

## EXPERIENCE OF MEDICINE I

Alastair Gray lives and practices in Sydney Australia. In an attempt to attain some clarity, and further develop some standards in relation to the quality of modern provings, and verify the findings of older homeopathic provings, he and his students embarked on a number of experiments from 1997. This is the first in a number of publications of new provings and the reproving of the old.

EXPERIENCE OF MEDICINE I

In memory of  
**JULIAN WINSTON**

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1st ed

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# ALASTAIR GRAY EXPERIENCE OF MEDICINE I

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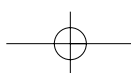
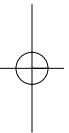
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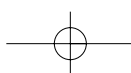
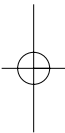
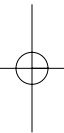
# INTRODUCTION

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## THIS BOOK



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## 1. EACH OF THESE DOCUMENTS: THREE PROVINGS IN ONE

The methodology employed in the completion of these provings is Hahnemannian and essentially follows the guidelines as laid out in Sherr's Methodologies book. While this is not the only method possible it is the one my training was grounded in and essentially the one employed in all the Nature Care College provings. The exceptions come from the publication of Herscu's two books on provings where he makes some astute observations on some aspects of current methods employed. These trials were conducted double blind or in the case of Moreton Bay Fig, blind.

One of the struggles I have in Homeopathy is the conflict, the arguments and the abuse that gets tossed around the profession. In the last few years journals around the world have been filled with conflict; Vitoulkas versus The Rest in Homeopathic Links (1999), and Julian Winston versus Everyone Else in Homeopathy Today (2001). Too easily vigorous debate turns into personal attack in our profession. The conflict seems to centre around what is 'good' and 'not good' homeopathy. What is right and what is the fluffy cosmic fringe. What is right or what is the fixed and rigid right wing. Everyone wants good homeopathy but no one can agree what it is. New provings have often been at the centre of these discussions and are often dismissed. There are two main reasons. The first is the indiscriminate inclusion of superfluous secondary symptoms in the monograph. The second is the indiscriminate inclusion of what is obviously group dynamic symptoms. The first is crucial because, it is argued, our materia medica's and repertories become clogged with symptoms that are unreliable. Any glance at a new Synthesis or Complete repertory would support that argument. The second is crucial because the provings seem to become flavoured with the charisma of the teacher or organiser and become in some way biased.

Therefore in the interests of reconciling these views I have provided three versions of each of the provings here. In each of these three provings the first proving document solely consists of the primary symptoms only of the provers that cannot (I would argue) under any criteria be questioned. They are the immediate and primary responses to the medicating substance. With the revival of Bonninghausen's method in Australia stimulated by the work of Gypser and Dimitriadis I feel it crucial to present this document as one that is clear, clean and rigorous in its production.

A prominent Sydney homeopath and I were talking about provings and new remedies. He said 'sure they're interesting, but I can never use the bloody things'. It was an accurate comment, for when one is in a busy inner city practice, with 20 patients a day who have no desire or intention to express a feeling, who want something done about their piles, high blood pressure or chronic sinus condition caused by air conditioning, he has a point. Many new and modern provings are very mind orientated.

But when one's practice is full of patients with more time, more appreciation of deeper parts of themselves, who are willing to explore and journey, who are willing to engage in a relationship and process with the practitioner, then perhaps a new remedy with a clear theme, say Dove or Salmon or Pearl is more easily available and applicable.

Why does this discussion about primary and secondary symptoms really matter? Is it just semantics and technical issues and interpretations of the Organon? Or does it truly go the heart of Homeopathic medicine, a pillar which must not be compromised given that Homeopathy is an inductive science based on the principle of similars; that what a substance creates it can cure.

What it means is that in addition to the inclusion of the symptoms the prover experiences immediately after taking the proving dose; the primary response, many provings include the symptoms the prover then experienced as he/she was returning to health; secondary symptoms.

Some say to this 'who cares, any deviation from the usual health is a proving symptom and therefore warrants inclusion, even all of those opposing or polarity symptoms should be included as the body struggles to retain homeostasis'.

But others respond with an emphatic No! Only those symptoms chosen from the patient which match the primary symptoms of a remedy will cure.

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Here is an example. In the proving of Box Jellyfish prover 10 reported 6 hours after taking a dose of the remedy. I wake up feeling happy...I feel really good. More calm... I feel more calm and in the present.

To some this may seem that Box Jellyfish creates in a healthy person happiness, feeling good, calmness, and ability to be in the present. Do we include this in our proving report and note it in our repertories? Some argue absolutely yes.

But, arguably, what it means is that this remedy cured (temporarily) depression, inability to focus, anxiety and agitation. It is argued therefore that the symptoms to be included in our repertories are only to be depression, inability to focus, anxiety and agitation. These are the true primary symptoms.

Personally I have nothing firm to offer by way of conclusions. I do not know who is right or wrong. My suspicion is that both are. That is why I have provided three versions of these provings. I have however been influenced by the model proposed by Herscu in his two new and excellent proving books; the notion of Stress and Strain. This is I feel a much more lucid and modern way of describing this impact on the vital force of a homeopathic proving substance. The primary action is the impression made upon the vital force; the stress. The strain is the secondary action, the vital force throwing up symptoms as it exerts itself against the impact of the stress.

Therefore these primary symptoms only sections of each proving is at the front of each proving book for easy access.

But there is also a second proving document included for each proving. This document includes the totality of the first but also vastly more information, which provides context for many of the symptoms, fills out the proving and gives a feel for it, a flavour of it. Rather than being a dry list of symptoms, this part includes dreams and symptoms and thoughts of both supervisors and provers.

I have conducted and have been involved in many provings and I am constantly struck with the group dynamic which takes effect, the field effect that is created and the specific flavour of this field. This is a very real group field and dynamic which any prover experiences in taking part in a proving. When we ingest a proving substance we become the remedy, but we also assume the flavour of the group of which we are a part, or of the leader and co-ordinator of the group. Many argue that this kind of information is not truly Hahnemannian and should not be included in any proving document. I have to disagree. Certainly, we have very different criteria used in modern provings; let's say the rigor of Tungsten or Plutonium and the artistry of Dinosaur. Both very different and both valuable. It is my experience that every proving experience is different, every group is different and this dynamic group flavour must be acknowledged.

I was struck when, for example, during the proving of AIDS of which I was a part, the prover who had a dramatic cure of life-long symptoms, was in the room but never took the remedy. Another example is the delegate at the conference who puts the bottle of proving substance in her pocket, gets an attack of Eupatorium symptoms, and learns later that the proving substance was Eupatorium. The remedy remained in her pocket. This is important for it tells us that there is a significant part of the proving process which we do not fully understand. We cannot dismiss it because it is there. We cannot see it and measure it with an instrument. But we must be aware of it and be careful of it because we tend to include it in the proving document, and create rubrics for symptoms that are not direct primary symptoms of the remedy being proven, but anecdotal symptoms of people not in the room or who didn't ingest the substance or the group dynamic which is taking place. They are often very different.

This is why, it seems to me, Vitthoukas for example dismisses most if not all modern provings. He is not the only one. And in this he is right. There is often a lot of dross and speculation and the inclusion of secondary symptoms and group dynamic. Some provings have a methodology so flaky that they make scientists laugh till they cry. But he is also wrong to dismiss them all. We have hundreds of cures and improved cases with these new remedies. I have seen myself that the supervisors of provers experience the same proving symptoms as the provers. In a dramatic example during the proving of Pearl (at Nature Care in 1998) the wife of a prover (who had not volunteered nor was interested in the whole process) developed the exact same symptoms as her husband who was in the proving group.



This must be acknowledged and worked with. I have had sensational cures and resolution of symptoms using Hydrogen, Scorpion and Lac Humanum. But there are many more new remedies I have tried in my practice and based the prescription on a lecture or a presentation and had no result. Is this poor prescribing or poor teaching or poor methodology or dodgy information?

