe I can tell them that I put it (lipstick) in my purse but I was going to pay for it at the checkout. I want to make sure that my story is convincing enough.
- 6 06:XXXX Start diet then cheat by eating mango cheesecake. Feel no remorse. Husband comes home and I ask him "What did you do?" (as if he was the one who committed some crime or done something when it was me who cheated and ate the cake).
- 7 02:0400 Dreamt I was a dentist. I was about to work on someone's teeth and then I told him I wasn't really a dentist and didn't know what I was doing. He said "OK" and left.

Feelings of disinhibition, exposure

- 6 10:XXXX Dream I am at work and I have to go to the bathroom and get up to wipe myself and see that my client can see through and is looking at my hairy genital area. I am more surprised than ashamed. A little embarrassed I go behind the wall.
- 8 03:2300 Last night I had to scratch my crotch and I just did it even though I was in a public place and someone could have seen me. I was almost amused at the idea of someone seeing me and did not have the usual sense of modesty.

VERTIGO

- 1 01:0900 Sitting in coffee shop and fan above right eye line makes me dizzy for a short while.
- 1 02:1500 Feel a bit dizzy

HEAD

- 1 05:2300 My head is very itchy.... actually the last few nights I have had an itchy scalp before bed (RS)

HEAD PAIN

- 1 00:1230-0300 I was home and could not get off of the couch. I had a left sided headache behind my eye. Overall my symptoms seem to be in my head with a heavy "foggy" feeling. It forces me to pay close attention to what I am doing. Headache gone now had for several hours. (NS)
- 1 01:0100 There feels like there is a headache waiting to emerge behind my eyes. (NS)
- 1 13:0700 Awake with bad headache behind left eye. (NS) It

2 12:1000 disappeared in a short while (congestion)
Headache across the forehead, mild now, feels better to hold hands on it, because hand is cold, > rubbing, > pressure, but it doesn't take away the pain.
2 12:0700 Mild headache, keeps changing locations (NS), roaming around. Started in back of head.
2 12:1330 Still pain in forehead
7 02:0300 Awaken with splitting frontal headache (NS)

EYES

2 03:1715 Right upper eyelid started twitching (during a consultation) (NS). Lasted 10 seconds.
2 03:2315 Right eyelid started twitching again for 10 seconds (NS).
2 08:2100 Mild throbbing in right eye, went away after a few seconds.

NOSE

1 06:2200 Skin on nose broken out
1 48:XXXX Pimples on nose
2 09:0700 This morning right nostril still stuffy, left clear. Sounded more congested than she was.
2 10:0530 Congestive symptoms in nose have diminished, comes and goes for brief episodes during the day, right nostril a bit stuffy, left clear.
2 11:1000 Mild congestion in right nostril again. Lasted a few minutes. Felt fine the rest of the day.
2 8:2100 Right nostril stuffy, left clear.
2 26:1530 Slight burning sensation in right nostril, sniffly, passes quickly.
2 26:1800 Soreness in right nostril again.
6 05:XXXX Nostrils red and flaky.

FACE

1 02:0925 Rash under chin on left (NS)
1 04:2200 left side of face bumpy by jaw line-- itchy bumps length of jaw. (NS)
1 07:1900 It did occur to me that this little pimple that is below my bottom lip has been there for 4 or 5 days and something I have never had before. (NS)
1 09:2000 Left corner of my mouth is "cracked" where the 2 lips join. (NS)
1 33:XXXX Right side of face broken out by hairline itchy rash. (NS)
6 08:XXXX Rash around left side of mouth and right side of cheek and around nostrils more prominent.
6 09:XXXX Rash continues to be around mouth and right cheek and nostrils.
6 04:XXXX Left side angle of lip itchy and flaky
8 02:0830 Eruptions in the corner of mouth, cracks feel dry and irritated.
8 03:2300 Dry lips, with peeling skin. Urge to pick and bite at the skin. Had to apply moistener.

Coriandrum Sativum

8 08:1700 Crack at the left corner of mouth reappearing (had resolved) with roughness at the lining inside the corner.

MOUTH

1 31:XXXX Feels like I am getting a canker sore inside bottom lip.
2 15:XXXX Mild swelling and mild pain inside left cheek (NS).
8 01:2100 Skin inside corners of lips (mucosa) feels eroded and chafed, extends to the angles of the mouth, looks a little red.
8 13:2200 Inside of mouth feels raw and sore

THROAT

1 01:2230 Feel like I am getting a sore throat with thin mucus running down back of my throat. Very tired. (NS)
2 08:2100 Throat started hurting, nose running, burning sensation in nostrils. Lasted a few minutes.
2 03:0900 Thickening in throat, like mucus (NS). Has to clear throat frequently. (Still so at 1300)
2 08:2330 A lot of mucus in the throat, like before, but more. Had to clear the throat, felt like mucus was clogging throat.
6 09:0300 Sore throat, tempted to use Listerine but did not.
6 16:XXXX I came down with sore throat, cough, fever, chills, tired. Son and husband sick the week before. Took a dose of constitutional remedy.
8 01:1700 Mild sore throat across the back of soft palate, feel slightly raw and burning, extends to left ear (OS, RS)
8 03:2300 Throat mildly sore on palate, between tonsils, slightly swollen and slight raw feeling.
8 12:1700 Phlegm in the back of the throat with the need to clear.
8 16:1900 Scratchy throat, pain radiating to the left ear.

EXTERNAL THROAT

2 25:XXXX Wart-like pimple on front neck.
2 28:XXXX Wart-like pimple on throat the same.

STOMACH

1 13:1330 Felt nauseous, almost like morning sickness. Lasted 1/2 hr.
1 13:1600 More nausea. Seems to happen in the house. Fresh air makes it disappear.
1 13:20:00 More nausea.
1 14:XXXX Nausea. (RS)
1 14:2400 Nauseous again, feels hormonal.
1 15:1415 Nauseous.
1 34:1100 Nausea. (RS)
1 35:1530 –1615 Nausea while riding in car- feels hormonal-- felt better when I ate.
1 41:1615 Nausea lasted 5 minutes.
1 50:2300 Cramping in stomach.
4 02:XXXX Feel nauseous.

ABDOMEN

1 12:1700 Pain like knife in abdomen. Lasted for about 10 minutes.
Never felt like this before. (NS)

FEMALE GENITALIA

3 03:0900 Am thinking about my period. Before I took the remedy,
it was late which is very unusual. But now it is lasting 6 or 7 days. It's
never more than five days (NS)

3 04:1000 Period is still flowing. This is day 8! (RS).

3 05:1200 I call my homeopath because I am worried about the
bleeding. This is the ninth day of my period. I feel it's OK but would like to
be reassured. He says it's common with provings and I should look at it
as a "spring cleaning".

3 05:1400 The blood of my period is very bright red, almost hot
pink, chartreuse. There aren't really clots but there are stringy thicker
streaks of darker blood. I wish I would stop bleeding! I feel out of control
because my body is acting so differently than usual. Am a little freaked
out that I've been bleeding for nine days. (NS)

3 08:1700 Period is still flowing. The blood is kind of viscous,
slippery. Is a light, steady flow. This is the twelfth day. (RS).

3 08:1700 Become aware of the fact that the menstrual blood has an
unusual fishy odor. (NS)

3 07:1200 Period is now going on 11 days. Am OK with it but wish it
would stop. Figure it's OK because I feel really good in general. (RS)

3 13:0900 When I wake up in the morning, I realize that my period
has finally stopped flowing after 2 weeks. Feel very grateful. (NS)

3 19:0700 Period has resumed after a week hiatus. This period
proves to be normal albeit heavy. Ends up lasting five days. (OS)

8 04:1900 I realized that today the area of my pubic hair has been
itching on and off.

8 04:2100 Stitching pain in left ovary, worse motion and better firm
pressure

8 05:2000 Pain in right ovarian area that has come and gone all day.
Sharp and sensitive, less stabbing than yesterday.

8 10:2200 Fleeting pains in the ovaries

COUGH

6 09:0041 Deep cough

6 16:XXXX I came down with sore throat, cough, fever, chills,
tired. Son and husband sick the week before. Took a dose of
constitutional remedy.

SPEECH

4 02:XXXX Speech is very hard. Slurring words.

CHEST

8 02:0830 A few itching eruptions on trunk, like flea bites

HEART

3 01:1530 Am feeling lots of energy and electricity rushing from my

- solar plexus upward through my heart. My heart is very activated. I often feel electric but not in this way. (new symptom)
- 3 03:1030 My heart is very activated with rushing electrical currents. (RS)
- 8 02:0830 Anxiety in the chest, verging on palpitations, heart beat felt rapid. Chilliness with the anxiety.
- 8 02:0830 During the day, if I paid attention to it, I noticed that my heart beat felt rapid.

BACK AND NECK

- 1 32:1400 Pain in back between shoulder blades from spending several hours on cold and windy soccer fields I guess.
- 1 45:XXXX Back pain severe today in between shoulder blades. Much lifting and stress.
- 2 09:2300 Lower back, across lower lumbar region, started hurting (1-2) (NS). Has had pack pain earlier, but not like this. Lasted about 10 minutes.
- 2 12:1000 Backache, sharp pain (4-5), started again. Lower left side, down left buttock. The pain was worse than before. < bending over, < rising from sitting, < lifting, > rubbing. Feels like an injury. It reminds a little of a symptom she has had 2 - 3 times in her life, a long time ago. The last time was 1 years ago.
- 2 12:1330 Still pain in back.
- 2 13:XXXX Backache all day, left side, lower back and left buttock. Sore (4-5), pulling sensation. Much worse bending over.
- 2 14:XXXX Backache (4-5) all day, left side, lower back and buttock. Sore, painful, < standing, < lifting.
- 2 17:0800 Backache more painful (4-5), sharper, sore, above left buttock and below waist (SIPS) and base of spine.
- 2 17:1500 After stretching and jogging 3 miles my back feels better. Usually I feel worse after exercise.
- 2 17:2200 Back pain mild, almost gone.
- 2 15:XXXX Backache worse throughout the morning, but better as the day progressed.
- 2 16:0800 Backache sore, painful. (3).
- 2 16:1400 Pain is sharper, especially at base of spine, the tail. It's painful walking.
- 2 19:1100 Lower back discomfort noticeable, but not bad. Otherwise felt fine.
- 4 25:XXXX 4 days after 2nd dose: Sharp pain between shoulder blades could hardly move-- resolved the next day.
- 8 01:0600 Slight stiffness and pain in right mid back
- 8 03:2300 Mid to upper back somewhat stiff, sore and achy

Shoulder blade

- 1 07:2300 Have an unusual burning pain in left shoulder blade. If I touch it feels bruised, but it also itches. (NS)
- 1 19:1430 Dull pain in left shoulder blade.
- 1 20:0800 Numbness in right scapula
- 1 61:XXXX Felt the same today except felt it in right scapula or below

right shoulder blade. Also felt that same crawling under the skin thing there that I have had throughout proving.

EXTREMITIES

- 1 02:0815 Cramp behind left knee lasts 5 or 10 minutes. (NS)
- 1 02:1230 Pain behind left knee again. (RS)
- 1 03:1000 Still feel pain in back of left knee occasionally and when I stand up. (RS)
- 1 20:0800 (NS) planter's wart now on left foot in addition to one for 5 years on right foot. (NS)
- 1 22:XXXX Occasionally still feel tingling sensation in right shoulder. (NS)
- 1 22:2230 Feels like cool breeze on right shoulder. If I apply pressure It disappears. (NS)
- 1 26:1330 feel that right shoulder "shiver" again
- 1 39:XXXX Both feet hurt where there is planter's wart. It hurts to walk barefoot on both warts. They throb at night before sleeping. (NS)
- 1 60:XXXX Felt like pulled muscle with restricted movement in right arm. I couldn't drive with both hands and had a hard time raising my arm to take off shirt. Treated it with warm compresses.
- 2 01:1800 Sharp pain (3-4) in right knee (NS), like a pin stuck in my knee, < movement, pain only on moving.
- 2 02:0900 Pain in right knee persists, but to a lesser degree, sore not sharp.
- 2 02:1900 Knee pain >.
- 2 03:2315 The tip of my left thumb started throbbing, lasted 2 minutes. (NS) When I looked at my thumb I saw a pimple on my left palm. Like a wart.
- 2 04:0900 Right knee sore pain (2) in the morning, when I started moving around, in the same place as "the pin pain," but less strong. It appeared with movement, < from pressure.
- 2 04:0900 Right forearm, outer side, by elbow, hurt with movement. Deep achy pain (4-5) (RS). (Has had this pain since a few months, on and off, but this time it was much worse.)
- 2 04:1400 The pimple on the palm is almost gone. The knee pain is gone. The arm pain is better.
- 2 10:0600 Splinter like pain at the sole of left foot (NS), as if she had stepped on a pin. It was as if it was still there, but nothing was there. It was a sharp pain, painful to walk on it, couldn't walk, but rubbing on it didn't hurt. Lasted about 10 minutes.
- 2 13:XXXX Wart-like pimple on left palm.
- 2 23:XXXX Felt fine all day, except for a rash on left hand (NS), between the wrist and the thumb, 1 - 1_ ". At first I thought it was a bug bite, but there were two bumps. More small bumps appeared, so it became more like a rash. It was very itchy. The colour was pink.
- 2 33:1100 Rash on hand is smaller-- still pink with a darker red spot near the center of a blister as if that was a puncture point.
- 2 26:1800 Thighs hurt (NS), sore muscles like I had rode a horse for

- a long time (but I hadn't). Legs felt a bit heavy when I went out for a run so I just walked which felt fine, but thighs hurt more than prior to walking. Worse upon rising and walking initially.
- 2 27:XXXX Rash on left hand continues to be itchy and looks like blisters-- pink, raised bumps-- itchier in hot water but itching is relieved after. All else is well.
- 3 00:2000 Feel heavy, aching pain in left wrist (NS)
- 6 01:XXXX Legs ache and I am wondering if they are adjusting to my increase in running time or is this a proving symptom?
- 6 02:XXXX I am aware of pain in my leg in middle of night. Body so utterly heavy especially legs. I am used to running but I just have to drag myself out by pushing myself. (NS)
- 6 03:XXXX Legs heavy. I want to run but I can't. I still have a dragging feeling as if legs are heavy. When I exercised today I walked 3/4 way and ran 1/4 way. Usually it is the opposite.
- 6 04:XXXX Legs heavy, achy, when I sit, I want to rub them
- 6 05:1730 As I was driving felt a deep sharp stitching pain in left shoulder (RS)
- 6 10:XXXX Lying on floor and felt pain in left shoulder. When I got off the floor it disappeared
- 8 27:0800 Something I realized today is that I had itching on the inner thighs with some pimple like eruptions around the hair follicles. Annoying and I find myself needing to scratch at inopportune moments and wonder if someone will see me and think I'm doing something gross or perverted.

CHILL

- 2 08:0700 Chilly since I woke up. Like this until 1500.
- 8 02:0830 During the day I felt chilled intermittently
- 8 04:1900 Flushes of heat and cold w/o real extremes of temperature externally. I carried a bottle of water a few feet and had a heat flush. I was sitting in a restaurant and had a chill.

PERSPIRATION

- 2 11:0230 Severe night sweats, back of head, neck soaked. Torso and legs wet. Had to change. (RS)
- 2 11:0700 Woke up, very wet again. Like before.
- 2 12:0530 Night sweats woke me up—soaked-- back of neck and torso, but I was not hot, it was not hot flushes.
- 2 12:0700 Woke up moist, but not soaked.
- 2 30:0330 Night sweats bad.
- 2 30:0600 Woke up in sweat again.

SKIN

- 1 04:2200 Skin actually better than usual with no spots on nose
- 1 37:XXXX Lots of small bites on right leg and foot. (NS) Itchy.
- 2 24:XXXX Still have the rash, itchy. Did put Calendula-gel on it, which took away the itching, but not the rash. I wouldn't have been able not to scratch if I wouldn't have used the gel.

Coriandrum Sativum

- 2 25:XXXX Rash is the same. Not as itchy. Energy fine.
- 2 26:XXXX Rash persists. Otherwise I feel fine.
- 2 28:XXXX Rash is the same-- looks and feels like poison ivy—very itchy and annoying, but it hasn't spread.
- 2 29:XXXX Rash definitely looks and feels like poison ivy-- looks like an embryo that's in the 16 cell stage - lumpy blisters - itchy, annoying and ugly.
- 2 32:22XX Rash still persists and is still itchy, but looks a little smaller. Wart-like pimple on throat is still there. Spot on left palm almost gone. There are similar little bumps as part of the rash on my hand.
- 2 34:XXXX Rash is smaller. However, when I scratched near it, little bubbles and red spots erupted on my hand where I had scratched. I was afraid it was going to blister, but it faded by the end of the day.
- 2 35:XXXX Rash is fading - finally not itchy-- still raised and creepy looking. Energy is fine.
- 2 36:XXXX Rash is slowly getting smaller-- not itchy. Feeling fine.
- 2 37:XXXX Rash continues to get smaller. Feeling fine.
- 2 38:XXXX Rash smaller. Feeling fine.
- 2 30:22XX Rash is still itchy, but looks a little smaller-- still pink, raised blisters, < touch, water.
- 2 31:0700 Woke up with the rash itching.
- 2 31:21XX Rash is a little smaller-- itchier towards evening-- still looks gross-- pink and blistered.
- 5 01:1045 Itching all over. I feel very jittery. Trying to do paperwork is really hard.
- 5 02:2030 Intense itching in the whole body began. (NS)
- 5 03:1100 Intense itching continued. Most noticeable in the forearms and legs, especially the thighs and calves (NS)
- 5 04:0800 Itching continues, non-stop. Scratching is unavoidable.
- 5 05:0700 Itching continues. Redness appears in upper frontal part
- 5 06:1200 Maddening itching at work, especially in the forearms. Went to buy Cliniques soothing cream for upset skin(anti-itch cream) and found some relief.
- 5 07:1900 At a group function started scratching in front of people. It was an unconscious action, which was noted by prover when people started to look at her in a funny way.
- 5 08:1000 At work, co-workers are becoming aware of itching problem and are giving permission to the prover to scratch. Prover is trying her best not to scratch.
- 5 09:1300 Itching continues, despite the application of anti-itch cream.
- 5 10:1500 Redness in the area scratched. It seems that the more scratching is done, the more itching is felt.
- 5 11:1700 A lot of itching in the scalp and face, as well as the rest of the body.
- 5 12:1900 Generalized itching continues.
- 5 13:1400 Itching is more intense in the legs today, but seems to be less in the rest of the body.
- 5 14:1800 Itching continues mostly in the calves.

Coriandrum Sativum

5	15:2000	The intensity of the itching is diminishing.
5	16:2300	Today, not much scratching done.
5	17:2000	I find that I don't need to apply the anti-itch cream as often as I used to.
5	18:2300	No significant itch felt.
6	05:XXXX	Usually have hives every evening but have cleared since starting the proving 5 days ago. (Resolution of existing symptom)
7	07:0800	Complete resolution of intense itching of the abdomen. Intense itching had begun one month before beginning of proving. (Resolution of existing symptom)
8	31:1700	Today I have felt itchy, especially under my nose, my back, my right nipple area. I wonder if I got flea bites. There are some small eruptions on my back.

Coriandrum Sativum Repertory Symptoms

Number of provers, Type of Symptom, Section, Symptom

	MIND, Absent-mindedness
2	MIND, Anxiety
	MIND, Anxiety, household matters, about
2	MIND, Cheerfulness, gaiety, happiness
2	MIND, Concentration, difficult
	MIND, Concentration, difficult, studying, reading
	MIND, Confidence, increased
3	MIND, Confusion of mind
2	MIND, Delusions
	MIND, Delusions, enlarged, body is
NR	MIND, Delusions, fat, body is
	MIND, Delusions, lost, way, his
	MIND, Delusions, separated, world, from the, that he is
NR	MIND, Dreams, abundance
2	MIND, Dreams, amorous
NR	MIND, Dreams, ancient times
	MIND, Dreams, beautiful
NR	MIND, Dreams, bird, dropping shit on someone's head
NR	MIND, Dreams, body, fat, being
	MIND, Dreams, cars, automobiles, of
NR	MIND, Dreams, cars, automobiles, of, lost
NR	MIND, Dreams, chocolate, objects made of
	MIND, Dreams, confused
	MIND, Dreams, conspiracies
3	MIND, Dreams, country, foreign
NR	MIND, Dreams, country, foreign, native
2	MIND, Dreams, danger
	MIND, Dreams, death
NR	MIND, Dreams, deception
	MIND, Dreams, embarrassment

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- 2 NR MIND, Dreams, evil
- MIND, Dreams, excrements
- MIND, Dreams, family, own
- NR MIND, Dreams, fat, being
- MIND, Dreams, fire
- MIND, Dreams, floating
- MIND, Dreams, food
- NR MIND, Dreams, food, abundance of
- 2 MIND, Dreams, frightful
- NR MIND, Dreams, houses, building
- NR MIND, Dreams, kissed, boyfriend, by
- NR MIND, Dreams, kissed man, by
- NR MIND, Dreams, light, body filled with light
- 2 MIND, Dreams, nostalgic
- MIND, Dreams, peaceful
- MIND, Dreams, police
- 2 MIND, Dreams, pregnant, of being
- MIND, Dreams, rape
- MIND, Dreams, religious
- NR MIND, Dreams, seduced, being
- MIND, Dreams, shooting
- MIND, Dreams, shooting, shot at, of being
- MIND, Dreams, stool
- NR MIND, Dreams, toilet
- NR MIND, Dreams, toilet, observed on toilet
- 2 MIND, Dreams, unpleasant
- MIND, Dreams, wedding
- NR MIND, Dreams, woman, seducing another woman
- 2 MIND, Dullness
- MIND, Dullness, waking, on
- MIND, Fear
- MIND, Fear, failure, of
- 2 MIND, Forgetfulness
- MIND, Homesickness
- NR MIND, Homesickness, for native country
- MIND, Indifference, apathy
- MIND, Indifference, apathy, exposure of her person, to
- MIND, Irritability
- NR MIND, Love, everybody around her
- MIND, Love, exalted
- MIND, Mistakes, spelling
- 2 MIND, Mistakes, talking
- MIND, Mistakes, talking, misplacing words
- MIND, Mistakes, talking, mispronounces
- MIND, Mistakes, writing, in
- NR MIND, Modesty, decreased
- MIND, Morose
- MIND, Optimism
- 2 MIND, Prostration of mind, mental exhaustion, brain fag
- MIND, Relaxed feeling, letting go

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- MIND, Restlessness
- 2 MIND, Sadness, despondency, depression, melancholy
- 2 MIND, Spaced-out feeling
- MIND, Time, passes too slowly, appears longer
- MIND, Timidity
- 2 MIND, Tranquility, serenity, calmness
- MIND, Weeping, joy, from

- VERTIGO, Vertigo

- 2 HEAD, Itching
- 2 HEAD, Itching, scalp
- HEAD, Itching, scalp, evening

- 4 HEAD PAIN, General
- HEAD PAIN, General, cold, applications, amel.
- HEAD PAIN, General, morning, waking, on
- HEAD PAIN, General, pressure, external, amel.
- HEAD PAIN, General, rubbing, amel.
- NR HEAD PAIN, Localization, changing
- 2 HEAD PAIN, Localization, forehead
- HEAD PAIN, Localization, forehead, eyes, behind, left
- HEAD PAIN, Localization, forehead, eyes, behind
- HEAD PAIN, Localization, occiput
- HEAD PAIN, Localization, temples, pulsating
- NR HEAD PAIN, Localization, temples, pulsating, with increased appetite

- EYE, Heaviness, Lids
- EYE, Pain
- NR EYE, Pain, throbbing
- EYE, Pain, throbbing, right
- EYE, Twitching
- EYE, Twitching, right
- EYE, Weakness

- VISION, Dim

- NOSE, Discharge
- NOSE, Discoloration, redness, inside
- NOSE, Eruptions
- NOSE, Eruptions, pimples
- 2 NOSE, Obstruction
- NOSE, Obstruction, right
- NOSE, Pain
- NOSE, Pain, burning
- NOSE, Pain, burning, nostrils
- NOSE, Pain, burning, right
- NOSE, Pain, general
- NOSE, Pain, general
- NOSE, Pain, general, right

- 3 FACE, Cracks corners of mouth
- FACE, Dryness, lips
- 3 FACE, Eruptions
- FACE, Eruptions, cheeks
- FACE, Eruptions, cheeks, right
- FACE, Eruptions, forehead
- FACE, Eruptions, mouth, around
- FACE, Eruptions, mouth, corners
- FACE, Eruptions, nose, under
- NR FACE, Eruptions, pimples, mouth, under
- FACE, Eruptions, rash, chin
- FACE, Eruptions, rash, forehead
- FACE, Eruptions, rash, forehead, itching
- FACE, Itching
- FACE, Itching, lips

- MOUTH, Aphthae
- 2 MOUTH, Pain
- NR MOUTH, Pain, cheeks, inside of
- NR MOUTH, Pain, cheeks, inside of, left
- MOUTH, Pain, sore
- MOUTH, Swelling
- MOUTH, Swelling, cheeks, inside of

- 2 THROAT, Mucus
- THROAT, Mucus, drawn from posterior nares
- 4 THROAT, Pain
- THROAT, Pain, burning
- OS, THROAT, Pain, burning, extending, ears, to
- THROAT, Scraping

- 2. EXTERNAL THROAT, Eruptions
- EXTERNAL THROAT, Eruptions, pimples
- EXTERNAL THROAT, Swelling, cervical glands
- EXTERNAL THROAT, Swelling, cervical glands, right

- STOMACH, Appetite, increased
- STOMACH, Appetite, increased, accompanied by, headache
- STOMACH, Appetite, increased, afternoon
- STOMACH, Appetite, increased, evening
- STOMACH, Appetite, increased, ravenous
- NR STOMACH, Appetite, increased, shaking, with
- STOMACH, Appetite, increased, weakness, with
- STOMACH, Appetite, wanting
- STOMACH, Appetite, wanting, morning
- NR STOMACH, Electricity, rushing, sensation of
- NR STOMACH, Electricity, rushing, sensation of, extending to heart
- 2 STOMACH, Nausea
- STOMACH, Nausea, air, open, in, amel.

STOMACH, Nausea, eating, amel., while
STOMACH, Nausea, riding in a carriage or on cars, while
STOMACH, Pain, cramping

ABDOMEN, Distension
ABDOMEN, Distension, eating, after
ABDOMEN, Pain
ABDOMEN, Pain, cutting
ABDOMEN, Pain, stabbing
ABDOMEN, Pain, stabbing, knife, like a
ABDOMEN, Swelling, inguinal region, glands, of

FEMALE GENITALIA, Itching
FEMALE GENITALIA, Itching, pubis
FEMALE GENITALIA, Menses, bright red
FEMALE GENITALIA, Menses, frequent
FEMALE GENITALIA, Menses, irregular
FEMALE GENITALIA, Menses, offensive, fish, like spoiled
FEMALE GENITALIA, Menses, protracted, prolonged
FEMALE GENITALIA, Menses, ropy, tenacious, stringy
FEMALE GENITALIA, Pain, ovaries
FEMALE GENITALIA, Pain, sharp, ovaries
FEMALE GENITALIA, Pain, stitching, ovaries
FEMALE GENITALIA, Pain, stitching, ovaries, left
FEMALE GENITALIA, Pain, stitching, ovaries, motion agg.
FEMALE GENITALIA, Pain, stitching, ovaries, right
FEMALE GENITALIA, Pain, stitching, pressure, amel.,

SPEECH & VOICE, Difficult

COUGH
COUGH, Deep

NR CHEST, Anxiety
CHEST, Anxiety, heart, region of
CHEST, Electricity, rushing, sensation of
CHEST, Eruptions
CHEST, Eruptions, itching
CHEST, Eruptions, miliary

NR 3 BACK, Itching
BACK, Itching, dorsal region, dorsal region, scapulae
BACK, Numbness, scapulae, right
BACK, Pain, general
BACK, Pain, general, coccyx, walking, while
BACK, Pain, general, dorsal region, scapulae
2 BACK, Pain, general, dorsal region, scapulae, left
BACK, Pain, general, dorsal region, scapulae, between
BACK, Pain, general, lumbar region
BACK, Pain, general, lumbar region, Bending

forward, agg.

BACK, Pain, general, lumbar region, exercise, amel.
BACK, Pain, general, lumbar region, extending to left buttocks
BACK, Pain, general, lumbar region, lifting
BACK, Pain, general, lumbar region, rising, agg.
BACK, Pain, general, lumbar region, rubbing, amel.
BACK, Pain, general, lumbar region, standing, agg.
BACK, Pain, burning, dorsal region, scapulae
BACK, Pain, burning, dorsal region, scapulae, left
BACK, Pain, drawing, lumbar region
BACK, Pain, dull, dorsal region, scapulae, left
BACK, Pain, dull, dorsal region, scapulae
BACK, Pain, sore, dorsal region, scapulae
BACK, Pain, sore, dorsal region, scapulae
BACK, Pain, stitching
BACK, Pain, stitching, coccyx
BACK, Pain, stitching, dorsal region, scapulae, between
BACK, Swelling of, cervical region, glands of nape
BACK, Swelling of, cervical region, glands of nape, right

3 EXTREMITIES, Chilliness, shoulder
EXTREMITIES, Eruptions
EXTREMITIES, Eruptions, foot
EXTREMITIES, Eruptions, hand
3 EXTREMITIES, Eruptions, hand, palm
EXTREMITIES, Eruptions, itching
EXTREMITIES, Eruptions, Itching, hand
EXTREMITIES, Eruptions, Itching, upper limbs
EXTREMITIES, Eruptions, leg
EXTREMITIES, Eruptions, pimples
EXTREMITIES, Eruptions, pimples, thigh
EXTREMITIES, Eruptions, pimples, thigh, itching
EXTREMITIES, Eruptions, rash
EXTREMITIES, Eruptions, rash, hand
EXTREMITIES, Eruptions, rash, hand, palm
EXTREMITIES, Heaviness
EXTREMITIES, Heaviness, leg
EXTREMITIES, Itching
EXTREMITIES, Itching, forearm
EXTREMITIES, Itching, leg
EXTREMITIES, Itching, leg, calf
EXTREMITIES, Itching, lower limbs
EXTREMITIES, Itching, thigh
EXTREMITIES, Itching, upper limbs
EXTREMITIES, Restlessness
EXTREMITIES, Swelling
EXTREMITIES, Swelling, dropsical
EXTREMITIES, Swelling, fingers
EXTREMITIES, Swelling, hand
EXTREMITIES, Swelling, hand, edematous

- EXTREMITIES, Tingling, shoulder
- EXTREMITIES, Tingling, shoulder, right
- EXTREMITIES, Warts, foot, sole of

- 3 EXTREMITY PAIN, General
- 3 EXTREMITY PAIN, Upper limbs
- EXTREMITY PAIN, Upper limbs, right
- EXTREMITY PAIN, Upper limbs, raising arm
- , RS, EXTREMITY PAIN, Upper limbs, shoulder
- EXTREMITY PAIN, Upper limbs, forearm, motion, on
- EXTREMITY PAIN, Upper limbs, wrist
- EXTREMITY PAIN, Upper limbs, wrist, left
- 2 EXTREMITY PAIN, Lower limbs
- EXTREMITY PAIN, Lower limbs, thigh
- EXTREMITY PAIN, Lower limbs, thigh, rising, on
- EXTREMITY PAIN, Lower limbs, thigh, walking, agg.
- EXTREMITY PAIN, Lower limbs, knee
- EXTREMITY PAIN, Lower limbs, leg
- EXTREMITY PAIN, Lower limbs, foot, sole of
- NR EXTREMITY PAIN, Lower limbs, foot, sole, warts
- NR EXTREMITY PAIN, Lower limbs, foot, sole, warts, walking
- EXTREMITY PAIN, Aching
- EXTREMITY PAIN, Aching, forearm
- EXTREMITY PAIN, Aching, leg
- NR EXTREMITY PAIN, Cramping
- NR EXTREMITY PAIN, Cramping, knee, behind
- NR EXTREMITY PAIN, Cramping, knee, left, behind
- NR EXTREMITY PAIN, Pulsating, throbbing, foot, warts
- EXTREMITY PAIN, Pulsating, throbbing, thumb
- EXTREMITY PAIN, Pulsating, throbbing, thumb, tip
- EXTREMITY PAIN, Sore, bruised
- EXTREMITY PAIN, Sore, bruised, knee
- EXTREMITY PAIN, Sore, bruised, knee, morning
- EXTREMITY PAIN, Sore, bruised, knee, motion, agg.
- EXTREMITY PAIN, Sore, bruised, knee, pressure, agg.
- EXTREMITY PAIN, Sore, bruised, knee, right
- EXTREMITY PAIN, Sore, bruised, thigh
- EXTREMITY PAIN, Sore, bruised, thigh, walking, agg., beginning to walk
- EXTREMITY PAIN, Splinter, as if
- EXTREMITY PAIN, Splinter, as if, foot, sole of
- EXTREMITY PAIN, Stitching, foot, sole, splinter like
- EXTREMITY PAIN, Stitching, foot, sole, walking, while
- EXTREMITY PAIN, Stitching, foot, sole
- EXTREMITY PAIN, Stitching, knee
- EXTREMITY PAIN, Stitching, knee, motion, on
- NR EXTREMITY PAIN, Stitching, knee, right
- , RS, EXTREMITY PAIN, Stitching, shoulder
- , RS, EXTREMITY PAIN, Stitching, shoulder, left

- 2 SLEEP, Sleepiness

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- 2 SLEEP, Sleepiness
SLEEP, Sleepiness, afternoon
SLEEP, Sleepiness, morning
- 2 CHILL, CHILLINESS, Afternoon
CHILL, CHILLINESS, Afternoon, 3 P.M., until
CHILL, CHILLINESS, Coldness in general
CHILL, CHILLINESS, Daytime
CHILL, CHILLINESS, Morning
CHILL, CHILLINESS, Morning, waking, on
- FEVER
FEVER, Chills, with
FEVER, Influenza
- RS PERSPIRATION, in general
RS PERSPIRATION, Profuse
RS PERSPIRATION, Profuse, sleep, during
RS PERSPIRATION, Sleep, during, agg.
- 2 SKIN, Eruptions, General
SKIN, Eruptions, itching
SKIN, Eruptions, itching, touch agg.
NR SKIN, Eruptions, itching, washing agg.
SKIN, Eruptions, rash
SKIN, Eruptions, rash, itching
2 SKIN, Eruptions, urticaria
4 SKIN, Itching
SKIN, Itching
SKIN, Itching, crawling
SKIN, Itching, eruptions, without
2 SKIN, Itching, scratch, must
SKIN, Itching, scratching, agg.
SKIN, Itching, violent
SKIN, Warts
- GENERALITIES, Food and drinks, alcohol, alcoholic drinks, des.
GENERALITIES, Food and drinks, breakfast, aversion
GENERALITIES, Food and drinks, coffee, des.
GENERALITIES, Food and drinks, eggs, des.
GENERALITIES, Food and drinks, soup, des.
GENERALITIES, Food and drinks, soup, warm, des.
GENERALITIES, Food and drinks, sugar, des.
NR GENERALITIES, Food and drinks, sugar, des., eating, after
GENERALITIES, Food and drinks, sweets, des.
GENERALITIES, Food and drinks, warm, food, des.
GENERALITIES, Heat, flushes of
2 GENERALITIES, Heat, flushes of, alternating with, chills
GENERALITIES, Heaviness, externally
GENERALITIES, Heaviness, externally, waking, on

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- 6 GENERALITIES, Lassitude
- 2 GENERALITIES, Lassitude, afternoon
- GENERALITIES, Lassitude, evening
- 2 GENERALITIES, Lassitude, morning
- GENERALITIES, Lassitude, noon
- GENERALITIES, Obesity
- GENERALITIES, Pulse, frequent, accelerated, elevated, exalted, fast, innumerable, rapid
- GENERALITIES, Restlessness
- GENERALITIES, Sluggishness of the body
- GENERALITIES, Strength, sensation of
- GENERALITIES, Swelling, general
- GENERALITIES, Swelling, glands
- GENERALITIES, Trembling, externally
- GENERALITIES, Trembling, externally, hungry, when
- GENERALITIES, Weakness
- GENERALITIES, Weakness, noon
- GENERALITIES, Weakness, enervation
- GENERALITIES, Weakness, enervation, appetite, with increased
- 6 GENERALITIES, Weariness
- 2 GENERALITIES, Weariness, afternoon
- GENERALITIES, Weariness, evening
- 2 GENERALITIES, Weariness, morning
- GENERALITIES, Weariness, noon

Helodrilus Caliginosus

Scientific Name

Helodrilus Caliginosus

Common Name:

Common Field Worm

Proving Details

Master Prover: Louis Klein, R.S. Hom.

Co-Master Provers: Judith Lynn and Latifa Tabatchnik

Collation: Judith Lynn

Primary Proving Location: Berkeley, California

Year: 1997

Each prover took one dose of the 30c without knowing the identity of the remedy. One prover took two doses.

Source Notes

Helodrilus Caliginosus, or the common field worm is found throughout the humid areas of the country (USA). It is more common than the native night crawler, particularly in the southern states. The field worm may prevail in the same locality as the night crawler if the fertility level is too low for the night crawler. The field worm is not a good reproducer, nor is it particularly adaptable to commercial production (from *Earthworms for Ecology and Profit*, Volume #1, by Ronald E. Gaddie and Donald E. Douglas). In other words it's a "wild worm" versus one grown for commercial use.

There are over 1800 species of earthworms. Earthworms are invertebrates. They are also called annelids because of the circular rings or many segments that make up their body. Earthworms are extremely valuable creatures as they keep soil healthy, well aerated and drained with their constant burrowing.

Worms are used commercially for "vermin-compost." Vermin-compost contains worm castings and other organic materials left by earthworms.

Worms have little capacity to grind their food. They have a muscular gizzard which functions similarly to that of birds. Small grains of sand lodge in the gizzard and help grind hard materials into smaller particles. The ground up food enters the worm's intestine where digestive enzymes are secreted. The food is then absorbed into the bloodstream. The blood of the worm is amazingly similar to ours, having the same function of carrying oxygen, and having iron-rich hemoglobin as its base.

Worms have a remarkable ability to regenerate, but perhaps not to the extent purported in fables. They cannot regenerate a new head, but will regenerate a new tail. They do not reproduce via "cuttings," but via copulation. Even though each worm has the organs of both sexes, they still reproduce by coupling. They join together at an area called the saddle. The saddle then becomes a cocoon and this is left just under the surface of the soil. Young worms hatch from it after a few weeks.

An Even More Interesting Fact You Always Wanted to Know about Earthworms: The largest earthworm ever found was in South Africa and measured 22 feet (6.7 meters) from nose to tail tip.

Finally, earthworms are slippery and slimy and evoke all sorts of reactions. Usually, unlike with the fear of venomous creatures, the initial feeling is one of disgust over the earthworm's slimy and soft exterior; and this is followed by a protective feeling (unless you are a young boy with plans).

Current Research

There is some current research into the effects of *Lumbricus* or Chinese Earthworm. It has significantly lowered blood pressure and has an effect on smooth muscle control. It is being tested for treatment of convulsions.

Chinese Medicine

Di Long: literal translation: "earth dragon"

From Chinese medicine texts and discussions with Chinese medicine practitioners, here are just some of the conditions this substance is known to treat:

- Condition of wind (gall bladder meridian) and heat symptoms (Note in the proving that wind aggravated.)
- Quells heat and stops spasms. Used in warm febrile diseases with high fevers that lead to convulsions and seizures
- Expels wind
- Stops wheezing; lung heat

The particular earthworm used in the proving was found by a specialist. It was carefully classified prior to potentization. The entire worm was macerated with milk sugar and then potentized to the 30c potency by Michael Quinn of the Hahnemann Laboratories, San Rafael, CA. The remedy is available from them at <http://www.hahnemannlabs.com/>.

Commentary

Why Earthworm?