Therefore the solution for the present moment seems to me to do even more work on each proving; produce two documents for each proving; both rigorous and with no superfluous information. The first including only primary symptoms. The second including the information also gleaned from supervisors that is directly relevant, both primary and secondary information for the purpose of understanding deeply what the remedy is really about.

In this book there is also a third section for each proving; a brief chronology is included which highlights the first few days experience of the major provers. This is included for the reader to provide a feel for the immediate response to the remedy, a different way of structuring the information. I have found there are times when the schema 'as if one person' layout of proving information can be somewhat one-dimensional. I notice Herscu structures his alcohol proving in this way. The exception is the proving of Moreton Bay Fig where only 'as if one person' has been presented.

In all three sections all extraneous proving dross has been edited and purged as best as possible. All are necessary to the profession if we are to use these remedies. After all why bother conducting a proving if it is not to be used. I want this and all the provings I have been involved in to be used by the profession, should the Homeopath live in Bolivia or Hyde Park, be they classical (whatever that means) or bent, should they use simplexes or complexes, should they use one methodology in their practice or another.

I'm sure you can tell I am a libran. I see and understand the desire for some such as Herscu to create a sound model of a proving which acknowledges that we are the twenty first century and that we are in the age of evidence based, double blind, random, placebo including drug trials. We have to tidy up our act. Yet we must also acknowledge the organic process and the shamanic nature of the homeopathic drug trial. I feel that to throw away one is a profound mistake and divisive unnecessarily. We must acknowledge both.

## THE THREE REMEDIES INCLUDED HERE

### **CHIRONEX FLECKERII; BOX JELLYFISH**

If there is a homeopathic Viagra then this is it. We have it. Look no further. Better still try it. But only at home. The uncontained, animal instinctual compulsive sexuality was completely out of control and forever memorable. But its value in hypertension may emerge over the next years.

### **LAMPONA CYLINDRATA; WHITE TAILED SPIDER**

The lasting memory of the 2000 proving was an image of a male prover backing his car into a petrol bowser trying to help a woman, his incredible difficulty in being polite, of the sticky fluid coming out of a provers belly button, of other's hallucinogenic hilarity. These will stay with me for ever. And I still have my hot head.

### **FICUS MACROPHYLLA; MORETON BAY FIG**

To my mind this proving in 1999 will be the one remembered for the wickedness of the head aches I gave myself as I prepared the remedy. I have decided never to do this to myself; ever again. Awful headaches, and then the impulse to protect and mother.

To the generosity of these students who acted as either provers or supervisors or researchers, my thanks for your perseverance and courage and time and generosity. I am sincerely grateful.

Alastair Gray  
Sydney 2005

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**2. PROVINGS AT NATURE CARE COLLEGE**

Nature Care College is a multi-discipline college of natural medicine on the north shore of Sydney Australia. Homeopathy 5 is a module offered at under-graduate level each year at Nature Care College. It is unique to have a formal proving and a module on the methodologies of provings taught at an undergraduate level in a Homeopathic College. While provings are being conducted all the time, it is rare to have the methodology as part of the curriculum and for the results of the proving to be collated, fully edited and published.

As co-ordinator of the program I find that this is a wonderful way to teach homeopathy. Every aspect of the art and science of Homeopathy emerges during a proving. Students as provers begin to observe and do so with no prejudice or as little prejudice as is possible.

Moreover it is the first time in the training of a Homeopath that the intellect is not fully engaged and the participant does Homeopathy as opposed to learn it. The participant takes a remedy and experiences fully the state hidden within the substance and unlocked with the serial succussion and dilution. It is a great journey to take. It is also a joy and a privilege to work with these volunteers. It is also worth acknowledging that we have learned as we have gone on since beginning in 1997.

**3. THE METHOD EMPLOYED****NATURE CARE COLLEGE PROVING PROTOCOLS**

(acknowledgments Jeremy Sherr, Paul Herscu and David Reilly)

**CLINICAL TRIAL DESIGN**

The Nature Care provings follow the guidelines laid down in the Organon by Hahnemann and more recently Sherr methodologies book on provings.

**PRINCIPLE CLINICAL INVESTIGATOR AND PROVING COORDINATOR**

Alastair Gray DSH PCH (UK) PCHom (Mal)ADH (NZ) ARoH AHA ATMS RSHom

**METHODOLOGY**

Base line established – case taking and two week journal run in.

Data collection – Diary/journal format

Supervision – daily contact and or phone contact.

Statistical Design – Single group with no placebo controls

Method of Blinding – Double blind.

Controls – External group of distance students control.

**HOMEOPATHIC REMEDY**

The medication used in these homeopathic drug provings were all prepared by Simillimum Homeopathic Pharmacy in New Zealand. Call + 64 4 4999242. The exception was Moreton Bay Fig which was prepared by the author.

**PROVER POPULATION**

See each individual proving for details.

There were no dropouts from these homeopathic drug provings.

**Prover Selection Inclusion Criteria –**

Each prover included in this homeopathic drug proving:

- was in a general state of good health for that person. The homeopath conducting the drug proving and the potential prover agreed he/she was in general good health. A routine evaluation was done to support this assessment. No laboratory tests were ordered.
- agreed in advance to fully comply with instructions for keeping the journal. The prover capably observed and described symptoms experienced from participating in the homeopathic drug proving.
- did not engage in any elective medical treatments (such as surgery or dental procedures) for the duration of the homeopathic drug proving.
- did not undergo any major life changes (moving, getting married or divorced, etc.) and continued the usual habits and patterns of daily living.
- was competent and signed the informed consent document
- was over the age of 18.

**Prover Selection Exclusion Criteria –**

The following criteria excluded a person from the homeopathic drug provings:

- current or ongoing medical treatment.
- ongoing acute exacerbations of their existing chronic disease.
- birth control pills within the past 3 months, or surgery within the past 6 weeks.
- pregnancy or nursing.
- under the age of 18.
- not having complete competence.
- failure to complete the journal during the pre-proving observation period.

**GENERAL DRUG PROVING OUTLINE**

All provers signed an informed consent. This classical homeopathic drug proving lasted at the maximum 8 weeks per prover. There was a two week pre-proving observation period to establish the baseline rhythm and symptom picture for each prover. These were single-case study control, comparing symptoms noted during the pre-proving observation period with those experienced after taking the homeopathic remedy. Neither the coordinator and the provers were aware of the substance being proved until after the trial was unblinded.

**REMEDY ADMINISTRATION**

The remedy was administered 2 times daily (5 drops sublingually) until the prover developed symptoms or for three days. If no symptoms occurred in three days, the prover stopped taking the remedy and continued recording in their journal. No food was eaten for at least 15 minutes prior to taking the remedy and no food was eaten for at least 15 minutes following administration of the remedy.

**SYMPTOM COLLECTION AND EVALUATION**

Provers noted in their journals the symptoms associated with the administration of the homeopathic remedy for one month and a two week post-proving observation period. The symptoms experienced after the administration of the remedy were compared with symptoms noted during the pre-proving observation period and were evaluated according to the criteria described in Sherr's book. All provers

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completed an exit interview where each symptom experienced was reviewed once again for additional clarification. All symptoms were noted for being either new symptoms, old symptoms, or altered symptoms. Some provers experienced a relief of chronic symptoms (such as the clearing of a chronically stuffy nose.) There were no adverse effects noted at the time of the exit interview.

### **EXTRACTION**

The symptoms noted by the provers are organised in the traditional Materia Medica format (as found in Boericke etc) as well as rubrics according to the system found in Kent's, Synthesis or the Complete Repertory. This will make the information gained from this proving more useful to practising homeopaths. All symptoms are listed in single type until later clinical verification warrants their advancement in the repertory.

### **CODE**

Where at all possible, reference has been made made to the prover number, the potency, the time from when the last dose was taken in order to clarify issues of primary and secondary action. There are some exceptions where some provers symptoms have been included without a code. This is generally due to poor observation. But rather than ignore what could possibly be a valuable symptom, these oversights have been included.

### **RUBRICS**

Any one who has attempted to wrestle with the task of the creation of rubrics from a proving manual will be aware of the hundreds of hours required. In the Nature Care provings this process is begun by the students themselves as a strategy to get them very familiar with the layout of the repertory, and then later confirmed and where necessary corrected by myself or a team of experienced homeopaths. There will be some that have perhaps fallen through the cracks. Where at all possible the oversights of undergraduate homeopaths have been located and set to right. Given the state of the repertory and the litany of mistakes in translation highlighted to us over the years by some such as Franz Vermeulen and Julian Winston there can be no doubt what a crucial task it is. Please be in no doubt of the lengths gone to in order to create as accurate a translation as humanly possible. There will be errors here. That is the reality of juggling thousands for pieces of information. They have been kept to an absolute minimum. A word on spelling. Sherr has especially emphasised the need to maintain the exact words of the patient. Unless incomprehensible I have changed nothing. The same goes for the spelling of the individual provers.

# A HOMEOPATHIC PROVING OF

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**FICUS MACROPHYLLA (FI-MY)  
MORETON BAY FIG**

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### THE PROVING

Condensed, edited, core primary symptoms

### THE FULL PROVING

Primary and secondary symptoms

### THE RUBRICS

### EPILOGUE

Thanks and acknowledgments

# INTRODUCTION

## THIS REMEDY

### 1. THE CHOICE OF THIS REMEDY

When it came to the Nature Care College proving for 1999, I felt it was important to have as one of the possible options an Australian tree; one with an immediate identification in the Australian psyche, one with a traditional medical use, one with an immediate toxicity if taken crude, one that had not been logged at any point in its history. Having been involved in the homeopathic proving of *Agathis Australis*, having prescribed it and lectured on its use, and also having decided I still didn't understand the proving well, I wanted to prove another tree remedy to more fully begin to understand what were the characteristics common to the family grouping of the trees in general, and then what is specific to individual trees.

While some of the Australian gum trees are listed in our materia medica and could do with fuller Hahnemannian provings, I opted for the *Ficus Macrophylla*; Moreton Bay Fig. Indeed this was the remedy that was selected from three other choices to make the trial blind.

### 2. METHODOLOGY OF THE PROVING OF MORETON BAY FIG

#### 2.1 COLLECTION OF THE SUBSTANCE

In the summer of 1998-99 I collected the bark, some of the papery wood, a hard green fig, one leaf, the white discharge, from three different trees, and a root barely touching the ground, (the roots grow down from about 3 meters above the ground).

The items collected were triturated up to the 3rd potency, then up to the 30th by hand in 95 % alcohol.

#### 2.2 THE TRIAL

Moreton Bay Fig was one of three remedies chosen for the 1999 proving. I did not know which remedy had been selected until 4 weeks into the proving. Supervisors were in daily or twice daily contact with their provers for up to four weeks. As coordinator I was in daily contact with both provers and supervisors.

In addition, in mid 1999 I had the opportunity (on an unsuspecting first year class I was teaching) to demonstrate the process of potentisation, succussion and dilution. I decided to demonstrate the making of a remedy up to the 15c and chose Moreton Bay Fig for no other reason than I had the mother tincture at hand. The results were immediate and startling. I would personally never recommend doing this again. It is the same issue with seminar provings. No informed consent can be gathered from participants, and these are important legal and ethical issues. The symptoms have been labelled 'olfaction from preparation of medicine'.

#### 2.3 THE PROVERS

2	30C	16	s	30	9C	student 6	
4	30C	18	30C	32	10C	student 7	
6	30C	20	4C	student 1	34	11C	student 8
8	30C	22	5C	student 2	36	12C	student 9
10	s	24	6C	student 3	38	13C	student 10
12	s	26	7C	student 4	40	14C	student 11
14	s	28	8C	student 5	42	Mother tincture – prepared the dose	

### 3. TREES AS REMEDIES IN HOMEOPATHY

I want to provide some context for the use of this remedy in homeopathic medicine by firstly placing trees and figs in some sort of homeopathic niche.

Hitherto ignored by Homeopathic researchers gathering information on the various families and grouping of remedies, the trees have remained uncharted territory until recently. Warkentin in particular has done some work in this area, (see the JAIH Summer 2001 Vol 94, No. 2) with his observations on the Gymnosperms. His work has relied heavily on the materia medica work of Mangliavori. Moreover Jonathan Shore in JAIH Vol 4 1999, and Links in 1998 skimmed the surface and produced some fine work. Also use of the *Referenceworks* program provides easier access to the tree remedies in the analysis of cases. But in light of the recent work of Sankaran and others in the plant classifications it seems relevant to draw some early conclusions.

One of the more immediate and important issues is determining what exactly is a tree. We all know what a tree is, but what is a tree remedy. For example we know the remedy Thuja to be a tree, and Camphor, but what about Coffea or Guaicum or a product deriving from a tree. Can we include these remedies in a grouping or family?

### 4. SOME TENTATIVE CONCLUSIONS; TREE FAMILY

Warkentin and others have identified common Gymnosperm and Conifer tree themes.

#### MIND

- Oldness and frail feelings (personally I can verify and confirm these observations – see the provings of *Agathis Australis* 1998)
- Duality and feeling double (verified *Ficus macrophylla* 1999)
- Floating (verified *Ag-Aus*, *Fi-my*, *Seq-g*)
- Inner emptiness (verified *Ag Aus*)
- Forsaken (verified *Ag-Aus*, *Fi-my*)
- Over production and Sycosis (verified *Ag-Aus* and *Fi-my*)
- Death after life
- Eating Disorders (verified *Ag-aus*, *Pseud-m*, *Douglas Fir*)
- Drug like state and euphoria (verified *Ag-aus*, *Thuj*, *Pseudo-m*)
- Fragility (verified *Thuj*, *Seq*)
- Forgetfulness (verified *Seq*, *Ag-aus*)
- Confusion (verified *Seq-g*, *Ag-aus*)
- Reconnection to childhood (verified *Seq-g*, *Ag-aus*, *Fi-my*)
- Exhaustion, Lassitude, Lifelessness
- Deep rejection and yearning and loss (verified *Ag-aus*)
- Mistakes in work
- Loftiness
- Durability
- Regeneration



1. I would add that from the mythology from multitudes of cultures we know trees are often symbolic as the bearers of light. The New Zealand Maori myth of Tane for example bears out this point. Tane the God of the forest separated his father and mother to allow light to come to the world. Moreover the homeopathic provings of Sequoia, Thuja, Guaiacum and Agathis Australis all confirm the symbolism of light bearing.
2. There is a strong aspect of time in the family grouping of trees. Trees are the ambassadors of time. There are repetitive feelings of being old and frail, tradition longevity, aging, cycles and seasons as Warkentin identifies.
3. Moreover, it is the tree that separates the worlds. It is the tree that in traditional cultures holds up the sky and separates the mother earth from the father sky. It is the tree that separates heaven and earth, the mother and the father, the male and the female. Separation is a huge theme in the tree family in Homeopathic medicine. An example of this is a spontaneous Homeopathic proving of Kauri (*Agathis australis*). This was sent to me in June of 1999 by a student. " I was conducting a spring clean of one of the rooms of a scientist who works here and I spotted a box whose title caught my eye. It said ancient wood samples. Being curious I found three bottles. The one I opened was entitled fossil Kauri and thinking to find a lump of petrified wood, I found instead a fine powder which blew in my face as I took off the lid. Within seconds of breathing in the powder, I became light headed and giggly [completely backed up by virtually every prover in the Homeopathic proving of Kauri]. My first thought was Wow this could be stuff like that from the wood between the worlds [CS Lewis, *The Magician's Nephew*] and it will transport me somewhere." I found this letter astounding. What this person experienced in a spontaneous proving is exactly the experience of 50 provers of *Agathis Australis* in potency in 1995. We can bear this out elsewhere in the proving of *Agathis Australis* where provers had dreams of being Aladdin on his carpet. It was the carpet which took Aladdin from the filth of the streets to the Sultan's castle; transported him from the world of the street to the lofty heights of Kingship; from the Many to the One.
4. Trees have always had a special magic calling us to acknowledge a deep interconnectedness. Rooted in the earth and reaching towards the sky, not only are they a connection between the worlds, but they unify them. We know this from our experience of using Thuja in the clinic. Perhaps Thuja is the most used tree remedy. In Thuja we know from its use over centuries, there is a profound separation in the body. The soul is separated from the body, there is something in the abdomen, that strange people stand beside the bed, that she is pregnant, that there is something alive in the belly, that the legs are made of wood, that there is a sense of brittleness and a liability to shatter. This theme of separation, while being a major theme of Thuja also belongs to the tree family. A prescription of Thuja to the patient that describes their separation in this way has the effect of connecting all the separate parts, it unifies the patient.
5. Sheltering, feeding, parenting and shading are recurrent themes in Moreton Bay Fig and common to the trees.
6. Mythologically it is worth remembering that the trees are home to spirits in a multitude of traditions. They are worshipped from Asia, North America, Oceania to Europe, from Druids to North American Indians to Scandinavians, symbolising and representing life, strength and knowledge.