I chose earthworm for a number of reasons. I was urged to prove earthworm by a number of colleagues and students who are doctors of Chinese Medicine and Acupuncture, as earthworm has been used for hundreds of years in Chinese medicinal preparations. The other consideration arose from looking at other remedies that were well proven. The current trend is to potentize intense substances, such as venoms and toxins for use in aggressive and egocentric patients. I found, however, that most people, especially those seeking help from homeopathy, don't feel poisonous and aggressive, but rather small. They feel as small as a worm, or worm like and vulnerable.

Extraction Meeting

The atmosphere of the meeting could best be described as languid. Many of the provers, seemed slow and enjoyed slowly eating during the meeting. The meeting took place at someone's home and most of the provers were lying down on pillows or couches while talking.

Post Script

This remedy has clinically proven to be a very important remedy for back injuries and problems particularly to the discs. I have seen two cases of partial paralysis cured completely with this remedy. Other homeopaths have reported cures of paralysis related to injuries of the spine. Earthworm seems to be well adapted to curing injuries to the spine, especially the discs. For

more information about the clinical application of this remedy see Clinical Focus Guide to Homeopathic Remedies Volume 1.

This proving is dedicated to the memory of Judith Lynn.

Collation

The proving had been collated into repertory sections. When the symptoms were extracted into repertory rubrics some of the information was put into a different and more accurate repertory section.

Section, day and time, Prover number, symptom and expression

MIND

Mind 00:XX:XX 04 The world of nature felt very soft and shimmery.

Mind 00:08:00 04 Took remedy.

Mind 00:09:45 04 Feel giddy as if drunk or tipsy. I tried hard to overcome it, willing to make the effort.

Mind 00:15:00 04 Rode my horse, feel very rooted.

Mind 00:15:00 04 Can feel my legs from the ride distinctly.

Mind 00:17:00 05 Feel more relaxed. Last couple of weeks was wearing my shoulders on ears. Better.

Mind 00:19:30 02 Felt emotions more strongly than usual while reading a fairy tale to daughter.

Mind 00:XX:XX 02 Was late getting daughter to Mom's house where she sleeps. Felt a Headache, normally would have developed into a situation where I would have been angry. Felt remorse for sins and imperfections of the past

Mind 00:XX:XX 04 (Observations of supervisor): Prover 04 definitely sounded more relaxed and I less precise, not inaccurate, just more relaxed. There was a slightly cheerful, pleased tone, like a "pal" maybe. She asked my opinion more, on small matters, almost child-like. I don't know her well, but this seemed a change. A little more open. Calm, at ease, observant, comfortable to talk to. At ease in expressing her opinion.

Mind 00:XX:XX 04 Feel very quiet inside. Cannot be hurried. Walked very slowly, feel no sense of impatience.

Mind 00:XX:XX 04 At times I felt like I was tripping.

Mind 00:XX:XX 04 Don't want to go inside. Want to be in the open air, in the sun.

Mind 00:XX:XX 04 Am I writing down enough stuff and doing it ok?

Mind 00:XX:XX 04 Supervisor asks, How does your head feel?: (sighs) Something's different. It feel fine. Something different (underline different). Not big enough or pronounced enough. Can't put finger on it. A modified version of when you do mushrooms, organic psilocybin. And it goes along with the body awareness. It's a very fine vibration. Noting to irritate. A vibration in the cells. A little faster, mildly pleasant. Makes me more body aware. I tend to be more in

Head. Now feel bottoms of feet. Started with pelvis, then went down to feet.

Mind 00:XX:XX 04 Thought what if it got worse every day and I couldn't life my feet up? (Re: the feeling feet could root).

Mind 00:XX:XX 04 Notice a lot of white moths outside and RS even inside.

Mind 00:XX:XX 04 Or not finding a parking place in China town. I just drove around until I found one. I didn't realize how often I feel hurried. I've had days off in a row before. Internal see of not being hurried. (Sentence underlined). I just didn't care. (Sentence underlined.)

Mind 00:XX:XX 04 I was thinking I feel too good! I'm not getting very much done! Didn't have the right thing to wear today. Must be a plant, wanted something flowered. Reserve area of my clothes, that I looked through for something. Not feminine, but in that vein of softness.

Mind 00:XX:XX 04 Would have been fine to not talk today.

Mind 00:XX:XX 04 Things that normally would pressure me didn't. (Sentence underlined). Just little things-- my riding schedule.

Mind 00:XX:XX 04 If anything gets in the way, it can be disruptive.

Mind 00:XX:XX 04 Today I wanted to be able to let the horse run wild in the arena, but there were a lot of other people so I couldn't. Instead of being preoccupied, I didn't care. (Last sentence underlined.)

Mind 00:XX:XX 04 Had a nice walk, then to Chinatown to pick up new contact. While I did that, I concentrated more, on the car, etc.

Mind 00:XX:XX 04 Noticed nature quite distinctly especially trees and shrubs. Saw the outlines of their leaves so precisely.

Mind 00:XX:XX 04 (Supervisor asks what clothes she chose). White tee-shirt with white embroidered flowers. Antique skirt white material was Gramma's wedding slip. Embroidered flowers at hem.. Label at back poked neck, so later changed. Soft white long underwear and sage green top, feels good.

Mind 00:XX:XX 04 I talked to people today. I was friendly (Laughs gently). Usually I have an agenda, a schedule. Talked to 2 different neighbors-- sitting down and relaxing. An effort for me to carry on a conversation with somebody like the neighbors, ordinarily. It was fine, comfortable, I wouldn't have done it if it wasn't comfortable.

Mind 00:XX:XX 04 The world seems to have slowed down.

Mind 00:XX:XX 04 I walked up to a larger bush with yellow flowers and realized it was the fragrance I had been smelling and looking for six weeks. The sweet lemon-like aroma that has filled the air for weeks.

Mind 00:XX:XX 04 Feel my feet could root.

Mind 00:XX:XX 04 Wanted to look at trees and shrubs. At the top of our hill the breeze was stronger and the different larger trees made each a distinctive sound and became like a soft song of trees.

Mind 00:XX:XX 04 Supervisor (I ask about communication with the dog and horse): I had a good ride with my horse. I was better off with my horse. They have a lot of visualization you can do, like being a tree. I did things I've been trying hard to do, like making transitions, being centered. I had less fear today. I don't know about Teddy (the dog). She ran away from me after the walk. She didn't want to come in the house. It didn't seem personal. Now she is in near by my feet. That's how I ended up to talking to the neighbor.

Mind 00:XX:XX 04 Difficult reading out loud. Tongue wouldn't work quite right. Stumbled over words then got very emotional about what person had wrote to us and started to cry. Felt touched and open in my heart. Price, peaceful everything is okay.

Mind 00:XX:XX 05 The whole world looked grim and violent. Bizarre energy. Are other provers experiencing similar things? As long as nobody was getting killed (laugh).

Mind 00:XX:XX 05 Lightened see of awareness.

Mind 00:XX:XX 05 Over the last two weeks shift happened. I made decisions faster, taking care of things. I really do it now, instead of putting it off. Had problems speaking up for my self. Something shifted, now I just do it. I feel like I am getting organized. Always did surface now I am getting to the bottom.

Mind 00:XX:XX 05 Before remedy: I was feeling anxious about my marriage the past week, feeling unable to do proving. Mailman forgot to bring package, had to come back after delivering mail down street. The package was substance E. Although I will not be taking this remedy for 2 weeks I feel a see of relief that it has arrived. Another funny thing is I've lightened my attitude about my husband and marriage, and feel a deep appreciation of him.

Mind 01:14:00 04 The weather is affecting me. It's colder and windier and agitating to my nerves.

Mind 01:20:30 03 Energy good all day. I feel less concerned/fearful of cataract dx. Feel less attached to dx. More centered and optimistic as to cure.

Mind 01:21:00 02 Felt pangs of conscience over not turning the laundry room light off as I passed, even though it was a minor thing and I had not turned the light on. Later went down stairs and turned off the light.

Mind 01:XX:XX 04 Feel irritable (underlined), every little stress and decision makes me upset and argumentative.

Mind 01:XX:XX 04 Got rageful when my dog ran away. Had to restrain myself from hitting her as I had an instance of red hot fury which passed quickly.

Mind 01:XX:XX 04 Yesterday I felt punished. (In contrast to the day before, Saturday, day 0) on Saturday, "be high", "a magic cure for me" but "can you live your life on drugs?" Yesterday, (Sunday, 01), thoughts focused on negativity. My own things about "oh, this person is not hurrying enough" or "that was a dumb thing to say." Critical, judgment toward spouse and the dog. I realized after a while I was behaving badly and had some remorse but didn't feel that guilty.

Mind 01:XX:XX 04 Was judgmental of clerks, of D..., other drivers complaining, complaining about the little things.

Mind 01:XX:XX 04 I look old and wrinkled.

Mind 01:XX:XX 04 I felt I should have spent the day by myself because everyone is bothering me to such an extent.

Mind 01:XX:XX 04 I asked "Why can't I relax?" I was plugged in the opposite of as flexible as I was the day before.

Mind 01:XX:XX 04 I felt "I'm not going to get what I want in anyway."

Mind 01:XX:XX 04 Very impatient, the exact opposite of yesterday. Felt put out, put upon, nothing going my way. I don't get enough support.

Mind 01:XX:XX 05 Dispute with my husband about financial matters. I need to get my life in order, too much old stuff is holding me back. All symptoms from yesterday are gone. Feel wiped out today. If husband and I argue I get emotionally drained. Try to stay away from too emotional situations. Sleep good. On couch because son is sick and sleeps in my bed, couldn't sleep, so my feet are more planted in earth, but lost see of business over last two weeks. I'm going to lose all my business...scared. Today I am OK about it. More relaxed today about it. Don't think I have to have it all any more (curative).

Mind 01:XX:XX 05 My boy is still sick. What is wrong with me as a mother and as a homeopath?

Mind 01:XX:XX 05 Was just around the house today. I'm lighter. Yesterday thought I have to call my clients to tell them I can't do it anymore. Today feel good.

Mind 02:21:50 02 I feel that no one is responding to me. (Supervisor-- He is feeling a bit paranoid about same situation).

Mind 02:XX:XX 02 Supervisor-- my impression; he seems somewhat "lifeless," more bugged, more tired.

Mind 02:XX:XX 04 Feel very balanced today. Worked on paper work. Stayed organized, no stress, finished several small projects. No irritability or impatience.

Helodrilus Caliginosus

Mind 02:XX:XX 05 Thirst normal. Haven't been out, son is home, would like to socialize more than I do. Miss social life. Making plans, want it but it is only in my head.

Mind 02:XX:XX 05 Feel good, the energy level is back up. Now normal not altered like after the first dose. Back to normal self, didn't feel like that for long time (for months). Since taking the remedy I let go of something (people sucked things out of me before), I feel stronger. The remedy changed my state of energy. I'm more productive, not bogged down in other people's stuff. Not feeling guilty when not returning phone calls. Not anxious about it, feels like it will happen at some point (making the calls). This normal state except for the last few weeks.

Mind 02:XX:XX 05 Lost turtle yesterday. Put it in fenced area, 10 minutes later it was gone. His mate is waiting for him in the tank. (She is sad about it).

Mind 02:XX:XX 05 I am more patient, more relaxed. No I'm OK. When I can't get follow up calls done. Just have to surrender to it. This happened before.

Mind 03:12:01 02 Feeling irritable and angry. Feel like I'd like to hurt someone, then feel remorse over the thought. Muttering and cursing at the ATM when no deposit envelopes were available. Someone handed me an envelope and I started to storm inside the bank.

Mind 03:20:00 02 A feeling of sadness and despair, a kind of heartache.

Mind 03:XX:XX 02 Supervisor--I'm paranoid.

Mind 03:XX:XX 04 (Supervisor): Started being relaxed again, feeling balanced, awareness in feet; "tingling" as if awakening, not unpleasant, kind of pleasant, kind of like mushrooms, feel something that wasn't there, better see of cells, sometimes couldn't lift up feet, attached to ground, merging into ground.

Mind 03:XX:XX 04 Notice I'm not wearing or want to wear as much jewelry. It feels like too much.

Mind 03:XX:XX 05 General: I'm in an indifferent state, quiet state. No qualms of things going on. (In italics: she sounds, feels introverted. Feels bad that she can't give more symptoms. Speaks slower, more internalized, longer pauses between talking. Calmer. (3))

Mind 03:XX:XX 05 Quieter than usual. Was on farmers market, normally I am all up, "hi" to people, etc., but today I was quiet and didn't say anything.

Mind 04:12:30 03 I feel pre-period last two days. Irritable and feel a sharpness to responses to situations and people.

Mind 04:XX:XX 02 Supervisor-- Hard time coming to terms with the question of good and evil? I've been think about the importance of keeping connection to higher state/the divine, the forces if you lose that, kind of being used by lower forces.

Mind 04:XX:XX 02 Supervisor-- been thinking more strongly about it than usual as life goes by I look at different types of spirituality, right now Christian hermetic, Christian-the evils of the flesh, lower impulses, if not done with higher things in

Mind are not good.

Mind 04:XX:XX 03 I feel a sharpness to my responses to situations/people. I saw a sign on office bathroom handwritten saying, "Please close door when done"...my quick response was "Why?" in a quick temperament.

Mind 04:XX:XX 03 I feel like my sentences are short and quick.

Mind 04:XX:XX 04 I am not so resentful about things, comments that before would have hurt me. I let go of things. Don't have any outbursts of anger.

Mind 04:XX:XX 04 (Supervisor): My behavior is different, like stoned, it would be easier to describe these symptoms if I was depressed. I think about trees a lot, or a shrub. Wonder if remedy is a tree of some sort. I look at trees and think of them more.

Mind 04:XX:XX 04 (Supervisor): Psychedelic, different consciousness. Level of consciousness has altered somehow, better level of consciousness. Some sort of curative or maybe more positive change of how things were (before) more positive, when I was patient and not hurried. I've stepped beyond the mundane. More flexible and enjoyable, things don't bother me. I'm not getting upset internally as much.

Mind 04:XX:XX 04 Fear of getting chilled so bundling up to go outside.

Mind 04:XX:XX 05 Feel like I'm a boring person. Which is OK. Feel a little sad about it. Sort of quiet. That's OK. That's just where I am at now. This feeling came on in the last few days. There is more behind it; it's not really sad or sorry for myself. Check in tomorrow, perhaps I can name it then.

Mind 04:XX:XX 05 Took a nice hike. Went to birthday party with son. Nice day. Felt HA coming on, it was probably the heat. Had to push myself to talk. If I would have had a choice, I would have gone off by myself.

Mind 04:XX:XX 05 Waking up, felt good . Quiet, don't have a lot to say today. Don't want to rock the water. Don't want to start anything, so I don't have to finish it. Feel kind of sorry for myself. Have these magnificent dreams and such a dull life. So I'm just quiet and watching. Don't want the excitement to be in arguments and flare ups. Longing for other excitement. Gave up alcohol last September, now I don't have this as an excitement.

Mind 05:15:00 02 Supervisor-- "I can never just say the number, it always has to be 5 or 6, 40 or 5, etc."

Mind 05:XX:XX 01 Three times today hit my right shin against a coffee table (I never do this 3 times in one day.)

Mind 05:XX:XX 02 Supervisor-- When you're in a pit, you can get distracted by looking at the pit rather than concentrating on getting out.

Mind 05:XX:XX 02 Supervisor-- I have a bit of bravado today, I am still troubled, the flip side is optimistic.

Helodrilus Caliginosus

Mind 05:XX:XX 04 Feel like I'm all alone. Don't want to be very social.

Mind 05:XX:XX 04 Having a hard time being patient with my mom who keeps talking of her pains. Don't want to take care of anyone. I want to be taken care of, pampered.

Mind 05:XX:XX 04 Strong sense of well being. Less hurried.

Mind 05:XX:XX 04 I look different in the mirror. My face has a heavy, fallen look to me. I'm gray or pale. I look old and more wrinkled.

Mind 05:XX:XX 04 Feel very sad and lonely in a quiet way, calmly.

Mind 05:XX:XX 05 Weird old lady in supermarket. Face peeling like burnt. Something was off about her. Felt as if I look too close she would lash out at me. I saw her bitching at produce man because there were no ripe bananas. Saw her in other aisle, talking to a girl. Mother of girl came to me. This old lady said to my daughter, "you're a rude girl." I tried to find somebody to complain about her. Woman and child didn't know what to do. Mother had to explain that there are mean people in this world. I started to freak, thinking she would talk to me and I would have to be rude to her. At cashier, old lady again. She is checking out, goes back to get something, takes forever. Cashier takes next person. Old lady was outraged about that. I felt like she is violating the human kind.

Mind 06:XX:XX 01 I feel that I may have been possessed or influenced by a negative entity. I was at the opening night for my husband's new business venture, a bar and restaurant. I had drank 1.5 glasses of wine, a long time acquaintance, who was drunk, was introducing me to her friend, who was also drunk. When her friend was told that I am a chiropractor, he started ranting and raving about how terrible chiropractors are. I almost started to cry and then I snapped into a rage. I didn't say anything but grabbed my purse off of the bar stool, the strap of my purse caught the stool and the stool crashed to the floor. I stormed out and went to bet something out of my car. I didn't think to disarm my car alarm and while it was going off I really didn't care if it bothered anybody. I felt upset the rest of the evening. I believe that my drinking alcohol and my negative emotions allowed a psychic invasion of my being. Especially since alcoholics attract negative beings to them, I was surrounded by negative energies and continued on Day 7.

Mind 06:XX:XX 02 Supervisor--feeling like I want to move up and out of gutter of heaviness. I've been feeling a lack of spiritual, the gross vibrations don't suit my being. I feel better when I'm tuned into finer/more subtle things-of a higher quality.

Mind 06:XX:XX 04 Sad and lonely today, children very irritating. I have no time for them.

Mind 06:XX:XX 04 (Supervisor): Deep sadness and loneliness, not specific, nothing in particular, a melancholy.

Mind 06:XX:XX 04 I was very attracted to different colors and designs when shopping. I am very attracted to pastels especially pale yellow, periwinkle, blue-turquoise-flowery designs. Wanted very soft creams blues turquoise.

Mind 07:14:30 02 Supervisor--Vivid internal pictures of RS faces of people I know. Facial features and gestures very clear. Lasts for about 10 seconds.

Mind 07:XX:XX 01 Woke up feeling depressed, negative, grouchy, with low energy. I would see a dark, masculine energy or being in my space. I bathed with sea salt, burned sage and candles, surrounded myself with light and asked that this being go to the light. I felt better for about 30 minutes. Then feel off-center, tired, cloudy-thinking, weepy, which lasted until approximately 2 p.m.

Mind 07:XX:XX 02 Supervisor-- if I was a painter I could have painted her, not that they were there, almost as if I'd tuned into them like a radio signal. (At extraction question if it has something to do with Hale Bop?)

Mind 07:XX:XX 04 Feel like I am not connecting with people, that I'm being reserved or stand-offish. Like I'm not letting the real me be seen. Don't want to share my pain.

Mind 07:XX:XX 04 Feel lonely but not as bad as yesterday. Always feel very close to tears. I'll never get the love and affection I want. I don't get enough now.

Mind 08:15:30 02 Very angry at work after finding that I AS had lost two hours worth of work on the computer. Wanted to hit the computer with my fist. Followed by shooting pain originating in front of head above right forehead and shooting rearward.

Mind 08:XX:XX 04 (Comment of another supervisor): My impression is represented here too; usually prover 04 and I can really connect when we talk. I see her loneliness and distance from me and the world. She is strong and in the 'proving' but there is that distance.

Mind 08:XX:XX 04 Spent the day shopping (about four hours) with my friend and was very focused.

Mind 08:XX:XX 04 (Supervisor): I think I am embarrassed that I have these feelings, for some reason I shouldn't have these feelings.

Mind 08:XX:XX 05 On beach today, wanted to go in water with bra and underwear, just didn't care. But didn't want to embarrass my two boys and the water was also too cold. Normally I wouldn't even think about doing something like that. I am more introspective, don't care how she looks like. Went out without any make up the last few days. Normally always put on at least a little bit of make up. (Supervisor: like yesterday she snuffles during the phone call, no sneezing this time).

Mind 09:23:00 02 Someone yelled outside on the street as if in extreme distress. Followed by other voices, so it didn't seem necessary to investigate.

Mind 09:XX:XX 05 The quietness is kind of gone. Only feel quiet with husband, don't want to stir things up. Usually I don't give a shit and just say what I want to say.

Mind 10:XX:XX 02 Supervisor--(Asked if influenced by Hale Bop?) been thinking a lot about staying tuned into higher forces-to be positive different chakras. 2 petals lotus-between eyes-ego-antennae, staying in tune, tuning into things you need to know. Thinking about these things, don't know if it has to do with proving, if it is proving view it is as curative, spent many years on auto-pilot, whatever comes up, I let it take over, I've never felt like being in charge of my being, "this is what I am going to do, this is my belief." Never felt I had enough information or knowledge to make these decisions, in the absence of that, come what may, see what comes up, and see

where it takes you. Have decided that is not the way to go, a lot of chaos in the world, a lot of parasitic entities, without some structure/higher guidance things aren't going to fall into place. Just for the heck of it, it could happen and sometimes it does, when young, it happens automatically.

Mind 10:XX:XX 03 Grieving for my sister and her limitations. I thought I was done with this emotion. I feel sad deep inside my heart for her (crying).

Mind 10:XX:XX 04 I do miss D. (could be one of the reason's why I am lonely).

Mind 10:XX:XX 04 (Supervisor): Working so intensely; sometimes I feel all my failures face me when I see my whole practice all together. Haven't done my job quite right enough.

Mind 10:XX:XX 04 Happy most of the day. No loneliness, better feeling of relating to people emotionally. Love my jog.

Mind 11:XX:XX 04 (in response to question from supervisor): Feel I can connect with people now, can hug people.

Mind 12:XX:XX 03 Feel I'm processing something about my sister. I have been thinking about her a lot. I'm not sure what's going on. Not totally aware there was nothing I need to work out. Things are coming up.

Mind 12:XX:XX 04 Very sad in the evening from about 8pm to bed. Feel like I never get the love and affection I want and that I'm not appreciated enough in my relationship and in some past relationships.

Mind 13:XX:XX 04 I feel so bitter, sour, resentful of everything.

Mind 13:XX:XX 04 Emotional yesterday and today. Cried easily on occasion with clients. Got teary eyed.

Mind 13:XX:XX 04 (Supervisor): Can't think or talk to anyone. Didn't want to talk or listen. Too much stimulation.

Mind 14:XX:XX 02 Woke shortly after dawn, thought there was an earthquake occurring.

Mind 14:XX:XX 04 Most of the day felt like in limbo, wanted to come home. Professional things happened. Strong.

Mind 14:XX:XX 04 Couldn't quite function mentally, felt foggy all day, an odd sensation in my Head that I couldn't quite connect or get clear. Something felt in the way or held back.

Mind 14:XX:XX 04 Spent much of the day alone by choice. Didn't really want or have the energy to talk to people. Felt maxed out on concentration and listening to others, especially their problems.

Mind 14:XX:XX 04 Feel free to go and do whatever.

Mind 14:XX:XX 04 Thinking got better as I spent time with my brother by 7:00pm.

Mind 14:XX:XX 04 Loved going to the river and looking at the flood. Loved walking by the river in the wooded areas and thinking about the river. (River flood of Minn. Made the front page of newspaper).

Mind 14:XX:XX 04 I could really connect with him emotionally and mentally. Really enjoyed our time-- most enjoyable part of the day.

Mind 14:XX:XX 05 "Energy level?" This morning broke down in tears: what am I doing wrong? Husband has no compassion. He thinks he is doing all the work. I feel really isolated right now. It is hard to be a health care provider and being sick. It is just not fair to tell people about a healthier way of living and not being healthy myself.

Mind 14:XX:XX 05 I know that in two weeks I will feel much better. Last two days didn't feel at all like talking. Especially not to talk about my sickness. When stuck in house, feel very dull. Makes me feel insignificant. Love to talk to people. Have to do that every couple of days at least.

Mind 15:XX:XX 04 I bought 'Into the Wild.' Morbid. I read a short story about this a while back. I try to figure out his remedy. He is odd. I'd seen it before and turned it away.

Mind 15:XX:XX 04 Relaxed and happy. Am noticing that I have a higher level of patience especially with little things. Not so hurried. Don't feel the 'edginess' (that I sometimes feel).

Mind 15:XX:XX 04 Relaxed, happy, higher level of patience, especially with little things. Examples; waiting in line or waiting for cars to go at stoplight. Not so much "late" get going here.

Mind 15:XX:XX 04 Feel at ease, safe, less fearful.

Mind 15:XX:XX 05 This neighbor is such a pervert. If I would be a man I would tell him to stop. He can only get away with it because of his age. All of these boys I went out with were in my dreams lately. Never think about them in real life. Husband wasn't in this dream. Dreams are regressing (into earlier adolescent when I didn't know my husband yet). Normally I dream about present times. Felt good, like no responsibility like having a husband. Mother was in all my dreams.

Mind 16:10:30 02 Mouse intermittently dead (?) working on computer. Mouse cursor freezes and won't move 'til computer is rebooted.

Mind 16:11:00 02 Office neighbor came in and asked me to fix his computer voice mail. His database of messages had become corrupted and I was able to fix it by running a maintenance utility.

Mind 16:12:30 02 Got a flat tire (right rear) while taking children from school to day care. Cold worsening throughout the afternoon.

Mind 16:XX:XX 04 Would love to be away from the city and camping somewhere near a lake or the ocean with no noise or cars. Also wanted to go on a road trip with my friend, maybe to Four Corners area to buy jewelry.

Helodrilus Caliginosus

Mind 16:XX:XX 04 As soon as I am in nature the more I feel the tingling, see of grounding, and much more peacefulness.

Mind 16:XX:XX 04 (Supervisor): That sense (of connectedness with nature) is just there, like the first day. It doesn't feel like it's lost. It's just not as profound because it's not new. More integrated, not 'tripping' on it.

Mind 16:XX:XX 05 Yesterday didn't do much, rested. Feeling fragile physically, mentally and emotionally. If I would get into confrontation would just break down. Yesterday guy changed lanes right into me; I pulled quickly into right lane and honked. Was surprised I reacted so quickly, I feel so drugged out.

Mind 16:XX:XX 05 Spaced out. Went to county fair yesterday. Felt like on drugs. Like stupefied. Didn't really care. Was concerned of safety of children. I was just surviving, watching, not doing any action. The world feels very scary in the big global see. Freaked out about youth, society, where we are going, how we are evolving as a human race. There are so many plant remedies, but our society is not a plant remedy, there is more animal or toxic energy. Lots of adolescents at fair, violence. People are so disconnected, it is frightening. I feel scared for my family for everybody (3). Feel badly for my children, they can't walk down the street to get a soda. Too many wacked out people.

Dreams so far, my protector. Dreams night 13-14 couldn't remember, was so sick. Yesterday never went out. Didn't do anything.

Mind 17:11:00 02 Difficulty staying awake. On closing eyes had picture of a sharp hypodermic needle, on another occasion a picture of a very sharp pointed knife. (At the height of the cold).

Mind 17:XX:XX 03 Chewing nails off. Chewed them all the way down. Usually while reading or studying. Haven't done this in a while.

Mind 17:XX:XX 02 Supervisor-- night before last, making place respectable (because case was coming) bathroom was such a mess, dirt and mud splattered on wall, toilets were filthy, cleaned both bathrooms yesterday cleaning office.

Mind 17:XX:XX 04 (Supervisor): To work at home in a really peaceful neighborhood, as simple as that.

Mind 17:XX:XX 04 Need to be slow and unhurried today. Want to have a peaceful day.

Mind 19:XX:XX 04 Want to take a yoga class.

Mind 19:XX:XX 04 Still very attracted to looking at trees. It's weird but I feel like they call me.

Mind 19:XX:XX 04 Letting go of resentments and anger much easier.

Mind 19:XX:XX 04 I go with the flow more. Feel flexible.

Mind 20:XX:XX 02 In the last two days there have been several episodes of forgetting things. Yesterday, Sunday, we forgot our helmets when we went bicycling. We also made several wrong turns on our way there. This morning, Ellen and her mom forgot her backpack and had to drive all the way home to get it.

Mind 20:XX:XX 02 While in bathroom this morning heard a man's voice yelling repeatedly, Help, Help. It sounded like he was in severe distress. I looked out on the street but couldn't see anyone in stress. A few minutes later I heard sirens and wondered if they had anything to do with the screaming. About 15 minutes later on my way to work I saw several police cars with lights flashing on the street adjacent to mine and felt quite certain that this was linked to the cries for help that I had heard. 4 hours later when I came home for lunch there was still a police car at the site which made me think something very serious had happened, perhaps a murder.

Mind 20:XX:XX 04 This remedy feels curative. Very relaxed last 2 days.

Mind 20:XX:XX 04 (Supervisor asks, "Is Sunday morning at 8 too early?"): Yes it is! In a teasing, sing-song voice. Laughs. Humorous but definite.

Mind 20:XX:XX 04 Have been able to concentrate and work well.

Mind 20:XX:XX 04 No hurried sense, or impatience.

Mind 21:XX:XX 04 Noticed that my fears of riding, the obtuse, can't quite put my finger on exactly what I'm afraid of fears, are gone.

Mind 21:XX:XX 04 I feel more confident. I feel more comfortable in myself in general.

Mind 21:XX:XX 04 Seeing more of the distain I have fore people and don't feel so much of it.

Mind 21:XX:XX 05 Feel irritated (HA). Everything is irritating me. Kids just never stop.

Mind 21:XX:XX 05 Emotional mental feel pretty good but tired from HA. Need to go lie down. Wish I could do more work. Time passes soooooo quickly. Spending time more efficiently now.

Mind 22:XX:XX 04 Spelling is weird on this remedy.

Mind 22:XX:XX 04 Had the best experience today. Went to Osmosis, the Japanese "bath" and was buried in an enzyme bath that was primarily cedar loam and rice bran that was hot. It was like laying under a foot of warm very fine cedar saw dust. It was so comforting, secure, heavenly. The cedar bed faced the outdoors in this room that had only 3 walls so it was almost like being outside. I was wishing there was no ceiling. So I could lay under this tree blanket and watch the outdoors, trees, hills, turkey vultures. It was so fragrant and safe and clean. After I felt so relaxed. My shoulders were so much more relaxed and so was my neck. Life was very wonderful after.

Mind 23:XX:XX 05 Feeling lonely. Want to have more contact with people, it is summer season.

Mind 23:XX:XX 05 Contractor builds overhang on my house, I'm so sick of the whole thing. (While she talks about that she gets a pain on the right side of her neck). Feel like I can't get pissed off at him, he is playing on me as a woman. Husband says one thing, he says another thing. Even when he is done with his job, it is not done yet. Never ending story. Most bothersome: spending a heck of a lot of money, a lot of grief over it and it is not even really done.

Mind 24:XX:XX 02 Supervisor: As above, so below; cosmos reflects itself in the human. I have no vision of health; being healthy is a solar system that works. There is order there: planets go

around sun with some predictability. The solar system is in harmony. That's a healthy person. ("Hale Bop Cosmic Consciousness" written in extraction notebook).

Mind 24:XX:XX 03 Not biting nails as much.

Mind 24:XX:XX 03 Feel a little tense, irritable.

Mind 24:XX:XX 04 In control, but relaxed; quite nice.

Mind 24:XX:XX 04 Excellent mood.

Mind 24:XX:XX 04 Able to do everything well. Things come together.

Mind 24:XX:XX 05 Husband is getting sick of me. I am just not interested. I made a joke, he took it seriously. He can't say anything. I can't say anything. It's a tough spot. He says we should have more sex to get more connected. I say I need connection first in order to have sex. My libido is really low still.

Mind 24:XX:XX 05 Don't feel safe and trusted, in marriage, the contractor, society, etc.

Mind 24:XX:XX 05 Feeling so depressed. Was quiet all day. Went to horse competition. Couldn't engage in group conversation. This is usually very easy for me. Felt very weird and lonely. I just don't like chit-chat.

Mind 25:XX:XX 04 Woke very emotional today. Felt like crying and could easily. Feeling melancholy. Nothing precipitated it except maybe pre-menstrual.

Mind 25:XX:XX 04 Feel mushy. Want to talk to my family. Want a connection that feels deep.

Mind 26:XX:XX 04 I feel so helpless with this HA-- like I'm always going to have it. Shadow of HA gone. Trying to take some power over it. Feel like a victim.

Mind 26:XX:XX 04 Love my life here and with Daniel.

Mind 26:XX:XX 05 All of a sudden I feel like this meek, mild female (3). That is so much not me. Coming to the car, two guys really close to the car, scared that they would hijack our car.

Mind 26:XX:XX 05 Past three days really depressed. What am I doing, why being in this business, etc. I'm so depressed, normally at the end of my period (like now) this is the best time of the month. I feel so isolated, really lonely, really depressed. Would like to blame marriage for it, but he and I didn't barely talk, mostly because I am really scared of confrontation.

Mind 26:XX:XX 05 Feeling not being able to rely on anybody or anything. I'm just not gonna do anything. I just don't want all of that anymore, there is no payback.

Mind 26:XX:XX 05 I feel old and very isolated. I am sinking into a hole. "Oh, my God, what am I doing?" People don't call me, there is nothing. I just don't want to. I'm just sitting here. I'm just not going in any area in my life. Even exercise is lagging away. I am contemplating taking Prozac. I feel so tired, I just want to curl up and fall asleep. I'm so depressed. It's an odd place to be at. Not contemplating suicide because of kids.

Mind 26:XX:XX 05 Last night coming out of the movies, was really scared, big fear of being violated, "is this the proving or is this really happening?" Great fear that somebody would snatch my purse. There were lots of guys walking together in group, was really scared of them.

Mind 27:XX:XX 05 (at the end of a dream): Underlying it might have to do with my marriage and what is going on in my life. Crime might be, not being committed to marriage. In dream this is not part of it. But in the back of the head there are these thoughts: Can't do my duty. Oh, my God, I have children at home. The man I got information from is the same like in pirate dream. But now he was more of a mentor than a lover. I was scared, had to get information fast. There was no time to play around.

Mind 27:XX:XX 05 Husband and I should see a counselor. I'm getting really angry at things that are going on. Through proving, tried to keep myself on distance. My mode of operation is normally Avoid, but never was it for that long like in this proving. Feel very fragile. There are two sides in proving: black and white. Could flip over things (husband in particular) at any moment. Now all of a sudden I wake up to things. I'm just so fed up and ready to take control of my destiny again. Today I was swearing, made me feel better.

Mind 28:XX:XX 04 (Supervisor): I don't want to have to go back to the way I was. Oh, my God, I don't want to go back to the way I was.

Mind 28:XX:XX 04 (Supervisor): I feel more solid since I started this remedy. I'm not so fastidious.

Mind 28:XX:XX 04 (Supervisor): Upsetting to me that I couldn't remember my dreams before. I didn't care if I remembered them or not. In some ways it's irritating that I can't remember them. Part of me--Shit, this is too hard to try to make me remember them. Defiant feeling.

Mind 28:XX:XX 04 (Supervisor): I've been enjoying a lot of things actually, the overall difference. I don't feel small. Strange to say, I often felt small, which gave me a lot of fears, as in riding.

Mind 28:XX:XX 04 (Supervisor): I feel bigger on top of my horse, more in control, stronger. That's a big thing.

Mind 28:XX:XX 04 (Supervisor): A certain edge that has relaxed.

Mind 33:XX:XX 05 Feeling pretty good. Finding my niche. Placed a lot of importance on homeopathy. Lately practice really slow. Now I take it OK. Not getting crazy about it. I have tried to keep up with all the seminars. I don't like the business part in it. I'm getting more honest with myself in the last few days.

Mind 34:XX:XX 02 While eating dinner bit something very hard, like a rock, and felt that it broke into pieces. I tried to locate the pieces with my tongue and was unable to, so kept on chewing and again crunched down on what I thought was a piece of rock. Kept on chewing, grinding the rock a few more times and finally swallowing the food plus the crushed rock. I then realized that the "rock" had been a large amalgam filling that had broken out of a tooth and felt some anxiety about ingesting a large amount of amalgam filling.

Mind 34:XX:XX 04 (Supervisor): Anxiety about not remembering dreams is gone.

Mind 34:XX:XX 04 (Supervisor): Enthusiasm for writing things down is gone. Feel kind of guilty.

Mind 34:XX:XX 04 (Supervisor): Want to be a good prover for the benefit of humanity, etc.
(laughs)

Mind 34:XX:XX 04 (Supervisor): I get a lot angrier now and let go of it better.

Mind 34:XX:XX 04 (Supervisor): Sad about it being over. Thought I think I'll go take some more! (laughs) I liked doing it.

Mind 34:XX:XX 05 Such a control freak. Everything has to be my way. I just want to surrender.

DREAMS

Dreams 00:02:30 03 On a motorcycle and driver can't make it up a hill. I'm on the back seat. Again, no particular emotion or fear involved.

Dreams 00:02:30 03 I'm in a basement and also outside looking into the basement through a rectangular window. I'm alone and looking at the window at the same time thinking that is the way out. No particular emotion.

Dreams 01:XX:XX 01 Had been dreaming, woke up with these words in my head:
"commanding with courage but degradation."

Dreams 01:XX:XX 01 Dreamed I was planning a trip to Sedona Arizona in October at the time of the full moon. Was going with my mother and sister. I was telling them how beautiful it is to watch the sun setting and the full moon rising against the red rocks, but it was if I was already there.

Dreams 01:XX:XX 01 Dreamed I was reading a homeopathic newsletter, it was 4 pages long, and was a tan color. Can't remember what it was about.

Dreams 01:XX:XX 02 Was driving a truck out of a steep driveway. The brakes didn't work and the truck went rolling down the driveway, then ended up bouncing off of obstructions. Eventually came to a halt. Got out and saw that the metal of the truck was damaged and crinkled on all sides. Associated with anxiety. Then, switched to scene with my parents. We were inspecting the refrigerator which had been damaged due to some fault of mine. The metal of the refrigerator was damaged, particularly in the front. There was a huge dent. My parents were concerned because relations were coming over and they didn't know how they would explain the damaged refrigerator. Interestingly, both

Dreams were of large metal objects.

Dreams 01:XX:XX 04 Dream last night. There is a black woman outside my house (not my present house). She seems poor and young. I try to help her by fixing her hair but she's selling prescription drugs on the street. I don't like black people. She scares me. I'm angry at the pharmaceutical companies. She has honey brown

Skin and straight wiry hair that stands up straight.

Dreams 01:XX:XX 05 At a pool in the middle of nowhere. People are diving, looking for things, I don't know for what, that is awkward. I'm ready to jump in anyway. But it is getting dark and my mom says: it's getting dark, it's not a good idea to jump in now. All my friends were there. I was ready to do it. Underlying feeling: as if I waited till just too late to jump. Eerie because I don't know what they are doing and what they are looking for.

Dreams 01:XX:XX 05 (or perhaps dream 1 continued?): Dream of old friend. A few of us in his house. There where we grew up, he was just down the road. My husband is there too. I kept hugging and embracing this friend. We both knew, this is wrong, but it felt so good. Theme: morality versus desire. Waking up, thought; what was that all about?

Dreams 02:XX:XX 01 Dreamed I was taking a boat trip to a party at a country club in San Jose. The boat started taking on water and there was urine in the water. I was mad that my party clothes were getting ruined. It was hot and stuffy because the captain turned off the ventilation due to a crew member getting sick with strep throat. The captain didn't want the disease to spread. While on the boat we were passing what looked like a war zone, buildings burning and buildings that were now rubble (like they were bombed out). It seemed like a foreign country.

Dreams 02:XX:XX 01 Dreamed I was flying to San Diego. Then it was as if I was looking up at the phone and I could see a dark outline of where the cargo weight was being carried. There was too much weight in the front and it needed to be re-distributed to the middle before the plane landed.

Dreams 02:XX:XX 03 One vivid colorful dream: I'm at fitness club waiting to teach my class but there's another class in the room and it's filled with people. After that class came another class (not mine) came to take a test. I'm standing there frustrated and not sure what to do.