### GENERALS AND PHYSICALS

While these are mental themes we can ground some of these ideas further with an understanding of the physical symptoms that run through the tree remedies. Take for example the Homeopathic proving of Sequoia. We learn (on page six of that proving) that in the intellectual capacity there was clarity of thought "as if a fog or haze had lifted in the mind". This is completely mirrored in the Homeopathic proving of Kauri where there were "fuzzy, foggy feelings" and in the Homeopathic proving of Morton Bay Fig where provers complained over and over of "fuzzy and foggy heads".

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There are further comparisons: Sequoia feels speedy and wired, a sensation of being on LSD. The exact same symptom was borne out of the proving of *Agathis Australis*. And in the head symptoms, Sequoia has "the feeling of weight or pressure on the head". This exact symptom, a pressure down on top of the head, a pressure through the nose and frontal eminence was borne out in the proving of *Agathis Australis*.

## 5. FIGS AS REMEDIES IN HOMEOPATHY

There is a precedent for the use of the fig tree in Homeopathy. We use the remedy *Ficus religiosa*, also known as *Ashwathya*. It is an Indian tree and the parts employed are the fresh leaves in tincture and in homeopathic dilution. We know it to be the Buddhist tree of enlightenment, where the Buddha sat under the tree for years until he reached this primordial state, protected from the elements and from danger by the snake, the Naga; Naja. This East Indian drug has been used for centuries to cure haemorrhages of many kinds. Vermeulen notes that there is blood in the urine, that there is difficulty breathing, coughing with vomiting of blood and the pulse is very weak. Furthermore, there is a disinclination to move, a sadness and melancholy. In the head, there is a nauseous sensation with the headache, and as Clarke notes, there is a headache with any haemorrhage. There is melancholic quietness, a burning in the vertex and, from Boericke, vertigo with a slight headache. In general we know it to be very weak and restless.

There is a further proving conducted in India in 1996; The fruit was collected from a Banyan tree at Churchgate (Mumbai). It is available in Referenceworks.

## 6. ABOUT THIS TREE; MORETON BAY FIG; FICUS MACROPHYLLA

Along with footy and prawns on the barbie, the Moreton Bay Fig stands as an impressive Australian icon in its own right. Many an Australian child, will no doubt remember the hot summer school lunches spent under the cool, welcoming arms of this gentle giant. If it wasn't for the strict Australian school rules, no doubt, most lunch breaks would be spent up the tree, defending its honour from any marauding invaders, namely the teachers.

This tree of the Australian tropics (for there is its native home) can often be found still growing, shading, and protecting in the memories of many a child at heart. But this magnificent specimen is not confined to the school yard, and not to the tropics.

While this fig is called Moreton Bay Fig because it was first found in the Moreton Bay area of South-East Queensland, its native habitat also ventures from the coastal rainforests of northern New South Wales to northern Queensland, as far inland as the Bunya Mountains, and as far south as Illawarra in South-eastern New South Wales.

Beginning around two hundred years ago the Moreton Bay Fig has even been known to sojourn and re-populate en force to more exotic places such as the likes of Sydney and other more cosmopolitan areas. This was not due to the excrement of large travel hardy birds who partook of the bounty of the figs each tree produces, but to early European settlers who recognised the incredible usefulness for shade trees of this type, and girth, and equal usefulness as a multipurpose child minder.

In the right conditions, one of these trees can reach up to 50 metres in height, with a large expansive thick buttressed trunk, large expansive, visible spreading roots, and a large expansive canopy. There is no mistaking that this tree is big.

It prefers light to medium soils in an open and sunny position and is drought resistant but frost tender. It is an evergreen and mostly grows to a height of 30 metres with a spread of up to 60 metres.

The most striking characteristics of the tree are that the roots are above the ground and reach down in tendrils above the ground. The branches cover a huge area. The trees are known and loved in

Australia for the amount of shade they provide in the summer. Like other trees, this one bleeds and there are characteristic tear streaks of gum like material on the trunks of the Morton Bay Fig.

The dark green glossy/leathery leaves are about 20cm by 8cm in size and bear companionship to the bounty of the tree, the Fig. The fruit of the Moreton Bay Fig as with the fig family in general, ripens all year round, and is quite unique in that it also doubles as the tree's flower.

If dissected, close inspection of the spotty purple fig will reveal something that looks as though the flower and stamens therein have been turned in on itself, or inside out. On closer inspection of this spotty purple fig, one may also find a nest of minute wasps. These wasps may use the fig fruit as their home and humidicrib, but they also serve to continue the lineage of the Moreton Bay Fig tree. It is interesting to note (if one is interested in the sex life of plants) that most of the fig [ficus] species has its own unique 'in house' wasp species.

These wasps seem to have exclusive rights to the pollination of the Fig tree. This is by way of a quite fascinating sequence. The female wasps enter the fig via the opening and lay their eggs into specialised sterile female flowers, the eggs hatch and the larvae live off the flower tissue. This nourishment takes them to adulthood, whence they mate, the wingless males then die without ever leaving the fig and seeing the outside world (as most male insects are wont to do after sex), and the females leave the fig by way of an exit opening populated with male flowers. The female wasp is dusted with pollen by the male flowers on her way out and flies off in search of another fig to pollinate, lay her eggs and begin the whole cycle again.

In the wild the sapling of the ficus macrophylla often begins its life growing on the trunk of another species of fig, which due to the growing roots soon becomes strangled and smothered by it.

Australian Aborigines found many uses for the Fig tree long before European settlement. In fact many of these uses of the tree were taken up by the settlers following the Aboriginal example. Not only was the fig eaten (withstanding wasp) as a vegetable, or pound to a paste, possibly whilst under the shade of the tree, the milky sap which exudes from the tree when cut was used as a medicine to treat infections and dress small wounds. This is quite fascinating as often this sap that is common to all fig trees is found to be an irritant when it comes in contact with the skin. Other records show that the inner bark of the fig tree was used to make cloth. In the Brisbane district the Aborigines used the root and bark of the Morton Bay Fig as a source of cordage for bags and fish nets. Often the branches as well as the bark were utilised for the manufacture of dug-out canoes. The bark of the tree has been described as a dark to grey-ish brown, and smooth, ideal for the above purposes, as well as having numerous blister type marks and small scales scattered all over it.

The first historical and botanical record of the Moreton Bay Fig tree was taken by Sir Joseph Banks. Banks was the official botanist accompanying Captain James Cook on his exploratory voyage along the east coast of Australia (1770). Banks mentions the Morton Bay Fig in his Endeavour Journal, Volume II, and noted in his journal the unique structure and inhabitation of the fig, whilst Cook noted the contours of what he later named Moreton Bay. James Cook first 'discovered' the area in 1770 and named it after James Douglas, Earl of Morton, President of the Royal Society in 1764 and one of the Commissioners of Longitude. European settlement commenced in 1824 (the first in Queensland), and from this time to 1839, the bay was actually the site of a penal colony. Up until 1859, when Queensland separated from the colony of New South Wales, the whole of what came to be known as Queensland was referred to as the Moreton Bay District. Aborigines had occupied the area for thousands of years prior to this time.

Moreton Bay, itself, is a large shallow, mud and sand shoaled bay on the south-east coast of Queensland. With Brisbane situated on its banks, the bay measures about 90 kms north to south and about 30 kms east to west. The eastern side of the bay is formed by the two islands of Moreton and North Stradbroke, while the western edge of the bay is formed by the Brisbane suburb of Redcliff, Deception Bay and Bribie Island. Several rivers also drain into the bay. (Thanks to Michelle Carnachon)

## 7. AN IMPRESSION OF MORETON BAY FIG

The immediate signature of the tree in its current and natural environment suggests protection from the fierceness of the Australian summer. Any Australian child will tell you stories of playing in the roots and root systems of the Morton Bay Fig in the summer, and nowadays at any time of the year, there are literally hundreds of kids playing in the root systems of these trees on the Australian beach water fronts.

Strikingly, and in comparison with other trees we use in Homeopathy, the Morton Bay Fig is not tall, the branches only just out of reach of the human hand, the first branches shoot parallel to the ground in all directions and cover a distance of up to half a football field. For our purposes in Homeopathy the remedy is instantly sycotic. There is gum and there are discharges.

## 8. THEMES FROM THE PROVING OF MORETON BAY FIG

### MIND

#### Ungrounded and floating

There was a profound feeling of ungroundedness. There was a feeling of floating in air. Provers felt incredibly grounded or completely ungrounded. One prover experienced grounding after eating. Another prover had an air feeling in her head, air head, the head was full of air. Provers felt spacey, there was the delusion that there was air in the head and it felt like on drugs. "I am up there above my body" said one prover. (Compare Anacardium and Thuja)

- Spacey. Was very busy all day and felt 'spacey' a little light headed (even faint a couple of times).

#### Air in the head

The sensations were spacey and vague and very detached. There was a space between the mind and the body, between the head and the body, a separation of the head. (Compare Thuja) There was air in the head.

- I feel a bit air headed (light headed), on the way home as my mind feels airy.

#### Speediness

- A feeling of being woolly headed. Its as if I was on cannabis. My mind is going around in circles, above my head,

There was a sensation as if drinking lots of coffee – rushing and shaking of the head, fuzzy and buzzy in the head.

- I am totally out of it on drugs.

One prover described that the mind went in circles in the air and then settled back into the head. In the head there were headaches on the right side of the head, as if a band, heavy eyes. And the modalities were around cold air. Applications and anything cool made the head the eyes and the ears better.

- I am laughing and speeding. I am wired as if I have had coffee.
- I'm feeling restless and irresolute about going home. Feeling in an altered state like I'm on drugs. Senses are acute, i.e eyesight.
- At work I'm feeling edgy and not grounded, like I've had a strong coffee. Scattered can't focus on one thing, get distracted, focus on one thing, get distracted easily, not finishing the chores set out for me today at work before starting another one.
- Feeling speedy, shaky as if had a few coffees. Busy like a bee with my work, but this time actually getting stuff done and quickly (NS, unless I have had coffee) however I find myself sometimes stopping everything and staring into space as if in a daze (NS).

- Jumpy and on edge. Out all night and felt as if on speed, stomach all knotty, eyes wide open and so tired, everything was altered, very very sensitive, getting on so friendly with everyone. A bit impatient and can't get my sentences together, sentences are broken.
- Hurried and on the go, buzzing, can't sit still, restless. A bit spacey you could say, not grounded at all. The most grounded I have been is at the ocean after a swim.

### **Irritable**

Very irritable, very impatient, short tempered.

- I feel so agitated towards everyone.

### **Calmness**

Feeling calm and peaceful.

- Like a veil coming off me.

### **Assertiveness**

Provers stood up for themselves for the first time and experienced "growing into who I am". One prover was more confrontational, and where previously would never have said anything was now happy to confront.

## **SHELTER COMPASSION HEALING PARENTING**

Consistent themes to emerge from the proving were those of shelter, compassion, mothering, protection and connection with children. A male prover experienced strength in the veins of the arm while the maternal, nurturing, protective aspects of the tree emerged also. Dreams of healing, dreams of mothering, and dreams of the Guru. All provers had experiences of nurturing and compassion, of being obsessed with compassion for animals and the treatment of sick people. Imagery of the mother and the grandmother consistently came to the fore.

## **SCHOOLS AND UNIVERSITIES**

Constant images, dreams and thoughts of schools, places of learning and universities by the sea. The imagery is consistently around cathedrals, universities and schools.

## **OCEAN AMELIORATES**

Provers were better at the ocean, better from the beach and water and swimming,

- A bit spacey you could say, not grounded at all. The most grounded I have been is at the ocean after a swim.

## **2.00PM AGGRAVATION**

The aggravations were between two and two thirty in the afternoon when, it was postulated, the sun is at its zenith and hottest bearing out the protective theme of the remedy.

## **CLEAN**

Another theme to emerge was the necessity to clean and do so fastidiously. 60% of provers had the necessity to clean.

## **SPLIT**

- Have sensation the (right) side of body is quite different to the left side. Feel almost split down the middle with a heavier sensation to the (right).

## EXPERIENCE OF MEDICINE I

**ANIMALS**

- At a beach where there are a lot of families and pets I notice I have this warm connection with the animals, playing and talking with them more than I would normally. One dog came up to me out of the blue and just smiled at me. More than ever, dogs and cats, coming up to me and smiling and waving their tails.
- I have observed how at lunch time today I helped ants carry their crumbs to their hiding holes. I had a lot of compassion for them, this animal thing, I was watching them, carrying crumbs, I picked up the crumb and carried it to its hole,

**NURTURING**

- We were given a case history to diagnose. I was quite upset with this mother's lifestyle. She was smoking when pregnant and on the pill when breast-feeding. It made me really angry and felt that it was a severe injustice to her child. I don't usually get this opinionated about things. I have been so opinionated, other peoples incompetence triggers it.
- Dream, In Morocco with E again, and her child this time a 3 boy who again is very intelligent and talks like a 12 year old. His face is very expressive and we have a warm connection. We both look over him as he plays by a pool then suddenly I see him play too close to the water and he falls in. E doesn't seem to be startled, she is unexpressive, but I panic and jump in to save him fully clothed. We walk out drenched into a restaurant full of people to go to our room to get changed. I'm feeling very self-conscious of every one staring.
- Dream of girlfriend with leukemia ringing me and telling me she's in remission for 3 years. I say how pleased I am but fear it is a false alarm and that she will stop her natural therapies and get sick.
- Dream, I was with a little girl child that looks like I did when I was little. I was nurturing to the children in my dream. One had a rash on her face and ask for my help she spoke as if an 8-year-old but she looked about 2y.o. I responded with warmth and gave her a big hug.
- Dream, I had a dog that needed treatment at the pound for some reason. I started getting worried/paranoid that the pound would take it away for experiments. I started panicking because I found this to be true and I felt horribly responsible for letting my dog go there.

**DRYNESS**

The theme of dryness runs through the whole remedy. Dryness of the throat and itching of the ears and of the head. There was dryness in all the parts.

**HEAD**

- Dull headache
- Lightness in the head.
- Fuzzy
- Right side, throbbing and hot
- Feeling very speedy, spacey with heaviness over my eyes as if increased pressure. The right eye is weepy
- Headache both sides of head like a clamp, also back of head.
- Felt as though someone is patting me on the top of my head.
- Sharp pains down into my left side like a meat cleaver, from behind. Its been travelling all around, throbbing, pulsing. > lying on a hot water bottle
- A head sensation as if someone put a tight band around my head, lasted for a couple of days, felt like pulling the band off, there was no pain but so annoying. Tight feeling – no pain.

- I feel a right-sided headache moving to the back of my neck, occipital, and the back of my head on the right side.
- I feel as though I have been hit in the back of the head
- I feel a pressure pain in the right temple radiating to the top of my head upon rising.