Dreams 02:XX:XX 04 Dream with a very tall man. We were married. We were walking along the streets of my old hometown and discussing that we should be walking or riding our bikes to work. I got a bumble bee in my shoe and had to stop to dislodge it from a tiny crevice at the shoe's toe. We ran into a young man who said he was 14 and we started to talk him into writing an article for tee in a publication my husband had. It was a sunny day but the town seemed to be deserted. We walked by this bar called the office and I wondered if my old boyfriend was inside.

Dreams 02:XX:XX 05 Watching video at home. Fly to San Francisco. Then at a rock n' roll show. One singer from U2 is there. All of a sudden my father and grandmother show up. Everything is very colorful. Funny dressed up animals (humans in animal costumes, not as goofy as Barney but similar). Only remember one Toucan (reddish, orange, bright colors), but there were many more. I am running around, looking busy. I want to be on stage, dancing, but nobody is with me and I didn't want to be alone dancing on stage. Premise: wanting to do something but I don't, I just acted busy. Feeling: Exciting, lots of colors, really wanting to be out there, but not going for it. Looking for anybody to dance with. So odd for father and grandma to come in there. Very unusual. We flew to SF from somewhere. Seeing father and grandma had to look even busier so I didn't have to take care of them. Looking busy: ordering a drink at the bar, go to the ladies room, looking for people I might know

Dreams 02:XX:XX 05 Thanksgiving at mother's house. Lots of people. Cousin (male) just had a baby, but he has no say over what the baby's name should be, nor what should happen with it. Feeling: why did he get himself into it? (In real life we grew up in Catholic family, so there is in the dream this feeling of passive judgment). This is weird. Wife in dream is from another culture. I

never even met her in real life. The parents-in-law have the saying, they have strict rules. Everybody was feeding the cousin names for the baby. Cousin said: I can't name the baby.

Dreams 03:XX:XX 01 Dreamed of building a house. Lots of different people were coming to live there. Homeless kids, single people, people of all races. Everyone was working and contributing, family-like. There was also a house that I think I lived in before the new house. It was about to collapse and I led to sneak in to get some of my belongings out of there.

Dreams 03:XX:XX 01 Dreamed of tasting baby food, as if I was on a tasting panel. There were thousands of jars piled up in a 4 foot high pile of trash.

Dreams 03:XX:XX 02 Unremembered

Dreams. Some type of abstract dream about figuring out how to reach a destination or goal.

Dreams 03:XX:XX 04 Am dreaming but can't quite capture them to remember enough to write them down. Can't even remember fragments. Felt inadequate about this because I know they are important for the proving.

Dreams 03:XX:XX 05 Could only remember a fragment; my female friend's boy going to the boys.

Dreams 04:XX:XX 01 Dreamed I got a Starbucks latte and I didn't care if it antidoted my remedy or not.

Dreams 04:XX:XX 01 Dreamed my sister was building a house in the mountains. She had a double hammock and a single hammock tied between some trees. She recommended that I get a single hammock, since 2 people rarely use one at the same time.

Dreams 04:XX:XX 03 Last night had another vivid dream with people in it but can't remember it.

Dreams 04:XX:XX 05 Magnificent dream, excitement. Had a feeling of Spain. Everything was happening, moving and grooving. Was big castle, lots of work has to be done. My friends were there and working people. All centered around old friends, haven't seen them for a long time in real life. Meeting people. I have to be somewhere at 8pm. Parents own castle on ocean, set in an old scene. Like the time of the pirates. Lots happening in harbor that belongs to the castle. Lots of people. Lots of friends of mine. Lots of people working. Coming and going. I'm in a sailboat, there is a race going on. People in the water. Had to turn before the reef, made mast turn and mast made husband fall into water. OK we laugh about it. Other people in water as well. I could turn the boat around, no idea how to do it, behind me a huge wave. I knew I could do it. The sailboat had no sails, didn't even know how it was moving. White boats. One man who works in the castle, my girlfriend likes him. So do I. I arrange that he can see her. The arranging gives me an opportunity to see him as well. Everyone knew me, because my parents were owners of the castle. Felt like adolescent time, lots of friends, meeting them, adventurous things going on. Cobblestone walkways. Time of the pirates with modern conveniences. Not ruff and rumbling but magnificent. Not dirty but clean and beautiful. Lots going on. Exciting. Important through all of the dream: Got to keep appointment at 8pm. Looking forward, is it 8pm yet? (To see guy I like and want to bring to my girlfriend). Didn't wake up until 8:30am. Woke up at 7am, wanted to remember dream, fell back to sleep.

Dreams 05:XX:XX 01 Dreamed I was in high school. I was sitting in the front of a lecture theater (where the front seats are much lower than the back). When the lecture was about to begin, the seats in my section were moved with hydraulics the back of the room. I was afraid I wouldn't be able to see. The kids were all talking about who they wanted to date. Suddenly, I was shopping at the mall. It was the day after Thanksgiving and it was so crowded that I wanted to leave. A nice boy from school gave me a ride home.

Dreams 05:XX:XX 05 In supermarket. So tired, sleep in shopping cart. Near freezer section. In . Old friends woke up us, asking us: "What are you doing here?" These are like the down side of the other magnificent dreams. Now bag people.

Dreams 05:XX:XX 05 Eagle, wrapped in shrouds (cloth). Really big eagle. Old come above my knees. Friend says: you got to help this bird. Feeling: frantic, not knowing what to do. Lots of fast cars around us. Bird might have been hurt by car. Wrapped so he doesn't fly away. On a road to Balboa Bay Park. This is where I went many years ago. This dream was so weird. I just couldn't remember or grab it.

Dreams 06:XX:XX 02 More unremembered dreams.

Dreams 06:XX:XX 05 Situated in beach town somewhere. Meet biological father. He wants to see my younger son which he never saw (true in real life). Once we get to the pier where we are supposed to meet him, he sits on a table with another woman and there is no space for me or my son. Go upstairs with son. Feeling: we were there to meet him and he wasn't there for us.

Dreams 06:XX:XX 05 Never dreamt that much. Always old friends in the dreams. I didn't think about them for a long time (in real life).

Dreams 06:XX:XX 05 Getting ready to go camping with old friends. YMCA packing my bag with flowers on it. Went to go get the bike that was getting fixed (don't have a bike in real life). Joking around with guy who fixed the bike. Say sarcastically (for fun): "you are nuts!" He gets very upset, offended. I have to hurry to make it on time for the bus leaving for the camping trip. Put the bike on my VW bus (I always wanted one like that in real life). I don't have time to defend myself (that I didn't mean it when I said you are nuts). I make it on time to the bus, pull in the drive way. End of dream. Had a date to make again, like in the castle dream. He said, "fuck you," so upset he got. Felt violated.

Dreams 07:XX:XX 01 Dreamed of riding a horse (or a cars?). I wanted it to jump off of a waterfall. It was screaming and wouldn't jump. Then an alligator attacked the horse and I was afraid it would attack me.

Dreams 07:XX:XX 01 Dreamed that a friend had 2 babies, one was born dead and the other had a very bruised face and a black eye. "R" The baby looked like a little street urchin and had a cute smile. I had a huge (3) desire to have a baby and quit work to take care of it. I found my friend's babies father in the cafeteria at college. He asked if she'd had an abortion and had no intention of helping take care of the baby. The woman sitting across from us in the cafeteria agreed with me that he was an SOB. I was angry and disgusted with him.

Dreams 07:XX:XX 02 Supervisor-- With some effort recalled part of a dream. Arrived with supervisor in a car at a family gathering. She stayed inside the car while I got out and met some of the people. Later, her and I became very interested in what appeared to be a glowing small

object moving about in the air. It was a small object, glowing very brightly. When I recalled the dream, I thought that a firefly might describe it, but in the dream really didn't know what it was. (At time of extraction, wondered if it was Hale Bop?)

Dreams 07:XX:XX 04 Dream. Lived in this apartment in the city - couches - pictures on the wall, Santa Frank fried kept thinking about the owner - discussing hormones - men ability to have sex. Event in auditorium-- half horse person but the feet were only human. Elevator. I was coming out of some event or activity in a large building. I was in a lobby watching people. People were going out, coming out of restroom. Then a white golden or light colored horse came out of the women's restroom and it/she was short because she had very short horse legs but human feet with ladies shoes. I was amazed. I went to the elevator and someone had put and set off a bomb in the lobby elevator panel but I wasn't worried. I was going to use it anyway. The elevator came. The door opened And inside was empty and filthy-- like a homeless person lived there-- filthy clothes, a cardboard box, grime on the walls. It was too disgusting and I left. Next part of dream is I'm with an estranged friend Clair and a client and we're going to my apartment. Seems like it is in NYC in my old building. The client is complaining about the landlord. The apartment is small and messy with old couches and tacky pictures on the walls like barroom pictures. Old furnishings. My underwear is on the furniture. I run around tidying it up. The conversation is about men and how they don't have enough hormones and they can't have erections. After my dream I realize that both women are lesbians. The feeling of the dream is about filth, bums, homeless, old and itchy stuff.

Dreams 08:XX:XX 01 Dreamed I was going on a trip with a girlfriend (flying somewhere). When I returned I was going to fly to Austria and Germany with a sexy guy who was a history buff. I was looking forward to both trips.

Dreams 08:XX:XX 04 For yesterday and today, dream "felt like I captured one."

Dreams 08:XX:XX 05 Cant really remember anything. There was a gathering, a party at my parents house. Old friends were there again. One old, old friend I went out with long time ago (17years). Everybody needs to take a shower, we need to get cleaned up before we can go to dinner. Dinner is ready, we need to hurry up, there is a room for boys and one for girls. But it doesn't quite work out. So I start to undress, being a little embarrassed, there are about 10 people. But I just want to get done with it. My husband gets really upset because I start to undress in front of that old friend of mine, the one I went out with. That is all I remember. These dreams bring back cellular memory. I dream about people I didn't think about for the longest time. There is a core group of really old friends (from teen years for example) and there is a top layer in the dreams with more recent friends. Now it feels like the top layer is gone and I dream just about the really old friends. From very old to recent.

Dreams 09:XX:XX 01 Dreamed that a piano fell into the pickup bed of my brother's truck. My brother owed some money to my father for the truck so my father was deducting that from my brother's inheritance. My brother would not get any of the family land, but I didn't think that was right so I was going to share my portion with him.

Dreams 09:XX:XX 01 Dreamed of jumping out of a plane, without a parachute, about 20 feet above the ground, just before the plane crash landed.

Dreams 09:XX:XX 04 I woke during this dream and a man who was a supervisor told me the proving was over. There was more to it but I forgot. I got up had a cold drink, ate an orange and was better from walking around. Went back to sleep at 4:00am.

Dreams 10:XX:XX 01 Dreamed that my friend from Memphis, with white skin and red hair, was on a Turkish homeopathic remedy. She wanted Turkish things for her house.

Dreams 10:XX:XX 03 Very colorful, lots of people in it. Handicap people being cared for by other people in green uniforms, in a large house that was for sale. I was at the house to look at it to purchase it. It was very large with heavy door/thick doors and many rooms. Some of the people could not walk on their own, others were in wheelchairs being pushed by the attendants. Then I couldn't find my car. I felt a see of fear and urgency to find my car. My sisters were in the dream and one said, "Kathy and I took a boat here so that's why your car can't be found, come with us." We went on a boat, I was hesitant and unsure but hopeful my car would be where we were going. I was wondering how Carol (one sister) managed to do the boat ride with Kathy (other sister) as she does not walk on her own. As I am writing this I am grieving for my sister and her limitations. I thought I was done with this emotion. I feel sad, deep inside my heart for her (crying).

Dreams 10:XX:XX 04 Had a dream before I woke that I went to a basketball game. I wore a pink cotton running suit with pearl necklaces and earrings. I had on a pair of high heels. Somehow I became part of a game with the other team. I was the only player on my team. The game was that the other team members were at intervals on a large square court and I had to run following the square but allude member of the other team.

Dreams 11:XX:XX 01 Dreamed I did a physical exam on a young boy and I wrote two pages of notes about his swollen, sore throat.

Dreams 11:XX:XX 02 Dreams of an earthquake occurring.

Dreams 11:XX:XX 02 Dreams of someone looking into my mouth and being aghast at all the fillings.

Dreams 11:XX:XX 05 Our old house where I grew up for 10 years. Was upstairs in parents room. Son in arm, he was a baby, one year old. Thought I will be alone with him for a few weeks. Roaming around, lonely, how will I manage that? Then mom came in and a few old friends (again). Camaraderie was there, felt supported. Felt good. Feeling when friends came in like: "Hi, what's for dinner?" Everybody there for helping, very relaxed atmosphere. A lot to share with friends. End of dream. In real life, mom is always there for me.

Dreams 12:XX:XX 01 I was vomiting gallons of fluid and had diarrhea. I didn't feel sick and I wanted to go to school and to a dance. I threw up all over the outside of my red car. Someone wanted me to take some medicine to suppress the symptoms but I knew it would antidote my remedy. I felt indignant about taking medicine to suppress symptoms.

Dreams 12:XX:XX 03 Had another dream of my sister Kathy. She was in a wheelchair, young and happy. She was lifting out of chair to go into the water (I think it was water, not sure). Maybe a fountain. I was observing her and don't remember any particular emotion. I feel I'm processing something about my sister. I have been thinking about her a lot. I'm not sure what is going on. Not totally are there was anything I needed to work out. Things are coming up.

Dreams 12:XX:XX 04 Dreamt I could get a flame of fire come out of my fingertips at will. I was traveling with what seemed like gypsies. Had another dream that I was traveling and a man came along on a horse. The horse was small, sage green and woolly like a sheep with no tail. Following the horse were two animals that looked like tiny sheep-- large toy size and white. One was woolly like the horse, the other was horse hair with tufts of wool.

Dreams 12:XX:XX 04 (Supervisor): Reads dream to me. Camel with high heels. It was weird, just the idea of high heels. I thought it was strange game. (Supervisor note: I'm struck by the notice I gave to a large poster in the underground in Berlin that was a camel with all four legs in high shining high-heeled black boots. I knew I was at the right entryway by noticing that poster. It was part of a series advertising cigarettes, I think. I thought of taking a snap shot-- the cabaret feeling of it.)

Dreams 13:XX:XX 01 Dreamed I was traveling to classes and the hospital. I asked for a TV in the room and I was planning to steal it. I stole everything that I could fit in my bag, even the remote control for the TV

Dreams 13:XX:XX 02 Had been in some kind of motor vehicle accident where I had been unable to stop in time. Associated with this I had to get some paperwork delivered to the airport. On the way to the airport stopped at a woman's house. I was there for some time as she was getting ready in another room, but I would occasionally see her. She was very tall and elegant and spoke with a British accent, I believe. Outside of her house I noticed that she had hung the wash to dry. Some of the wash was hung on extremely high power lines and I wondered how she had put the wash up there and how she was going to get it down. At some point J.B., a friend of mine, came by in a pickup truck and I showed him some gadget I had.

Dreams 13:XX:XX 04 The other dream I remember is looking into a cage and there were two white duck like creatures that were bloody and had deep cuts in their bodies. They were in the cage with some other animal that was furry and the one that was torturing them. The interior of the cage was bloody and dirty and couldn't see the details of the animals. I felt it was so cruel to have put these animals together and allow this to happen.

Dreams 13:XX:XX 04 Dreamt that I was in the waiting room of my clinic with my sisters, mom and two nieces (but they were boys in the dream) and down the stairs into the waiting room came a zebra with a tiger trying to get on it's back. They were coming down backwards with a Vet trying to pull this huge tiger off the zebra. At the foot of the stairs the tiger leapt into the waiting room. I pulled my youngest nephew away toward my mom to protect. The tiger leapt across the room onto a couch and my other nephew ran and started to climb up the couch after it. I went to pull my nephew away as the tiger turned and I was paralyzed by fear as to what to do and how to prevent harm to both of us.

Dreams 14:XX:XX 02 Sexual Dreams.

Dreams 15:XX:XX 01 Dreamed of a baby. It was sleeping restlessly, didn't want any covers. Later baby was looking for her potty chair.

Dreams 15:XX:XX 01 Dreamed of a dog pulling a wagon to carry water around with him.

Dreams 15:XX:XX 04 Dreamt about being on a college campus and visiting sororities. Each one in a different setting and huge like castles or giant apartments. I couldn't understand the sorority life style.

Dreams 15:XX:XX 04 Another dream of being in a huge castle and it was a theater with a performance going on. The audience sat in corners and in odd places. I tried not to get in the way or disrupt.

Dreams 15:XX:XX 05 (Night from day 14 to 15) was with my birth family. Living at ski resort. No snow. Lots of people of my old neighborhood there. Walked the block. All these funny looking animals were in the street, cleaning the streets. Long and wide as Labradors, but only the height of a basset hound. Color of squirrel, but short tail. Faces dog like. They were not walking but moving like vacuum cleaners back and forth. It was the new thing to have, a fashion, everyone had one. Had no life force, they were animated animals.

Dreams 15:XX:XX 05 (Night from day 14 to 15) Dream 2 felt adolescent, among old friends, making plans. Feeling of summer, barbecues going on etc. All lived in apartments, neighborhood. An old man (who lives in real life in my neighborhood and whistles after me telling me I'm the prettiest girl in the neighborhood) tells young surfer guy (had a crush on as teenager) to go strap a fence up so that my mom and I can take our clothes off and walk around naked. Guys from neighborhood put up sticks and plastic in between to pull up fence. Looked like what you see in sky races. Then the whole thing fell down. It was funny. Feeling: barricaded in like animals. Feeling: innocent.

Dreams 16:XX:XX 05 Had bizarre dream: Christmas holiday. Brother and sister, old friends who I grew up with. We had to go see grandma. Didn't really want to but we had to. Got all the time hitched up with other things like going to store, etc. Met old friend in store I had a one night stand with. It was specialty food store. He pulled an eggplant parmesan out of the drain and ate it. It was so gross. Grandma is very negative and bitter in real life. End of dream. That was again a having to keep a date dream (like pirate dream) or an appointment. Something was pulling. There was an important time factor, keeping an appointment, a date.

Dreams 17:XX:XX 04 Dreamt that my dog June Moon (my dead dog) was outside in the yard of a house I didn't know. I was watching her from inside through the window and she started rustling around under the house seeming to be after something. After a while she came out (just dirty no grass) and looked like she was taking a shit. A huge mass came out, as big as her (she weighed 15 pounds). It had hair and intestines,

teeth and a human baby leg-- a mess of ice. She walked away and became about a 8 month old baby and had, in the same way, a tinier baby. At the time I ran out of the house to get it. My feeling was at first repulsion, shock and disbelief.

Dreams 19:08:30 03 Dream of water. My dog is being drowned by a woman. I'm watching trying to bet him out of the water. I finally did, and did CPR on my dog and he came back to life.

Dreams 19:XX:XX 02 I came back with a friend to a hotel where I was staying at and found the building to be completely cordoned off by police. I was quite anxious about this as I had purchased some drugs, marijuana and mushrooms, I think, and they were present in my room. I wondered if the police were searching all of the rooms.

Dreams 19:XX:XX 02 Saw an old girlfriend in some public place, a restaurant perhaps. It felt good to see her and speak to her. Other people gathered around, eventually there was a crush of people and my old girlfriend was pushed into my lap, onto the couch that I was sitting on.

Dreams 19:XX:XX 04 Remember only a fragment of a dream and I was going to the Renaissance Fair with a gypsy costume and my friend Carol was going too, and she had a golden leather costume that was very pretty.

Dreams 19:XX:XX 05 Sleep pretty good. Very ashamed, can't even write it down. In dream had intercourse with my son, was bizarre. Just wanted to make him feel good. Wanted to turn him on. He was into it, but he didn't know what he was supposed to do. We were in middle of action when started to dream it, no foreplay and stuff. End of dream. Husband and I had conversation with son about sex, he asked about mating animals. Woke up very (3) ashamed. It stuck with me all day. Very ashamed of myself. Son is very sensual being. I never had a dream like that before.

Dreams 20:XX:XX 04 Forgot my dream. Really had it but didn't write it down immediately. By the time I got to work forgot it.

Dreams 21:XX:XX 04 My dream. This client of mine who is an estate sale person and furniture antique expert and I went to see this furniture down an alley in an old bar that didn't have a wall that faced the alley. The bar had water on the floor and the furniture was submerged to varying depths. The furniture was old antiques in beautiful condition except that it now had water damage to the points of submersion. There were other estate experts there looking at the furniture too. My client was very aggressive about viewing it and she got an old fashioned shovel and dug around the muck to see some pieces. She went up to the bar tender and complained about the situation. This is how she is in real life too. Never afraid to speak up. We were both in costumes of the era of the 1800s. She all in black and she had arrived on an old, old bicycle. I can't remember my outfit. At one point there were three little girls all under 10 years old looking around and I was afraid they were going to get filthy. They were all three dressed in antique white dresses. I thought the project was futile. One of the other experts verbalized it and I verbally agreed. I felt like a waster of time and that I spend constant time fighting the mold and filth and I didn't even really like the furniture that much.

Dreams 22:XX:XX 04 My friend decides to commit suicide and jumps, with a small surfboard, off a cliff into the ocean. I decide to go into the water at the beach. I have my dog Junee Moon with me, (she is dead in real life). I can't leave Junee alone so I tie her leash around me to her halter. So she is tight to my Chest and I go in. My concern is to protect my dog.

Dreams 22:XX:XX 05 (Day 21-22) Laundering money. Had 300,000 which I had to hide. Transfer in different accounts, etc. Person was telling me what to do. Instructing me in a pushy way. I said: "I don't know if this is right." She said: "Just do it!" Knew what I was doing was not legal.

Dreams 23:XX:XX 02 Visited old friend in the city. The place where he lived was attractively painted in dark tones. There was a plaque in the entry area that added a special touch. I saw that the plaque had been painted over, the old words were slightly visible. Then I was coming back out of the house through a narrow tunnel. I was told that a football team had come through the tunnel. I couldn't see how that was possible. The building was mostly underground. Then, a view from above the river, asked if it was the Hudson? Old friends were distant, they were in some other mental space, couldn't really communicate. Asked about business of friend, thought it was some

kind of computer graphic design training. He offered, but after an explanation, it seemed like a scam, no real production or training was given. They were focused on presenting an image and succeeding in the eyes of others.

Dreams 23:XX:XX 02 Supervisor: visiting old friend in city, living in place painted with dark tones (brown and black) plaque in entry (wished I could remember what it said) as I walked past I could see other stuff had been written there. Coming out of the house, have to go through narrow tunnel, "don't worry whole football team went through" really narrow, really tight squeeze. I'm thinking "no way football players went through." View of river, asked if it was Hudson River. I thought I was in NYC. Regular houses. Can't remember what was said re: river. Other old friends (mostly high school friends), they were really distant.

Dreams 23:XX:XX 04 Dreamt all night it seemed about the fact that I lost my wallet. I didn't know it but told me and he told me that a man in La Paz, south America had it. His intention was not to steal anything. I seemed to be trying to figure out what was in it. What I needed to do. I thought a lot about each item. It seemed a busy dream. Frustrating. How to contact this man and get everything back.

Dreams 23:XX:XX 05 (Day 22 to 23) Lived in sororities. Guys downstairs played music too loud. Rock n' Roll, very irritating. One guy was a total slob, can't believe that anyone would want to live with him. He was my brother's roommate a long time ago (again old friends). I was very judgmental about him in dream. I jumped up and down on the floor so they'd stop playing. They stopped, thinking I am an irritable bitch. End of dream. Sleep good. Older son comes into bed every night, don't know what that is all about.

Dreams 24:XX:XX 03 A house with many rooms and people. I'm looking in the rooms and hallways to buy it.

Dreams 24:XX:XX 04 Two beautiful bugs, one on each big toe, black and white spiders. They look very exotic. Almost like sea creatures.

Dreams 25:XX:XX 03 Dream my mom is pregnant. I have uncertainty and concern; I think for the child, but I'm not sure.

Dreams 26:XX:XX 05 At Holiday Inn, had to check out to go to another place. Reason: two guys were after me. The teacher of the study group was there too, his wife and children stayed in the other hotel. These guys were after some information we had. They were in suits, carrying guns in pocket. I knew they would use them. I talked myself out of a couple of things with telling them I had to get it at the other hotel. Scary. General feeling: I have to protect myself. End of dream. Dream so scary, that I booked my room not at the Holiday Inn.

Dreams 27:XX:XX 05 (Day 26-27) Went to X's house. I really admire her in her profession. Have resonance with her. Being at her house, I thought it is not that cool of a house as she said and wrote in an article. She sat on steps in backyard. She looked sad. I was attracted to her husband, felt sly, "innocently" tried to lure him away. Want him to be attracted to me. Was driving in convertible with him in San Francisco over the bridge. Had all these preconception, but it didn't happen. All this tension about what I would like to happen. I was very friendly, beating around the bush. Felt like it was inappropriate, because he is with her. Feeling: young and stupid. Sort of dumb, to try to take a man away from another woman. Felt foolish. Blowing connection with my preconceived ideas. End of dream. In pirate dream similar. Normally in dreams I have the man

already, now I am trying to lure them in. I don't have their person and I try to get them, but they are already taken. The married bachelorette. (Written at extraction: this is funny, fishermen use worms to lure in the fish).

Dreams 32:XX:XX 05 Odd. Again two men pursuing me. Gangster type, secret agent. I had some mechanism, so I could see and hear them in their car. Each time I pressed mechanism, a camera went out in their car. (They could see the camera go out in their car, goofy). Mechanism broke down. Went to man totally trust. Wouldn't have trusted anyone else. He told me to get another mechanism at a particular store. (Mechanism had size of a walkman). No idea where this dream played. Went down towards beach. Me a woman I know (and hadn't seen for a long time in waking life). My little kitten was with me, she pooped on her carpet. Came to store, got the mechanism, got into my car. Transmission and brakes went out. Couldn't stop car. Had to crash it into something. Ended up in a big old house, didn't know people there, except one friend. She told me where to go. Went up to attic, her husband was there. He told me to go back and around. Two guys were still after me. Could see it in the mechanism. I committed some crime, don't know what. I never thought I would get caught. Didn't hurt anybody, but I knew it was the right thing to do.

Dreams 33:XX:XX 02 Dreamed of driving a large truck into a ditch on left hand side of road. The truck ends up lying on its side in the ditch. There area lot of people in immediate vicinity and this adds to my anxiety about the accident as I am hoping to keep the accident hidden as much as possible. Some high school friends come to look at the truck. Later the scene is slightly transposed and I am disconnecting a piece of the truck that is shaped like (he draws an elongated leaf shape, no stem), a large piece, several feet long. I am wondering if it will fit through the narrow passageway that leads out.

Dreams 36:XX:XX 03 Our land we purchased recently was under water. So we couldn't build our home on it. I felt concern and upset/lost.

HEAD

Head 00:01:15 02 Sharp pain, just above right temple. Very brief, but repeating 7 or 8 times at intervals that seem to be the length of a heartbeat.

Head 00:11:45 02 Brief, sharp pain in upper temple.

Head 00:14:30 05 Second dose five minutes ago. Numbness from lower lip to chin, where you can put tongue between lip and teeth. Lasted five minutes.

Head 00:15:50 05 Neuralgia in left side of

Head. Moving from front (above left eyebrow) to the back (the base of the

Head) Lasts all day. Now still there not much. Twitching pain. Like a blinking light going off and on.

Head 00:XX:XX 05 Something definitely going on in the

Head and sinuses.

Head 03:XX:XX 04 Shadow of my menstrual HA; left sided occiput.

Head 08:14:00 02 Sharp pain in left temple extending over top of

Head while walking.

Head 08:15:30 02 Very angry at work after finding that I AS had lost two hours worth of work on the computer. Wanted to hit the computer with my fist. Followed by shooting pain originating in front of head above right forehead and shooting rearward.

Head 08:XX:XX 04 I had a Headache that was like a congested feeling especially in my sinus area. Then I'd occasionally have a left temple stabbing pain.

Head 08:XX:XX 05 Something was going on with head the last few days. Keep getting little head aches on the left side of head. Today in the afternoon. This is almost normal for me, but I don't get them daily for short periods of time (approximately 15 minutes). Head ache on top of head, dull ache, comes on slowly, goes away fast. Chocolate makes it better. Maybe I need more sugar. it helps the head ache.

Head 10:XX:XX 04 Feel like I was getting my usual left occipital HA. Went away in 20 minutes.

Head 10:XX:XX 04 Woke with headache on left temple. A dull throbbing that effects the upper teeth on the left.

Head 11:XX:XX 04 Went to sleep at 11 pm with some headache.

Head 11:XX:XX 04 Woke feeling good. Slight shadow of a headache in left temple and left occiput. Got up too late to eat breakfast and by noon headache much worse. Got a massage at noon and headache escalated to the point of nausea. Had to work until 7 pm, came home, vomited, part of the headache, the part in the occiput was ameliorated but the temple part remained.

Head 12:XX:XX 04 Usual headache. It went away with deep breathing-- a new method. Desperation is the motivation!

Head 12:XX:XX 04 Had a headache on the left side most of the day. Left temple. No nausea until the very end of the workday, about 7:30pm. I work and still had my left temple headache.

Head 14:08:45 02 Head pain left side where frontal, temporal meet. Brief, less than 55 seconds. Sharp pain, extending to top of head.

Head 17:XX:XX 04 Got a headache in the mid-afternoon.

Head 17:XX:XX 05 Dandruff is better: feels like hair is growing fast. Everybody tells me my hair is getting so long.

Head 18:10:30 02 Dull pain in vertex while shampooing hair. Occurred when pressure was applied to head.

Head 19:11:00 02 Sharp pain in right mastoid, close to ear. OS Short duration; 3 seconds.

Head 19:17:00 02 Pain in vertex, right side while urinating. A pressing pain. Similar to pain in vertex experienced while shampooing.

Head 28:23:00 02 Pressing pain on sides of head, became more apparent while urinating.

Head 31:XX:XX 05 Same symptom as day zero. Numbness from lower lip to chin, where you can put tongue between lip and teeth.

Head Pain 00:00:30 01 30 minutes after taking dose had slight headache, center of fore

Head, (3rd eye). Was dull ached, on scale of 1-10, would rate as a 1 or 2. Lasted about 2 hours.

EYES

Eye 01:15:50 02 Very brief, 1 second, piercing pain just below the right corner of right eye, on bony ridge.

Eye 06:XX:XX 04 Tired feeling in eye. Eyes hard to keep open.

Eyes 00:16:30 01 Five and a half hours after dose, noticed dark circles under eyes.

Eyes 10:XX:XX 05 eyes burning.

VISION

Vision 03:XX:XX 04 My visual perception moved upward.

Vision 03:XX:XX 04 (Supervisor): First of all, where I looked was different. I looked up, higher up. The arteries of leaves. The vision part of it was soft but noticeable.

Vision 05:13:00 02 Patter of light visible behind eyelids before falling asleep.

EARS

Ear 16:22:30 02 "Stuffed up" sensation in ears. Intermittent flow of clear fluid from both nostrils.

Ear 17:XX:XX 02 Sensation of congestion and blockage in middle ears. Cracking noises when moving jaw.

Ear 19:11:30 02 Brief, sharp pain in left ear. Deep inside, probably eustachian tube.

NOSE

Nose 00:11:00 01 While pellet was dissolving, I felt a rush of energy, an expanding sensation, a drug-like rush, in frontal sinuses, 3rd eye area, and root of

Nose. Lasted about 5 minutes.

Nose 00:XX:XX 02 Supervisor: Sensation today and yesterday (day before remedy was taken) medial of right nostril boring pain started gradually and increased gradually like pain increase to hurting and then a little clear fluid this morning again had had before.

Nose 05:15:00 02 Sneezing repeatedly (4 or 5 times) OS followed by coryza, clear, from right nostril.

Nose 05:15:00 02 Supervisor--

Nose: 3 p.m. ate and after eating started to sneeze, sneezed 4 or 5 times.

Nose 05:XX:XX 02 Some kind of fluid drainage, coryza, clear, from the right nostril.

Nose 06:XX:XX 04 Pressure at root of my

Nose, and a tired feeling in my eyes.

Nose 06:XX:XX 04 My sinus area got stuffy and it became difficult to breathe through my nose.

Nose 07:XX:XX 04 Am mouth breathing, but my nose is perfectly clear. Have to consciously try to take deep breaths.

Nose 11:12:01 02 Pain in left side of upper nasal septum, beginning gradually, then after about 5 seconds, reaching crescendo. Pain is of a boring type and lasts for a few seconds then quickly diminishes. At height of pain there is some tearing in left eye and post-nasal fluid flow.

Nose 13:09:50 02 Boring pain on left side of nasal septum, increasing gradually. This time sustained at low level for 30 seconds. Associated with discharge.

Nose 16:22:30 02 "Stuffed up" sensation in ears. Intermittent flow of clear fluid from both nostrils.

Nose 17:10:30 02 Clear fluid occasionally running out of both nostrils, not both nostrils at the same time.

Nose 18:09:00 02 Blowing out mucus from

Nose. Some of OS mucus is yellow, also slightly blood tinged.

Nose 19:XX:XX 04 Some nasal stuffiness. Feel less like I'm getting sick.

Nose 20:10:00 02 Periodically have nasal or sinus mucus accumulating in back of throat

Nose 20:XX:XX 04 Nose is stuffy and running with some sneezing.

Nose 21:XX:XX 04 Have symptoms of a cold; stuffy nose, raw throat, some green tenacious mucus from my nose.

Helodrilus Caliginosus

Nose 24:XX:XX 02 Throughout the day, continued drainage of mucus post-nasally into throat. At times feels like a large amount of mucus is being swallowed. Frequent "hawking" of mucus.

Nose 35:XX:XX 05 Now I got a bad head cold. Feel miserable. Yesterday, felt tickle in throat, Nose was running. Son has it too. Hard pressure in head. I'm a walking nose (laughs). Congested at root of nose. HA in front and temples. All congested. Irritating pain. Hard to focus. Nothing feels good. Ye pads might help for pressure. Miser. No fever. Throat dry. Nose spray. Cough, post nasal stuff.

FACE

Face ??:09:00 02 White residue on lips and coated tongue. Day not noted.

Face 00:17:50 05 Pain (allergy attack?). No. This is the proving. Pain in cheekbone, underneath both eyes. Pain extends along this bone from temple to root of nose.

Face 06:XX:XX 05 After getting off phone yesterday: biggest white

Head ever on my chin. Had to pop it. Now it is healing. Usually heal slow; now in one hour from small thing into huge white head.

Face 09:XX:XX 05 Feeling tired, really dark circles under my eyes. Wearing make up for the first time in days. Kept wiping eyes, thinking it is smeared make up, but it isn't: circles under eyes, not like normally dark lines under eyes. My son even asked what that is, and if he will get that too when he gets old.

Face 31:XX:XX 05 Before going to bed, neuralgia in chin, between lower lip, not extending to corners of mouth, down to end of chin. When I touched it, it stopped. Didn't hurt, felt like nerves are swelling up. About the size of a half a dollar. Lasted for about 20 minutes. Just before going numb.

MOUTH

Mouth 00:11:10 01 Ten minutes after dose felt a slight numbness of upper gums (gingiva of maxilla). This sensation lasted about 20 minutes.

Mouth 01:XX:XX 05 "Sore" on left inner side of

Mouth. Not a cold sore, but as if bitten. But don't remember biting myself. No pain, just bothering. Came on today. (I have a sore on the left side as well, and don't remember that I would have bitten myself).

Mouth 02:XX:XX 02 Supervisor: Breath very crude; expression, knock a buzzard of a shit wagon from 20 paces.

Mouth 10:XX:XX 05 Cold sore, right side on lip, at root of teeth, if I smile you can see it. Feel achy to the bone. Last night, sweating in bed. Don't know if I have fever. Restless, can't stop moving when I lie down. Felt very tired in morning. Had to get up, deal with kids.

Mouth 12:XX:XX 05 Cold sore on lip much worse.

Mouth 14:XX:XX 02 Coated tongue, bad breath (OS). Taste of chicken fat.

Mouth 15:XX:XX 05 Gum swollen on lower right side, where first molar is. Feels like abscess. Feel a lump. It isn't food or sore or hurt. It is in the gum. Beebee size. Went away last night. Now sore, not really irritated. Teeth could be one of the weaker areas of my system. Couldn't see it, wasn't red or anything, could feel it.

TEETH

Teeth 18:17:30 02 Searing pain in upper right bicuspid.

THROAT

Throat 00:00:20 01 20 minutes after taking dose had slight soreness of right toil. Lasted about 30 minutes.

Throat 00:01:00 01 One hour after taking dose (noon), slight soreness of left toil. Lasted approximately 30 minutes._

Throat 00:XX:XX 04 Have a sensation just below my throat pit like a constriction but not quite, and a see that I am almost going to have to cough or that I can't breathe.

Throat 04:XX:XX 04 Thick feeling in my

Throat. A fullness also feels somewhat mucousy, slightly swollen cervical glands.

Throat 05:XX:XX 04 (Supervisor): Woke up with thick feeling in throat, fullness, little mucousy, slightly swollen glands. Didn't turn into anything. No problem with swallowing. Thickness, fullness, no modalities, lasted an hour. I still have swollen glands.

Throat 07:08:30 02 Some soreness of throat. On inspection, uvula is inflamed and elongated. (Noted at extraction that uvula will get enlarged with acute sore throats.)

Throat 15:08:30 02 Throat is somewhat sore. Uvula is OS swollen and inflamed, hanging down.

Throat 15:XX:XX 04 Woke with sore Throat and swollen gland. Hurt to swallow. Gone in an hour.

Throat 15:XX:XX 04 Went to bed thinking I might get sore Throat again.

Throat 16:XX:XX 02 Woke with stinging pain the back of the throat (area of uvula) several times during the night.

Throat 16:XX:XX 04 Woke with sore Throat again and it felt very bad with swollen gland and feeling in the

Throat and Chest of mucus developing. The worst of the Throat went away by 10:00am, but still fell like I'm fighting something in that area.

Helodrilus Caliginosus

Throat 17:XX:XX 04 Feel like I'm getting a cold. Have congestion in my Throat with mucus and keep having to clear my throat. Some sneezing.

Throat 18:XX:XX 04 Mucus in Throat.

Throat 19:XX:XX 04 I was excited about going. My Throat is no longer sore, but still mucus.

Throat 20:XX:XX 02 Feel like something is swollen on the sides of my Throat when I swallow.

Throat 21:23:00 04 Got hoarse for about 1/2 hour. Seemed like I'd lose my voice but didn't. Had a disagreement with D and when we were talking about it my voice started giving way. Mild cold symptoms, but no sore Throat.

Throat 22:XX:XX 04 No sore Throat but some sneezing and slight running nose. Doesn't make me feel sick.

Throat 22:XX:XX 04 Got hoarse again for about 1/2 hour. No sore Throat.

Throat 26:XX:XX 05 Sore throat on left side when I swallowed. Cold feel limbs. Tight and swollen on external throat. All went away by evening. Ache, so tight in neck on left side. Today (day 26) still tight in throat, still swollen, like size of a small M&M. Lymph node was swollen.

STOMACH

Stomach 00:05:30 03 Sharp twinge in stomach, one inch below sternum. Less than 2 seconds in duration.

Stomach 00:XX:XX 05 Pain underneath left side of rib cage. From middle of that side to the side. Size of a quarter. Deep inside. Felt like a gas bubble or constriction. People had this in ruby proving. It might be a nerve, no not an organ.

Stomach 01:04:00 03 Woke up by the sensation of very fine pin jabbing me from inside of my body. Upper right quadrant of torso. Under my ribs possibly large intestine. Lasted several minutes, when it was over I fell back to sleep.

Stomach 02:XX:XX 05 Hungrier than usual. 1-2 hours after eating, have to eat again. Would like to blame my craving for ice cream on proving, but I don't think so.

Stomach 04:12:30 03 Stomach has a dull burn after eating grapes this morning. Then again this afternoon after eating crackers.

Stomach 05 05 Still very, very hungry. One hour after eating a big meal, feel famine. Have to eat. No special cravings except chocolate and sweets, but I always crave these. Now it is more extreme. Sneak into my kids leftovers from Easter and eat their chocolate. Hunger more intense than a few days ago.

Stomach 05:XX:XX 04 Thirsty today. Can't quench my thirst.

Stomach 06:XX:XX 05 Hunger. Sure eat a lot more than usual. Perhaps this is where the digestive stuff comes from.