### **EAR**

- Notice my left ear very hot.
- Notice (left) ear itchy and a bit hot and red
- Itchy left ear, felt numb, a bit swollen and as if something was in it
- My right ear is clicking in and out of being blocked.
- My right ear feels blocked again as the air conditioner in the room is noisy and the sound is annoying it

### **NOSE**

- My nose was dripping like a tap for a whole day after I made the remedy, like hayfever, I went through I whole tissue box....it lasted for days.
- Runny nose.
- I feel my nose blocked with mucus like a head cold, on rising.
- My nose feels like it is constantly running with clear mucus, while walking around.
- As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose.

### **NECK**

- Throughout this proving I had an incredibly sore neck, in fact months later it doesn't feel as if it is attached to my back or head properly, neck stiffness.
- Stiffness in my neck up to my skull, not my usual neck tension. Seemed connected to the fuzzy head feeling
- Tightness and neck tension. Upper throat and all around jaw

### **SKIN**

- Four months after the proving my skin is so so dry, and moley and warty.
- My skin feels dry so I put on stronger moisture cream.

### **EXTREMITIES**

- Knees
- Back
- Neck
- Shoulders

### **DREAMS**

There are dreams of historical events, old-fashioned cars. Water emerges as a consistent motif, the beach, the sea and galleons, which is a consistent theme in tree provings. Another consistent theme was insects, weevils and beetles. Moreover galleons, boats and water were common motifs.

- In this dream there are aeroplanes crashing. A Qantas one comes in and lands, and an Air New Zealand jumbo cartwheels across the tarmac, wing over wing.

## EXPERIENCE OF MEDICINE I

- My grandmother E is in the water. In the sea. Near rocks and the water and the surf is choppy. There are huge waves crashing and I am there holding onto the rail of a pool which is in this seawater. I feel fine and calm.
- Dream of problem solving. Ask questions in a college situation and then am able to work them out, even surprises me in dream that I know the answers.
- Dreams of bringing a guru into shop.

**WATER**

- Dreaming of being in Thailand with my Mother where they convince me to take the driver's door off and attach something for easy buying of goods. Seems like a good idea at the time (Mother not convinced) and then find I'm running around trying to get front door back. It all takes place in floating market place.
- I remember going into I think Mum's kitchen and it was flooding – I had to pull the plug out, water was sloshing around.
- On the beach, sand, tide coming in. Could only just grasp the memory of this dream; couldn't remember any other details.
- I was on a beach, golden sand, there with friends – tide coming in, I couldn't let towels get wet.
- I dreamt I was scuba diving in the ocean with someone else checking these fine nets pushing fish off them to save the fish. Accidentally touched an electric wire and got a shock.
- I lived in a unit overlooking the ocean. I had the key to a friend's place up stairs. Water spouts by 2 are on the water coming this way. Unorganised, papers getting blown around in my friend's place. I run downstairs where it is safer but I realise my friend's place has the windows open. I have to go up, but it is dangerous. Then I woke up – very anxious on waking.
- Dream 1: I was at school like Loretto Kirrabilli (it has a likeness to a cathedral) and it was on top of a rocky area with caves below and a beach, and my husband was telling this nun about a tunnel that went under the rock to the area where classrooms were in the ground. We went looking for this tunnel and found this hole with a ladder which went into the ground. Above this hole was a sign written in a foreign language. Part French and something else. We didn't go down into the tunnel, as it was dark, so we thought we would get a light or torch.

**WEEVILS**

- A girlfriend, R had nits in her hair, these turned into black beetles.
- I was in an old house, 3 or 4 levels, showing someone around – seemed like I was exploring it myself. Went down to the garden and there was a pear tree, an avocado tree and another fruit tree, I don't recall what fruit though. I cut open the fruit and there were weevils in it, couldn't be eaten.
- I dreamt I had something in my ear, it was like a weevil, got it out with a cotton bud. Didn't feel repulsed or anything.

**OTHER**

- Went into cave underground. Came to a large opening, there were a circle of people, all foreign, looked very kind (good vibe from them). Have still got an image of man directly in front of me – (Mexican maybe?), bald head, black moustache, very powerful looking. I think the lady next to him was Chinese.
- Dreamt I was at a university open day but it was at night. Went into a huge pavilion that looked as though there was a boat show going on inside. All types of maritime things, Spanish galleons etc. I had to weave my way through all the people and the exhibits to get to an exit that opened up onto a grassy knoll. On top of the knoll was this old three story building that was very much designed



in the Georgian style architecture. There was a commotion with people gathered around below and I look up and there is James Bond abseiling down the corner of the building. He jumps into a huge tree (like a fig) and I ask him where the dissection house is (there is a path leading into darkness next to the tree), he offers to take me there himself and starts chatting me up. I'm not really interested because it is Pierce Brosnan, and I would prefer to go to this dissection house. We come to another building of Georgian type architecture where everyone is craning to see inside the huge illuminated windows. Something of great historical significance is taking place in there. It doesn't interest me. I see the dissection house and start to walk over there but as I do I'm stopped by two homeboys who start making snide remarks about my chastity. I grab one by the collar and scream in his face. At least I have morals. At least I don't have any STDs like aids or syphilis or gonorrhoea. I then woke up.

### **RIGHT SIDED**

The remedy is manifestly right sided: right sided headaches, right sided back, sciatic pains, right sided shoulder and elbow sensations of being cold and numb. There is tension in the body, there are problems of the throat and most definitely of the knee where virtually all provers had sensations of being stretched; pain, rheumatic symptoms in the knees. There were severe problems of the ear and itching of the ear and of the right side of the head and shoulders.

### **REACTIVITY**

Consistently there was the over reaction to small events and the under reaction to big events.

### **ADAMAS**

Most strikingly, and with a huge amount of surprise, it was discovered that in the conversion of symptoms to rubrics that there are many, many comparisons to the new remedy Adamas, surprising because the substances are so vastly different. Both Adamas and Morton Bay Fig cannot weep. There is a sense of courageousness, they walk fast and need to walk fast and move quickly, and there is a sense of profound confidence.

### **TEEN YEARS**

Morton Bay Fig sent provers back to age 7–15. "At my childhood home, I lived there age 7–15, where I am preparing a room for guests to stay and I'm running around trying to clean up and make their beds while they are watching TV, the Shining. I'm madly running around in a rush and nothing seems to be getting done, there are lots of obstacles in the way.

Provers of Morton Bay Fig said it brought up old teen issues. With one prover her teen issue was feeling 'left out. I have missed out. I am the dunce, I am not that good. I have no family'. These teen issues were revisited.

## **9. THE PREPARATION OF THE REMEDY**

Primary immediate response from the collection of the substance, preparation of the substance, succussion and dilution.

I am overcome with fatigue

Making the remedy the succussions I did with my R hand were much cleaner and sharper than the left

The left hand would roll and catch and be off the mark

The two dates I had set up in the afternoon and the evening both cancelled on me

I feel strong in my right arm

Collecting the remedy I felt a mixture of furtive, guilty and protected.

Dry throat

## EXPERIENCE OF MEDICINE I

I feel spaced out  
That my lips are bigger  
My state is exaggerated, mental intensity  
Physical tiredness and fatigue  
Lonely  
Scared  
Stiffness in my neck  
I want to bend my neck backwards

**10. MORETON BAY FIG; A SHORT STORY**

There are the strangest synchronicities that happen. Four months after the ending of the proving of Moreton Bay Fig, I was sitting in a hammock at Mangrove Mountain reading the Sunday supplement about some great holiday venues to visit in Southern California. There was a story about Santa Barbara. And one of the biggest attractions there is a huge tree. It's a Moreton Bay Fig and it stands downtown, near the freeway and was brought there in 1877 by a sailor. The tree spans 160 feet and can shade more than 1000 people. Now the really spooky thing is that I have seen it. More than that I learned the story behind it and why it has a mail box nailed to it, although I never realised what sort of tree it was at the time I was there.

Santa Barbara has a stunning climate and it is an obvious place to winter for the homeless. Hobos from all over the States aim for there in October. However it was determined in the US long ago that no one can collect any social security unless there is an address for information to be sent. The city of Santa Barbara decided to make the tree an address because it sheltered so many people each year. In 1987 I sat amongst its twisting roots chatting to the locals who called it home. Interestingly there is another huge specimen in Santa Monica in the grounds of Shutters Hotel. Planted in the 1890s, it came ashore via a drunken Australian sailor who gave it to a local bar owner because he couldn't pay his bill, who in turn gave it to John P Jones, one of the city's founding fathers, for his mansion. Theme; Protection of the Needy.

# THE PROVING

## CONDENSED, EDITED, CORE, PRIMARY SYMPTOMS

### MIND

#### Spacey/Fuzzy/Strange Head

Was very busy all day and felt 'spacey' a little light headed (even faint a couple of times).

*06:30c:00:xx:xx*

At 3.25am. I am not me. I woke up – feeling strange, something playing with my head, I couldn't shake it. I got up to go to the toilet, then went back to bed. Fell back to sleep pretty quickly. *4:30c:00:18:40*

Fuzziness. At 10pm – nowhere near as bad as yesterday but still there a bit. There's something in there. It doesn't cloud my mind, but I can't describe it. Can't get it out. NS *4:30c:06:14:xx*

A feeling of being woolly headed.

*06:30c:01:xx:xx*

I seem slower. At 4.30pm it seemed like it was taking longer to walk to the bus, felt I was moving the same pace as normal, but not getting there as fast. Its as if I was on cannabis. NS *4:30c:01:07:xx*

My mind is going around in circles, above my head, and it is settling into the back of the right side of my neck behind my right ear with some feeling of pain and I also feel a bit dizzy, in bed. *8:30c:04:15:00*

#### Teenager

Weird feeling that I had had as a teenager of being unsure, sense of a touch of insecurity, anxiousness, like stew in a pot.

*30, 3c, olfaction from preparation of medicine*

I realised this remedy had stirred up some old childhood reactive patterns, long time since had them. Have settled but still feel slightly agitated inside. This remedy has stirred up things from me as a teenager and as a child.

*30, 3c, olfaction from preparation of medicine*

#### Speeding

I am laughing and speeding. I am wired as if I have had coffee. *2:30c:00:08:00*

I'm feeling restless and irresolute about going home. Feeling in an altered state like I'm on drugs. Senses are acute, i.e eyesight (NS).

*2:30c:00:05:00*

I am very hurried and impatient. Slamming doors and pushing, being hasty with my hands as I prepare for work. Feel like I haven't enough sleep (RS). *2:30c:00:21:00*

At work I'm feeling edgy and not grounded, like I've had a strong coffee. Scattered can't focus on one thing, get distracted, focus on one thing, get distracted easily, not finishing the chores set out for me today at work before starting another one. *2:30c:00:22:00*

I have been doing major stress, couldn't get the alarm right, making mistakes. I cried because of the stress, and I was concerned because I thought P thought I was an idiot. *2:30c:00:24:00*

Feeling speedy, shaky as if had a few coffees. Busy like a bee with my work, but this time actually getting stuff done and quickly (NS, unless I have had coffee) however I find myself sometimes stopping everything and staring into space as if in a daze (NS). *2:30c:01:00:00*

Jumpy and on edge. Out all night and felt as if on speed, stomach all knotty, eyes wide open and so tired, everything was altered, very very sensitive, getting on so friendly with everyone. A bit impatient and can't get my sentences together, sentences are broken. Hurried and on the go, buzzing, can't sit still, restless.

*2:30c:02:00:xx*

I just had a massage and feeling very relaxed, eyes droopy, heavy lids. Again I find myself staring into space with eyes wide open.

*2:30c:01:04:30*

I feel nervousness in my speech as I talk to a customer, i.e thumbling with words. Feeling very airy, not grounded at all. *2:30c:00:01:30*

Emotionally I'm feeling very down and depressed, unmotivated, antisocial with no bright/positive outlook to my situation. Though I did manage to get away for the evening and day

## EXPERIENCE OF MEDICINE I

and be with good friends as opposed to wallowing in my misery. 2:30c:03:18:00

Since the remedy, ever since I have coffee I get this spaced out feeling, spacey in my head, I get a nice rush, but I am shaky and I speak faster, perception is clearer, having great conversations, meeting strangers, I step out of my usual self, it uplifts my mood, I was a different person. 2:30c:xx:xx:xx

I feel a bit air headed (light headed).  
8:30c:02:10:xx

I feel as if I am there physically but not in my spirit, looking out at the ocean during a luncheon with 2 of my friends at the Manly Pacific Hotel, I am thinking about a house I owned years ago in Western Australia, which overlooked a beach. 8:30c:03:03:xx

I had to really concentrate while driving my car on the way home as my mind feels airy.  
8:30c:03:07:xx

**Irritable**

Was irritable and a bit depressed most of day.  
06:30c:00:xx:xx

Say I feel claustrophobic. Makes me feel irritable and anxious again. I have a shower and calm down. I wanted some more space between me and people. Give me some space!  
06:30c:00:xx:xx

Irritability. I was left a note by flatmate saying found a person (Lover of a person she works with) was missing – committed suicide. I thought why leave a note telling me this – affecting my energy first thing in the morning – annoyed. 4:30c:02:01:xx

I feel so agitated towards everyone at college, I have to leave a bit early as I can't stand being here, have to go outside. I couldn't stand it. I felt it towards people; this is not like me.  
8:30c:04:12:xx

Super dooper irritable. I stayed at home to stay away from people or else.  
32: 4c olfaction from preparation of medicine

I have a really short fuse, someone has set a timer. Very irritable, very impatient, short

tempered. Bit several heads off, went through a few people, created havoc.

30, 3c, olfaction from preparation of medicine

**Calmness**

Woke in the morning feeling calm and peaceful. (NS). 06:30c:01:xx:xx

Go to work feel calmer and more focused than I have for a while. Get the feeling that the remedy has finished as I feel something has lifted off me. Like a veil coming off me. Realise I was probably more spacey and emotionally vulnerable than thought as I feel stable now and grounded. I'd lost touch with who I am. But there is a clarity of mind, more focused and together. I didn't realise I was so muddle-headed. I have my objectivity back. Oh I have been strange over the last few weeks, a hangover has worn off.  
06:30c:08:23:30

**Cleanliness**

I feel alive and I am doing things like cleaning.  
8:30c:04:06:xx

I am totally intolerant to uncleanliness.  
2:30c:xx:xx:xx

**Lethargy**

Lethargy at 11.05am. My first day without coffee – a little lethargic in class. 4:30c:00:02:20

Mood fairly good, less apathetic, feel quite emotionally detached and rational. Mood undulating during the day. 06:30c:05:xx:xx

**Split**

Have sensation the (right) side of body is quite different to the left side. Feel almost split down the middle with a heavier sensation to the (right). 06:30c:02:xx:xx

Feel (right) side different to left.  
06:30c:11:xx:xx

Find have a bit of trouble with memory particularly a mistake with remembering numbers which I'm usually good with.  
06:30c:04:xx:xx

I'm making mistakes with numbers.  
6c:30c:xx:xx:xx

**ANIMALS**

At a beach where there are a lot of families and pets I notice I have this warm connection with the animals, playing and talking with them more than I would normally. One dog came up to me out of the blue and just smiled at me. More than ever, dogs and cats, coming up to me and smiling and waving their tails. This lasted a whole week. Oh there was a dead bird that was bought in by my cat. 2:30c:02:19:00

I have observed how at lunch time today I helped ants carry their crumbs to their hiding holes. I had a lot of compassion for them, this animal thing, I was watching them, carrying crumbs, I picked up the crumb and carried it to its hole, I was passionate about it I had tears in my eyes; D pointed out that maybe I have been functioning on Beta waves since the remedy which can explain the connection with the animal kingdom and the fact that I am finding it hard to spell well and put sentences together grammatically correct. 2:30c:05:23:00

I feel quite chirpy (talkative). 8:30c:00:06:10

I am feeling quite happy now. I have been having strong mood swings though – talkative to vacant, up and down. 8:30c:01:07:05