Stomach 07:00:30 03 A quick, about 10 seconds, needle like, Sharp sticking sensation/ movement in lower left intestine area. It was the same feeling but larger as before in the Stomach.

Stomach 08:XX:XX 05 Prevalent hunger. Not as voracious as the other days. Starts to go back to normal. Breast still tender. I hope I'm not pregnant.

Stomach 10:XX:XX 04 One bout of nausea for 1/2 hour.

Stomach 11:22:00 04 Slept from 7 to 10 pm. Got up and ate several crackers with peanut butter. Nausea better.

Stomach 13:XX:XX 04 Appetite decreased.

Stomach 14:XX:XX 04 Lost desire for ice cream, sweets, cheese puffs. Indifferent to them now.

Stomach 14:XX:XX 04 Particular about food. Nothing appealed and had to think hard to think of something to eat and when I did decide food was very satisfying.

Stomach 20:XX:XX 04 Noticed I wanted spicy food. Especially Mexican. Had it today and yesterday.

Stomach 21:XX:XX 04 Noticed two things about food. Eating eggs; I could eat an egg every morning. Think about eating deviled eggs and egg salad. Want Mexican food; spicy and with hot sauce and chips.

Stomach 34:XX:XX 05 Today and day 35, digestion fine, empty feeling in

Stomach. Want to nibble on stuff. Nurturing food. Mommy stuff. Even so I just ate.

ABDOMEN

Abdomen 05:XX:XX 05 The gastrointestinal is still there. No diarrhea, stool normal, but still gurgling, like intestines are rearranging. Yes, I am still very quiet. I'm not a chit-chatter now. More introspective. Thinking more about what I'm saying.

Abdomen 06:XX:XX 05 Lower intestine stuff or ovulating is going on. Ache, mild cramps.

Abdomen 08:XX:XX 05 Gurgling in intestines. Had to use will power to stay in bed, but eventually it urged me out of bed. There was nothing, just some slime and gas. This went on for about three hours 6 - 8:30am, had to run to bathroom 3-4 times in this time. Always ineffectual urging, just had the urge to go, passing didn't amel. Finally after a run in the morning, I had normal but looser than usual bowel movement. I can hear the stomach gurgling right now (10pm). Wasn't comfortable all day, but not really in pain.

RECTUM

Rectum 04:XX:XX 05 Waking up I have to run to bathroom. Gastro-intestinal stuff. Loose stool followed by flatulence. Goes on for one hour. Have to go to bathroom 3 times. Straining for stool.

Helodrilus Caliginosus

Urge to go, but nothing really comes. Gripping feeling in intestines. Going to bed the night before, gurgling in intestines. Now still feel gurgling. Something is going on.

Rectum 08:XX:XX 05 Passed gas in afternoon, really stinky, 5- 7 pm. Have normally a tendency to gas, but not that stinky.

Rectum 09:XX:XX 05 Diarrhea again, not really diarrhea, just really strong urge. Went on between 7 - 10:00am. Only slime and gas came out and little bits of soft stool, normal color, no smell. Gas not as smelling as yesterday. Had to run to bathroom 3-4 times in this time span. With lower Abdomen pain, double over helped.

Rectum 10:XX:XX 04 Constipation today and bleeding hemorrhoid.

Rectum 10:XX:XX 05 No bowel movement this morning, makes me feel achy, toxins stay in body. (Has this approximately 2-3 times per year). Gave myself enema: nothing came! Intestines aren't working. Are these the 2nd effects of the remedy? First I had diarrhea, now nothing.

Rectum 13:XX:XX 04 Feel constipated. Have had bowel movement daily but not with any see of complete evacuation and difficult to get to happen.

Rectum 15:XX:XX 04 Constipation remains. Never a strong urge. No complete evacuation.

Rectum 16 04 Constipation again today. Just don't seem to feel a strong urge.

Rectum 19:XX:XX 04 Hemorrhoids still there and occasionally painful during bowel movement.

Rectum 22:XX:XX 04 Constipation gone but hemorrhoids still painful and some bleeding, as was the case in the beginning.

Rectum 23:XX:XX 04 Hemorrhoids bad. Bleeds. Constipation.

STOOL

Stool 09:XX:XX 02 Stool not complete; incomplete evacuation.

Stool 13:XX:XX 109 Stool looser and thinner than normal. Supervisor: narrow partial stool, didn't all come out.

Stool 18:23:00 02 Urging to stool, however incomplete. Inability to evacuate despite prolonged straining.

Stool 21:XX:XX 02 Supervisor: Stools a little different, smaller, tending towards softer.

BLADDER

Bladder 16:XX:XX 04 Difficult to completely empty my

Bladder even if I force it. Have had this for a few days.

KIDNEYS

Kidneys 02:17:00 04 Drove to PA and have some kidney pain, like a see of being enlarged.

URINE

Urine 10:XX:XX 02 Thought that my urine smelled strong.

MALE GENITALIA

Male Genitalia 02:XX:XX 02 Genitalia; right testicle, pain, fairly sharp, happened as I was getting into the car and didn't last long.

FEMALE GENITALIA

Female Genitalia 00:00:01 04 Started first dose at 8:00am, Saturday of Easter weekend. While 2 pellets were under my tongue I got my period. Day 25 of my cycle and usually the day I get it. Woke at 8:00am and took my remedy before rising.

Female Genitalia 00:00:45 04 Had bilateral ovarian cramping with an occasional sharp pain. Better with the pressure of my hands on both ovaries. Went away when I got up and moved around. Lasted 15 minutes.

Female Genitalia 01:XX:XX 04 This is all I remember. I have painful ovarian cramps especially on the left side this morning.

Female Genitalia 02:21:00 04 Got my period with no pain or symptoms. Unusual.

Female Genitalia 03:XX:XX 04 Been feeling a strong sexual desire with is unusual during my period.

Female Genitalia 04:18:30 03 Started period on day 21; 7 days early.

Female Genitalia 04:XX:XX 04 The flow of menses is heavy today, unusual for me, usually lighter.

Female Genitalia 09:XX:XX 05 No libido whatsoever. Not that unusual. But now it's getting really prolonged and worse. I just want to stay in my own feeling, feel more internal.

Female Genitalia 15:XX:XX 05 Got my period today: seems like dark purplish. Breast tenderness subsided, more exasperated.

Female Genitalia 16:XX:XX 05 Period normal color now.

Female Genitalia 17:XX:XX 04 When I was laying in bed this morning I had ovarian cramping that was very noticeable I wonder if I am ovulating?

Female Genitalia 25:XX:XX 04 (Supervisor): Many earlier menstrual symptoms were ameliorated by walking around.

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Female Genitalia 25:XX:XX 04 (Supervisor): NS When headache gone, strong menstrual cramps behind pubic bone. Walking around aggravated it. Better sitting, sitting still, felt good to do that. Bleeding of this period is different. Not so protracted. (long pause) (She doesn't usually have menstrual cramps.)

Female Genitalia 25:XX:XX 04 No menstrual left sided Headache for the first time in a year.

Female Genitalia 25:XX:XX 04 Vaginal discharge slightly yellow with an unpleasant odor that I can't quite describe.

RESPIRATION

Respiration 00:XX:XX 04 Breathing seems a little labored.

Respiration 01:XX:XX 04 Some see of shortness of breath on any short exertion. Constriction feeling gone.

Respiration 02:10:00 04 Walked with dog. Got very short of breath at least exertion.

Respiration 03:XX:XX 04 Shortness of breath on exertion.

Respiration 04:XX:XX 04 The shortness of breath is less pronounced than yesterday.

COUGH

Cough 09:12:01 05 Weird Cough came at noon.

Cough 09:14:00 05 Short and dry cough. Heartburn feeling, in throat for about 1 hour. Felt like digestive symptoms in throat. Burped a few times. Cough has brassy taste. No mucous coming up. Have to clear Throat a lot. Irritating. If I breathe deep I have to cough. Nothing in lungs, it is in trachea. Constantly clearing throat or cough.

Cough 09:XX:XX 05 Nose isn't producing anything. But get sniffles in Nose after coughing then dries itself. Laughing working things up from lungs, thing is in lungs. I hear a little rattling. Cough worse talking about it.

Cough 10:XX:XX 05 Everything is achy all over. Would like to jump out of my Skin. Bronchial thing is going on. Hard to get something up. Could finally cough something up, greenish-yellowish (no smell). Ameliorated a little bit. It is an upper Cough, not rumbling in the lungs.

Cough 12:XX:XX 05 Two times while Coughing hard lost some urine.

Cough 12:XX:XX 05 Asthmatic quality in cough. Last time really sick it was a productive Cough. Feeling; can't believe I'm sick again. Don't want anybody to know. It's embarrassing. Cold sore on lower lip, right side, now red and swollen around it. No burning or pain. The Cough is dry, almost gagging. Even lying down doesn't ameliorate. Worse talking, laughing, being anxious.

Cough 12:XX:XX 05 Lungs cleared up a little bit after Chinese herbs. Didn't sleep all night because of coughing. Usually my Coughs start with tickling now it feels asthmatic. Can't get enough air in. Feels more in trachea, feels irritated. Laughing triggers Coughing deep in lungs

(she coughs all the time we are on the phone, her nose sounds snuffle, her voice hoarse). Couldn't move air in and out. Definitely a dry cough. Inhaling hear wheezing. Even if I antidote the remedy the Cough will still be there. Chills at 4 pm, exhausted. Hot tea helped. Sweating now, too. Fever 100. It feels like I would like to use my son's bronchial dilator. I just want to get well. I don't like to be sick. Just one deep breath triggers Cough, as well as talking and laughing. Are bronchioles filled with something? Feel very restricted, short breathing all the time. Talking irritates the worst.

Cough 14:XX:XX 05 This Cough is very different to the one I had before last class. It is asthmatic now. Trouble breathing makes me anxious. Couldn't get enough oxygen in. Perhaps the remedy hit my weak point. Perhaps I just never knew I had asthmatic tendencies?

Cough 14:XX:XX 05 Yesterday taking deep breath there was this squeak at the end of inhaling. Never had anything like that. Cough much deeper and more productive. Fever 4 - 6 pm worst, lied down, after sleeping a while. Fever was at 101.3 degrees.

Cough 15:XX:XX 05 Felt OK waking up. After taking tea, melon, vit C and Zinc, had to cough so badly almost threw up. Gagging Cough. I got ash with and felt really sick. Driving son to school, still as white.

Cough 15:XX:XX 05 Lungs feel cleaner or perhaps deer? Couldn't breathe. Felt like I have emphysema. Felt like lying down, just took it easy. Had to lie down at 2 pm. Have a little fever. I was just too exhausted from coughing.

Cough 15:XX:XX 05 Cough starts with tickle in Throat now and is spasmodic. Can feel mucous all the way down to

Stomach. Lungs are so heavy, feels as if they touch Stomach, full of mucous. Feels like emphysema. How can people keep smoking when they have that? Definitely worse thinking about symptoms.

Cough 16:XX:XX 05 Now can hold it for a few minutes before I have to Cough. For last few days Cough so unproductive. Neck still stiff.

Cough 16:XX:XX 05 Yesterday nothing changed. Kept Coughing, very productive. Can't smell breath but I know it smells terrible. What is coming out of my lungs is greenish phlegmish yucky. Breathing better; constricted feeling and wheezing is gone. Was Coughing through night, had to get up to spit out stuff.

Cough 00:XX:XX 05 8 year old son has bronchitis for 8 days. Coughs until throws up. Went finally to MD. Don't want to do steroids. Give him bronchodilator. Does it have to do with the proving? Poor guy! It is very odd for him to be sick so long. 8 days is a long time. Coughing until you throw up is hard.

Cough 18:22:00 02 Tickling Cough, sensation of some congestion in chest.

EXPECTORATION

Expectoration 09:XX:XX 05 Post-nasal drip from throat up to nose. Can taste brassy smell in Nose and Mouth. In nose, smell it just when I cough. Coppery taste, is this smell what people mean when they say metallic taste and nose ran when I coughed.

CHEST

Chest 06:XX:XX 05 Breast tender; odd time for that in my cycle. Normally this happens only a few days before my period.

Chest 09:17:00 02 Anxiety in region of diaphragm. Feel some tightness in breathing.

Chest 10:XX:XX 05 The worst is the burning in the lungs. Achiness all over. Hard to function. Hard to work up mucous.

Chest 11:XX:XX 05 Can hear a deep wheezing. Have to work to get anything up. When I'm sick always first cold then bad cough. Difference is now that it is not productive, it is dry and asthmatic side. I just take it slow today. It's going deeper. Hard not to take any remedies. I took vitamin C (2000mg) and Zinc (60mg).

Chest 11:XX:XX 05 Lying down, wheezing, something is in lungs. Can't talk for a long time without coughing. Mucous not as green as yesterday. More clear today. Cough more, great irritability. Hard to breathe, breathing makes me cough. Shower steam and hot tea makes cough better.

Chest 11:XX:XX 05 Doing OK today. Better today. Cough is deeper. Rattle. Younger son woke up with croup. Lungs are weak link in family.

Chest 14:XX:XX 05 Sternum is very sore (lower end). Put some Traumeel (Homeopathic low potency complex cream) on it and neck, seemed to help.

Chest 21:22:30 02 Feeling of congestion in Chest worse in evening. A section of pain, dull, burning in left Chest, possibly Head. Continuing for 20 seconds.

BACK AND NECK

Back and Neck 03:07:00 01 Woke up at 7:00 a.m. with sharp, stabbing pain in mid thoracic spinal muscles. Went away when I got up and moved.

Back and Neck 03:14:00 02 Sharp, pulsing pain in upper right buttock. Brief, one second, repeated 4 or 5 times.

Back and Neck 03:XX:XX 04 My sacrum has a distinct feeling of being pulled downward into the earth.

Back and Neck 03:XX:XX 04 Sacroiliac joint ache never really OS develops.

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Back and Neck 05:08:30 04 Had a dull ache in my back all the way across right below my shoulder blades. The ache made me feel nauseous. It lasted about 5-10 minutes and happened on my dog walk.

Back and Neck 08:XX:XX 04 My back hurt in two places at two separate times. Just below the shoulder blades across the whole back there was an aching pain like my back was trying to open or expand. The other pain was around my kidneys (OS), a dull pressure like they were swollen or congested.

Back and Neck 08:XX:XX 04 Sacroiliac joint ached like a tooth ache.

Back and Neck 10:XX:XX 04 Neck tension, especially on the left. Left sacroiliac pain.

Back and Neck 11:XX:XX 05 Neck really stiff today. Normally I crack my neck, now it hurts. Neck is where I always hold my tension.

Back and Neck 12:XX:XX 04 My neck on both sides was very sore, especially in the front of the neck. Wanted to put cold pack on back of neck and heat on front of neck. Did get a chiropractic adjustment on neck and mid-back which gave much relief but not to the HA. By the end of the day the left occipital area was also hurting.

Headache in temple went on until midnight when I went to sleep.

Back and Neck 14:XX:XX 05 Head OK, just feels stiff in neck, right on base of skull, stiff, hard to turn Head, back and forward is a little easier than sideways which is almost impossible.

Back and Neck 14:XX:XX 05 This pain in the neck, perhaps I have meningitis?

Back and Neck 15:XX:XX 04 Shoulders felt somewhat tight.

Back and Neck 16:XX:XX 04 Upper back around the scapula is tight.

Back and Neck 18:19:00 05 7 - 8:30 pm shoot pain up the neck, base of neck to skull. Feels like neck is grimacing. One or two quick shocks at a time. Like a mini heart attack in the neck. Neuralgia thing. Neck less stiff. If it would be more that 1-2 joints it would be scary and painful. On both sides, right up the nerve cords right next to the spine. Feel 'after shocks' tenderness where it happened. Should get a massage but it is definitely a nerve thing and not a muscle thing.

Back and Neck 19:XX:XX 04 Neck is tight. Did some neck rolls and it hurt to do them.

Back and Neck 19:XX:XX 05 Weird neck jolts start to dissipate. Now approximately every hour a couple of jolts. Had reflexology done, helped loosen it up a little, could crack my neck afterwards, felt really good. Have to grimace with the jolts, not comfortable. I would not be that short, I would have a problem with it. Comes on in any positions, still or moving, time of the day.

Back and Neck 20:XX:XX 04 Shoulders and neck and now back near kidney area are tight.

Back and Neck 20:XX:XX 04 Have some joint aching in my shoulder joints.

Back and Neck 21:XX:XX 04 Neck and shoulders very tight.

Back and Neck 23:XX:XX 04 Back, neck better today.

Back and Neck 23:XX:XX 05 Neck really stiff at base of head (normally it is just the shoulders).

Back and Neck 24:XX:XX 04 Back and Neck on and off.

Back and Neck 25:XX:XX 04 Left sacroiliac really aches. Could be from rigorous (horse) ride yesterday.

Back and Neck 25:XX:XX 04 Right trapezoids cramp this morning.

Back and Neck 28:XX:XX 05 Neck really stiff at base of Head (normally it is just the shoulders).

EXTREMITIES

Extremities 13:XX:XX 04 Joints hurt in wrists and fingers. No swelling.

Extremities 00:15:00 05 Numbness down left arm. Lasted 2 minutes.

Extremities 00:17:00 05 Sciatic pain down buttocks, right side (that before) Sciatica went away. I started the proving even though I wasn't in great shape. Remedy seems to resonate. I go on with life easier today.

Extremities 00:XX:XX 02 Feet seem unusually cold, especially front part of feet and toes.

Extremities 01:10:00 04 Fingers are swollen.

Extremities 03:XX:XX 04 My entire legs feel larger, wider. Still a strong sense of awareness in my feet, almost a tingling sensation.

Extremities 03:XX:XX 04 Arms feel lighter.

Extremities 04:XX:XX 04 Shoulders seem more relaxed.

Extremities 04:XX:XX 04 Strong feeling of feet tingling and now occasionally hand tingling, especially in palms.

Extremities 04:XX:XX 04 Legs feel heavy and difficult to move. An effort to walk uphill, like walking through sand.

Extremities 05:11:00 02 Left wrist pain on extended malion following fall on rollerblades yesterday (exacerbation of OS).

Extremities 05:XX:XX 04 Sometimes feel lightness in arms but not like yesterday.

Extremities 05:XX:XX 04 Tingling in entire legs, feet, hands, and across scapula.

Extremities 05:XX:XX 04 Legs felt heavy, difficult to move, effort to move up hill, like walking through sand-- resistance.

Extremities 05:XX:XX 04 Today can feel all my toes, not as rooted into ground. Tingling is more intense today, more distinct.

Extremities 06:13:00 02 Aching pain in right bicep last for about 5 seconds.

Extremities 06:XX:XX 04 Upper thighs have tingling from feet to knees. It's not tingling.

Extremities 06:XX:XX 05 Back, right shoulder blade in a spot towards the middle of the back on the end of the shoulder blade, sharp, stabbing pain. Yesterday night after 22:00 watching a movie laying in bed. Came on suddenly, out of the blue. Every time inhaling, pain worse. Got a little frantic, hoping this doesn't last long. Had to lie down and relax. It was still aching, could only take short breaths and went to sleep. Tried to work it out for 3 - 5 minutes, but then just laid down and went to sleep. Today went for a run (first one for a long time). Was still tender feeling, aware of the spot. Was a spot as big as a nickel, radiating nerve pain. Perhaps like a muscle spasm, but almost too pinpointed for a muscle spasm.

Extremities 07:15:30 02 Brief, less than 1 second, sharp pain in region of right ring finger. Metacarpal. Pain briefly extended up the arm.

Extremities 08:XX:XX 04 My right knee ached and my right baby toe had a pulling pain. All I could do is come home and lay down and try to get warm. I felt like I was getting the flu.

Extremities 08:XX:XX 04 Still have tingling in feet (when I think about it).

Extremities 08:XX:XX 04 My hip joints ached and it hurt to lay on them.

Extremities 09:23:00 04 Went to bed about 11 pm and woke at 3:00 am after a fitful sleep with tossing and turning and feeling like inside my legs and feet I was burning hot and somewhat swollen. My body was not hot, but a lot more so in my legs and feet. This was an old symptom of 5-6 years ago.

Extremities 09:XX:XX 04 My wrists keep going out of alignment and snapping.

Extremities 09:XX:XX 04 My hand joints were aching especially the thumb.

Extremities 13:09:30 04 My hands feel like they are trembling. Nothing visible.

Extremities 14:XX:XX 02 When I drive, soreness in joints of left hand, on palm of hand, middle finger. If I press down on palm, where finger connects to hand, a bony protuberance, it is sensitive, when I drive and holding steering wheel.

Extremities 14:XX:XX 04 Shoulder joints ached.

Extremities 15:XX:XX 04 Top of foot still hurts on and off. Feels like a muscle is too short and pulls so as the last toe seems to pull upward. Happy when I move my foot a certain way. (very old symptom)

Extremities 15:XX:XX 04 Felt the tingling sensation in my feet and somewhat in the legs.

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Extremities 16:XX:XX 04 Noticed this morning that my nails no longer are splitting as badly longitudinally. This was very pronounced before.

Extremities 18:XX:XX 04 Realized that my right toe problem is where an old bunion used to be on the side of my foot in my twenties.

Extremities 19:XX:XX 04 Woke feeling swollen and stiff in my hands and feet.

Extremities 32:XX:XX 05 Something is up with left knee. Feels strained. Was walking and running a lot today. Non-stop days.

SKIN

Skin 05:XX:XX 05 All are painful, sore, like a bruise. Feel like a witch (laughs).

Skin 05:XX:XX 05 Splinter in left hand, was normal at 3pm, not all read around it, swollen, painful. In palm, little nick, all red around it, swollen. Hurt back of right leg today, feels like puncture wound, feels bruised all around it. All these little nicks look like they could get infected. Did I get...(disease from dirty wounds). Pimple on chin, huge, red, will have to pop it. Something is up with healing mechanism.

Skin 05:XX:XX 05 Pimples on right side of face. Really big, bad ones. Red swelling pain, had to pop it tonight. Wasn't there at 3pm, by 8 pm had to pop it.

Skin 06:XX:XX 04 (Supervisor): Skin looks terrible; blotchy, pale, still gray.

Skin 06:XX:XX 04 (Supervisor): Skin is terrible, have pimples. Don't look as gray today.

Skin 08:XX:XX 04 (Supervisor): Skin looks terrible, pimples on face and chest. Don't feel as if I look as old and gray (has to be the cream I'm using).

Skin 16:XX:XX 04 Skin somewhat better, but still pimples.

SLEEP

Sleep 00:01:30 03 Woke up between 1 and 1:30 AM 2 nights, no symptoms. First and second day of proving.

Sleep 01:XX:XX 04 Didn't want to go to bed early last night Staying up much later.

Sleep 03:XX:XX 05 Sleep very well and deep. Wake up with good energy.

Sleep 04:XX:XX 04 D says I've been tossing and turning at night. Flipping over and back. Have no see of it and am sleeping soundly. Still don't want to go to be and stay up even if I'm tired.

Sleep 05:XX:XX 04 Woke up, had been sleeping soundly, no see of anything during the night. It was like I slept and fell into a deep hole.

Sleep 05:XX:XX 04 Sleep so soundly at night I don't even feel like I dream -- no see of any Dreams on waking.

Sleep 06:XX:XX 04 Slept hard last night. No dreams. Almost had one, or a bit of one.

Sleep 08:XX:XX 05 The last two nights, very restless sleep. Woke up really, really tired. This morning, woke up at 5:30 am and felt like I had no sleep at all. More tired than usually. Like drugged head, wishing I could just keep my Eyes closed. It feels like I am not getting enough sleep, even so I sleep a lot. The dreams are like processing all night. Perhaps I am hyper vigilant to remember my dreams. I'm trying so hard.

Sleep 13:XX:XX 04 Tossed and turned all night. Disturbed by dream and flipping around.

Sleep 16:XX:XX 05 Slept very well last night. Woke up rested for the first time in a few days.

Sleep 16:XX:XX 05 Sweating in bed at night still. Felt clammy in morning. No fever.

Sleep 19:XX:XX 04 Woke feeling very well, like I had an excellent nights sleep.

Sleep 24:XX:XX 04 Woke startled as from a dream, but couldn't remember even dreaming. Not scared but surprised.

GENERALITIES

Generals 00:02:00 04 About 10:00 am went for a walk with my dog. Feel an incredible see of body lightness, but can really feel my body.

Generals 00:XX:XX 04 (Supervisor): Can feel all of body and feel more inside it. Extremely grounded. In fact I cannot (can't make out the word) as though I feel rooted.

Generals 01:12:01 02 Strong appetite, stronger than usual desire for sweet cookies.

Generals 01:22:00 02 Very tired, fell asleep while reading.

Generals 01:XX:XX 02 Thirsty.

Generals 01:XX:XX 04 The weather is affecting me. It's colder and windier and agitating to my nerves.

Generals 01:XX:XX 04 (Supervisor): I had a lot of flexibility today.

Generals 01:XX:XX 04 (Supervisor): It was raining when got out. I can get chilled really easy. The damp very interesting (may have said temperature and not damp).

Generals 01:XX:XX 04 (Supervisor): Cramping better. Up and walked around, didn't have it rest of day.

Generals 02:XX:XX 04 Got chilled easily. Got agitated, because it was colder.

Generals 02:XX:XX 04 Get cold quite easily especially in my low back. I bundle up and then can overheat, then uncover. Then get chilled.

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Generals 02:XX:XX 05 Yesterday didn't take a shower all day. Normally I never do that. Just didn't care. Kept thinking: OK tomorrow morning, but I didn't. Finally took one at 1 pm. The last weeks I took normally two showers a day. I just didn't care about hygiene. Do things around house. House starts to look really good, mostly because son is home, so I am home.

Generals 02:XX:XX 05 Feel really tired around 1 pm, ready to take a nap.

Generals 02:XX:XX 05 4 - 6 pm feel good, this is normally my down time in the day.

Generals 03:XX:XX 02 I am tired, tired.

Generals 03:XX:XX 04 (Supervisor): I don't like it damp.

Generals 03:XX:XX 04 (Supervisor): Sometimes with too much wind I get bothered. It's as if it can blow through me in spots, (in body torso, not Extremities or Head). It's like I would have a hole and it would be cold.

Generals 03:XX:XX 05 My temperature is a little warmer than usual.

Generals 05:21:30 05 (Supervisor: I ask her husband to talk about his observations). Nothing. Still bossy, aggressive (laughs, just kidding). She is a little more calm (they hadn't talked about that together).

Generals 05:XX:XX 04 Tired today.

Generals 05:XX:XX 05 Woke up really tired: all day really tired. 5 - 5:30 Eyes burning, tired, swollen. Still swollen a little now. Taking bath rugs out, dust, was going crazy because of the dust. If I had to start to sneeze could not have stopped. Really sensitive to dust.

Generals 06:XX:XX 04 Tired, tired, tired.

Generals 06:XX:XX 05 Body temperature is a little higher than usual. Hot in bed. Normally I'm all bundled up in bed, not now.

Generals 06:XX:XX 05 Never before little wounds swelled up like yesterday. Today not swollen, red or bruised feeling anymore: white blood cells coming in really fast around little wounds.

Generals 07:XX:XX 02 I have been craving sparkling apple cider. Last night thirsty, maybe a little thirstier.

Generals 07:XX:XX 04 Want to shop. Look at things. Try on clothes. Look at beautiful jewelry.

Generals 07:XX:XX 04 Woke feeling groggy and swollen and irritable, but that passed as soon as I was up for 10 -15 minutes.

Generals 07:XX:XX 04 Very thirsty.

Generals 07:XX:XX 04 Also really want to smoke cigarettes.

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Generals 08:XX:XX 04 (Supervisor): Drawn to very weird clothes; very soft, vibrant, this fabric, iridescent, wanted really badly texture wasn't good but iridescent really incredible greens, odd things. Bought a floral skirt, has turquoise, will go back to other store and get that turquoise sweater. Nearly bought this dress with huge yellow florals on it. "It was a drug induced attraction, I know it."

Generals 08:XX:XX 04 (Supervisor): Sunday 2pm, snowing, wind blowing. By 5pm, freezing cold again. I hate the wind. I get scared. H/A congested, especially sinuses, occasional right stabbing pain. Stuffy

Nose, went away last night (started around 4 or 5pm, got worse 3am).

Generals 08:XX:XX 04 (Supervisor): Slept 11pm to 3am. Had a dream Guy was really bossy-- he was like a proving supervisor. He told me that the proving was over. I felt disappointed and wanted to argue. I know that I was tossing and turning in my sleep. Inside (under skin of legs and feet) was hot and felt a bit swollen. Really warm. There is no temperature range; either I am too hot, or too cold. This feeling of heat; had 5-6 years ago; let to first remedy I ever got; *Sulphur*. Took it away. Then got cold. At 3am all joints were swollen. My right thumb joint (was better at 10am when I woke). Wrists and ankles were cracking and snapping. I got up and wrote it all down. Better if up and moving around. Stiffness and swelling went away. 4 am went back to sleep until 10am (slept solidly). Woke up today feeling 'pretty good.' When I woke up at 3am everything was worse and then it all turned around up until 4pm. I was feeling pretty good.

Generals 08:XX:XX 04 I took a couple hour nap. Woke and stared out the window watching the wind and snow blowing thru the trees and feel very cold and desolate. I wanted to take a hot bath but was too tired. No appetite, but at one point ate a half piece of raisin bread toasted with raspberry cream cheese. Very thirsty for cold (OS/RS).

Generals 08:XX:XX 04 During the night, the weather had changed from upper 50's to 15 degrees. About 2:00pm it started snowing and really blowing. By 5:00pm I felt freezing cold.

Generals 09:XX:XX 04 (Supervisor): 4pm to 4am, things were bad.

Generals 09:XX:XX 04 (Supervisor): Woke feeling fine, went shopping again, was totally focused, didn't even think about outside world.

Generals 09:XX:XX 04 (Supervisor): Things got bad until 4am.

Generals 10:15:00 02 Feeling very hot this afternoon. I have the windows wide open and a cool breeze is blowing, but still over-heated.

Generals 10:16:30 02 Alternately chilly and overheated. Keep rolling sleeves up and down.

Generals 10:XX:XX 02 Thirst for juices, especially sparkling apple juices. Pretty strong thirst.

Generals 10:XX:XX 02 Today I was cold and hot, would open the window, would have to roll up my sleeves and then it would start blowing papers, close the window, would start getting hot. Impossible to get a temperature that I could feel comfortable with. Usually I can work for some period of time.

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Generals 10:XX:XX 04 Good energy by 11:00am. Bad from 9-11am. Very tired.

Generals 10:XX:XX 04 (Supervisor): Today I have a little stiffness, a little chilly, again if too much clothes and then I move around too much, I overheat.

Generals 10:XX:XX 04 (Supervisor): Wind; I think I am afraid of being really cold, very unusual, I grew up in Minnesota. I always liked the wind, its very unusual for me. I couldn't even get out, had to ask someone else to take the dog out.

Generals 13:XX:XX 04 Don't feel very refreshed.

Generals 14:XX:XX 04 Couldn't get up during the night or early morning to record Dreams or even go over them in my mind.

Generals 14:XX:XX 04 Felt tired on waking, but cheerful.

Generals 16:XX:XX 04 Feel tingling all over today, even in the earlobes, and it's not a bad sensation.

Generals 17:XX:XX 04 (Supervisor): Like everything (some humor in her tone) it seems to go away when I get up and walk around. An amelioration for this remedy.

Generals 17:XX:XX 04 Tired all day.

Generals 17:XX:XX 04 Was so enjoyable. Today was perfect weather day for me. Warm but a slight soft breeze. Only in low 70's. Overcast with some sun, and then late in the day at 4pm a warm rain.

Generals 17:XX:XX 04 I feel weary.

Generals 17:XX:XX 04 Woke up today feeling really tired and slightly sick.

Generals 17:XX:XX 04 (Supervisor): Yesterday and today I want to create a peaceful and unhurried atmosphere. I went out of my way a little to not get hooked into a busy scene. Went to Montclair post office, avoiding Piedmont (busy area).

Generals 17:XX:XX 04 Really tired all day.

Generals 23:XX:XX 05 Weird things are happening. Tonight in the study group, nobody showed up. Never happened before. I affiliate it. Normally there are at least 4 regulars. I ran the group for 4 years, lost steam. It is not like me, not to do anything for it. My client didn't show up either, very weird.

Generals 36:XX:XX 05 Lots of cancer is coming up for people around me, over the last week Breast cancer. Melanoma over back for friend.

Helodrilus Caliginosus, Repertory Symptoms

Number of prover, Type of Symptom, Section, Symptom

MIND

- 4 MIND, Anger
- NR MIND, Anger, headache, followed by
- MIND, Anxiety, family, about his
- MIND, Awkwardness
- MIND, Biting, nails
- MIND, Calmness
- MIND, Carelessness
- MIND, Censorious
- MIND, Cheerfulness
- MIND, Cheerfulness, waking, on
- MIND, Clairvoyance
- NR MIND, Colors, desires, iridescent
- NR MIND, Colors, desires, pastels
- NR MIND, Colors, desires, turquoise
- 2 MIND, Company, aversion
- MIND, Company, desires
- MIND, Concentration, active
- MIND, Concentration, difficult
- MIND, Confidence, want of self
- MIND, Confusion of MIND
- MIND, Cursing
- MIND, Cursing, curses, desire to curse
- MIND, Defiant
- 4 MIND, Delusions
- MIND, Delusions, alone, world, in the
- MIND, Delusions, appreciated, that she is not
- MIND, Delusions, body, body parts, enlarged
- MIND, Delusions, body, body parts, parts, enlarged
- NR MIND, Delusions, dark energy
- MIND, Delusions, faces, sees
- NR MIND, Delusions, ground, attached to
- MIND, Delusions, gutter, he is in
- MIND, Delusions, heaviness, gutter of, is in a
- NR MIND, Delusions, knife, vision of
- NR MIND, Delusions, needle, hypodermic, vision of
- NR MIND, Delusions, old, feels
- MIND, Delusions, old, he looks
- NR MIND, Delusions, pointed objects, vision of
- MIND, Delusions, possessed
- MIND, Delusions, smaller, he is
- NR MIND, Delusions, trees, are calling him
- MIND, Dreams, accidents
- MIND, Dreams, accidents, car, with
- NR MIND, Dreams, actions, illegal
- MIND, Dreams, airplane
- NR MIND, Dreams, airplane, crash
- NR MIND, Dreams, airplane, jumping out of
- MIND, Dreams, airports
- 2 MIND, Dreams, amorous

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- NR MIND, Dreams, amorous, incestuous
MIND, Dreams, anger
- 3 MIND, Dreams, animals, of
- NR MIND, Dreams, animals, of, alligators
MIND, Dreams, animals, of, animated
- NR MIND, Dreams, animals, of, bee, shoe, in
MIND, Dreams, animals, of, birds
MIND, Dreams, animals, of, cage, in
MIND, Dreams, animals, of, camels
MIND, Dreams, animals, of, camels, boots, wearing high heeled,
- 3 MIND, Dreams, animals, of, dogs
MIND, Dreams, animals, of, dogs, drowned, being
- NR MIND, Dreams, animals, of, eagles, cloth, wrapped in
- NR MIND, Dreams, animals, of, eagles
- 2 MIND, Dreams, animals, of, horses
MIND, Dreams, animals, of, horses, riding
- NR MIND, Dreams, animals, of, horses, feet, with human
- NR MIND, Dreams, animals, of, horses, partly animal, partly human
MIND, Dreams, animals, of, insects
- NR MIND, Dreams, animals, of, sheep
MIND, Dreams, animals, of, spiders
- NR MIND, Dreams, animals, of, strange
MIND, Dreams, animals, of, tigers
MIND, Dreams, animals, of, wounded
MIND, Dreams, animals, of, zebras
- NR MIND, Dreams, apartments
- NR MIND, Dreams, apartments, messy
- NR MIND, Dreams, appointment, having to keep an
- NR MIND, Dreams, attraction, husband, to someone else's
- NR MIND, Dreams, basement
- NR MIND, Dreams, behavior, inappropriate
- NR MIND, Dreams, bicycle
- NR MIND, Dreams, bicycle, fixed, getting
- 2 MIND, Dreams, boats
- NR MIND, Dreams, boats
- NR MIND, Dreams, boats, white
- 2NR MIND, Dreams, brakes, failing
- 3 MIND, Dreams, buildings
- NR MIND, Dreams, buildings, destroyed
MIND, Dreams, buildings, underground
MIND, Dreams, busy, being
- 2 MIND, Dreams, cars, automobiles, of
MIND, Dreams, cars, automobiles, of, accident
- NR MIND, Dreams, cars, automobiles, of, lost
- 2NR MIND, Dreams, castle, castles
- 3 MIND, Dreams, child, children, about
- 3 MIND, Dreams, child, children, babies
- NR MIND, Dreams, child, children, babies, desire to have
MIND, Dreams, confused
MIND, Dreams, country

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MIND, Dreams, country, foreign
MIND, Dreams, crimes, committed, that he had
MIND, Dreams, cursing
NR MIND, Dreams, date, having to keep a
NR MIND, Dreams, deception xx,
MIND, Dreams, disturbing
NR MIND, Dreams, dressing up
NR MIND, Dreams, dressing up, costumes, in
MIND, Dreams, drinking
NR MIND, Dreams, drinking, coffee
NR MIND, Dreams, drinking, coffee, indifferent about antidoting the remedy
NR MIND, Dreams, driving, car, a, brakes, failing
MIND, Dreams, driving, car, a
NR MIND, Dreams, drugs
MIND, Dreams, earthquake
MIND, Dreams, eating
NR MIND, Dreams, elevators
NR MIND, Dreams, elevators, filthy
NR MIND, Dreams, exam, physical
MIND, Dreams, exciting
NR MIND, Dreams, excrements
NR MIND, Dreams, excrements, dog, of a
NR MIND, Dreams, excrements, large amounts
5 MIND, Dreams, family, own
MIND, Dreams, family, own, cousin
NR MIND, Dreams, family, own, grandparents
NR MIND, Dreams, father
NR MIND, Dreams, fence, putting up a
NR MIND, Dreams, filth, about
2 MIND, Dreams, flying
2 MIND, Dreams, flying, airplane, in
MIND, Dreams, food
NR MIND, Dreams, food, tasting
NR MIND, Dreams, food, tasting, baby food
3 MIND, Dreams, friends
2 MIND, Dreams, friends, old
NR MIND, Dreams, friends, old, embracing
NR MIND, Dreams, furniture
NR MIND, Dreams, furniture, antique
NR MIND, Dreams, game, basketball, of
MIND, Dreams, guns
NR MIND, Dreams, guns, men with
MIND, Dreams, gypsies, of
NR MIND, Dreams, hammock
MIND, Dreams, historic
NR MIND, Dreams, hormones, conversation about
3 MIND, Dreams, house, houses
MIND, Dreams, house, houses, building
NR MIND, Dreams, house, houses, building, mountains, in
NR MIND, Dreams, house, houses, collapse, about to

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- NR MIND, Dreams, house, houses, looking at to purchase
NR MIND, Dreams, inheritance, brother's
MIND, Dreams, journey
NR MIND, Dreams, journey, Austria, to
MIND, Dreams, journey, countries, in foreign
NR MIND, Dreams, journey, Germany, to
MIND, Dreams, journey, water, by
NR MIND, Dreams, magic, of
NR MIND, Dreams, man, tall
MIND, Dreams, men
NR MIND, Dreams, men, luring in
2 MIND, Dreams, misfortune
2 MIND, Dreams, misfortune, car
2 MIND, Dreams, misfortune, car, While does not function and driving
2 MIND, Dreams, misfortune, car
MIND, Dreams, money
NR MIND, Dreams, money, laundering
MIND, Dreams, mother, of
NR MIND, Dreams, motorcycle
NR MIND, Dreams, motorcycle, riding on back seat, hill,
NR MIND, Dreams, mouth, someone looking in my
MIND, Dreams, music
MIND, Dreams, music, loud, too
MIND, Dreams, nakedness, about
NR MIND, Dreams, offended, getting, someone
NR MIND, Dreams, offending, someone
NR MIND, Dreams, parents
MIND, Dreams, parties, of pleasure
NR MIND, Dreams, past, about the
4 MIND, Dreams, people, of
NR MIND, Dreams, people, of, animals, dressed up as
NR MIND, Dreams, people, of, culture, of different
NR MIND, Dreams, people, of, handicapped
NR MIND, Dreams, people, of, working
NR MIND, Dreams, places, filthy
MIND, Dreams, police, of
MIND, Dreams, pregnant, of being, mother
2NR MIND, Dreams, proving, homeopathic
MIND, Dreams, pursued, of being
MIND, Dreams, reading
NR MIND, Dreams, refrigerator, damaged
MIND, Dreams, school
NR MIND, Dreams, sex, conversation about
2NR MIND, Dreams, shopping
NR MIND, Dreams, sleeping
NR MIND, Dreams, sleeping, shopping cart, in
NR MIND, Dreams, stealing
MIND, Dreams, suicide
MIND, Dreams, things
NR MIND, Dreams, things, damaged

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- NR MIND, Dreams, things, glowing
- NR MIND, Dreams, things, glowing, sky moving about the
- NR MIND, Dreams, time, not enough
- NR MIND, Dreams, town
- NR MIND, Dreams, town, deserted
- NR MIND, Dreams, Turkey
- NR MIND, Dreams, Turkey, things from
- NR MIND, Dreams, undressing
- NR MIND, Dreams, undressing, company, in
- 3 MIND, Dreams, unremembered
- MIND, Dreams, vivid
- NR MIND, Dreams, vomiting
- MIND, Dreams, walking
- NR MIND, Dreams, walking, hometown, in old
- NR MIND, Dreams, wallet, lost
- NR MIND, Dreams, war, zone, passing a
- 3 MIND, Dreams, water
- NR MIND, Dreams, water, boat, traveling by
- NR MIND, Dreams, water, boat, water, taking on
- MIND, Dreams, water, boat race
- MIND, Dreams, water, damage
- MIND, Dreams, water, falling into
- NR MIND, Dreams, water, falling into, husband
- MIND, Dreams, water, flood, of a
- MIND, Dreams, water, people
- NR MIND, Dreams, water, people, diving
- MIND, Dreams, water, people, in
- NR MIND, Dreams, water, people, swimming pool, diving in
- MIND, Dreams, water, sailboat
- MIND, Dreams, water, sailing
- NR MIND, Dreams, water, urine in
- NR MIND, Dreams, window, looking through
- MIND, Dreams, women, British
- MIND, Dreams, women, tall and elegant
- 2 MIND, Dreams, women
- NR MIND, Dreams, women, black
- NR MIND, Dreams, women, black, frightening
- MIND, Dullness
- MIND, Embarrassment
- MIND, Embittered
- MIND, Emotional
- MIND, Fastidious
- 2 MIND, Fear
- MIND, Fear, riding
- NR MIND, Fear, violated, being
- MIND, Fear, wind, of
- MIND, Forgetfulness
- MIND, Forsaken, feeling
- MIND, Godless, want of religious feeling
- NR MIND, Grounded, sense of being

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- MIND, Heedless, careless
- MIND, Hide, desire to
- MIND, Impatience
- MIND, Indifference, apathy
- MIND, Insecurity, mental, sense of
- MIND, Introspection
- MIND, Introverted
- 3 MIND, Irritability
- MIND, Irritability, menses, before
- MIND, Mildness
- MIND, Mistakes, spelling
- MIND, Patience
- MIND, Peaceful
- 2 MIND, Quiet disposition
- MIND, Quiet wants to be
- 2 MIND, Rage, fury
- NR MIND, Relaxed
- MIND, Relaxed feeling, letting go
- MIND, Remorse
- MIND, Restlessness, bed, tossing about in
- 4 MIND, Sadness, despondency, depression, melancholy
- MIND, Sadness, despondency, depression, melancholy, bitter
- MIND, Sadness, despondency, depression, melancholy, waking, on
- NR MIND, Sensation, feet could root, as if
- MIND, Senses, acute, body, of
- MIND, Sensitive
- MIND, Slowness, motion, in
- MIND, Spaced-out feeling
- NR MIND, Spirituality, desire for
- MIND, Sympathetic
- MIND, Taciturn
- MIND, Talk, desires to, to some one
- MIND, Thinking, ailments, complaints of agg.
- NR MIND, Thoughts, nature, of
- MIND, Thoughts, vagueness of
- MIND, Tossing, SLEEP, during
- MIND, Tranquility, serenity, calmness
- MIND, Weeping, tendency

- VERTIGO
- VERTIGO, intoxicated, as if

- NR HEAD, Dandruff
- HEAD, Hair, growing fast, feels as if
- HEAD, Pain
- HEAD, Pain, forehead
- HEAD, Pain, forehead, extending, backwards
- HEAD, Pain, shooting

- 4 HEAD PAIN, General

- HEAD PAIN, General, morning, agg.
- HEAD PAIN, General, morning, waking, on
- HEAD PAIN, General, noon, agg.
- HEAD PAIN, General, afternoon, agg.
- HEAD PAIN, General, night, agg.
- HEAD PAIN, General, night, agg., 11 P.M.
- NR HEAD PAIN, General, anger, after
- NR HEAD PAIN, General, breathing deeply, amel.
- NR HEAD PAIN, General, chocolate, amel.
- HEAD PAIN, General, extending, backward
- HEAD PAIN, General, intermittent
- HEAD PAIN, General, menses, during, agg.
- HEAD PAIN, General, pressure, external, agg.
- HEAD PAIN, General, urination, during
- 3 HEAD PAIN, Localization, forehead
- HEAD PAIN, Localization, forehead, left side
- HEAD PAIN, Localization, forehead, left side, extending to, occiput
- HEAD PAIN, Localization, forehead, right
- HEAD PAIN, Localization, forehead, extending, backward
- HEAD PAIN, Localization, occiput
- HEAD PAIN, Localization, occiput, left
- 3 HEAD PAIN, Localization, temples
- 3 HEAD PAIN, Localization, temples, left
- HEAD PAIN, Localization, temples, left, menses, during
- HEAD PAIN, Localization, temples, left, extending to, vertex
- HEAD PAIN, Localization, temples, right
- 2 HEAD PAIN, Localization, vertex
- HEAD PAIN, Localization, vertex, urination, during
- HEAD PAIN, Cutting, temples
- HEAD PAIN, Cutting, temples, left
- HEAD PAIN, Neuralgic
- HEAD PAIN, Neuralgic, forehead
- NR HEAD PAIN, Neuralgic, forehead, left
- HEAD PAIN, Neuralgic, forehead, extending to, occiput
- HEAD PAIN, Pressing
- HEAD PAIN, Pressing, urination, during
- HEAD PAIN, Pulsating, throbbing
- HEAD PAIN, Pulsating, throbbing, forehead
- HEAD PAIN, Pulsating, throbbing, forehead, left
- HEAD PAIN, Shooting
- HEAD PAIN, Shooting, forehead
- HEAD PAIN, Shooting, forehead, right
- HEAD PAIN, Shooting, forehead, right, extending to, occiput
- HEAD PAIN, Stitching
- HEAD PAIN, Stitching, temples
- HEAD PAIN, Stitching, temples, intermittent
- HEAD PAIN, Stitching, temples, right
- HEAD PAIN, Stitching, temples, extending to, vertex

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EYE, Pain, burning
EYE, Tired, sensation

NR VISION, Focus, higher
NR VISION, Light, patterns of, eyelids, behind, before sleep,

EAR, Noises in, cracking
EAR, Noises in, cracking, moving, jaw
EAR, Pain, general
EAR, Pain, stitching
EAR, Stopped, sensation
EAR, Tingling, lobes

NOSE, Coryza
3 NOSE, Discharge
NOSE, Discharge, bloody
NOSE, Discharge, clear
NR NOSE, Discharge, clear, alternating nostrils
NR NOSE, Discharge, coughing, agg.
NOSE, Discharge, green
2 NOSE, Discharge, posterior nares
NOSE, Discharge, right
NOSE, Discharge, viscid
NOSE, Discharge, yellow
2 NOSE, Obstruction
NOSE, Pain, general
NOSE, Pain, boring
NOSE, Pain, boring, nasal septum, left
NOSE, Pain, pressing, root
2 NOSE, Sneezing

FACE, Aphthae on lips
2 FACE, Discoloration, bluish, eyes, under
FACE, Discoloration, pale
NR FACE, Discoloration, white, lips, coating on, white
FACE, Eruptions
FACE, Eruptions, blotches
FACE, Eruptions, chin
FACE, Eruptions, comedones
FACE, Eruptions, comedones, chin
FACE, Eruptions, pimples
FACE, Eruptions, pimples, red
2 FACE, Pain, general, aching, prosopalgia
FACE, Pain, general, aching, prosopalgia, right
NR FACE, Pain, general, aching, prosopalgia, right, mastoid
FACE, Pain, general, aching, prosopalgia, cheek bones, zygoma
NR FACE, Pain, general, aching, prosopalgia, cheek bones, zygoma, extending to, temple
NR FACE, Pain, general, aching, prosopalgia, cheek bones, zygoma, extending to, nose, root
of,
FACE, Pain, general, aching, prosopalgia, chin

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- FACE, Pain, lancinating, below right eye
- FACE, Pain, neuralgic
- NR FACE, Pain, neuralgic, chin
- FACE, Pain, stitching
- FACE, Pain, stitching, right
- NR FACE, Pain, stitching, mastoid
- NR FACE, Pain, stitching, mastoid, right

- MOUTH, Coated
- MOUTH, Coated, tongue
- MOUTH, Discoloration, white, tongue
- MOUTH, Numbness
- NR MOUTH, Numbness, lip, lower, inside
- MOUTH, Odor, breath, offensive
- MOUTH, Swelling, gums
- MOUTH, Swelling, gums, right, lower
- NR MOUTH, Swelling, gums, lower

- NR TASTE, Chicken fat

- 2 TEETH, Pain, general
- TEETH, Pain, general, left
- TEETH, Pain, molars, bicuspid
- TEETH, Pain, molars, bicuspid, right
- TEETH, Pain, molars, bicuspid, upper, right
- TEETH, Pain, pulsating
- TEETH, Pain, pulsating, upper left

- THROAT, Dryness
- THROAT, Elongated uvula
- 2 THROAT, Fullness
- 3 THROAT, Hawk, disposition to
- THROAT, Inflammation
- THROAT, Inflammation, uvula
- THROAT, Mucus
- 4 THROAT, Pain, general
- THROAT, Pain, general, left
- THROAT, Pain, general, right
- 2 THROAT, Pain, general, swallowing, on
- THROAT, Pain, general, tonsils
- THROAT, Pain, general, tonsils, right
- THROAT, Pain, general, tonsils, left
- THROAT, Pain, general, tonsils, right, left, then
- THROAT, Pain, general, waking, on
- THROAT, Pain, stitching
- THROAT, Pain, stitching, uvula
- 3 THROAT, Swelling

- STOMACH, Appetite, diminished
- 2 STOMACH, Appetite, increased

- STOMACH, Appetite, wanting
- STOMACH, Emptiness, weak feeling, faintness, goneness,
- STOMACH, Eructations
- STOMACH, Eructations, coughing, after
- STOMACH, Nausea
- STOMACH, Nausea, headache, during
- STOMACH, Nausea, pain, during
- STOMACH, Nausea, pain, during, back, in
- 2 STOMACH, Pain, general
- STOMACH, Pain, burning
- STOMACH, Pain, burning, eating, after
- STOMACH, Pain, cramping, griping, constricting
- STOMACH, Pain, stitching
- STOMACH, Retching, gagging, cough, with
- 2 STOMACH, Thirst
- STOMACH, Vomiting, general
- STOMACH, Vomiting, headache, during

- ABDOMEN, Noises
- ABDOMEN, Noises, gurgling
- ABDOMEN, Noises, gurgling, night
- 2 ABDOMEN, Pain, general
- ABDOMEN, Pain, general, morning
- ABDOMEN, Pain, general, bending, double, amel.
- ABDOMEN, Pain, cramping, griping
- ABDOMEN, Pain, stitching

- 3 RECTUM, Constipation
- 2 RECTUM, Constipation, ineffectual urging and straining
- RECTUM, Constipation, insufficient, incomplete, unsatisfactory stools
- RECTUM, Constipation, urging, absent
- RECTUM, Diarrhea
- RECTUM, Diarrhea, morning
- RECTUM, Diarrhea, morning, waking with urging
- NR RECTUM, Diarrhea, flatus, followed by
- RECTUM, Flatus
- RECTUM, Flatus, afternoon
- RECTUM, Flatus, diarrhea, during
- RECTUM, Flatus, offensive
- RECTUM, Hemorrhage, anus, from
- RECTUM, Hemorrhoids, painful
- RECTUM, Hemorrhoids, painful, stool, during
- RECTUM, Urging, desire
- RECTUM, Urging, desire, morning

- BLADDER, Urination, incomplete
- BLADDER, Urination, involuntary
- BLADDER, Urination, involuntary, cough, during
- BLADDER, Urination, unsatisfactory

NR KIDNEYS, Enlarged, sensation as if
KIDNEYS, Pain, general
KIDNEYS, Pain, general, region of
KIDNEYS, Pain, pressing
KIDNEYS, Pain, pressing, region of

URINE, Odor, strong

MALE GENITALIA, Pain, general
MALE GENITALIA, Pain, general, testes
MALE GENITALIA, Pain, general, testes, right
MALE GENITALIA, Pain, stitching
MALE GENITALIA, Pain, stitching, testes
MALE GENITALIA, Pain, stitching, testes, right

FEMALE GENITALIA, Leucorrhea, general
FEMALE GENITALIA, Leucorrhea, menses, during
FEMALE GENITALIA, Leucorrhea, offensive
FEMALE GENITALIA, Leucorrhea, yellow
FEMALE GENITALIA, Menses, frequent, too early, too soon
FEMALE GENITALIA, Menses, frequent, too early, too soon, seven days too early
FEMALE GENITALIA, Menses, profuse
FEMALE GENITALIA, Menses, protracted, prolonged
FEMALE GENITALIA, Menses, purple
FEMALE GENITALIA, Pain, general
FEMALE GENITALIA, Pain, general, ovaries
FEMALE GENITALIA, Pain, general, ovaries, menses, agg., during,
FEMALE GENITALIA, Pain, cramping, menses, during, sitting, amel.,
FEMALE GENITALIA, Pain, cramping, menses, during, walking, agg.,
FEMALE GENITALIA, Pain, cramping, menses, during
FEMALE GENITALIA, Pain, cramping, ovaries
FEMALE GENITALIA, Pain, cramping, ovaries, left

NR FEMALE GENITALIA, Pain, cramping, ovaries, menses, during
FEMALE GENITALIA, Pain, cramping, ovaries, pressure, amel.

NR FEMALE GENITALIA, Pain, cramping, ovaries, walking, amel.
FEMALE GENITALIA
FEMALE GENITALIA
FEMALE GENITALIA, Sexual desire, diminished
FEMALE GENITALIA, Sexual desire, increased, menses, during

LARYNX & TRACHEA, Mucus
LARYNX & TRACHEA, Mucus, Larynx, laughing
LARYNX & TRACHEA, Tickling

SPEECH & VOICE, Speech, difficult
SPEECH & VOICE, Voice, hoarseness

RESPIRATION, Asthmatic
RESPIRATION, Difficult
RESPIRATION, Difficult, exertion, after

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- RESPIRATION, Loud
- NR RESPIRATION, Loud, inspiration, squeak at end
- NR RESPIRATION, Mouth, through, although nose is clear
- RESPIRATION, Rattling
- RESPIRATION, Wheezing

- COUGH, Afternoon
- COUGH, Asthmatic
- COUGH, Breathing, deep, agg.
- COUGH, Dry
- COUGH, Dry, afternoon
- COUGH, Exhausting
- COUGH, Laughing agg.
- COUGH, Night
- COUGH, Night, waking from the cough
- COUGH, Noon
- COUGH, Talking, from
- NR COUGH, Taste, with brassy
- COUGH, Tickling
- 2 COUGH, Tickling, larynx, in, from tickling in
- COUGH, Warm, fluids, amel.
- NR COUGH, Warm, shower, amel.

- EXPECTORATION, Color, greenish
- EXPECTORATION, Color, yellow
- EXPECTORATION, Difficult
- EXPECTORATION, Mucous
- EXPECTORATION, Taste, copper, like
- EXPECTORATION, Viscid

- NR CHEST, Anxiety, diaphragm, region of, in
- CHEST, Eruptions
- CHEST, Eruptions, pimples
- CHEST, Fullness
- CHEST, Fullness, evening
- CHEST, Heaviness
- CHEST, Oppression
- 2 CHEST, Pain, general
- CHEST, Pain, general, lungs
- CHEST, Pain, general, sides
- CHEST, Pain, general, sides, left
- CHEST, Pain, general, sternum
- 2 CHEST, Pain, burning
- CHEST, Pain, burning, lungs
- CHEST, Pain, burning, sides
- CHEST, Pain, burning, sides, left
- CHEST, Pain, sore, bruised, mammae

- BACK, Coldness, chill
- BACK, Formication

- 4 BACK, Formication, dorsal region, scapulae
- 4 BACK, Pain, general
- BACK, Pain, general, night
- BACK, Pain, general, breath, breathing, difficult, with
- BACK, Pain, general, cervical region
- BACK, Pain, general, cervical region
- 3 BACK, Pain, general, dorsal region
- BACK, Pain, general, dorsal region, scapulae
- BACK, Pain, general, dorsal region, scapulae, right
- BACK, Pain, general, dorsal region, scapulae, right, spot, in small
- BACK, Pain, general, lumbar region
- BACK, Pain, general, sacral region
- BACK, Pain, general, sacroiliac junction
- BACK, Pain, general, sacroiliac junction left
- BACK, Pain, general, lying, while, agg.
- BACK, Pain, general, motion, on, amel.
- BACK, Pain, aching
- BACK, Pain, aching, dorsal region
- BACK, Pain, aching, sacroiliac junction
- BACK, Pain, pressing, lumbar region
- 3 BACK, Pain, stitching, shooting
- BACK, Pain, stitching, shooting, cervical region
- BACK, Pain, stitching, shooting, dorsal region, scapulae, right
- 2 BACK, Pain, stitching, shooting, dorsal region
- BACK, Pain, stitching, shooting, dorsal region, scapulae
- BACK, Pain, stitching, shooting, sacral region
- NR BACK, Pulled down, sacrum, sensation as if
- BACK, Pulsation
- BACK, Pulsation, sacral region
- 2 BACK, Stiffness
- 2 BACK, Stiffness, cervical region

- EXTREMITIES, Coldness
- EXTREMITIES, Coldness, lower limbs
- EXTREMITIES, Coldness, lower limbs, foot
- EXTREMITIES, Cracking, wrist
- EXTREMITIES, Cramps
- EXTREMITIES, Cramps, shoulder
- EXTREMITIES, Heat, foot
- EXTREMITIES, Heat, leg
- EXTREMITIES, Heaviness, lower limbs
- EXTREMITIES, Heaviness, lower limbs, legs
- EXTREMITIES, Heaviness, lower limbs, legs, walking agg.
- EXTREMITIES, Lightness, sensation of
- NR EXTREMITIES, Lightness, sensation of, upper limbs
- EXTREMITIES, Nails, splitting
- EXTREMITIES, Numbness, insensibility
- EXTREMITIES, Numbness, insensibility, upper limbs
- EXTREMITIES, Numbness, insensibility, upper limbs, left
- EXTREMITIES, Stiffness

- EXTREMITIES, Stiffness, shoulder
- EXTREMITIES, Stiffness, hand
- EXTREMITIES, Stiffness, foot
- NR EXTREMITIES, Strained, knee, left, sensation as if
- EXTREMITIES, Swelling
- EXTREMITIES, Swelling, upper limbs
- EXTREMITIES, Swelling, upper limbs, fingers
- EXTREMITIES, Swelling, hand, sensation of
- EXTREMITIES, Swelling, foot, sensation of
- EXTREMITIES, Tingling
- EXTREMITIES, Tingling, upper limbs
- EXTREMITIES, Tingling, upper limbs, hand
- EXTREMITIES, Tingling, upper limbs, hand, palm
- EXTREMITIES, Tingling, lower limbs
- EXTREMITIES, Tingling, lower limbs, feet
- EXTREMITIES, Tingling, lower limbs, foot, thinking about it
- EXTREMITIES, Tingling, lower limbs, legs
- NR EXTREMITIES, Trembling, hands, sensation of
- EXTREMITIES, Weakness, leg, tripping, as if
- 3 EXTREMITY PAIN, General
- EXTREMITY PAIN, Joints
- 2 EXTREMITY PAIN, Upper limbs
- EXTREMITY PAIN, Upper limbs, right
- EXTREMITY PAIN, Upper limbs, shoulder
- EXTREMITY PAIN, Upper limbs, upper arm
- EXTREMITY PAIN, Upper limbs, upper arm, right
- EXTREMITY PAIN, Upper limbs, upper arm, biceps
- EXTREMITY PAIN, Upper limbs, upper arm, biceps, right
- EXTREMITY PAIN, Upper limbs, wrist
- 2 EXTREMITY PAIN, Upper limbs, hand
- EXTREMITY PAIN, Upper limbs, hand, joints of
- EXTREMITY PAIN, Upper limbs, hand, palm
- 2 EXTREMITY PAIN, Upper limbs, fingers
- EXTREMITY PAIN, Upper limbs, fingers, joints
- EXTREMITY PAIN, Upper limbs, fingers, fourth
- 2 EXTREMITY PAIN, Lower limbs
- EXTREMITY PAIN, Lower limbs, sciatica
- EXTREMITY PAIN, Lower limbs, sciatica, right
- EXTREMITY PAIN, Lower limbs, hip
- EXTREMITY PAIN, Lower limbs, hip, lying, agg., hip, on
- EXTREMITY PAIN, Lower limbs, knee
- EXTREMITY PAIN, Lower limbs, knee, right
- EXTREMITY PAIN, Lower limbs, foot
- EXTREMITY PAIN, Lower limbs, toes
- EXTREMITY PAIN, Lower limbs, toes, right
- EXTREMITY PAIN, Lower limbs, toes, fifth
- EXTREMITY PAIN, Lower limbs, toes, fifth, right
- EXTREMITY PAIN, Aching
- EXTREMITY PAIN, Aching, shoulder
- EXTREMITY PAIN, Aching, lower limbs

- NR EXTREMITY PAIN, Aching, lower limbs, hip
EXTREMITY PAIN, Pulling, foot
EXTREMITY PAIN, Shooting
EXTREMITY PAIN, Shooting, upper limbs
EXTREMITY PAIN, Shooting, upper limbs, fingers
EXTREMITY PAIN, Shooting, upper limbs, fingers, fourth
EXTREMITY PAIN, Stitching
EXTREMITY PAIN, Stitching, upper limbs
EXTREMITY PAIN, Stitching, upper limbs, extending, upward
EXTREMITY PAIN, Stitching, upper limbs, fingers, fourth
EXTREMITY PAIN, Stitching, upper limbs, fingers
- 2 SLEEP, Deep
SLEEP, Falling asleep, reading, while
- 2 SLEEP, Restless
SLEEP, sleepiness
- 2 SLEEP, Unrefreshing
- 3 SLEEP, Waking, midnight, after
SLEEP, Waking, midnight, 1 A.M. - 1.30 A.M.
SLEEP, Waking, midnight, 3 A.M.
SLEEP, Waking, midnight, 5.30 A.M.
SLEEP, Waking, dreams, from
- CHILL, CHILLINESS, Night
CHILL, CHILLINESS, Night, 4 A.M.
CHILL, CHILLINESS, Chilliness
- FEVER, HEAT, Afternoon
FEVER, HEAT, Afternoon, 4 - 6 P.M.
FEVER, HEAT, Night
- PERSPIRATION
PERSPIRATION, Night
PERSPIRATION, Night, sleep, during
- GENERALITIES, Forenoon, agg.
GENERALITIES, Forenoon, 9 A.M.
GENERALITIES, Forenoon, 9 A.M., 11 A.M., until
- 2 GENERALITIES, Afternoon, agg.
2 GENERALITIES, Afternoon, 1 P.M.
GENERALITIES, Afternoon, 4 P.M.
GENERALITIES, Afternoon, 4 P.M., 4 A.M., until
GENERALITIES, Afternoon, 4 P.M., 6 P.M. until
GENERALITIES, Evening
- 2 GENERALITIES, Night, agg.
GENERALITIES, Night, 10 P.M.
GENERALITIES, Night, 3 A.M.
GENERALITIES, Air, open, des.
GENERALITIES, Coldness
GENERALITIES, Dust, agg.

- NR GENERALITIES, Food and drinks, alcohol, alcoholic drinks, agg.
NR GENERALITIES, Food and drinks, apples, des., apple cider
GENERALITIES, Food and drinks, chocolate, amel.
GENERALITIES, Food and drinks, cold, drinks, des.
GENERALITIES, Food and drinks, eggs, desires
GENERALITIES, Food and drinks, spices, condiments, piquant, highly seasoned food,
desires
GENERALITIES, Food and drinks, sweets, des.
GENERALITIES, Food and drinks, tobacco, des.
GENERALITIES, Food and drinks, wine, agg.
GENERALITIES, Formication
GENERALITIES, Heat, sensation of
2 GENERALITIES, Heat, sensation of, alternating with sensation of cold
GENERALITIES, Heat, bed, in
3 GENERALITIES, Lassitude
GENERALITIES, Pain, general, appear gradually
GENERALITIES, Pain, general, appear gradually, disappear suddenly, and
GENERALITIES, Relaxation, physical
NR GENERALITIES, Shopping, desire for
GENERALITIES, Swelling, sensation of
GENERALITIES, Tobacco, desires
GENERALITIES, Walking, amel.
GENERALITIES, Weakness
GENERALITIES, Weakness, afternoon
GENERALITIES, Weakness, cough, from
3 GENERALITIES, Weariness, tendency
GENERALITIES, Weather, cold, agg.
GENERALITIES, Weather, wet, agg.
GENERALITIES, Weather, wind, agg.
GENERALITIES, Weather, wind, cold
GENERALITIES, Wounds, swelling, with

Loxosceles Reclusa

Common Name

Brown Recluse Spider

Proving Details

Primary Proving Location: Vancouver, British Columbia, Canada

Year: 1997

Master Prover: Louis Klein, R.S.Hom.

Co-Master Prover: Heather Knox

Compilation: Cynthia Shephard and Heather Knox

Provers took a 30c potency, one dose without knowing the identity of the remedy.

Source Notes

Description: Gertsch and Mulaik first described the brown recluse spider in 1940. Smaller in size than the black widow spider, its average measurements are 7-12mm in length and 4-6mm in diameter. It has an oval body with four long, thin legs on each side of the cephalothorax. The body color can vary from a light fawn to a dark chocolate or mahogany brown. The cephalothorax and abdomen of adults are usually light brown or fawn and the legs are much darker brown. There is much variation in coloration due to genetic variation and length of time since the last molt. Both body and legs are covered in short hairs which are not visible to the naked eye. The darker band, which is shaped like a violin and extends from the eyes back to the end of the cephalothorax, is the source of this insect's other common names, the fiddle-back spider and the violin spider. Females are slightly larger than males. Males are distinguished from females by the bulbous appearance of the pedipalps, which function as sperm transfer organs, and the first pair of legs, which are longer than in the female. Both sexes are venomous.

Range: *Loxosceles reclusa* is a major resident in the south central United States, in an area running east from Texas to South Carolina, and south from Indiana to Alabama. It is reported to be most common in Missouri, Arkansas, eastern Kansas, and Tennessee. Warm dry climates are the natural limits of this spiders range, but since they are long-lived (maximum life span of adults ranges from two to four over winters) and very tolerant of environmental changes, the brown recluse is expanding its range by transport in man's belongs (e.g., shipping crates) and by existing indoors in areas where the natural climate is not suitable.

Habitat: One study in Texas revealed the typical habitats of *Loxosceles reclusa*. This spider occupies almost any dry niche, indoors or outdoors, that can provide seclusion during daylight hours. Such locations include "inside walls of barns, around feed sacks, between and under hay bales, closets of dormitory rooms, garages and closets of homes, under miscellaneous rubbish in old barns and sheds, outdoors under rocks and in stacks of wood or posts, in decaying logs, and under corrugated metal." Large numbers of brown recluse spiders have been found during winter months in Arkansas. They take shelter between rocks that are protected by overhanging cliffs. The web of the brown recluse is spun for shelter, not for trapping food. It is irregular in shape and consists of a densely woven central retreat with loose silk threads surrounding it in various directions.

Hunting and prey: The brown recluse spider forages, moving about freely at night in search of its prey, primarily insects. Under natural conditions *L. reclusa* feeds on different species of isopods,

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spiders, mites, beetles, millipedes, earwigs, crickets, flies, wasps, ants, moths, firebrats and cockroaches. It belongs to the Family *Loxoscelidae* (most closely related to the *Scytodidae*) and the Super Family, *Plecteuroides*. The superfamily is that of the 'primitive hunters.' These spiders are active ground vagrants, stalking the terrain as they hunt. Most retire to some sort of base during the day, such as a silken tube or a padded corner. Very few of the primitive hunters use silk with much proficiency and they do not rely upon it as a means of capturing their prey. All of them are shortsighted, and since they are active at night, eyesight plays only a small role in the success of their hunting. Unlike most spiders, they are six-eyed (instead of the usual eight); there are three pairs of eyes arranged in a semi-circle on the anterior portion of the cephalothorax.

Mating: The brown recluse mates between May and September, depending on seasonal temperatures. Mating behavior includes random contact and pursuit, followed by caress, embrace and copulation. The male is rarely killed by the female, although it has been observed in one instance when the male was very aggressive and the female nonreceptive. Females who mate late in the season have proven able to survive the winter and produce viable eggs the following spring; therefore females transported out of their normal range can produce broods without males. Although spiderlings can successfully emerge from the egg sacs on their own, the female has been frequently observed helping spiderlings escape the egg sac by pulling the cover webbing back.

Behavior: The brown recluse is sedentary, some may call it shy, and it avoids light. These habits all support naming this brown spider the recluse. It is thought to bite only in self-defense. Man is an unwanted intruder into this spider's habitat, but contact can occur when a foraging spider takes cover in bed clothes; the bed's occupant's subsequent limb movements or pressure of body weight can then cause the spider to inflict a bite.

Effects of the bite: The victim is often not aware of the bite until two to six hours later, unless, and this is rarely the case, he witnesses the spider in the act. The first symptoms after the bite include a stinging sensation with mild to intense pain. The immediate local effects of envenomation are a transient erythema, which produces a dusky or mottled appearance to the skin. Sometimes a blister quickly follows. During the first several hours the dusky hue expands, traveling downward from the site of the bite, along the forces of gravity. The pathologic process is fully established within six hours, and within 24 hours the area where necrosis is taking place is indeed striking. The zone of erythema is replaced by violaceous discoloration, and subsequently an irregular zone of necrosis develops ranging in measurement from a few centimeters to more than 30cm. Aseptic necrosis proceeds to dry gangrenous slough and black eschar formation. Open ulcers form as the necrotic area breaks away from surrounding healthy tissue. Thus the venom diffuses through subcutaneous tissue until the supply is exhausted. In some cases it extends through the fascia, exposing the underlying muscles. Healing of such ulcerous wounds can require months, and often a sunken scar endures. If the quantity of venom is small, no necrosis occurs and only the local erythema appears.

The venom: Numerous studies have been conducted on the action of the brown recluse spider venom. A wide variety of enzymatic activities have been reported. The venom contains a phospholipase, sphingomyelinase D, and this component is believed to play a role in cell lysis. A study as recent as 1994 reported that the mechanism by which the venom causes necrotic lesions is currently unknown. Certainly, though, envenomation by the brown recluse spider can result in an impressive dermonecrotic lesion. These lesions are remarkable given the fact that the spider injects his victim with only a few tenths of a microliter of venom!

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Commentary

I decided to prove this remedy after much prodding by many veterinarians and homeopathic practitioners. Brown recluse spider bites are common in certain parts of North America and pose a particular problem in domesticated animals. The bite leads to serious life-threatening problems and death.

Extraction Meeting

The extraction meeting was a combination of gloom and (spider) industriousness. No languid pauses like in the earthworm proving! It was decided that the provers would cut and paste their journal entries such that there would be a book that would have only proving symptoms and none that contained previous symptoms. This was done intensely and everyone was very busy.

The next day a class was held and the students who participated in the proving were defiantly silent when questioned.

Post Script

This remedy is proving to be an important one. It adds to our materia medica a remedy which can treat severe depressions and various other mental, emotional and physical problems. Additionally, I see it as an important remedy for physical conditions such as chronic fatigue syndrome and muscular rheumatic complaints, including fibromyalgia.

It also bears importance for individuals who have been involved in violence, either as a victim or as a perpetrator. I have seen both the suicidal impulses and the violence cured with this remedy.

For more information on the clinical use of this remedy, see [The Clinical Focus Guide to Homeopathic Remedies Volume 1](#), by Louis Klein.

Proving Collation

Section, Day, Time Prover # Symptoms

GENERALITITES

Generalities	00:XX:XX	03		No appetite; no enjoyment of food (very unusual), may eat salad only.
Generalities	00:02:00	03		Mild electric shocks, left side especially through my arm and labia. An awareness of energy in left half of body and a fullness, almost a heaviness; right side feels empty.
Generalities	00:05:30	01		Feeling of weakness throughout body.
Generalities	01:XX:XX	02		Good energy which is bizarre because went to bed at 1 am got up at 5 am.
Generalities	01:XX:XX	06		Took a second dose of the remedy. Got on the scale & weighed myself. Had lost 2 lbs in one day, amazing.
Generalities	01:XX:XX	03		Left sided heaviness, energy.
Generalities	01:17:00	06		Went and bought a pecan pie and a pint of whipping cream to drown my sorrows.
Generalities	01:21:30	04	OS	Tired, tired, a little early.
Generalities	02:XX:XX	02		Like I have got all this energy and just want to go and go--don't have control of that.
generalities	02:XX:XX	02		Nothing is lasting (symptoms) except the hyper energy with jittery feeling since tea-- 4pm Sunday. Didn't mention it before because thought it was the tea.
Generalities	02:XX:XX	06		Desired and got pie and whipped cream. Ate lots.
Generalities	02:XX:XX	01		Thinking about remedy: everything got worse in the evening both days. Felt fine in the mornings both mornings.
Generalities	02:13:00	04	OS?	Feeling well, good energy. Optimistic, enthusiastic, but having troubles getting down and focusing on writing tasks (planning a class). Procrastinating.
Generalities	02:18:00	01		I feel more fatigued than usual.
Generalities	03:XX:XX	02	NS	Hunger-- Not hungry or thirsty. Keep reminding myself to eat.
Generalities	03:XX:XX	02		If didn't have control of body parts would want to move or bounce— everything - extra energy - lets go, lets do, lets get it down. Partner made me sit down that night and be mellow but the energy is still there and I am controlling it. Sunday that I took the remedy thought it was the tea - tea does that to

				me - caffeine - didn't even write down when it quit - then it came on again the next day - now it is doing it in the morning
Generalities	03:XX:XX	03		No appetite still.
Generalities	03:07:30	01		I feel like I just want to stay cocooned under my blanket. (NS... usually wake up ready to go not one that enjoys sleeping in).
Generalities	03:07:30	01		I feel like I want to be at home.
Generalities	03:08:30	01		Feel tired and heavy. Not a pleasant feeling.
Generalities	03:21:30	01		Feel like want to go to bed, have an ache in lower back. Feels like there's too much to do, want to escape it in sleep.
Generalities	04:XX:XX	04		Busy day, energy good in spite of loss of sleep last night.
Generalities	04:08:00	04	US OS	Feeling very energetic and exuberant while preparing breakfast-- listening to music and singing and dancing.
Generalities	04:08:30	02		I seem to be thirsty I've had three glasses of water already today not sure if I'm really thirsty anymore just know I should drink more.
Generalities	04:08:30	01		Flush of heat. Face. Brief. Head and arms. Needed to get outside.
Generalities	05:XX:XX	06		Weigh the same despite very excess eating.
Generalities	05:XX:XX	03		Ameliorated windy weather.
Generalities	06:XX:XX	02		Seem to crave protein—eggs—have had them 3 times this week-- not like me. Not cheese, it is eggs I want (Vegetarian and only eats protein of eggs and cheese)
Generalities	06:XX:XX	02		Tired tonight I've eaten well today had extra protein (eggs) seem to crave eggs don't usually eat a lot of eggs but I've had them about 3 times this week and it's eggs not cheese that I crave. (I don't eat a lot of cheese normally)
Generalities	06:07:15	04	OS	Lying in bed feeling lazy, don't really want to get up and start day.
Generalities	06:17:30	06		Cold. Wanted to come home and get warm, cozy in my home. Lasted one and half hours.
Generalities	06:21:00	03		I felt very chilly suddenly and for a few minutes only.
Generalities	07:XX:XX	03		Generally ameliorated sitting down.
Generalities	07:XX:XX	03	OS	Allergic symptoms-- sore throat, running nose, cough (had these years ago).

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Generalities	07:XX:XX	03		Averse rich seafood, spices, cold food, strong flavors or textures (usually want shrimp, avocado, sweets if feeling stress)
Generalities	07:08:30	01		Got up. Dizzy. Top-heavy.
Generalities	08:XX:XX	06		Fighting a desire to take a hot bath.
Generalities	08:16:45	03		The gas fumes seemed to bother me more than usual.
Generalities	09:XX:XX	03		Want to sit all the time. Sitting curled up, on my legs.
Generalities	10:XX:XX	01		Chills all evening, through body. Lying in bed with sweater.
Generalities	11:XX:XX	06		Craving sweets.
Generalities	12:XX:XX	06		For lunch had clam chowder (milk) which I would NEVER have-- enjoyed it. Also pie and whipped cream. Realized I've been eating lots of whipped cream and craving ice cream no probes with dairy products. Usually don't eat and when I do I get stomach upsets the next day.
Generalities	12:XX:XX	06		Desires-sweets, ice cream, whipped cream.
Generalities	12:17:00	06		Totally became exhausted. I told my kids, I cannot think; I cannot talk. Kids kept asking me questions, and I could not respond. My head felt very heavy. I was not depressed this time, I made an effort and a will to overcome that part. This lasted two hours.
Generalities	13:07:30	04	OS	Wake late, feeling like staying in bed. Lazy feeling.
Generalities	14:XX:XX	03		First time supervisor has seen the prover since the start of the proving: Observed that the prover moves very stiffly; a certain rigidity to the gait and arm/ hand movements. Slightly awkward and slower than normal; a bit like a rickety, old lady. Even face seems less expressive, more severe and tighter than usual. Lips are pursed; forehead more deeply creased.
Generalities	14:XX:XX	03		"Contraction" postures. Still want to SIT down all the time; mainly hunched forward, with leg up.
Generalities	14:XX:XX	03		Feeling stiffer; want to move more slowly. Craving LIVER AND ONIONS (very odd).
Generalities	15:XX:XX	01		Felt hot. Then felt cold. Put on sweater. Then hot. Cheeks flushed. So

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				irritable. Any little sound was annoying. Went and laid down-- feel better for resting.
Generalities	15:18:00	01		Flushing of face. Maybe <fatigue. Cold, put sweater on, then too hot. Pre-menstrual now.
Generalities	16:15:00	04	US	Feeling hot, too hot in building?
Generalities	19:XX:XX	06		I'm still eating more. Definitely have put on a couple of pounds, which aren't falling right off. That depresses me quite a bit.
Generalities	20:XX:XX	03		Still craving friend onions and liver.
Generalities	22:XX:XX	03		I notice that I sit with my legs wrapped around each other and my arms intertwined.
Generalities	28:15:00	04		Very tired and exhausted.
Generalities	29:XX:XX	03		Body feels stiff; still winding legs around each other.
Generalities	30:XX:XX	01		Energy low. By evening felt better.
Generalities	30:07:00	04	OS	Very tired in morning, do not feel like getting up.
Generalities	36:XX:XX	06		Thought about getting another pecan pie and whipping cream but didn't do it.
Generalities	42:18:00	04	US	Exhausted-- feel like hit by truck. Lasted two hours.
Generalities	48:XX:XX	06		This has never been an issue before; I can't even remember noticing a drop of water before. Water started to bug my hands, cuts developed 3 or 4 days later, could not tolerate any water on my hands at that point. I noticed a definite irritation from water in the shower at least a week ago.
Generalities	XX:XX:XX	02		Clumsy and dropping things.
MIND				
Mind	00:XX:XX	02		I don't feel like my spirit is part of me. Feel like what I am doing and thinking is part of my body.
Mind	00:XX:XX	03		Increased consciousness of my breathing.
Mind	00:XX:XX	03		Confusion and communication foul-ups.
Mind	00:XX:XX	03		"Hero's Journey"-- greater sense of self, outer situation is irrelevant, alone, vagabond life.....now coming back into the world.
Mind	00:01:15	03		The green of new leaves seems brighter, the magenta of flowers seems clearer-more vivid.
Mind	00:01:25	03		A feeling of expectancy.
Mind	00:09:00	03		I feel a sense of waiting and feel hyper-

Mind	00:09:00	03		vigilant. I constantly am scanning my world for an awareness of what might happen. I feel very isolated. This experience of proving seems very inward and not available to anybody but me. Very aware of what is happening in the exact present. Not much matters except this constant vigilance-- a disassociation from the usual cares. A strong sense of being in the present.
Mind	00:10:30	01	OS	I turned the light off, felt nervous in the dark
Mind	00:12:30	01		Feel space out, heavy.
Mind	00:12:30	01		Feeling anxious. Remembering the bad experience when I took the <i>Agaricus</i> (and proved).
Mind	00:17:30	01		A feeling of lightness when walking, like walking on air.
Mind	01:XX:XX	02	NS	Morbid Thoughts. Thoughts of how easy it would be for me to die (had been listening to radio news a young girl (16) was killed in a car accident) that's what triggered the thought for me to die and just how easy it would be. Didn't seem like a big deal to have such morbid thoughts (this is a very strange thought for me to have hope it's the remedy.) "It is easy to die. You could just die today." Since yesterday don't feel like my spirit is part of me-- the sensation came on so strongly lying there this morning. Too prominent and different, so will watch that. Still feeling that-- like not a part of me. I feel almost like my mind isn't part of my body.
Mind	01:XX:XX	02		Thought I was uptight because of drive. I put bread on the stove to toast and then went and found some pasta and started eating that and then wondered what that smell was (burnt toast). Did that twice.
Mind	01:XX:XX	06		Went kayaking with lover. I was supposed to be tying a certain knot in a rope, but just gave up. I never give up. While paddling around the lake, I felt like my arms were too weak to get all the way around; felt, "I give up." Back at his house thought to myself, this relationship is too hard; feeling to just give up.
Mind	01:XX:XX	06		Walked out and didn't even say good-bye. While kayaking there was helicopter logging going on in the vicinity. This noise really bothered me.
Mind	01:XX:XX	06		On the way felt so sad, depressed. I felt

like crying.

Mind	01:XX:XX	06	Went and bought a pecan pie and a pint of whipping cream to drown my sorrows.
Mind	01:XX:XX	03	Don't want to interact with anyone.
Mind	01:XX:XX	03	Feel isolated like I have a secret.
			Confusion about time with the landlord-- he showed up at 2:00 when told not to.
			Forgetful - left car door open when I went into a shop.
Mind	01:XX:XX	03	Suffocating feeling-anxious.
Mind	01:XX:XX	03	Indifference to everyone but myself.
Mind	01:XX:XX	01	I rearranged my house. The living room felt too cluttered. I felt strongly that I wanted to change the colours of the walls. I wanted to paint flowers on my bathroom wall.
			Wanted COLOUR.
Mind	01:09:30	02	Drove in the ditch on the way home after phone calls (lots of snow on the road, very slippery) (snow what a bummer). Driving all over the road and into the ditch. Lost hub cap and went into ditch. I cried (unusual)-- don't even have winter tires. No damage done just drove back out picked up my hub cap and made it all the way home with no problems. Upset with everyone because I wanted to put snow tires on earlier and they told me not to.
Mind	01:10:00	02	Feel like I'm in a hurry or something.
Mind	01:10:00	02	Heart seems to beat faster and like I've had too much coffee.
Mind	01:17:00	06	Felt like taking a hot bath and did.
			Took bath and was crying in the bath. Very sad.
			Then felt like crawling into bed under my fluffy white down comforter, being warm and sleeping.
			Felt defeated; I gave up. Fell asleep and slept until my kids came home at 19:30 hrs. This is really NOT ME; to stop in the middle of the day, take a bath and to go to bed.
Mind	02:XX:XX	06	I did notice that I was speeding and right on the tail of people (while driving), but had the feeling I was hardly moving at all.
Mind	02:XX:XX	03	I would probably enjoy caustic and cruel (verbally).
Mind	02:XX:XX	03	Even awake there is a constant feeling of being the observer; isolated from everything that's going on.
Mind	02:XX:XX	03	Still self-absorbed. Feeling critical and self-righteous. Contented; self-satisfied.
Mind	02:XX:XX	03	I felt unusually tired and silent in a

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Mind	02:XX:XX	03		social situation. Deception: Gave a gift to a prisoner, against the rules, but didn't tell. Prisoner challenged me to give up something; I like to think I'm not attached to things.
Mind	02:XX:XX	03		Feeling INVINCIBLE. Not concerned about the work I didn't do.
Mind	02:XX:XX	03		From each window I see a greater variety of birds than usual. I am so appreciative of the various bird noises.
Mind	02:XX:XX	03		I am very aware of colors, especially the yellow and greens.
Mind	02:XX:XX	03		I have no interest or enthusiasm for any of the events scheduled today. I'd rather remain in bed or in isolation. I am very reluctant to be with other people. I feel very disconnected from my responsibilities.
Mind	02:07:30	02	US	Morbid Thoughts. Wonder what my family would think if they came home to find me hanging from a rope (strange thought will try to keep my mind away from that). This morning when boys going off I thought, "You boys can come home and find me hanging by the rafters." That is not me. "That is crazy."
Mind	02:10:00	03		I would value my dominant emotions as critical and judgmental. I feel irritated and annoyed at most everyone. I am feeling a type of hopelessness as I observe choices made by other.
Mind	02:15:30	06		Overwhelmed, cold, tired, want hot bath and bed.
Mind	02:16:00	02		Feel like I've had too much coffee again, seems to get worse in the late afternoon I have to sigh a lot. Have been busy all day and just can't seem to stop (not that unusual).
Mind	02:21:00	03		I am going to bed, read a few pages and cannot continue. Everything seems an effort. This seems like the diaries in those explorer films-it seems unlikely that it will be so dramatic.
Mind	02:22:30	06		Right at bed time I got the urge to play piano. I did that for about an hour, and then took out a watercolor painting and worked on it until 2:00 a.m. Bursts of energy to work on projects late in the evening, I guess.
Mind	03:XX:XX	02		In town today have lots of energy and head and mind seem very clear well focused and ready for the day.
Mind	03:XX:XX	02		Generally happy-- I'm okay but know if somebody who came to me with

Mind	03:XX:XX	02	these symptoms I would be pretty scared they would be suicidal. Girlfriend said she thought I wasn't my usual self. She said I seemed clearer, more focused and directed better-- Incredible clarity, more focused than the first couple of days.
Mind	03:XX:XX	06	Dyslexia while taking case today. I knew the words I wanted to write, but I'd be writing the wrong letters.
Mind	03:XX:XX	03	Concentration difficult. Bewitched— under a spell. Problems interacting with patients; they are too attached to me.
Mind	03:XX:XX	03	Felt like being rude and outspoken.
Mind	03:XX:XX	03	I don't find much joy-it seems to be an ordeal.
Mind	03:XX:XX	03	Today I found myself at times totally confused by small tasks which threatened to overwhelm me. I could easily have cried but didn't.
Mind	03:XX:XX	03	Strong feeling of unreality. Bored by everything anyone says. (not unusual) More irritable and intolerant "Charlatan." Acting broken-hearted over people I don't care about.
Mind	03:15:30	06	Got home, was overwhelmed, depressed and cold. Wanted to take a hot bath and go to bed. Couldn't. Had a sweet binge again. Fortunately there were no pies in the house this time! Very irritable. Just wanted to be left alone. Snapping at the kids. Just felt overwhelmed and cold; just wanted to get warm. This lasted about 2 hours.
Mind	03:17:28	03	My place of centre seems to be lost for me.
Mind	04:XX:XX	06	I kind of lost my temper. Poor son. He was kind of deserving of it. I was carrying papers. Threw the papers and his coat at him. I was yelling. Just way out of line. Felt horrible afterwards.
Mind	04:XX:XX	03	Still frustrated; not tolerant at work. Irritated by cheap patients giving me expensive gifts now that I'm leaving.
Mind	04:XX:XX	01	I painted in the open studio. I loved using the colours and textures. I loved moving the paint around on my board. I felt very whole and satisfied in this act of creation. What was unusual was that I felt no self-consciousness about my work. I didn't care what

Mind	05:XX:XX	06	anyone thought I just wanted to paint and explore. I felt very happy and excited. supervisor: Paintings full of oranges and reds. Flowers. Bird flying toward the light.
Mind	05:XX:XX	06	At court house, happy about getting divorced. While there, my van got towed from parking lot. Still happy and up. Driving 6 kids in van, not so happy.
Mind	05:XX:XX	03	White, Clouds, Down Comforter.
Mind	05:XX:XX	03	These words/themes are coming up for me. I've circled them at least 6 times.
Mind	05:XX:XX	03	Lots of confusion.
Mind	05:XX:XX	01	Woke with great enthusiasm and boundless joy. Positive. Clarity; empowered in the pursuit of myself.
Mind	05:23:30	02	That afternoon one of my colleagues said "Is there something you're not telling us, you seem so lively and happy."
Mind	06:XX:XX	06	I find I have no fears like I just go into anything. I drove home in a blinding snow storm on the highway. I never once considered I wouldn't make it. Not careless, just not as fearful.
Mind	06:XX:XX	03	I guess I was kind of rebelling this morning. I was in bed when you called (for our daily call), heard the message, but didn't want to get out of bed.
Mind	06:XX:XX	03	Very quick speech. Sarcastic.
Mind	06:XX:XX	01	I long to be invisible and find myself deflecting any attention to myself.
Mind	06:XX:XX	01	I felt very tender towards the people I saw today.
Mind	06:06:20	03	Felt sad about the injustices of the world, yet it was mixed with amazement and delight at how well people can do under such tough circumstances.
Mind	06:17:30	06	Very sensitive to the special, bond with my siblings. Had a sentimental gift from my sister and I found myself thinking that no one else in the world understands me or appreciates me as much as she does.
Mind	06:18:30	04	That time, between 5:30 and 7:30 PM, felt really hopeless despair, like an insurmountable obstacle, and cold.
		US	Huge outburst of anger, yelling at my wife when I didn't feel listened to. I felt she wasn't hearing me, listening to what I was saying. Got very angry slamming my hand. And shouting (a little unusual, more dramatic than I'd usually be).

			At the same time part of me felt very detached from my outburst, passed very quickly and was calm within a few minutes.
Mind	06:19:00	06	Arrived at lover's house. Didn't even want to go (!) (was looking forward to it all week until 5:30 PM today). Seeing him made me feel a bit better. Cold (3) just wanted to get warm in bed. Felt I must cry. Holding back tears for a long time. Given a painting to copy-- utter despair. "I just cannot do it." Cried. Wanted to get up and leave forever but used all my will to force myself to stay. Eventually came out of it, about 1 1/2 hours later. This remedy is for despair and feeling of hopelessness.
Mind	06:19:25	03	Troubled by dyslexia while writing this out. Found myself thinking about my death, the ease of that transition, the impermanence of all things.
Mind	06:20:45	03	I have such high energy for tasks and a sense of clarity which helps get them accomplished.
Mind	06:21:30	02	Watched Phenomenon (movie) had to leave was crying so hard. I usually cry in sad movies but this was out of control just had to cry. It seemed fine to do and made me feel better (Family wondering what's up with me).
Mind	07:XX:XX	06	Severe dyslexia while trying to write this out.
Mind	07:XX:XX	06	The crying, is it from the proving? If it's not from the proving then I really need counseling.
Mind	07:XX:XX	03	Just want to go to bed.
Mind	07:XX:XX	03	I love the colours of the sky and clouds and notice the changing patterns.
Mind	07:XX:XX	03	I am very sentimental about my past— memories of shared experiences.
Mind	07:XX:XX	03	Usually big energy, but now I'm feeling condensed. Never felt like this before. Want to CROUCH into a tiny space, like a little animal. Want to take the littlest amount of space and not be visible.
Mind	07:XX:XX	03	Packing to move. If I died, what would people think to find my things?
Mind	07:XX:XX	03	Sadness but can't cry. Wants to provoke someone to get me crying. Sentimental. Guilty for things done in childhood to take attention away from siblings.

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Mind	07:XX:XX	03	Hopelessness; longing for what never was.
Mind	07:XX:XX	03	Want silence. No music; too cluttered; no room for me.
Mind	07:XX:XX	03	Restless and superficial chatter; changes the topic often.
Mind	07:XX:XX	03	Great today. Thinking of DEATH, DISEASE, SIN.
Mind	07:XX:XX	03	“CONTRACTURE”-- feeling >> sitting down legs crossed, hunched over, crouched, in a small space. Even my personality is smaller; i.e., at a party didn't try to be the chatelaine, as usual. Like I'm occupying a smaller space. “condensation”
Mind	07:XX:XX	03	INDIFFERENCE TO OTHERS Want to be alone. Feeling alone, even in a group.
Mind	07:XX:XX	03	Phone cut off at prover's end; supervisor could hear her calling out.
Mind	07:XX:XX	03	Strong sense of TIME: wasting my days. Never thought of DYING before when LEAVING. Death thoughts- gift of knowledge of near mortality; how precious time is wasted on trivial stuff.
Mind	07:XX:XX	03	Telephone went three times during conversation. Only time this happens is when we talk about the proving.
Mind	07:11:20	03	This morning I heard myself thinking of the gift that knowledge of near mortality would bring. It seems like a gift in that the more trivial worries would not be so very present.
Mind	08:10:00	04 US OS	Feeling criticized, sensitive, anger, hurt after criticism from wife, withdraw to some degree. Over- sensitive.
Mind	08:23:35	03	Again this evening I felt exhaustion beyond tired.
Mind	09:XX:XX	02	Raining today but I feel the weather changing. Feels good to have some warm weather; as the weather changes, hopefully my mood will change also.
Mind	09:XX:XX	02	Tired-- emotionally on sort of scale— don't say something wrong or I will cry-- or something happy and I will cry. Not in control of my emotions. Partner picked up on it-- so weird for you.
Mind	09:XX:XX	02	Decide to just stay home today. I don't really want to deal with people on any level. Have so much on plate and must wait and deal

				with what I have inside of me and let everything wait-I can make people wait.
Mind	09:XX:XX	02		Weepy, will cry at anything.
Mind	09:XX:XX	06		Eating a lot, lately. Rummaging and foraging and wishing for something to eat. Not knowing what I crave. Eating kind of disjointed foods.
Mind	09:XX:XX	03		Thinking about time wasting.
Mind	09:XX:XX	03		Sentimental thinking about past friends.
Mind	09:XX:XX	04	OS US	Still procrastinating, re: course I need to write-- due in two days.
Mind	09:11:0 01			Experiencing a feeling of anxiety and depression. A feeling that there is an emptiness that needs filling. It's vague... maybe want to cry
Mind	09:15:30	02		Mood better when having pain in lower back that extends down sciatica nerve.
Mind	10:XX:XX	02		Still clear-- clarity is incredible-- so focused even when emotional stuff was happening knew it was the remedy-- focus clarity great.
Mind	10:XX:XX	02		Had so much energy was doing six things at once.
Mind	10:XX:XX	06		Got home at 3:30pm. Was totally exhausted. I wanted to, guess what?, take a hot bath and go to bed. Well, I did. I told my kids that was what I was doing. I took a hot bath. Laid down in bed, was burning hot, had clothes on and all, but still wanted that down comforter around me.
Mind	10:XX:XX	01		Hoping I was sick so I could go home. Wanted to go home.
Mind	10:XX:XX	01		I was distracted and oddly disconnected from the job at hand.
Mind	11:XX:XX	06		I took my son to the doctor today. I've told you a bit about his problems. Well we got a super devastating diagnosis, a genetic thing. It should have hit me hard, but it didn't. I didn't get depressed. Came home and looked on the internet. We know from the myasthenia gravis case that all diseases have their clubs now on the internet. Well this disease is horrible. I learned things on the internet that the doctor didn't even tell us about. (would not tell supervisor the diagnosis)
Mind	11:XX:XX	01		I felt very distracted at work today.
Mind	12:XX:XX	02		Slept with azurite stone to change

				Dreams-- dreams had seemed so heavy-- don't usually have that kind of dreams-- just since remedy-- then dreams changed.
Mind	12:XX:XX	02		Period due - no pains but heavy mood there.
Mind	12:XX:XX	06		Hated being inside a restaurant.
Mind	12:XX:XX	03		I've heard myself laugh very heartily-- much more than usual.
Mind	12:XX:XX	01		Feel tired. Want to be alone. Don't want to do the mothering thing right now.
Mind	12:XX:XX	01		Breathless and dramatic: "I can't manage it." Scary to be out in open when it (sharp pain on right side) happened. Wasn't as scary when it happened at home, when alone.
Mind	12:07:30	04	OS US	Very irritable, short tempered, bitchy, wanting to be alone, but not want to be-- sarcastic. Lasted three hours.
Mind	13:XX:XX	06		Super irritable and harsh with kids. Yelled at the kids for no reason. Snapping and yelling at them, then apologizing. Then yelling some more, knowing I wasn't wanting to be doing this.
Mind	13:13:00	06		Another futility scenario. Walking at waterfalls with another mom and her kids. Children took off to rocks over the river, not too safe, I went after them-placing my foot up on a rock of all a sudden felt I could never make it. Gave up-felt defeated-forced myself to think "this is the remedy, not me" and I forced myself on even though I was absolutely exhausted.
Mind	13:15:00	06		Too tired to articulate. Couldn't come up with the words I wanted. Futility. Hopelessness. Too tired, depressed to attempt anything. So hopeless I just want to lie down. The feeling is first that I can't do it and then that I'm tired and exhausted and just want to lie down. Lasted two hours.
Mind	14:XX:XX	06		Lover's aversion to having sex with me came out this weekend. It's the idea of sleeping with some old hag. I'm sure if I dyed my hair it would be fine for him. I'm angry about that. When we talked he gave me about six reasons why, but the main thing was my gray hair and my age. Maybe that's why I wanted to kill myself. All day when I was walking around Victoria, I was looking at other women and wondering, "does she dye her hair?" Most women do, I think.
Mind	14:XX:XX	03		Felt insulated from every other

			human or experience. Apathy for others. "I was always alone, even when with others."
Mind	14:XX:XX	01	Felt very emotional. Had been feeling down on self, physically. >after crying. >Comforted by partner. Felt alone, and needed support.
Mind	14:14:00	06	Another hit of depression. Suicidal thoughts. Felt, what's the use. I wanted to get into my car and drive to Seattle, go see some friends who like me-- now matter how I am, they still will like me. The only thing that stopped me from going was that I had brought along only one change of clothing with me. Just a desire to escape, my life here as it is. (Supervisor asked if the suicidal thoughts were just thoughts, or if there was any chance she would act on them.) The way I was going to do it, was to jump off the falls at Englishman River. I was nowhere near there, so I was ok. And I just think of my kids, that stops me. Lasted two hours. (2pm-4pm)
Mind	14:23:30	03	A day of many minor communication problems. I said that I no longer ceased to be possessed by the remedy; a few seconds later a friend talked about being possessed.
Mind	15:XX:XX	06	Supervisor could sense the prover was getting edginess about her again. As if she was present and in the conversation one minute, and then answering to a strong impulse beckoning her to flee, move, get out, in the next minute. On the receiving end, it feels as if one is being 'brushed off.' Brushed off is definitely one of the tones of this proving.
Mind	15:XX:XX	06	For a period of one week, did not record proving notes, ignored supervisor's calls. Sick of this proving.
Mind	15:XX:XX	06	This morning I went to the Crystal Gardens with my son. Now you have to remember that I have three children and I've been to countless zoos. We went into a little room with two nocturnal exhibits. I just freaked out on seeing a bat. I was upset, shocked, and fearful at glimpsing a bat. Then I saw one with it's wings outstretched, that was horrible. I went out of there, on upstairs to the aviary. I looked up and saw bats in that cage too. I screamed. My son tells me there were indeed bats in that cage too.

			From that point on I was scared to look up. I wrote down, Fear of Bats, and wrote it with a Three. I've seen bats before and never had this reaction.
Mind	15:XX:XX	06	While in Victoria I did a lot of looking in mirrors and did a lot of analyzing about how old and how ugly I am. Noticed that my skin is sallow. Don't know if it's just that I'm losing my summer tan.
Mind	15:XX:XX	06	I have a lot of things to do today. I sat down to do some work. It was going slowly. Then the crying came over me. This is really strange for me. Things can get worse for me before my period, but when I get my period, I feel a release, I feel better. Things don't go like this.
Mind	15:XX:XX	01	I get tremendous satisfaction from painting. I get so excited. Never discovered this before-- I was too insecure to explore art. Normally I would feel so judgmental of what I was doing. Today I felt totally at peace with it.
Mind	16:XX:XX	03	I feel the closeness and interconnectedness of all aspects of the universe.
Mind	16:XX:XX	03	Yesterday I heard someone use the expression "eat crow" three times.
Mind	16:XX:XX	01	On the bus today sat beside someone who had a cockroach crawling around on his coat. Moved away. Didn't want to risk bringing one home.
Mind	16:10:45	06	I'm calling you in a mood. I'm having suicidal thoughts again. Overwhelmed; feel so sad. It just came over me, like a cloud. There, a cloud again. (Laughs lightly) There, I can even laugh about it.
Mind	17:XX:XX	06	Tuesday, I drove the kids to school as usual. I then had two hours before having to be there for the kindergarten class. You won't believe this, but I drove all the way down to Nanaimo again to go to the Body Shop and shop for make up. I looked at all the colors. Sparkling eye color, etc. Spent about \$200 on make up.
Mind	17:XX:XX	06	How old and unattractive I am, that's what I've been hearing in my mind since Friday.
Mind	17:XX:XX	06	Went to meeting, Tuesday night. My lover was going to be there, and myself, and sixty unsuspecting parents. I wore eye makeup. Was thinking to myself (during meeting) where is the light shining on my

face? What profile is he (Chris) seeing? I even wore clothes that I thought would make my skin color look better. In the past I'm sure I never would have thought of or cared about such things. I look in the mirror now and see an ugly, old, corpse. An ugly, saggy, sallow, drooping, wrinkling face. At the meeting, I had the opportunity to really present a clear, objective case (about situation that is going on with one teacher her class at the Waldorf school). But, feeling ugly, obsessing about that and about how I looked, prevented me from presenting my well thought out opinions about the subject at hand.

Mind 18:XX:XX 06 My mental state, oh, I'm so confused. I'm fascinated with who dyes their hair. I've been looking at women's heads, at the roots of their hair. Even at the mothers of my clients that I saw this morning. They were 41, same age as me. Looking at sparkling gold and red highlights. An obsession with hair color. Think we'd better note it down, because it may be tied into the proving in some way. Maybe the remedy is a dye. I've never had this issue come up for me before. People would compliment me on my hair. This whole issue of my hair color has come up during the proving, and it has never come up in my life before.

Mind 18:XX:XX 06 I hope you're getting this because I don't want to write it down, this stuff. (Supervisor: You could start by writing down your reluctance to write down your symptoms). I don't want to. I don't want to make it real; to dignify it. But I like talking to you about it. It was nice to get the attention. Usually I'm worse from consolation. Actually since my Dad died about a year ago, I've been more of a hugger. But the verbal consolation is something I've never wanted.

Mind 19:XX:XX 06 While washing dishes I put a bowl into the sink and the glass beneath it literally exploded. Cubes of glass flew out. I wasn't hurt. Prior to this I had been feeling frustrated, angry and annoyed.

Mind 20:XX:XX 06 Driving home it was a real battle between myself and my 'proving' self. I would think, oh, I should go and meet him where he was going. Then I'd think, no! He should pay for

				what he said. This'll teach him-- that sort of thinking.
Mind	20:XX:XX	03		Noted DEATHS of several important figures in the past few weeks. (Named 6 people).
Mind	21:XX:XX	06		Was really restless. I knew I'd been really rude to lover the night before. I got into a state that I just had to track him down, find him, and explain that I can be a normal, nice person. So I got in my car and I tracked him down.
Mind	21:XX:XX	06		I've been taking offence. Taking offence at things too easily. That's got to be a key part of this remedy.
Mind	21:22:XX	02	NS	Tired today - not usual energy level. Not easy to make me smile; not really short with anybody but inside felt like wished everybody would piss off and leave me alone-- I don't do that.
Mind	22:XX:XX	06		I think the emotional stuff is over.
Mind	22:XX:XX	06		I am going to stop using the proving notebook because it seems like bad energy and I want to get away from that whole thing.
Mind	23:XX:XX	03		TIMING OFF-- Lost my watch.
Mind	23:XX:XX	03		Arrived at the workshop one day late. "Knot-wrenching grief at friend's death."
Mind	24:XX:XX	06		I frequently cut up my notes in a fit of anger about this proving. Did not want to have symptoms so through the record of them. Cut into little pieces or crumpled and threw them away.
Mind	24:XX:XX	06		For five days refused to take notes.
Mind	27:XX:XX	03		Had no contact with supervisor
Mind	29:XX:XX	03		Felt happy and comfortable being with the cloistered St. Claire sister's— enjoyed the silence and isolation.
Mind	29:XX:XX	03		"We only want to share our BIGNESS." Not so proud of that; wish I was more tolerant.
Mind	29:XX:XX	03		Terrified to have photo taken; felt EXPOSED.
Mind	29:XX:XX	03		TIMING ; no idea of schedule; out of time.
Mind	29:XX:XX	03		Phone not working at home and at work. Lost my ring.
Mind	29:XX:XX	01		Watching TV. Not used to this. Too much violence. Had bad dreams, violent but can't remember them.
Mind	30:XX:XX	01		Wanting to be home.

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Mind	34:XX:XX	06	I was going for a walk in a rural area (evening). This is another of my horsey symptoms. I had a horrible urge to run. Could hardly restrain myself. Even my companion asked me, "Why are you walking so fast?"
Mind	35:XX:XX	06	I note that I am still reluctant to write down my symptoms.
Mind	35:17:00	06	Got home from the workshop about 5pm. From 5 to 7pm, I wrapped myself in a blanket. Feeling sad and cold again. Turned the heat up in the house. By 8:00pm, all of a sudden, I wasn't depressed anymore, and I felt too warm. It's really interesting, you know, about a week ago I put my down comforter in a flannel cover and gave it to my son.
Mind	37:XX:XX	06	Woke up at 5:00am, depressed. I was so depressed that it woke me up. (Supervisor: What's that like?) I just kind of woke up and the first thought was this horrible, depressed thought like, "oh, God!" It's still present now (6:50 am). It's that kind of hopeless feeling, hopelessly overwhelmed. (Supervisor: It's good that it seems to be less intense) Yes, I don't want to jump from anything or take my life, but it's just as sad and painful. I don't even want to look at anyone.
Mind	38:XX:XX	06	Totally depressed today, and snapping at my little girl. Snapping at her and then apologizing and then snapping again. I could see myself doing it.
Mind	46:XX:XX	06	Both my sister and brother are horrified that I have let myself feel so bad about myself because of lover's comments. I have been depressed for over a week and have gained 8 pounds.
Mind	46:XX:XX	06	I want to run away, am actually making calls and plans to move to Oregon just to escape.
Mind	46:XX:XX	06	Last week I contacted an old male friend who is going to come to town and take me out dancing, and make me feel young and attractive for a change.
Mind	46:XX:XX	06	The remedy did something very noticeable. Why does it affect only those systems which embarrass me? Maybe everything embarrasses me.
Mind	48:XX:XX	06	I'm not into writing this down-- it's

for you to deal with! Here it is, live suicidal depression. Definitely a desire to commit suicide by jumping off a high place into water. Was at Park today as a parent on a field trip and remarked to another parent that there certainly were a lot of scenic spots to commit suicide within a few minutes' driving distance-- he was shocked-- tonight I keep thinking about going back (I won't-- I am so aware of my children). A couple of weeks ago at Hornby Island I was on the edge of the cliffs thinking-- what if??-- And several times since coming home have thought I could just throw myself into the water.

Mind 48:XX:XX 06 I realized that I had such good times with my lover before the proving, but ever since doing the proving I have felt nothing but bad about myself, inadequate, ugly, not good enough, rejected (I am)-- the strong, healthy part of me says "run away." I did make the decision tonight to not spend time with him any more and I did tell him that. I went away feeling very sad, the music in my van brought me to tears, I was making furious plans to run away to Seattle tomorrow and not tell anyone where I was. I want to call my sister and see if I can move there with my kids; I want to go anywhere to get away from him (even though I felt so good all day and have for several days).

Mind 48:XX:XX 06 Do not wish to be seen at school or see Chris there because I know he is going to drop by and listen in on my flute playing and I can't stand to think of what thoughts are going through his head (feeling judged and coming up short as usual!)

Mind 56:XX:XX 03 Still losing things: misplaced my wallet; another time, my passport. Memory seems worse than usual for the past couple of months.

Mind 60:XX:XX 06 I had an amazing insight about the remedy while I was driving, but I have forgotten it-- I hope I remember before next Friday - it was the key to the whole remedy. Again, however, my response to all this was immediately to frenziedly start thinking where I could escape to, where I could "run," I thought I would pack up my children on Friday night and take them somewhere and never let him know where.... was actually plotting finances, etc.

Mind	60:XX:XX	06		The urge to run away is strong. Is this horsey or unknown remedy? Oh, I also called my niece and had her baby sit so I could go cry and go to a school function I had not planned to attend. I crave company, it really ameliorates. I have always been a loner so I think this is new from the proving. It is good! Also I stopped at Purdy's at the mall and bought a ton of candy (ended up NOT eating it-- yay) and was crying and ran into a friend who happened to have a bottle of rescue remedy with her. Felt like an angel had come to be with me. I can't express how good it is to have people around me now-- this is really unusual. I barely care who!
Mind	XX:XX:XX	02	US	Have been listening to music on the radio-- want to have noise in the background. Lots of noise wouldn't bother me at all.
Mind	XX:XX:XX	02		Not a carelessness-- like a strong— really clear that I will be okay. When I say clear I mean happy-- feel very strong.
Mind	XX:XX:XX	02		Mood from dreams seem to linger— close to tears any little thing.
Mind	XX:XX:XX	02		Incredible clarity and focus-- but mind is always busy anyway-- 4-5 different thoughts going in head but it is not unusual for me-- am busy in head all the time have been like that as a child-mother would say 'You have so many thoughts in your head - relax.' But I would say that I am not uptight. Scares me to think that I wouldn't have thoughts in my head all the time.
Mind	XX:XX:XX	02		If stressed out or something happens that is traumatic, I can just control the whole thing tell myself to mellow out and relax and that this isn't in my control. Was really clear with that when trying to knock it out-- couldn't knock it out-- then it calms down and feel normal again.
Mind	XX:XX:XX	02		Not afraid-- no fear through the whole thing-- totally focused on what I am doing. No fear attached to this remedy at all-- suicidal but no fear.
Mind	XX:XX:XX	02	US	Client asked me a question yesterday— 'Was I ever unaware of what I was doing'-- and I said 'Never, I am always clear on what I am doing'-- taken aback because I usually have to think about it-- part of that is me— instantaneous-- I am clear and I know exactly what I am doing-- I think that is different-- wouldn't have been so up front with that person
Mind	XX:XX:XX	02		She seems to be confused and in a

Mind	XX:XX:XX	02	<p>hurry. She is doing things all the time-- has got too many things going at once - wants to do tasks to clean things. Normally busy this time of year but she seems more so this year. Moods-- shorter with son than normal. Put him straight immediately instead of letting him be.</p>
Mind	XX:XX:XX	02	<p>Death-- saying that I thought of about dying-- dying is a very hard way to learn about life. So profound for me-- went back and wrote it down it was so strong for me-- that statement-- feel like we are all going to die anyway but that is what we are here to do. Whole really clear thing that it would be okay to die-- if I died tomorrow-- If you would asked me before I was on the remedy I would tell you there were things I want to do first.</p>
Mind	XX:XX:XX	02	<p>Close to tears all day-- feel okay about it. Just feel bad-- for me because of who I am sadness is about environment-- have to stop myself dwelling on it-- hunting season-- poaching by people in area-- can't seem to lift my spirit-- think about those awful things going on in environment-- that is me-- things I feel bad about-- don't usually dwell on it but it is like I am sad and have to work at not thinking about those things.</p>
Mind	XX:XX:XX	01	<p>Have noticed how my relationship with alcohol has changed since the remedy. Use to want/need to drink. Started to think about addiction. Even my tea drinking. I feel like I want to avoid alcohol.</p>
DREAMS			
Dreams	09:04:30	02	<p>See someone's face and eyes sitting somewhere but don't know who it is or what the dream was all about but feels heavy. Could only see one face but there were 2 of them. If I meet this person I would know them. Face for some reason was important. Had something to do with dream I had-- it was a really heavy dream—dark-- spooky because I didn't understand what this person's face-- ominous feeling when I woke up-- really sleepy and then when woke up at 5:30 still tired. Ominous faces-- something coming-- not good coming. Face cold and staring and like I was supposed to know something and I didn't know it. Almost like 'why aren't you understanding?'-- I should have known the face and I didn't. Have been trying to</p>

Dreams	16:XX:XX	05	bring that back since-- can see the eyes. Dark eyes and dark around them-- I know this face but I don't. No physical sensations with dream. I suddenly remembered a dream that I had one of the previous days. I was in England, all the people drove at the right side. Lately the traffic laws had been changed. I was curious if their steering wheels were still at the right hand side of the care. But no, it was at the left side and I thought that was quite amazing.
Dreams	00:13:50	02	I was riding on the back of this huge motorcycle. I have no idea who was driving but I was carrying this huge shot gun at my right side and we were going shopping. All I had in my mind was buying carrots, beets, and potatoes. So we drove the bike right up the stairs of the Mall through the doors and into the Mall and I woke up. "How bizarre." Got up to go to bathroom but can't go back to sleep. Not restless, just seems nice to lay quietly in bed.
Dreams	01:XX:XX	03	Dreams: Bought a tall plant at florist shop, broke off dead, yellow leaves at bottom. Then the top grew faster and faster, like Jack and the Beanstalk feeling. Helplessness at this unstoppable growth. I was feeling awe, wonder, helplessness, but separated from it.
Dreams	01:XX:XX	03	Gone to the airport to pick up a group of people; everyone was going through customs. A male friend went out announcing he had some business. His wife followed. They were gone a long time; everyone was getting annoyed waiting. I went behind and saw her working happily as a waitress, serving everyone.
Dreams	01:XX:XX	01	I'm walking down the street in the dark. I see someone and he talks to me. I can't understand him. Then he goes to my front door and tries to get into my house. He has a devious look on his face.
Dreams	01:XX:XX	04	Was in a race around a track.
Dreams	01:XX:XX	04	Dreamed I was writing up my dreams.
Dreams	01:XX:XX	04	Dreamed of a moose.
Dreams	01:07:00	04	Dreamed my cousin took over my office, music blasting, party atmosphere, while I was still trying to see patients, like an invasion. I feel very uncomfortable with this.
Dreams	02:XX:XX	06	Coming out of this dream into wakefulness, I have a brief period of heart palpitations. (cross referenced) Choosing desserts, very detailed about desserts-- pancakes with fruit sauce

Dreams	02:XX:XX	03	and sugar. DEATH, DESTRUCTION AND TERROR (very unusual). In Thailand, the banks of the river are full of floating dead bodies, swirling masses of bodies. Horror was all around me, but I was insulated from it. There was an aspect of terror and horror; it was grim but not related to their being dead.
Dreams	02:XX:XX	04	Dreamed of being in a communal situation in a foreign country, in France.
Dreams	02:XX:XX	04	In another dream I am fighting people with a large cross, using it as a weapon.
Dreams	03:XX:XX	03	Made a necklace with interlocking black, plastic billiard balls. It felt too uncomfortable and tight.
Dreams	03:XX:XX	04	Was setting up a service/company to deliver and sell eggs and bread to people with a couple of friends of mine.
Dreams	03:XX:XX	04	Dreams of water, being on a boat, like a tour boat.
Dreams	03:XX:XX	04	Dream of skating-- ice skating-- trying to go fast-- feels good.
Dreams	03:XX:XX	04	Dream of a wild car chase on a bridge, I'm in a beetle, (VW) I am in the car but more an observer from above, more detached from the action,-- like a movie.
Dreams	04:XX:XX	06	Went to a friends' house. It was really busy there, lots of people around. I needed to pee (urinate) but there was no place to go. My friend gave me a paper bag. I folded down the edges of it, and squatted to pee by the corner of my van. I noticed two geeky men watching me.
Dreams	04:XX:XX	06	Kids have to take a vegetable to school to make a soup. Went to buy one and was looking at all the various vegetables. They all were artistically shaped, not like the neat, uniform ones we normally get. Went to a nearby counter and saw 'rocky road bars.' They were in such detail, could see every chocolate chip. They also were making crepes filled with various sauces, all kinds of sweets. I ordered one and then a second one. My family was just kind of hanging by; they just had to wait for me.
Dreams	04:XX:XX	06	Ran into my friend, the one whose house I had had to pee at. She empathized with me about having no place to go and told me about the time that she and her husband were stuck in the front seat of their car. They were stuck there for 3 days, making love in the front

			seat of their car, and their kids just had to wait for them.
Dreams	04:XX:XX	04	Dream was at a great world music jazz concert by 2 people with my son celebrating his or my graduation from something and other relatives were there, I was dancing, having a great time, really enjoying the music, had some weird things in my hair-- like dreadlocks-- took one out because I was feeling self-conscious. My son was dancing - not self-conscious. Fun time, overall was having a very good time and good feelings. The band was connected with some Eastern Guru mystic or something.
Dreams	05:XX:XX	06	Dream-- excellent! Dreams of having to move-things in piles, looking for boxes-- icky ugly shelves-finally got to move into a "cabin" which had just been vacated by lover. However, it was beautiful-spacious and clean and really LIGHT with skylights and high ceiling-the floor I noticed had nice tiles and a carpet over them (new-he has a new carpet). There were a few small beautiful plants and decorations it was so clean and I told the kids I'm glad lover lived here before us because he made it so nice. There were lots of big beds all covered with raw cotton covers-the "porch" was all sunny despite heavy rain, enclosed by glass windows, and had several more cozy looking beds. There was a garden... anyway a LONG detailed dream of this wonderful house, and at the end I said "and only \$400 per month!"
Dreams	05:XX:XX	06	Was talking with friend. She was telling me about all the silk designer clothes she had bought. Was modeling her new coat, which she was so proud of - but it was made out of my down comforter. Really bizarre. This friend would be the last person to buy silk designer clothing.
Dreams	05:XX:XX	06	In a strange town. Went into a church and went to light a candle. But they were all electric. One blew up on me. I decided to put the rest in the freezer. Walking around some more in the strange town.
Dreams	06:XX:Xx	04	Dreamed meeting 2 women from high school who I never really knew then and visiting with them.
Dreams	06:XX:XX	04	Dreamed I was socializing, entertaining some celebrity guy, simply felt comfortable with this.
Dreams	07:XX:XX	06	Minute details of a candy bar or

			dessert-like confection. I saw every component, I saw the nuts, the chocolates, every detail. It was like dissecting it. Could see all the marble lines in the chocolate.
Dreams	07:XX:XX	06	Dreamed I was lying in bed in the morning sleeping in for a long time with my lover beside me.
Dreams	07:XX:XX	01	Bits of dreams: Woman preparing a full moon ceremony. Something about swimming. Forgetting things—feeling ashamed.
Dreams	07:06:50	03	I dreamt my friend had come from Vancouver on the Anacortes Ferry. I met her and we started to walk— the road started to climb up sand dunes which got steeper and steeper. The sand was difficult to maintain a footing but I didn't notice that until my friend called out to caution some young men who were climbing. The area in which we were climbing seemed desolate and vast. Soon I noticed that she had disappeared. The color of the sky was pale blue and the landscape beige and gray and brown. I felt I was walking into nowhere and as I looked back I couldn't see where I had come from.
Dreams	09:XX:XX	06	Had some great dreams, sexual, weird, really bizarre. Dream of a female teacher at school who is at least 60 yrs old. She is lecturing to some students why they didn't hire a teacher who had applied for work. She was not hired because she was a sinner. As she continues to lecture the students, who are college aged, begin to strip, "is this sinning?" I am there dancing around in a bright red bikini.
Dreams	09:XX:XX	06	Dream turned into a sexual thing. It was like sex in slow motion. Partner said "don't give me a stroke, (heart attack)." We were wearing silky black clothes.
Dreams	09:XX:XX	06	Dream I am walking down a hiking trail and a snake leaps out at me. It is wriggling all around.
Dreams	09:XX:XX	04	Visiting my cousin, she lives on a farm and she is showing me her home made swimming pools and all these different buildings she has.
Dreams	09:XX:XX	04	My wife and I are renting the upstairs of a house-- there is some friction with the other tenants who complain about our noise or something. I'm a little angry about this.
Dreams	09:XX:XX	04	Dream of watching these helicopters

			taking off-- flying tourists around. I am wanting to give my children a view of them. There's also an issue with my wife in this dream. I am angry with her over childcare arrangements between us. I feel it's not fair.
Dreams	10:XX:XX	04	Dreamed of parachuting alongside a hot air balloon, controlled falling—a lot of fun-- no fear. Initially holding onto hot air balloon and falling then falling with parachute and flying down a hill with control.
Dreams	11:XX:XX	06	A good dream about facing challenges, I guess. I had to climb up rope ladders, and then slide down some tubes. Just climb up and slide down, over & over. I kept on doing it even though it was very scary for me. It was my job to keep doing it. When I finished my 'shift' climbing, I went to take a shower. There I am naked and dirty but I had no shampoo or soap. Nearby in the shower room there was a group of ladies. They are all immaculately dressed, and they had these wonderful gourmet lunches they were sharing. And here I was with no shampoo just hoping to find a scrap of soap on the floor to take my shower with.
Dreams	11:XX:XX	01	(1) I was talking on the phone to someone, confusing conversation, remembered another dream
Dreams	11:XX:XX	01	(2) I can see this mountain. It's real, I'm there yet it looks like a simplistic picture of a mountain, like an inverted "V" with a line across the peak to look like snow. I drew mountains like this as a child. I began to climb this mountain, oddly I can reach and hang onto both sides of the mountain as I climb. I slip and fall into water. My friend Marty is there in a canoe to help me.
Dreams	11:XX:XX	01	(3) Remember yet another dream. I'm in the bathroom at work, though in my dream the bathroom is a big room and it's full of people all lined up to use the toilet. It takes a long time for my urine to come out. Finally I pee, I wipe myself. I don't feel embarrassed.
Dreams	11:05:30	02	Strange dream I was hiding behind these big rocks in this huge cave, I was all alone and I have no idea who or what I was hiding from and I just woke up. Strange feeling of hiding-- woke up with that feeling.
Dreams	12:XX:XX	06	Dreams of desserts in great detail.
Dreams	12:XX:XX	04	I am called in to a committee

			investigating some serious matters, to be questioned to see if I know anything about a certain incident which resulted in dire consequences. Although I was involved directly my motives were good and I have no guilt, I feel prepared to tell the whole truth-- though I am a little nervous about the consequences.
Dreams	12:XX:XX	04	I'm racing in a car with my brother and wife fighting with these criminals. We need to get back by a certain time to prevent some serious consequences from happening. These criminals are fighting with us and trying to get there first.
Dreams	12:XX:XX	04	Dreams of my father and brother.
Dreams	12:XX:XX	04	I dream my father has died, I am sad, then I see my father alive in my dream and tell him that my father has died, I burst into tears and emotion-- he comforts me.
Dreams	14:XX:XX	06	I was sleeping with an old boyfriend. Sex over and over.
Dreams	14:XX:XX	03	Feeling misunderstood.
Dreams	14:XX:XX	04	My wife and I are driving through a cornfield-- she is driving, we get stuck or slowed a few times, but make it through back onto main road.
Dreams	14:05:45	02	Dreaming about a dead mouse very fat but very dead mouse- so strange having thing in mind-- like wake it up or bring it back to life - other part of me saying this is dead walk away from it - had rock under pillow - wake up with it in my hand-- not a bad dream like hiding one which was a different feeling-- this was just a dead mouse-- maybe cat playing with one in the house that night or something. I just remember wondering if I could bring it back to life but it was dead "strange."
Dreams	15:06:00	02	Night filled with dreaming very busy not sure what I was up to but have strange music and something about meeting someone in the middle of the USA-- determined I was supposed to do that. Have no idea who, why or when.
Dreams	16:XX:XX	04	My wife and I are in a house and a faucet in the wall was broken and water was running all over and we were fixing it. (Later this day my first patient calls to cancel appointment because of a water leak-- precognitive dream?)
Dreams	16:03:41	01	Woke from a dream. My dream made me feel very unsettled. Dream: I came

			downstairs, my front door was kicked in. I thought... where is my camera? Looked at desk and saw computer was gone.
Dreams	16:05:45	02	I was the same person in black leather as the first dream (day 01) - seems to be busy with other people who had guns I'm sure, only I saw small ones and I didn't have one this time myself. Walking with these people and talking, I was more watching and looking. They seemed to know me. Strange to see myself this way. Thinking, was this me? No, somebody who looks like me.
Dreams	21:XX:XX	06	My Dad and a swimming pool. A bad, obscene dream. I don't want to talk about it. But I woke up from this terrible dream, woke in horrors. The dream was about death and sex.
Dreams	21:XX:XX	06	I think it signified the turning point in the proving for me. You know how I've been talking about clouds, my down comforter, and whipped cream. Well, in this dream I am wearing my down comforter coat. I want to shed it for a plain yellow one.
Dreams	22:08:00	04	Dreams of an earthquake closing off a city, I am flying in a helicopter to help get someone out. Not a particularly frightening dream, in a way I was more of an observer, although I was also a participant.
Dreams	28:XX:XX	01	I was singing then I heard my friend sing. I was aware of the difference between an amateur singer (me) and a professional singer.
Dreams	29:XX:XX	03	Ribbons of Energy: cross-current, like cars on a highway.
Dreams	29:XX:XX	03	At Homeopathy Seminar: Left to use the bathroom, but they were being cleaned. Chinese people were lined up waiting for the bathroom. I went back to the classroom and everyone was sitting on the floor with tiny notebooks. I wanted a piece of paper from someone, but they only had tiny notebooks.
Dreams	31:XX:XX	01	Singing, performing, had all the harmonies down. Performance went really well.
Dreams	34:XX:XX	06	Dream that I had a horse's head. The mane was ripped off. It was awful; you could see right down to the gristle. But the neck was a beautiful chestnut brown color and shiny. And the neck was cut open. It was in the process of being dissected. How's that for a horrible horse dream? I hope it doesn't mean that I have tumors in my neck, or something.

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Dreams	34:XX:XX	04		Another dream of a criminal who's doing some corruption and has a gun and like a violent movie, but in the end he gets caught and I am left in a position where I can take advantage of what he's done.
Dreams	34:XX:XX	04		Dreamed I was helping people climb to top of a tall cliff in winter, a rock broke loose near the top and I was falling I willed myself to a soft landing, I was falling at a terrific rate, but was able to will myself to slow down and land gently. I'm fairly calm through the whole process. Not frightened.
Dreams	38:XX:XX	06		I dreamed that we found out what the remedy was, and that it was a bat.. It was made of ground up eyelid and eyeball of a certain species of bat. Then bats were there, in the class. It was like they had to be there with us. This bat stuff has never been there for me before.
Dreams	38:XX:XX	06		Another Dream: Going into a place where there are many people. Feeling older, catching a glimpse of myself as being old. Thought that everyone else thought that I was old too.
Dreams	48:XX:XX	05		I was dreaming I had to pee; I was out in the snow and I peed and then I woke up and had urinated while sleeping.
Dreams	XX:XX:XX	02		Dream-- waterfall in nice setting and making a lei with beautiful flowers-- colors and sounds wonderful.
VERTIGO				
Vertigo	00:21:30	02		Lightheadedness. Ate but it didn't take lightheadedness away.
Vertigo	01:15:30	06	US	Dizzy after paddling a kayak.
HEAD				
Head	00:XX:XX	03		Fullness in left temple, feels like a raging headache. Internal speedy feeling, like adrenaline rush.
Head	00:01:00	01		Had fleeting, brief sharp pains in forehead, there and gone quickly.
Head	06:00:05	06		Static in head, white noise, in my head and in the R. ear.
HEAD PAIN				
Head pain	00:00:30	05		Very slight dull headache frontal.
Head Pain	00:01:25	03		Pressure at the occiput with a sense of pulling downward and inward.
Head Pain	00:02:30	01		Flashes of pain in right forehead.

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Head Pain	00:04:30	03		Slight throbbing under the occiput.
Head Pain	00:05:30	01		Have a slight pain in the right side of occiput.
Head Pain	00:07:00	01		Tingling in head and into right jaw, then in face, sensation gone quickly.
Head Pain	00:17:45	02		Pain over left eye (sharp stabbing pain) but gone in a few seconds.
Head Pain	00:18:00	02	ns	Took second dose of remedy then instantly got a pain behind my right ear and it ran down the side of my neck to my shoulder and then was gone, went back and lay down in bed.
Head Pain	01:XX:XX	02	us	Pain over left eye and temple, like a little knife stabbing, gone in a minute.
Head Pain	01:XX:XX	01		Head a little achy. Non-specific.
Head Pain	01:XX:XX	01		Head aches. Right side and occiput. Very slight. Persisted today from yesterday.
Head Pain	01:18:20	01		Sensation of tightness in my head that comes and goes.
Head Pain	01:20:00	05		Slight dull headache.
Head Pain	02:XX:XX	05		Slight dull frontal headache.
Head Pain	02:18:00	01		Have a headache in the right frontal area that extends over the right eye. Head feels better if I lie down.
Head Pain	02:23:00	01		I still have the ache in the right frontal area.
Head pain	03:XX:XX	05		Slight headache.
Head Pain	03:07:30	04	OS US	Pain in left sub occipital region, mild, like a stiffness or subluxation, since waking.
Head Pain	03:09:00	04	OS	Still mild nagging pain at the base of the skull, left side.
Head Pain	03:12:00	04	US	Pain in left occiput persists, US (I don't usually get headaches).
Head Pain	03:22:00	04	US	Pain is worse jar, worse shaking head.
Head Pain	04:XX:XX	05		Light frontal headache most of the day.
Head Pain	05:XX:XX	05		The dull headache continues.
Head Pain	06:11:15	05		Frontal headache, more felt in the temples as well. The headache is there more or less the whole day. It seems to get more intense now, but it is not intolerable.
Head Pain	07:XX:XX	05		Headache much less than day before. Hardly noticeable. Little worse 10-12pm
Head Pain	08:XX:XX	05		Still some headache, mainly frontal, very light, not disturbing.
Head Pain	08:08:00	01		Woke up with a pain in my left temple that extended over the left eye.
Head Pain	08:16:30	01		Aching in occiput.
Head Pain	08:21:45	01		Still have the same ache in my head,

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			it's a dull ache, not too severe, sound of clock is bothering me. I want to lie down.
Head Pain	09:11:50	05	Light headache for about one hour.
Head Pain	10:16:00	05	Light headache for one hour.
Head Pain	10:19:00	05	Light headache; intermittent until going to sleep at midnight.
Head Pain	11:XX:XX	05	Frontal headaches on and off during the evening. Little bit worse right side. Dull, not severe.
Head Pain	11:01:34	01	Woke up from a dream. Headache right occiput.
Head Pain	12:06:30	05	Woke up with headache, frontal, little bit more above right eye. Headache present most of the day, but I was not always aware of it. Might have disappeared for a while and returned later.
Head Pain	13:XX:XX	05	Some headache. Worse 9am-12pm.
Head Pain	14:12:00	04	Occipital left headache in one spot under skull. Achy.
Head Pain	14:15:00	05	Frontal headache.
Head Pain	14:19:00	05	More severe frontal headache, with burning/pressure in the eyes (OS), as if a flu is coming on.
			Headache frontal and top of head, frontal part. Lasted the whole evening until going to bed.
Head Pain	15:XX:XX	01	Felt a bit headachy.
Head Pain	15:07:00	05	Woke up with light headache. Got worse during the morning. Headache off and on. More constantly during evening and night. (8-12)
Head Pain	16:15:20	05	Headache.
Head Pain	17:12:00	05	Some headache after working on the computer. Headache on and off during day and evening.
Head Pain	18:XX:XX	05	Headache on and off. Worse thinking of it.
Head Pain	19:XX:XX	05	Headache on and off. Not too severe.
Head Pain	20:06:45	05	Woke up with headache. More concentrated above the right eye in the first hours (OS) in the morning. Later returning to "the usual frontal headache." Headache worse evening, night.
Head Pain	21:XX:XX	05	Headache at night.
Head Pain	22:11:00	05	Slight frontal headache. Worse 3pm.
Head Pain	23:XX:XX	05	Headaches on and off. Not too severe, worse evening, night.
Head Pain	24:XX:XX	05	Slight headache, worse night.
Head Pain	25:XX:XX	05	Woke up with light headache. On and off during the day. Not too bad at night.
Head Pain	25:XX:XX	01	Have a headache on right side frontal

Head Pain	26:XX:XX	05	area. It goes around to the back of head and down neck.
Head Pain	26:12:30	01	Headaches on and off, not too severe, sometimes annoying.
Head Pain	27:21:00	05	Went to bed. The headache is relieved by lying down.
Head Pain	28:XX:XX	05	Headache more right side of head. Stinging. Lasted only for a few minutes.
Head Pain	29:00:30	05	Slight headache: 4:15pm, Headache 7:30pm, 10:30pm.
Head Pain	29:07:00	05	Light frontal headache.
Head Pain	30:XX:XX	05	Woke up with a headache. Slight headache rest of the day.
Head Pain	31:XX:XX	05	Frontal headache, worse evening.
			Frontal headache, pressing outwards. Worse than the usual daily headaches.
EYES			
Eyes	00:XX:XX	03	Both pupils dilated.
Eyes	09:XX:XX	03	Left eye bloodshot in the morning; watery. Wrinkles/little bags under eyes.
Eyes	15:XX:XX	06	But my eyes are yellow; a little bit bloodshot and yellowish. I think it's worth noting down.
EARS			
Ears	00:01:15	03	Awareness of fullness in ears.
Ears	00:12:05	06	Faint static and noise in right ear.
Ears	01:XX:XX	06	Occasional high pitched tone in left ear throughout day.
Ears	01:07:00	06	Noise in right ear and sound in head— not buzz or ring-soft static- thought of clouds passing-- the noise they would make if it was amplified.
Ears	01:07:00	06	Definite "white noise" in my ears.
Ears	02:XX:XX	06	Notice ring in ears and noise in head "white noise."
Ears	03:11:00	06	At that time (about 11:00 am) noticed a definite white noise in my head in my ears. They are two separate things, the head and the ears. In head: Not staticky, more like as if someone had left a radio on, but not tuned on a station. 'Hissing' might come close to describing it. In ears: I guess it's a pitch, but not a particularly high pitch.
Ears	04:XX:XX	06	I've got such ringing in my ears. Maybe I should get my blood pressure checked. Usually my blood pressure is low, but this ringing could be related to high blood pressure. That would be interesting. A definite fuzz in my head

Ears	05:17:30	01	OS	and ringing in my ears. Ringing is in the right ear. Noticed this as I woke up again. On the way home, on the bus: Pain in my left ear. Sharp. Very brief. Like an ear ache pain.
Ears	07:XX:XX	06		Right ear is ringing again this morning.
Ears	07:XX:XX	03		Right ear pain-- sharp, shooting pain, yelled with the pain; takes the breath away, radiating into jaw bone < swallowing, touch, cold, > heat. LASTED ONE HOUR AND DISAPPEARED.
Ears	08:XX:XX	06		Ringing in Right ear; "white noise" with soft ringiness.
Ears	08:16:45	03		My right inner ear has occasional sharp pains which radiate into my jaw. The pain is especially sharp on swallowing.
Ears	08:23:00	04	NS US	After hot bath, water in right ear, if I touch or bump my head even slightly I get a vibration like a rubber band in my ear. Also with speaking. (very unusual symptom) Lasted till I went to sleep.
Ears	09:XX:XX	06		Ringing in Right ear and fuzzy noise.
Ears	12:XX:XX	06		Woke with a shock, thought I'd overslept-- full moon made house lighter. Ringing in right ear ended 6:30am. Replaced by hissing in top of head. 7:00am ringing starts again.
Ears	12:09:00	06		Right ear annoying and interfering with thoughts.
Ears	19:XX:XX	06		Ringing in right ear, and still "loud fuzz" in head.
Ears	21:XX:XX	01		Woke up with sharp pain ear.
Ears	22:XX:XX	01		Woke up in the middle of the night with sharp pain in left ear.
Ears	22:09:00	01		Pain in ear is still there, not as bad as in the night.
Ears	29:XX:XX	01		Both ears have little twinges of pain.
Ears	33:XX:XX	01		Somewhere between 3:00 - 4:00 PM— got a sharp pain in right ear, passed quickly.
Ears	34:XX:XX	06		This night the loud ringing in ears is back, worse in right ear.
Ears	36:XX:XX	06		I realized that this past week the ringing in my ear went away, because all of a sudden it came back. Today it came on 2 times, would come on and stay for less than an hour. Yesterday, Day 35, I woke up with it and it also came on in the evening. It is really striking. It just comes out of the blue. I don't know how I put up

with it for all those first weeks, when it was constant.

HEARING

Hearing	15:05:45	02		Left ear-- in the morning with that hollow sound feeling-like hearing things inside of head and not through ears - almost like it was plugged. Ears stayed same all day.
Hearing	16:XX:XX	02		Left ear-- in the morning with that hollow sound feeling.

NOSE

Nose	01:09:30	03		Much mucous and nose blowing.
Nose	03:08:30	01		I'm sniffing. I blow my nose and expel a clear discharge.
Nose	11:23:00	04	US	Both nostrils partially clear after meditating.
Nose	20:XX:XX	05		Sore on tip of nose, right centre, inside.

FACE

Face	00:10:00	03		Noticed that both my cheeks are flushed.
Face	03:08:30	01		I have a light aching around my eyes. I have a pain in the right jaw area that is better from pressing on it.
Face	10:XX:XX	04	NS	Lips are dry today.
Face	21:XX:XX	06		I had a cold sore (type of eruption) of the left corner of my lip. Never got cold sores. But that's ok. I don't care if I get herpes all over my face, as long as there's no more of the depressed cranky bitch stuff.
Face	39:08:00	04	NS US	Sensation in right cheek bone, slightly sore, like a pimple, but there is no actual eruption, just a sensation.

MOUTH

Mouth	00:05:30	01		Mouth feels dry.
Mouth	02:17:00	02		I have a crack on the right side of my lip right in the corner don't think I've ever had this before. Not sure when it came but this is the first time I've noticed it.
Mouth	12:XX:XX	01		Have a sore area on upper right gum area behind the back molar. Makes me feel like my throat is sore.
Mouth	XX:XX:XX	02		I think I was clenching my teeth hard because the tooth where the abscess is was sore this morning to.

TEETH

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Teeth	12:02:XX	02		Tooth sore when bit down-- abscess out of blue.
THROAT				
Throat	00:01:00	02	NS	Feeling of scratchy throat, gone after a few minutes seem to need to clear throat of mucus no other really strong physical symptoms to report
Throat	01:XX:XX	03		Sensation of phlegm in throat. Frequent coughs to move phlegm.
Throat	01:06:48	01		Feel like I might be getting sore throat.
Throat	01:09:30	03		Phlegm in my throat. Felt suffocating with anxiety.
Throat	02:18:00	01		Throat feels better if I drink carbonated water or tea.
Throat	04:05:30	02		When I awoke have the same scratchy throat as before.
Throat	07:XX:XX	03		Sore throat, better salt.
Throat	10:XX:XX	01		Throat feels a bit sore.
Throat	25:XX:XX	01		Throat getting sore.
Throat	30:XX:XX	01		Woke up with slight sore throat.
STOMACH				
Stomach	00:XX:XX	03		Extremely thirsty-for lukewarm green tea.
Stomach	00:00:30	05		Faint feeling in stomach.
Stomach	00:10:30	01		home in bed, I feel bloated and nauseous, very nauseous. Just want to lie down. I turned the light off, felt nervous in the dark (OS). I turned on the light to write this feel very nauseous.
Stomach	00:12:30	01		Slight queasy feeling in my gut.
Stomach	01:XX:XX	01		Not eating much.
Stomach	02:07:15	04	US	Thirsty, drink 2 glasses of water.
Stomach	02:08:00	06	US	Nausea while driving.
Stomach	02:08:00	04	US	More water, more thirsty than usual.
Stomach	02:14:00	04	US	Drinking water in the office, don't usually do this. 1-2 glasses.
Stomach	02:19:00	06		Stomach upset and diarrhea.
Stomach	02:21:00	06		Stomach upset and diarrhea.
Stomach	03:05:00	01		Woke up feel nauseous.
Stomach	03:07:30	01		Nausea gone. stomach feels sore.
Stomach	03:08:30	01		Have this "background" nausea.
Stomach	03:16:00	06		Stomach started to be upset.
Stomach	03:17:00	04	US	Thirsty.
Stomach	03:22:00	04		Thirsty drinking more water than usual today. Usually no significant thirst.
Stomach	04:XX:XX	06		A lot of upset stomach and stomach cramps. Feeling like, Oh god, I've got to go to the bathroom. Stool not really diarrhea, just soft.

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Stomach	04:08:00	01		I've described the color and all that in my journal, so we don't have to go over all that stuff. Slight nausea.
Stomach	04:09:30	04	US	Drinking water, 1.5 glasses.
Stomach	04:12:00	04		Thirsty for water, feeling good.
Stomach	05:XX:XX	06		Stomach ache and nausea in morning.
Stomach	05:XX:XX	06		Hungry all day.
Stomach	05:08:30	01		Nausea, better eating. Lasted an hour and half.
Stomach	06:15:30	03		I had a gastric reflux with the foul taste of bile in my mouth.
Stomach	07:XX:XX	03		Severe gastric reflux with bile (return of old symptom from years ago). Stomach > from coleslaw and graham wafers.
Stomach	07:XX:XX	03		Still no appetite; losing weight; nothing tastes good.
Stomach	07:00:00	01		Suddenly felt nauseous again at midnight. It seems if I'm the slightest bit tired, the nausea is there.
Stomach	07:05:30	01		Woke nauseous.
Stomach	08:07:30	01		Woke up felt nauseous. Felt better once I was up and around.
Stomach	08:12:00	04	US	Thirsty for waters.
Stomach	08:21:00	04		Thirsty for water.
Stomach	09:XX:XX	03		Still minor reflux problems after tea. Appetite slightly better.
Stomach	10:XX:XX	06		Severe stomach cramps.
Stomach	10:XX:XX	01		Today, pain in stomach at times.
Stomach	11:XX:XX	06		I've been eating a lot more than usual.
Stomach	11:01:34	01		Feel nauseous from waking from a dream.
Stomach	12:05:00	01		I was walking down the street on the way to the store and experienced a sudden sharp pain on the right side. It made me bend over, I felt scared it was so strong. Felt panic, was sweating. The pain eased up and then returned twice more with the same intensity. Each time it happened I felt scared and unsure I would be able to get home. Turned over onto hands and knees, which helped to relax me. Tense and hot and uncomfortable. Changed into looser clothes.
Stomach	12:09:00	06		Stomach upset, ongoing stomach cramps.
Stomach	14:XX:XX	03		Lots of acid reflux; frequent episodes. Still no appetite - eating almost nothing.
Stomach	16:22:00	04		Thirsty, drink two glasses of water.
Stomach	17:08:00	04	US	Thirsty in morning. Two glasses of water.
Stomach	19:XX:XX	06		I got some pie with whipped cream

			again. I really crave the whipped cream. I had asked my daughter to tell me if I ever went to buy a pie again, to stop me. She tried to, but I did it anyway.
Stomach	20:16:45	01	Stomach cramps. Pants feel too tight. Ate French fries with lunch, maybe that's what caused the discomfort.
Stomach	20:19:00	01	Stomach discomfort better from burping.
Stomach	20:21:00	01	Decreased bloating, feel better.
Stomach	22:XX:XX	06	Had stomach cramps and diarrhea again, two times.
Stomach	22:XX:XX	01	Two consecutive nights haven't wanted to eat supper, I feel very full from lunch. Burping lots
Stomach	22:10:00	01	Feel slightly nauseous.
Stomach	30:XX:XX	01	Eating dried cranberries.. I like the tartness.
Stomach	31:XX:XX	01	Woke up feeling nauseous.
Stomach	97:XX:XX	03	Still reflux < black tea Still no appetite- bread and water only, bland food. Making myself eat; don't want to (never happened before).
ABDOMEN			
Abdomen	00:00:02	06	Clouds and tingling felt in pelvis and abdomen rising up through body.
Abdomen	15:XX:XX	02	I feel a bit bloated tonight in my stomach-- period still not here.
RECTUM			
Rectum	02:XX:XX	02	I've not had a bowel movement today I usually go within the first hour I'm up in the morning but haven't gone all day (very strange).
Rectum	03:XX:XX	02	Had a bowel movement this morning- same as normal-- smelly but didn't go the day before-- usually doesn't smell.
Rectum	03:21:00	06	I was reading a bedtime story at about 9:00pm and had to stop and go (to the bathroom) right then.
Rectum	04:XX:XX	02	Had a small bowel movement before I went to bed (what a weird time to go to the bathroom for me).
Rectum	17:XX:XX	06	This morning I had some urgent diarrhea. Cramping before and immediate relief after stool. Fine all day after, bowel-wise.
Rectum	18:XX:XX	06	This morning, same as yesterday morning, I had some urgent diarrhea. Cramping before, urgent need to get to the toilet, immediate relief after. I've been eating more

			salads, because I have gained some weight from all the junk I've been eating, but it doesn't make sense to me that salads would be the cause of the diarrhea.
Rectum	19:XX:XX	06	Woke up with a feeling, and urgency to go to the bathroom. Looser stools again.
Rectum	23:12:00	01	I got a very strong crawling sensation in my rectum. (OS, but this was more intense)
Rectum	24:XX:XX	03	I have occasional times of anal burning.
Rectum	24:17:40	01	Passed some blood from rectum with a small bit of stool. No constipation or straining. Blood surprised me.

STOOL

Stool	03:XX:XX	03	Copious, large, golden yellow coloured stools.
Stool	03:21:00	06	Stool lighter color, pasty, light pale brown, formed but really soft and thin.
Stool	04:XX:XX	06	Stool, not really diarrhea, just soft.
Stool	07:XX:XX	03	Golden orange stools.
Stool	14:XX:XX	03	NS "acidic" bowel movements that burn
Stool	19:XX:XX	06	Looser stools again.

URINE

Urine	03:XX:XX	02	I seem to be peeing less and it smells strong and is a bright yellow color.
Urine	48:XX:XX	05	During the last 10-14 days I woke up three times because I started wetting myself (peeing) while lying on my back after dreams of urinating.

FEMALE GENITALIA

Female	04:XX:XX	06	I did have one more symptom. I wasn't going to tell you about it. It's so embarrassing. I did write it down though. Vaginal discharge, that's bright yellow, like lemon colored. This is like out of the ozone. Now that's a symptom.
Female	15:XX:XX	02	I feel a bit bloated tonight in my stomach-- period still not here.
Female	16:XX:XX	03	This evening for the first time in many months I felt strong sexual feelings, not secondary to any situation or stimulation but a strong sense of personal ownership and power in my ability to be sexual.
Female	20:XX:XX	01	Described by friend as looking soft and sexy.
Female	22:XX:XX	02	Period is 2.5 weeks late.
Female	22:XX:XX	02	Right side-- can almost feel egg going

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Female	23:XX:XX	03		down fallopian tube. At a workshop on sexuality... Hard to talk about fears and sexuality with strangers; remains aloof until last day of workshop and then flirts with the men.
Female	28:XX:XX	01		Lots of sexual thoughts. Sometimes almost constant. My vagina feels very stimulated.
Female	31:XX:XX	01		Energy good, feeling sexually aroused.
Female	46:XX:XX	06		Felt what it must be like to be a teenage boy. My cycles which have shortened from 28 days (from age 13-39) gradually to 27, 26 and for the last six months 25 days-have youthened up and I had a 28 day month this time. This is a very noticeable change.
Female	XX:XX:XX	02	OS	Pain in right ovary area. Little jabs, nothing serious, gone right away.
Female	XX:XX:XX	06		Ovulation was perfectly on time. I did have another yellow discharge with that. Kind of strange. Not quite as yellow and shocking as the first time. I ovulated the next day.
VOICE				
Voice	08:08:00	04	OS US	Waking with hoarse voice.
Voice	32:XX:XX	05		A little hoarse. (pony)
RESPIRATION				
Respiration	02:XX:XX	02		Partner said I sound like I am taking lots of breaths.
Respiration	33:XX:XX	01		Have a deep dry cough, very sparse cough. Doesn't keep me awake at night or bother me much in the day Dry air agg cough, > drinking, > warmth around chest and throat.
COUGH				
Cough	32:XX:XX	05		Occasional cough.
EXPECTORATION				
Expectoration	32:XX:XX	05		Occasional nose blowing with not much clear mucous.
CHEST				
Chest	00:XX:XX	02		Feels like an excess of energy in heart.
Chest	00:XX:XX	03		Feel slight exhilaration in heartbeat and internal increase of speed of metabolism.
Chest	00:02:20	03		Left breast, a mild stitch extending to the nipple. Very precise in location.

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Chest	00:02:30	02		Tea made me feel very light headed like my heart is going too fast (had too much caffeine?) Feeling stayed with me until 8:00 p.m. (06:30) then mellowed down.
Chest	01:XX:XX	02		Knife pain on top of lung only on left side. Lasted about 20 mins. Nothing made it better-- thought maybe stressed out from driving.
Chest	01:05:00	02		Heart still seems to be beating too fast and I'm sighing a lot.
Chest	01:07:00	04	NS US	Coming out of this dream into wakefulness I have brief period of palpitations, I am very conscious of my heart racing and beating loudly for about 10 to 20 seconds. I take my pulse. No fear, just a calm awareness and trying to perceive what's actually going on. Then I am full awake a few seconds later and I'm not sure whether I dreamed that I had palpitations or actually had them.
Chest	01:11:00	02		Had pain in right side of chest just above my breast, coughed up some stuff (didn't look at it) but pain and need to cough stopped after maybe three minutes not long at all.
Chest	01:16:00	01		Irritation in the chest. A distinct fleeting pain in chest, left side.
Chest	XX:XX:XX	02		Taking deep breath-- like I need more oxygen for how hard my heart wants to go.
Chest	02:XX:XX	02		Lung pain-- right lung just above Breast-- top of lung-- when I breathe it is like a little knife going in-- about 3 breaths.
Chest	03:06:45	02		Had the same pain in right lung above my breast at the top of my chest. Just when I breath like a knife going in lasts about five or so minutes then is gone didn't feel the need to cough this time.
Chest	03:09:30	01		I got a flash of sharp pain in the lower lobe of my right lung on inspiration
Chest	05:22:30	02		Had a pain on the left side of my chest when I breath (take a deep breath) it's like a knife going in just above my breast just the same as on my right side which I've had before, but not on the left side. Didn't last long.
Chest	06:09:30	02	NS	Pain in left breast-- lung top part when I breathe-- had to cough and it was clear phlegm-- when breathed had to cough-- Cough makes it feel better-- Lasted an hour and a half and then like never even had it.
Chest	06:12:30	02		Woke up with heart racing again—

				pulse 70-- so tired that just told self to relax and would get used to it. Usually it was in the afternoon before-- gone by 1:10 when woke up again.
Chest	08:17:00	02	OS	What has started at 5:00 p.m. is pain in lower right lung, like a knife when I breath feel I have to cough and then feels better. Lasted an hour and a half.
Chest	11:11:00	01		Stitching pain left side. Below clavicle into back. Under rib cage. <Jar of walking. Stitching. >Sitting still.
Chest	12:16:00	01		Same stitching pain. <Walking.
Chest	14:XX:XX	06		Incredible breast tenderness; like two pounds of water hanging there.
Chest	14:02:00	01		When lay down to go to sleep, pain in left clavicle into neck.
Chest	15:XX:XX	06		Incredible breast tenderness; like two pounds of water hanging there.
Chest	16:02:30	02		Heart doing its thing-same-- just like I had too much coffee. Haven't had any coffee or anything that would do that. Seemed to be with dreams and perspiring. Lasted for about 15 mins.
Chest	23:20:00	04		Mild sensation of pain in sternum while meditating.
Chest	30:17:00	01		Again feeling like I might get sick. Chest itchy and heavy with a slight cough. Lasted 3.5 hours.
Chest	31:XX:XX	01		Fighting a chest thing on & off all day. Had an itching sensation in upper part of chest. Feels better drinking tea and orange juice.
Chest	32:XX:XX	01		Occasional cough today. Chest feels the same.
Chest	XX:XX:XX	02		Heart going at 2:45 am and my heart racing - pulse was 72 when sleeping for me that was probably high.
Chest	XX:XX:XX	02		Heart - this whole thing like I've done speed or something-- did speed when was 15 years old - close to that I think (hard to remember back that far thought) Usually clear until 4 pm.

BACK and NECK

Back & Neck	00:03:00	04	OS US	Back pain < for last hour Left side Left sacroiliac joint region significant nagging pain - no real amelioration
Back & Neck	00:04:40	03		Slight tension in muscles down back of neck, minor throbbing.
Back & Neck	00:05:00	04	OS	Left hip, sacroiliac pain persists,

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				stretching relieves slightly, but not significantly. Worse with extension of spine. Worse bending forward. Possibly better walking.
Back & Neck	00:10:00	04		This back pain (lower Left lumbosacral area) has been moderate to very severe for the last several hours. Constant pain: worse sitting, worse standing, better walking.
Back & Neck	01:04:00	04		Back pain, bad at night in bed worse moving in bed, worse turning.
Back & Neck	01:10:00	04		Back pain still bothering me, definitely an irritating pain-- similar to what occurred 3-4 months ago.
Back & Neck	01:13:30	04		Low back still sore and sensitive, perhaps intensity is slightly less than yesterday. Today I can sit comfortably without pain, yesterday I couldn't. Pain is worse moving my back in different directions.
Back & Neck	02:XX:XX	04	OS US	Through the night, worse movement and turning, not as bad as previous night.
Back & Neck	02:XX:XX	04		Back feeling better, still some pain, now worse extension, bending back, but less intense than yesterday.
Back & Neck	03:21:30	01		Ache in lower back.
Back & Neck	03:22:00	04		Back pain, worse extension, better stretching.
Back & Neck	06:XX:XX	06		Neck, shoulders and back are REALLY stiff.
Back & Neck	06:15:00	02	NS	Pain in left side of lower back (about same area as my kidney but right on my back muscle like a knife going in. Have to keep posture good so it won't bother me when I'm sitting; pulls when I first stand up and would stay a few minutes while walking. Lasted an hour and a half.
Back & Neck	07:XX:XX	06		Pain. Pain that is burning downwards from the muscle behind the ear to the scapula, and across the shoulder to the collar bone, Right side. Can't turn my head to the right. Really locked up. Can't think of anything I did to cause the neck pain. Wanted to stretch it out.
Back & Neck	09:15:30	02	NS	Same pain in left lower back but seem to run down my sciatica nerve running right down to the back of my knee. When I first start to move then gets better it's like I've pinched a nerve or something (I haven't). Pain lasted two and a half hours. Mood better when having the pain.
Back & Neck	10:07:30	04	OS US	Wake with achy pulling left side of neck.
Back & Neck	11:XX:XX	06		Woke up at about 6:00 am because I

				had a horrible low back ache. It woke me up. My kids have been sleeping in my bed with me lately so we're not all getting the best sleeps. Pain was a nagging pain. I just laid there in bed and felt I'm going to have to get crutches or something. But when I got up and moved around it was better. Worse sitting, better walking.
Back & Neck	11:11:00	04	OS	Irritation Left side of neck, sensation of numbness extends down Left upper arm, slight not severe.
Back & Neck	16:XX:XX	06		My neck was out on the left, just like it was on the right a week ago.
Back & Neck	16:XX:XX	04	OS	Low back pain right side with still in bed and after rising. Better stretching.
Back & Neck	16:09:30	02	NS	Pain in left side of middle (lower) back just like before. Lasted 25 minutes.
Back & Neck	16:13:00	02		Pain in left side of middle (lower) back again. Just a few sharp pains and then gone.
Back & Neck	00:01:00	01		Have an ache in lower back.
Back & Neck	00:01:00	04		Low left lumbar region of back, sore aching pain better good posture better stretching OS (planted garlic this AM, could be just an effect of this)
Back & Neck	17:XX:XX	04		Stiff neck after rising.
Back & Neck	19:13:00	04	OS US	Low back pain lumbar area worse extension and flexion.
Back & Neck	19:16:00	04		Back pain persists (sitting all day?).
Back & Neck	19:19:30	04		Back pain even worse extending, worse flexing pain in sacroiliac area at base of spine, constant pain, almost as severe as day.
Back & Neck	19:23:00	04	OS US	Back pain persists, constant pain. Very severe, worse movement, bending far in any direction. Low back middle and both sides sacroiliac area.
Back & Neck	20:XX:XX	04	OS US	Back pain all night, worse turning over in bed.
Back & Neck	20:XX:XX	04	NS	Back pain doesn't allow me to focus on other symptoms.
Back & Neck	20:07:00	04		Back pain in a.m. as last night, worse flexing, extending, low back sacro iliac area.
Back & Neck	20:12:00	04		Back still sore, localized to left lower, spine sacroiliac area. Worse any movement or bending. Not as severe as yesterday evening but still relatively constant and severe.
Back & Neck	20:16:00	04	OS US	Back pain still very acute, worse bending back any direction. Sharp pain worse movement (like first few days of proving).
Back & Neck	22:21:30	04	OS	Back pain-mild on extension and flexion.
Back & Neck	23:11:00	04	NS	Pulling left side mid back, medial to

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Back & Neck	23:23:00	04		scapulae (from typing?) Low back pain localized to left low back, worse extending, not severe much improved from a few days ago. Worse stretching.
Back & Neck	26:18:00	04		Low back, left side in very specific spot.
Back & Neck	26:20:00	04	OS US	Back aching, low left in a spot, intensity more severe than in last several days, not as bad as 1 week ago aggravation, more localized.
Back & Neck	27:07:00	04		Tearing pain in my back, left side just above iliac in a spot.
Back & Neck	28:00:00	04	OS	Left low back pain all day.
EXTREMITIES				
Extremities	00:00:30	06		Cold hands.
Extremities	29:XX:XX	03		Both hands asleep on waking on 2 mornings.
EXTREMITY PAIN				
Ext Pain	00:00:45	03		An ache of the lateral aspect of my tibia, feels like a bruising.
Ext Pain	00:04:15	03		Tension behind left should blade.
Ext Pain	00:18:00	02		My right arm and hand went numb— not pins and needles it was like I had no muscles in it and then it was gone. I moved my arm thinking it was going to be pins and needles but it wasn't. Only lasted a few seconds.
Ext Pain	01:18:20	01		I have an ache up the back of my left leg. > elevation.
Ext Pain	07:12:05	01		Bottoms of feet aching. > sitting down.
Ext Pain	10:XX:XX	06		Right shoulder, all across the back of my right shoulder really stiff. When I got up I really noticed it-- a shoulder ache out of nowhere!
Ext Pain	10:09:30	02		Pain in left buttocks when I first go to move but sore when I walk. Last one and half hours.
Ext Pain	11:06:00	02		Pain in left buttocks like a knife when I first get up better after I move around. Lasted 6 hours.
Ext Pain	12:16:30	02		Pain in left buttocks same thing when I first move, ameliorated after moving.
Ext Pain	12:21:30	02		Still have pain but feels fine when I'm just laying or sitting.
Ext Pain	13:06:30	02		Up with the pain in left buttocks already. It was really bad like a toothache in butt all day. I ignore it. When I would bend down and start to move, it would grab me.

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Ext Pain	13:13:30	04	OS US	Tightness in shoulders, not really tightness -in my neck like feeling of nerves in my shoulders, neck area like a nerve sensation
Ext pain	13:17:00	02		Pains finally gone in buttocks.
Ext Pain	14:XX:XX	04	OS US	Aching upper shoulders, stiff neck.
Ext Pain	14:XX:XX	04		Sort of numb like pain in upper shoulders.
Ext pain	14:14:30	02		Out walking pain in sciatica back when I first start walking not as bad as Sat. pain but very much there. Pain better the more I walked. Two hours later pain completely gone again.
Ext Pain	17:XX:XX	06		All day Tuesday, my right wrist was totally painful. It felt like I had sprained, twisted or injured it; and I hadn't. No cause for the wrist pain.
Ext Pain	17:07:30	04		Neuralgic pain-- point of right shoulder on waking while still in bed.
Ext Pain	17:09:30	04	OS	Neuralgic pains in right upper shoulder/neck.
Ext Pain	17:22:00	04	US OS	Lying in bed, pain in shoulder point, outer aspect better after rising.
Ext Pain	18:09:00	04	OS US	Pain in shoulder, deltoid area.
Ext Pain	19:08:00	04		Pain right shoulder area radiating to upper arm-- neuralgic nerve pain like brachial neuritis. (All these shoulder pains are reminiscent of pains I got 4 or 5 years ago when I was doing a lot of desk work. Haven't had any this severe since the that I can think of.)
Ext Pain	23:11:30	04		Discomfort in trapezoids area both sides, worse on left, tightness neuralgic sensation.
Ext Pain	24:14:00	04	OS	Neck stiffness and mild aching in shoulders/traps all day.
Ext Pain	24:22:00	04		Stiff and cracky shoulders, better shoulders.
Ext Pain	33:09:00	04		Shoulders and traps very sore, achy neuralgic pain extends down, arms, neck, stiff and sore.
Ext Pain	38:XX:XX	06		I've had this aching in the joint, I've forgotten the name of it, where the thumb goes into the wrist. It was in the Left hand for 3 days; Friday, Saturday and Sunday (Day 34, 35 & 36). I had been doing a bit of sewing, but not enough that I can think this would be a result. Today the aching appeared in the same joint, but in the Right hand. The aching feels better when I rub it.
Ext Pain	39:19:00	04		Right shoulder and neck very sore

after lifting my son up. Persists sore and achy, feels like I stretched a nerve- fairly severe. This pain persists for a week afterwards and then resolves.

SLEEP

Sleep	00:11:30	03		Can't sleep, not restless but sleep eludes me. A sense of warm energy threw my left side especially my leg.
Sleep	00:13:50	02		I woke up "How bizarre" (from dream) got up to go to bathroom but can't go back to sleep. Not restless just seems nice to lay quietly in bed.
Sleep	01:XX:XX	06		Slept till 10am. Got up after lying awake for an hour.
Sleep	01:XX:XX	03		Sleep eludes me. (NEVER A PROBLEM TO SLEEP)
Sleep	02:XX:XX	06		Overslept.
Sleep	04:06:30	04		Woke to write the above dream down and couldn't get back to sleep, this happens occasionally but felt less frustrating perhaps than I would have normally.
Sleep	05:XX:XX	02		I've not slept very much in past 2 days think I'm running on nerves because energy still seems high.
Sleep	05:XX:XX	02		Stayed awake until 4:15 am trying to go to sleep.
Sleep	05:05:00	02		Awoke with same feeling of drinking too much coffee. Slept heavy, woke up sweating again but not as bad as yesterday morning. Still at the back of my neck. Song in head (Building a Mystery) and was still there at 8am.
Sleep	09:XX:XX	02	US	Started my day tired
Sleep	09:21:30	04		Sleepy but could not sleep, thoughts re work, etc., so got up and worked for 3 hours.
Sleep	10:00:00	04	US	Went to bed at 12, still couldn't sleep for about an hour, thought and just feeling a little hyped.
Sleep	16:05:45	02		Woke from dreaming at 2:30 am, perspiring. Got back to sleep at around 4:00 a.m.
Sleep	18:02:30	02		Seems like every night and can't go back to sleep-- wonder what is up. Back to sleep at 5:30 am. Heart pounding when woke up
Sleep	XX:XX:XX	02		Haven't slept much in past 2 days because energy level so high.

PERSPIRATION

Perspiration	XX:XX:XX	02		Slept heavy woke up sweating at the back of my neck and trunk of body.
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Loxosceles Reclusa

Perspiration	XX:XX:XX	02	Night time with heart palpitations.
Perspiration	XX:XX:XX	02	Sweat when jittery and moving about.
Perspiration	04:02:55	02	Woke up with my heart beating fast (about 72) sweating behind my neck not head but back of neck wet and under arms and legs chest wet with sweat.
Perspiration	16:02:30	02	Awake from dreaming, perspiring back of neck, torso, arms and upper legs wet feel very hot up for a pee.
SKIN			
Skin	02:11:30	03	Looking in the mirror my skin has a yellow-green sallow cast.
Skin	05:XX:XX	03	I have pimples on either side of my gluteal cleft-- very itchy.
Skin	14:XX:XX	03	Ten warts on feet are gone!
Skin	36:XX:XX	06	Also when I wash dishes, etc my hands really feel irritated by the water. This has never happened before. I am not writing this anywhere else.
Skin	47:XX:XX	06	The other-- a symptom which is rather remarkable but I only remember it when I'm in the shower-- an aversion to showers, to getting my skin wet it is uncomfortable as if I don't want the water on my skin. It reminds me of trying to mix alcohol and water - a bad mix. Whereas a shower usually "blends" pretty well on the body.
Skin	48:XX:XX	06	Now my first two fingers on the left hand (I am left handed) have developed over this past week little painful cuts like they had been sliced by a knife. Maybe 1/3 cm. long each-- like paper cuts-- very painful. I went to watercolor tonight and realized that when I dipped the brush, some water would drip onto those fingers-- it was very painful and irritating, felt cold, I did not want the water on my fingers. I realized I had felt the same way last week. Very disturbed and cold (fingers) from the water on my fingers, and this is where the cuts developed. I kept having to wipe and hold my fingers in my cotton sweater to soak the water off them tonight.

Loxosceles Reclusa Repertory Symptoms

Number of Provers, Type of Symptom, Section, Symptom

MIND, Absorbed

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- MIND, Alcoholism
3 MIND, Anger
MIND, Anger, alternating with, repentance, quick
MIND, Anorexia nervosa
2 MIND, Anxiety
MIND, Anxiety, conscience, of
MIND, Anxiety, dark, in
MIND, Anxiety, pains, from
MIND, Ardent
NR MIND, Awareness heightened, birds, of the presence of
MIND, Awkwardness
4 MIND, Bed, desires to remain in
MIND, Brooding
MIND, Cares, full of
MIND, Censorious, critical
3 MIND, Cheerfulness
MIND, Cheerfulness, pain, with the
2 MIND, Clarity of mind
MIND, Colors, bright amel.
NR MIND, Colors, brighter, seem
NR MIND, Colors, desires
5 MIND, Company, aversion to
MIND, Company, desire for
MIND, Concentration, active
3 MIND, Concentration, difficult
MIND, Confidence, want of self
2 MIND, Confusion of mind
MIND, Confusion of mind, time, as to
MIND, Conscientious about trifles
2 MIND, Consolation, amel.
MIND, Contented
MIND, Courageous
MIND, Cruelty
2 NR MIND, Curl up, desires to:
MIND, Death, desires
MIND, death, talks of
2 MIND, Death, thoughts of
MIND, Death, thoughts of, fear, without
MIND, Detached
NR MIND, Delusions, air, he is walking on
MIND, Delusions, alone, world, in the
MIND, Delusions, bewitched, he is
MIND, Delusions, body, ugly, body looks
NR MIND, Delusions, clouds, enveloping her
NR MIND, Delusions, condensed, being
NR MIND, Delusions, condensed, being, sitting crouched, in a small space,
NR MIND, Delusions, condensed, being, sitting amel.
MIND, Delusions, criticized, that she is
MIND, Delusions, floating, air, in
NR MIND, Delusions, good enough, she is not

- MIND, Delusions, insects, sees
MIND, Delusions, invincible, he is
MIND, Delusions, invisible, she is
MIND, Delusions, light, incorporeal, immaterial, he is
MIND, Delusions, light, incorporeal, immaterial, he is, walking, while
MIND, Delusions, old, being
MIND, Delusions, possessed, he or she is
MIND, Delusions, separated, body, mind and body are
MIND, Delusions, separated, body, spirit had separated from body,
MIND, Delusions, separated, world, from the, he is
MIND, Delusions, smaller, body is
NR MIND, Delusions, time, fritters away his
NR MIND, Delusions, ugly, she is
MIND, Delusions, unreal, everything is
NR MIND, Desires, crouch, to, in a tiny space
NR MIND, Desires, invisible, to be
NR MIND, Desires, silence
2 MIND, Despair
MIND, Despair, recovery, of
MIND, Despair, recovery, of, morning on waking
2 MIND, Detached
MIND, Dreams, absurd
NR MIND, Dreams, airports
MIND, Dreams, amorous
MIND, Dreams, anger
3 MIND, Dreams, animals
NR MIND, Dreams, animals, bats
MIND, Dreams, animals, dissection
MIND, Dreams, animals, horses, head
MIND, Dreams, animals, mice
MIND, Dreams, animals, mice, dead
NR MIND, Dreams, animals, moose
MIND, Dreams, animals, snakes
MIND, Dreams, beautiful
NR MIND, Dreams, bodies, death
MIND, Dreams, brother
MIND, Dreams, busy, being
NR MIND, Dreams, candles, electric
NR MIND, Dreams, cars, driving on right side of the road, England, in
MIND, Dreams, cars, automobiles, of
MIND, Dreams, cars, automobiles, of, chasing
MIND, Dreams, cars, automobiles, of, race
MIND, Dreams, child, children
MIND, Dreams, climbing
MIND, Dreams, Clothing, coat, down comforter, made of,
NR MIND, Dreams, clothes
NR MIND, Dreams, clothes, beautiful
NR MIND, Dreams, clothes, silk
MIND, Dreams, confused
2 MIND, Dreams, country, foreign

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- NR MIND, Dreams, country, foreign, England
- NR MIND, Dreams, country, foreign, France
- MIND, Dreams, crimes
- NR MIND, Dreams, criminals
- MIND, Dreams, dancing
- 3 MIND, Dreams, death
- MIND, Dreams, death, dying, of
- NR MIND, Dreams, death, father, of
- MIND, Dreams, death, relatives
- NR MIND, Dreams, death, sex, and
- NR MIND, Dreams, desolate areas
- NR MIND, Dreams, dirty, being
- NR MIND, Dreams, disputes
- NR MIND, Dreams, dreams, recording
- NR MIND, Dreams, driving, car, a
- MIND, Dreams, driving, car, a, cornfield, in a
- MIND, Dreams, earthquake
- NR MIND, Dreams, energy, ribbons of
- NR MIND, Dreams, faces, devious looking, sees
- NR MIND, Dreams, faces, ominous, sees
- NR MIND, Dreams, faces, sees
- MIND, Dreams, falling
- MIND, Dreams, family, own
- MIND, Dreams, father
- NR MIND, Dreams, fearlessness
- NR MIND, Dreams, fights
- MIND, Dreams, fights, sword
- NR MIND, Dreams, fights, sword, cross as a
- MIND, Dreams, gruesome
- 2 MIND, Dreams, food
- NR MIND, Dreams, food, desserts
- NR MIND, Dreams, food, detail, in great
- NR MIND, Dreams, food, pancakes
- NR MIND, Dreams, food, preparing
- NR MIND, Dreams, food, selling
- NR MIND, Dreams, forgetting, something
- MIND, Dreams, flying
- 2 MIND, Dreams, friends
- MIND, Dreams, friends, old
- 2 MIND, Dreams, frightful
- MIND, Dreams, guns
- NR MIND, Dreams, helicopters
- NR MIND, Dreams, hiding
- NR MIND, Dreams, hiding, rocks, behind
- 2 MIND, Dreams, houses
- NR MIND, Dreams, houses, nice and clean
- NR MIND, Dreams, houses, nice and clean, moving to
- 2 NR MIND, Dreams, intrusion
- NR MIND, Dreams, lying bed, in
- NR MIND, Dreams, lying bed, in, lover, with

Loxosceles Reclusa

- NR MIND, Dreams, meeting, someone
- MIND, Dreams, money
- NR MIND, Dreams, motorcycles
- NR MIND, Dreams, motorcycles, driving, mall, into
- NR MIND, Dreams, mountains
- NR MIND, Dreams, mountains, climbing
- NR MIND, Dreams, moving, relocating
- 2 MIND, Dreams, music
- NR MIND, Dreams, necklaces
- NR MIND, Dreams, necklaces, tight, too
- NR MIND, Dreams, old, being
- MIND, Dreams, parties, of pleasure
- 4 MIND, Dreams, people
- MIND, Dreams, people, Chinese
- MIND, Dreams, people, guns, with
- MIND, Dreams, people, meeting
- NR MIND, Dreams, plants
- NR MIND, Dreams, plants, growing fast
- NR MIND, Dreams, plants, dead
- MIND, Dreams, questioned, being
- NR MIND, Dreams, race
- NR MIND, Dreams, robbed, being
- MIND, Dreams, robbers
- NR MIND, Dreams, sand dunes
- MIND, Dreams, shopping
- NR MIND, Dreams, shopping, mall, in
- NR MIND, Dreams, singing
- NR MIND, Dreams, speed skating
- MIND, Dreams, strange
- NR MIND, Dreams, terror
- NR MIND, Dreams, things, forgetting
- 2 MIND, Dreams, toilet
- MIND, Dreams, toilet, observed on toilet
- NR MIND, Dreams, town, strange
- NR MIND, Dreams, urinating, of, paper bag, in a
- 2 MIND, Dreams, urinating, of
- MIND, Dreams, violent
- 2NR MIND, Dreams, waiting, someone, for
- NR MIND, Dreams, watched, being
- NR MIND, Dreams, watched, being, urinating, while
- 2 MIND, Dreams, water
- NR MIND, Dreams, water, boats
- MIND, Dreams, water, falling into
- MIND, Dreams, water, leaking
- MIND, Dreams, water, swimming
- NR MIND, Dreams, water, swimming pools
- MIND, Dreams, women
- MIND, Eccentricity
- MIND, Embarrassment
- MIND, Ennui, boredom

Loxosceles Reclusa

- MIND, Escape, desire
- MIND, Excitement
- 3 MIND, FEAR
- MIND, Fear, animals
- MIND, Fear, animals, bats
- MIND, Fear, dark
- NR MIND, Fear, photo, having taken of her
- MIND, Fearlessness
- 2 MIND, Forgetfulness
- 2 MIND, Forsaken feeling
- MIND, Grief
- MIND, Grief, silent
- MIND, Heedless
- MIND, Hide, desires to
- 2 MIND, Home, desires to go
- MIND, Hurry, haste
- MIND, Hypocrisy
- MIND, Indifference, apathy
- MIND, Industrious, mania for work
- MIND, Intolerance
- NR MIND, Invincible, feeling
- 4 MIND, Irritability
- MIND, Irritability, menses, before
- MIND, Joyless
- MIND, Laughing
- MIND, Laughing, sad, when
- MIND, Loquacity
- MIND, Loquacity, changing quickly from one subject to another
- NR MIND, Lose things, tendency to
- MIND, Liar
- MIND, Memory, weakness, loss of
- MIND, Mildness
- MIND, Mistakes, spelling, in
- MIND, Mistakes, time, in
- MIND, Mistakes, writing, words, wrong
- MIND, Mocking
- NR MIND, Noise desire for
- MIND, Obstinate, headstrong
- 2 MIND, Offended easily
- MIND, Optimistic
- NR MIND, Overwhelmed
- NR MIND, Painting, amel.
- MIND, Persists in nothing
- MIND, Philosophy, ability for
- MIND, Prostration of mind
- MIND, Postponing everything to next day
- MIND, Rage, fury
- MIND, Reproaching himself
- MIND, Rudeness
- NR MIND, Run, urge to

Loxosceles Reclusa

- MIND, Sadness, weeping, impossible
3 MIND, Sadness, despondency, depression, melancholy
MIND, Sadness, despondency, depression, melancholy, waking, on
MIND, Sadness, despondency, depression, melancholy, weeping, amel.
MIND, Secretive
MIND, Senses, acute
NR MIND, Senses, acute, breathing, of
NR MIND, Senses, acute, self, of
MIND, Senses, confused
2 MIND, Sensitive, noise, to
MIND, Sensitive, oversensitive, reprimands, criticism, reproaches, to
MIND, Sensitive, oversensitive
MIND, Sentimental
MIND, Sighing
MIND, Sit, inclination to
MIND, Spaced-out feeling
2 MIND, Suicidal disposition
MIND, Suicidal disposition, best way to do it
MIND, Suicidal disposition, hanging, by
MIND, Suicidal disposition, throwing himself from:, height, a
MIND, Suicidal disposition, thoughts
MIND, Talk, indisposed to, desire to be silent, taciturn
MIND, Talk, talking, talks, hasty
2 MIND, Thoughts, clearness of
MIND, Thoughts, disease, of
MIND, Thoughts, killing oneself, hanging from a noose
MIND, Thoughts, morbid
MIND, Thoughts, sexual
NR MIND, Thoughts, sin, of
MIND, Time, fritters away his
MIND, Time, loss of conception of
MIND, Tranquility, serenity, calmness
NR MIND, Vigilance
MIND, Vivacious
2 MIND, Weeping, tendency
MIND, Weeping, tendency, easily
MIND, Weeping, menses, before
NR MIND, Writing, aversion to, writing down her symptoms

VERTIGO

- VERTIGO, Exertion, on, agg.
VERTIGO, Rising, on, agg., bed, from

HEAD, Constriction

HEAD, Heaviness

HEAD, Tingling

HEAD, Tingling, extending to, jaw

- 5 HEAD PAIN, General
HEAD PAIN, General, morning, agg.

Loxosceles Reclusa

- HEAD PAIN, General, morning, agg., 9 A.M., noon, until,
- HEAD PAIN, General, morning, agg., 9 A.M.
- HEAD PAIN, General, morning, waking, on
- HEAD PAIN, General, morning, waking, on
- HEAD PAIN, General, afternoon
- HEAD PAIN, General, evening, agg.
- HEAD PAIN, General, evening, agg., 8 P.M.
- NR HEAD PAIN, General, evening, agg., 8 P.M., midnight, till,
- HEAD PAIN, General, night, agg.
- NR HEAD PAIN, General, night, agg., 10 P.M., 12 P.M., until,
- HEAD PAIN, General, night, agg., 10 P.M.
- HEAD PAIN, General, intermittent, recurrent pains
- HEAD PAIN, General, jar, from any
- HEAD PAIN, General, lying while, amel.
- HEAD PAIN, General, noise, from
- HEAD PAIN, General, shaking HEAD, agg.
- HEAD PAIN, General, spot, in small
- HEAD PAIN, General, thinking of pain, agg.
- 4 HEAD PAIN, Localization, Forehead
- HEAD PAIN, Localization, Forehead, left side
- HEAD PAIN, Localization, Forehead, right side
- HEAD PAIN, Localization, Forehead, right side
- HEAD PAIN, Localization, Forehead, extending, nape, to
- 4 HEAD PAIN, Localization, Occiput
- HEAD PAIN, Localization, Occiput, sides of left
- 2 HEAD PAIN, Localization, Occiput, sides of right
- HEAD PAIN, Localization, Occiput, extending, shoulders, to
- 2 HEAD PAIN, Localization, Temples
- 2 HEAD PAIN, Localization, Temples, left
- HEAD PAIN, Localization, Temples, extending, eye, to
- HEAD PAIN, Cutting, Forehead
- HEAD PAIN, Cutting, Forehead, eyes, above
- NR HEAD PAIN, Cutting, Forehead, eyes, above, left
- HEAD PAIN, Cutting
- HEAD PAIN, Dull
- HEAD PAIN, Dull, Forehead
- HEAD PAIN, Pressing
- HEAD PAIN, Pressing, Occiput
- HEAD PAIN, Pressing, outward
- HEAD PAIN, Pulling, like
- HEAD PAIN, Pulsating, throbbing
- HEAD PAIN, Pulsating, throbbing, Occiput
- 2 HEAD PAIN, Stitching
- HEAD PAIN, Stitching, Sides, right
- HEAD PAIN, Violent

- EYE, Discoloration, yellow
- EYE, Ecchymosis
- NR EYE, Ecchymosis, left
- EYE, Pain, burning

EYE, Pupils, dilated

EAR, Fullness, sensation of

EAR, Noises in, General

EAR, Noises in, General, left

EAR, Noises in, General, right

NR EAR, Noises in, high pitched

EAR, Noises in, hissing

EAR, Noises in, ringing

EAR, Noises in, white noise

EAR, Noises in, ringing, morning

2 EAR, Pain, General

EAR, Pain, General, morning

EAR, Pain, General, morning, waking, on

EAR, Pain, General, afternoon

EAR, Pain, General, night

EAR, Pain, General, left

EAR, Pain, General, right

EAR, Pain, General, cold, agg.

NR EAR, Pain, General, heat, amel.

EAR, Pain, General, swallowing, on

EAR, Pain, General, touch, on

EAR, Pain, General, extending jaw, to

2 EAR, Pain, stitching

EAR, Pain, stitching, morning

EAR, Pain, stitching, morning, waking, on

EAR, Pain, stitching, afternoon

EAR, Pain, stitching, night

EAR, Pain, stitching, left

EAR, Pain, stitching, swallowing, when

EAR, Pain, stitching, extending jaw, to

HEARING, Illusions

NR HEARING, Illusions, sounds, appear to come from inside the HEAD,

2 NOSE, Coryza

2 NOSE, Discharge, clear

NOSE, Eruptions, inside

NOSE, Eruptions, inside, right

NOSE, Pain, sore, bruised, inside

NOSE, Pain, sore, bruised, tip

SMELL, Acute

FACE, Aphthae on lips

FACE, Cracks, corners of mouth

FACE, Cracks, corners of mouth, right

FACE, Discoloration, pale

2 FACE, Discoloration, red, excitement, from

FACE, Dryness, lips

Loxosceles Reclusa

FACE, Heat, flushes
FACE, Pain, General, eye, around
FACE, Pain, General, jaw
FACE, Pain, General, jaw, right
FACE, Pain, General, jaw, pressure, amel.
FACE, Pain, General, cheek bones
FACE, Pain, General, cheek bones, right
FACE, Swelling, eyes, under
FACE, Tingling

MOUTH, Abscess, Gums, of
MOUTH, Aphthae
MOUTH, Cracked, fissured
MOUTH, Dryness
MOUTH, Pain, General
MOUTH, Pain, General, Gums

TEETH, Abscess of roots

2 THROAT, Mucus
2 THROAT, Pain, General
THROAT, Pain, General, morning
THROAT, Pain, General, morning
THROAT, Pain, General, waking, on
THROAT, Pain, General, waking, on
THROAT, Pain, General, drinking, amel.
NR THROAT, Pain, General, salt, amel.
THROAT, Scraping

2 STOMACH, Appetite, diminished
STOMACH, Appetite, increased
STOMACH, Appetite, increased
2 STOMACH, Appetite, wanting
STOMACH, Emptiness, weak feeling, faintness, goneness, hungry feeling
STOMACH, Eructations
STOMACH, heartburn
2 STOMACH, Nausea
STOMACH, Nausea, morning
STOMACH, Nausea, eating, amel.
STOMACH, Nausea, riding in a carriage or on cars, while
STOMACH, Nausea, sleep, after
STOMACH, Pain, General
STOMACH, Pain, General, eructations, amel.
2 STOMACH, Pain, cramping
3 STOMACH, Thirst

2 ABDOMEN, Distension
ABDOMEN, Pain, General
ABDOMEN, Pain, General, bending:, double, amel.
ABDOMEN, Pain, cramping, stool, before

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- ABDOMEN, Pain, cramping, stool, amel. after
ABDOMEN, Pain, stitching
ABDOMEN, Pain, stitching, Sides, right
ABDOMEN, Tingling
NR ABDOMEN, Tingling, extending upwards through body
- RECTUM, Constipation
RECTUM, Diarrhea
RECTUM, Diarrhea, morning
RECTUM, Diarrhea, morning, bed, driving out of
RECTUM, Formication in anus
RECTUM, Pain, burning
2 RECTUM, Urging, desire
RECTUM, Urging, desire, morning
RECTUM, Urging, desire, evening
RECTUM, Urging, desire, evening, 9 P.M.
RECTUM, Urging, desire, night
RECTUM, Urging, desire, waking, on
- STOOL, Acrid, corrosive, excoriating
STOOL, Bloody
STOOL, Color, light-colored
STOOL, Color, orange
STOOL, Color, yellow
STOOL, Color, yellow, golden
STOOL, Loose
STOOL, Odor, offensive
STOOL, Profuse
STOOL, Soft
- BLADDER, Urination, involuntary, night, incontinence in bed, dreaming of urinating, while,
- URINE, Color, yellow, bright
URINE, Odor, strong
URINE, Scanty
- NR FEMALE GENITALIA, Leucorrhea, General
FEMALE GENITALIA, Leucorrhea, yellow, greenish
FEMALE GENITALIA, Menses, frequent, too early, too soon
FEMALE GENITALIA, Menses, late, too
FEMALE GENITALIA, Menses, late, too, seventeen days too late
FEMALE GENITALIA, Pain, General
FEMALE GENITALIA, Pain, General, Ovaries
FEMALE GENITALIA, Pain, General, Ovaries, right
2 FEMALE GENITALIA, Sexual desire, increased
- 2 SPEECH & VOICE, Voice; hoarseness
SPEECH & VOICE, Voice; hoarseness, waking, on
- RESPIRATION, Accelerated

RESPIRATION, Anxious
RESPIRATION, Difficult, mucus in the, throat, from

2 COUGH, Air, dry
COUGH, Daytime, agg.
COUGH, Drinking, amel.
COUGH, Dry
COUGH, Mucus, from, THROAT, in
COUGH, respiration agg., after
COUGH, Warmth, amel.

CHEST, Heaviness
CHEST, Itching
NR CHEST, Pain, cough, amel.
5 CHEST, Pain, General
CHEST, Pain, General, walking, agg.
CHEST, Pain, General, sitting, amel.
CHEST, Pain, General, Clavicle neck
CHEST, Pain, General, Clavicle, extending to:
CHEST, Pain, General, Mammae
NR CHEST, Pain, General, Mammae, left
CHEST, Pain, General, Mammae, extending to:, nipple
CHEST, Pain, General, Lungs
CHEST, Pain, General, Lungs
CHEST, Pain, General, Lungs, right
CHEST, Pain, General, Sternum
2 CHEST, Pain, General, Sides, left
CHEST, Pain, General, Sides, right
2 CHEST, Pain, cutting
CHEST, Pain, cutting, left
2 CHEST, Pain, cutting, inspiration
CHEST, Pain, cutting, extending to, BACK
CHEST, Pain, sore, bruised
CHEST, Pain, sore, bruised, Mammae
2 CHEST, Pain, stitching
CHEST, Pain, stitching, right
CHEST, Pain, stitching, walking, while, agg.
CHEST, Pain, stitching, Mammae
NR CHEST, Pain, stitching, Mammae, extending to:, nipple
2 CHEST, Palpitation heart
CHEST, Palpitation heart, frightening dream, after
CHEST, Palpitation heart, perspiration, during
CHEST, Perspiration
CHEST, Perspiration, axilla

BACK, Eruptions, Sacral region
BACK, Numbness
BACK, Numbness, Cervical region
BACK, Numbness, Cervical region, extending to, arm
4 BACK, Pain, General

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- BACK, Pain, General, night
- BACK, Pain, General, left
- 2 BACK, Pain, General, right
- BACK, Pain, General, bending:, agg., forward
- BACK, Pain, General, bending:, agg., backward
- NR BACK, Pain, General, extension, agg.
- BACK, Pain, General, on planting garlic
- BACK, Pain, General, motion, agg.
- 2 BACK, Pain, General, motion, amel.
- BACK, Pain, General, sitting, while, agg.
- BACK, Pain, General, sitting, while, agg.
- BACK, Pain, General, spot, in one
- BACK, Pain, General, standing, agg.
- BACK, Pain, General, turning, agg., bed, in
- 2 BACK, Pain, General, walking, amel.
- BACK, Pain, General, extending, Downward
- 2 BACK, Pain, General, Cervical region
- BACK, Pain, General, Cervical region, left
- BACK, Pain, General, Cervical region, right
- BACK, Pain, General, Cervical region, extending, clavicles, to,
- NR BACK, Pain, General, Cervical region, extending, shoulder, across the
- BACK, Pain, General, Dorsal region
- 4 BACK, Pain, General, Lumbar region
- BACK, Pain, General, Lumbar region
- BACK, Pain, General, Lumbar region, right
- 2 BACK, Pain, General, Lumbar region, motion, amel.
- 2 BACK, Pain, General, Lumbar region, sitting, amel.
- BACK, Pain, General, Lumbar region, standing
- 2 BACK, Pain, General, Lumbar region, walking, agg.
- BACK, Pain, General, Sacral region
- NR BACK, Pain, General, Sacral region, bending:, agg., forward,
- NR BACK, Pain, General, Sacral region, extension, agg.
- BACK, Pain, General, Sacroiliac junction
- BACK, Pain, aching
- 2 BACK, Pain, aching
- BACK, Pain, aching, Lumbar region
- BACK, Pain, aching, Lumbar region
- BACK, Pain, cutting
- BACK, Pain, cutting, Lumbar region
- BACK, Pain, pulsating, throbbing
- BACK, Pain, pulsating, throbbing, Cervical region
- BACK, Perspiration, Cervical region
- BACK, Perspiration, Cervical region, sleep, in, agg.
- BACK, Perspiration
- 2 BACK, Stiffness
- 2 BACK, Stiffness, Cervical region
- BACK, Stiffness, Cervical region, turning head, on, right, to
- BACK, Stiffness, Dorsal region
- 2 BACK, Tension
- BACK, Tension, Cervical region

BACK, Tension, Dorsal region
NR BACK, Tension, Dorsal region, Scapulae, behind

EXTREMITIES, Awkwardness
EXTREMITIES, Coldness
EXTREMITIES, Coldness, Hands
EXTREMITIES, Cracked skin, Fingers
EXTREMITIES, Heat
EXTREMITIES, Heat, Upper limbs
EXTREMITIES, Numbness, insensibility
EXTREMITIES, Numbness, insensibility, Upper limbs
EXTREMITIES, Numbness, insensibility, Upper limbs, right
EXTREMITIES, Numbness, insensibility, Upper limbs, Forearm
EXTREMITIES, Numbness, insensibility, Upper limbs, Forearm, right
EXTREMITIES, Numbness, insensibility, Upper limbs, Hand
EXTREMITIES, Numbness, insensibility, Upper limbs, Hand, right
EXTREMITIES, Perspiration
EXTREMITIES, Perspiration, Upper limbs
EXTREMITIES, Perspiration, Lower limbs
EXTREMITIES, Perspiration, Lower limbs, Leg
EXTREMITIES, Stiffness
EXTREMITIES, Stiffness, Shoulder
EXTREMITIES, Stiffness, Shoulder, right
EXTREMITIES, Tingling
EXTREMITIES, Tingling, Hand
EXTREMITIES, Tingling, Hand, waking, on
EXTREMITIES, Warts, Foot

5 EXTREMITY PAIN, General
2 EXTREMITY PAIN, Upper limbs
2 EXTREMITY PAIN, Upper limbs, Shoulder
EXTREMITY PAIN, Upper limbs, Shoulder, extending to, arm
EXTREMITY PAIN, Upper limbs, Shoulder, right
EXTREMITY PAIN, Upper limbs, Shoulder, right
EXTREMITY PAIN, Upper limbs, Shoulder, waking, on
EXTREMITY PAIN, Upper limbs, Wrist
EXTREMITY PAIN, Upper limbs, Wrist, right
EXTREMITY PAIN, Upper limbs, Fingers, first
EXTREMITY PAIN, Upper limbs, Fingers, first, joints of, metacarpal,
3 EXTREMITY PAIN, Lower limbs
EXTREMITY PAIN, Lower limbs, left
EXTREMITY PAIN, Lower limbs, sciatica
EXTREMITY PAIN, Lower limbs, sciatica, walking, agg.
EXTREMITY PAIN, Lower limbs, sciatica, walking, amel., continued,
EXTREMITY PAIN, Lower limbs, Buttocks
EXTREMITY PAIN, Lower limbs, Buttocks, left
EXTREMITY PAIN, Lower limbs, Leg
EXTREMITY PAIN, Lower limbs, Leg
EXTREMITY PAIN, Lower limbs, Leg, left
EXTREMITY PAIN, Lower limbs, Foot

- EXTREMITY PAIN, Lower limbs, Foot, sitting, while, amel.
EXTREMITY PAIN, Lower limbs, Foot, sole
EXTREMITY PAIN, Cutting
EXTREMITY PAIN, Cutting, Lower limbs
NR EXTREMITY PAIN, Cutting, Lower limbs, Buttocks
EXTREMITY PAIN, Cutting, Lower limbs, Buttocks, left
EXTREMITY PAIN, Cutting, Lower limbs, Buttocks, moving amel.
EXTREMITY PAIN, Neuralgic
EXTREMITY PAIN, Neuralgic, Upper limbs
EXTREMITY PAIN, Neuralgic, Upper limbs, Shoulders
- 3 SLEEP, Disturbed
SLEEP, Sleeplessness
SLEEP, Sleeplessness, thoughts, from
2 SLEEP, Sleeplessness, waking, after
SLEEP, Sleeplessness, waking, after
3 SLEEP, Waking, dreams, from
- CHILL, CHILLINESS, Chilliness
CHILL, CHILLINESS, Chilliness, Evening
CHILL, CHILLINESS, Chilliness, Night
CHILL, CHILLINESS, Coldness in general
- FEVER, HEAT, Heat in general
- PERSPIRATION, Morning
PERSPIRATION, Morning, waking, on
PERSPIRATION, Night
PERSPIRATION, Night, sleep, during
PERSPIRATION, Motion, agg.
- SKIN, Cracks, fissures
SKIN, Cracks, fissures, washing, after
SKIN, Discoloration, greenish
SKIN, Discoloration, yellow
SKIN, Eruptions, General
SKIN, Eruptions, itching
SKIN, Eruptions, pimples
SKIN, Warts
- GENERALITIES, Evening, agg.
GENERALITIES, Night, amel.
GENERALITIES, Allergy
GENERALITIES, Bathing, washing, agg.
GENERALITIES, Emptiness, hollow sensation
NR GENERALITIES, Emptiness, hollow sensation, right side of body
2 GENERALITIES, Energy, lots of
GENERALITIES, Food and drinks, alcohol, alcoholic drinks, aversion
GENERALITIES, Food and drinks, cold, aversion
GENERALITIES, Food and drinks, cole slaw, agg.

- GENERALITIES, Food and drinks, eggs, desires
GENERALITIES, Food and drinks, fish, aversion
GENERALITIES, Food and drinks, garlic, aggravates
GENERALITIES, Food and drinks, ice-cream, desires
NR GENERALITIES, Food and drinks, liver, desires
GENERALITIES, Food and drinks, meat, desires
GENERALITIES, Food and drinks, onions, desires
GENERALITIES, Food and drinks, orange juice, amel.
NR GENERALITIES, Food and drinks, rich food, aversion
NR GENERALITIES, Food and drinks, seafood, aversion
GENERALITIES, Food and drinks, sour, acids, desires
GENERALITIES, Food and drinks, spices, condiments, piquant, highly seasoned food, aversion
GENERALITIES, Food and drinks, sweets, desires
GENERALITIES, Food and drinks, tea, agg.
GENERALITIES, Food and drinks, tea, amel.
GENERALITIES, Food and drinks, tea, desires
NR GENERALITIES, Food and drinks, tea, desires, green, lukewarm
GENERALITIES, Food and drinks, water, desires
GENERALITIES, Heat, flushes of
GENERALITIES, Heat, sensation of, alternating with sensation of cold
2 GENERALITIES, Heaviness, internally
NR GENERALITIES, Heaviness, internally, left side of body
GENERALITIES, Lie down, inclination to
GENERALITIES, Pain, Joints
GENERALITIES, Pain, Muscles, of
GENERALITIES, Pain, aching
GENERALITIES, Pain, burning
GENERALITIES, Pain, cutting
GENERALITIES, Pain, neuralgic
GENERALITIES, Pain, pressing, outward
GENERALITIES, Pain, sore, bruised
GENERALITIES, Pain, stitching
3 GENERALITIES, Pulse, frequent, accelerated, elevated, exalted, fast, innumerable, rapid,
NR GENERALITIES, Pulse, frequent, accelerated..., waking, on
GENERALITIES, Shocks, electric, like
NR GENERALITIES, Shocks, electric, like, left side of body
GENERALITIES, Sit, sitting, amel.
GENERALITIES, Stiffness, rigidity
GENERALITIES, Water, working in, hands in, agg.
4 GENERALITIES, Weakness, enervation, exhaustion etc.
4 GENERALITIES, Weariness
GENERALITIES, Weariness, morning
GENERALITIES, Weariness, morning, rising, on
GENERALITIES, Weather, wind, amel.
GENERALITIES, Wounds, heal:, slow

Homeopathic Proving Integrity Agreement

Objective: To insure a purposeful, accurate and thorough scientific research into the nature of action of a homeopathically-prepared substance over a period of months, when self-administered and observed by a group of willing, consenting adults who are called “provers”. This information is faithfully recorded both by the provers and by a group of conscientious and compassionate proving supervisors. The following guidelines are offered to clarify and support the dedication and harmonious interaction of all individuals involved:

Rights of Individual Prover

I choose freely, without coercion, to participate in this Homeopathic Proving, a scientific experiment that can have life-changing implications and which is intended to be a gift and reference for posterity. Performance in meeting requirements of my course of study is in no way impacted by my choice to participate or not in this proving.

As a prover, I acknowledge my right to antidote symptoms if too severe. Whenever possible, I will seek the counsel of my supervisor or master prover before I proceed.

Responsibilities of Individuals

I will approach this proving in a spirit of professionalism, with a sense of honorable duty, and share active responsibility for quality of the whole. This is an uncommon event, possibly trying in some respects.

I will keep a daily written record of my proving experience or supervision according to protocols. My gift to posterity begins here, and I will make every attempt to be consistent and legible in my record-keeping.

I will fully communicate to the appropriate supervisor or prover any and all topics of concern, especially difficulty or discomfort, within 48 hours of the issue/symptom becoming apparent. The person receiving this communication must document it with notes, times, dates and description(s). If the situation is unresolved, I will contact the Master prover or a third party acceptable to the prover and supervisor to help resolve any conflict. I will work toward resolution and will not cut off communication.

I will tolerate possible temporary inconvenience or discomfort.

As a supervisor, I will be consistently thorough and compassionate while I offer support during possible difficult times. If I am unable to deal with a certain aspect of the prover's process, I will seek support or training from a fellow-supervisor, the master prover.

Above all, when in doubt, I will communicate.

I understand and accept the guidelines in this Integrity Agreement, which will remain in effect during the entire duration of the proving.

Signature _____ Date _____

Appendix I

The Homeopathic Proving Integrity Agreement is not a legal document. Check with your own legal counsel and local authority for any legal concerns you may have about Provings or the practice of Homeopathy.