I am feeling tired on the way home.  
8:30c:00:12:00

I really feel like a date, fig and apricot slice to eat. 8:30c:01:08:00

**HEAD**

Dull pain at 8.30pm. Dull headache came on.  
NS 4:30c:00:11:45

Lightness in the head. 4:30c:02:07:xx

Aching at back of neck on left side – going up occiput. Gradually became a headache, hard to concentrate in class. NS 4:30c:04:10:xx

Fuzzy feeling. Not quite a headache, pressure, still able to concentrate, but it's just there. Frontal lobe and at sides above my ear. Went from 8.00am through to 5pm. NS  
04:30c:04:23:xx

Heat rising up to my face. < sitting in warm environment. > cool air. 2:30c:01:00:00

Right sided sharp pain that lasts all day but comes and goes in waves. Starts at right temple and moves above forehead and behind eye. By the end of the day it affects my whole head. Nothing seems to relieve it fully- I've had water, fruit juice, neck massage, herb teas nothing. Right side, throbbing and hot, behind and above my eye. 2:30c:01:18:00

Headache around forehead and above eyes, It's a dull ache like a pressure over my eyes (RS). As before, it starts sharp and becomes dull and intermittent throughout the day. It spreads to both temples by lunchtime. 2:30c:01:18:00

Temples beginning to have dull achy pin as before. Feeling very speedy, spacey with heaviness over my eyes as if increased pressure. The right eye is weepy. (NS) 2:30c:13:20:00

I have had a headache since Wednesday, nothing has stopped it, its all around, but also sharp pains down into my left side like a meat cleaver, from behind. Its been travelling all around, throbbing, pulsing. > lying on a hot water bottle, this is weird because usually my headaches > with cold application.

20, 10c olfaction from preparation of medicine

A head sensation as if someone put a tight band around my head, lasted for a couple of days, felt like pulling the band off, there was no pain but so annoying. Tight feeling – no pain.  
22, olfaction from preparation of medicine

Headaches on left side, spread all over. It lasted 4 days, and came on one day after proving the medicine.  
24 olfaction from preparation of medicine

I have a headache in my right temple, above my ear moving to my neck. 8:30c:00:00:10

I feel a right-sided headache moving to the back of my neck, occipital, and the back of my head on the right side. 8:30c:00:02:30

I have an ache to the back of the right side of my head, near my neck but my ear was better.  
8:30c:00:04:00

I feel pain at the base of the right side of my head and my neck and it is shooting up to my temple, but my ear is clearer. 8:30c:00:06:00

## EXPERIENCE OF MEDICINE I

I am feeling tired so I am going to bed with a slight head ache behind my right ear and this pain radiates to the back of my head at C3 and C4 region, right sided. 8:30c:00:14:00

I feel as though I have been hit in the back of the head, which lasts about 1/2 hour. 8:30c:01:06:00

I feel a slight headache mainly in the right side front forehead, a sharp pain. 8:30c:06:13:xx

I feel a different head pain, slight headache on top of my head which is a dull pain.  
8:30c:06:23:xx – 46:xx:xx

As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose.  
34, *olfaction from preparation of medicine*

**EYES**

Eye lid muscle twitch – right eye. Eyesight acute (NS) 2:30c:01:00:00

I am more tense this morning. A little bit of twitching in the eyes, eyes are heavy, like they are wide open, pupils are dilated, and I see things differently, I am on drugs. 2:30c:02:00:xx

**VISION**

My eye vision and colours seem a bit crisper.  
8:30c:00:07:xx

**EAR**

Notice my left ear very hot. Feel a bit brain dead most of the day and lounge around. Sort of burning – like a chilblain, like itchy, the right one is fine. 06:30c:03:xx:xx

Notice (left) ear itchy and a bit hot and red.  
06:30c:04:xx:xx

(Left) ear still a bit sore. 06:30c:04:xx:xx

Itchy left ear, felt numb, a bit swollen and as if something was in it. Doesn't respond to being cleaned out.  
28, 7c, *olfaction from preparation of medicine*

I feel my right ear is blocked slightly.  
AS 8:30c:00:00:05

My right ear is clicking in and out of being blocked. AS 8:30c:00:02:35

30

**NOSE**

Noticed (right) nostril clear and left one blocked (do feel bit congested after red wine).  
06:30c:02:xx:xx

My nose was dripping like a tap for a whole day after I made the remedy, like hayfever, I went through I whole tissue box...it lasted for days.  
22, *olfaction from preparation of medicine*

Runny nose.  
28, 7c, *olfaction from preparation of medicine*

I feel my nose blocked with mucus like a head cold, on rising. 8:30c:07:23:xx

My nose feels like it is constantly running with clear mucus, while walking around.  
8:30c:07:23:xx

My nose is streaming with clear mucus, while working. 8:30c:07:23:xx

As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose.  
34, *olfaction from preparation of medicine*

**FACE**

Had a nerve twitch in the right side of my face. And feeling woolly headed. 06:30c:00:xx:xx

The left side of my face has a twinging pain in my sinus. 8:30c:02:07:xx

My friends tell me that my skin looks greenish in colour, in patches on the left side of my face (to me this is my right side) and under my chin.  
8:30c:03:06:xx

My face feels a twinging pain on the left side and in my sinus. 8:30c:03:09:xx

**MOUTH**

Dry mouth immediately after making the remedy.  
28, 7c, *olfaction from preparation of medicine*

I can taste a metallic type taste up the top of the inside of my mouth. 8:30c:02:11:xx

My mouth feels very dry. 8:30c:03:09:xx

My lips feel very dry, and they feel as though they are going to crack or split. 8:30c:04:13:xx

I have a taste of chalk in my mouth.  
8:30c:04:13:xx

My tongue feels furry and whitish in colour with big rough red spots on tip of it, and it feels a little sore. I have to get up and check it in the mirror. 8:30c:04:15:xx

Man, I had a dry palate.

32, *olfaction from preparation of medicine*

Incredibly dry palate.

34, *olfaction from preparation of medicine*

## TEETH

In my upper jaw my teeth are hurting, all in gums, like an aching and a dull ache, up into the top jaw bone, an ache like you need a filling, or as if the tooth is loose but its not, and the gum is letting go of them. 2:30c:02:00:xx

## THROAT

Sore throat, beginning of flu feeling. 06:30c:15:xx:xx

Right tonsil tenderness > swallowing at 4.00pm. Started in my right tonsil, then both, lasted a few hours. NS 4:30c:00:07:15

Sore. 3pm. My throat was a bit tender – top of throat near tonsils. NS 4:30c:03:06:xx

Sore. My throat was tender, quite sore; back of roof of mouth. NS 4:30c:05:03:XX

My throat feels very dry, and lower in my throat as well. 8:30c:02:14:xx

My throat feels very dry. 8:30c:04:09:xx

My throat feels sore and has a sharp pain when I swallow. 8:30c:09:10:xx

My cough is a slight deep throated cough.

8:30c:09:10:xx

Cough is a deep chesty cough with no phlegm.

8:30c:10:09:xx

When I cough it is a deep dry throated cough, but does not last long. 8:30c:11:06:xx

I cough a few times to clear my throat, it feels a bit irritated and dry. 8:30c:12:06:xx

My throat feels dry and my cough is a deep throated sound, with no phlegm.

8:30c:12:23:xx

I am coughing more frequently because my throat feels irritated, I have a dry cough

8:30c:13:11:xx

My voice is breaking up and sounds like I have a cold. 8:30c:13:23:xx

I feel a tickling dry cough and seems worse at night. 8:30c:14:11:xx

Swollen glands immediately after the dose.

2:30c:00:00:10

Throat constricted. 2:30c:00:00:10

## STOMACH

8am Had a few hiccoughs straight after taking dose. As soon as I took it. 06:30c:00:00:01

I bought some butterscotch lollies.

NS 4:30c:00:04:55

Nausea > after eating 3.00pm. 4:30c:02:06:xx

Feeling of nausea and hunger.

28, 7c, *olfaction from preparation of medicine*

Craving for brown sugar sandwiches.

28, 7c, *olfaction from preparation of medicine*

I have a craving for date, fig, and apricot slice, must have one. 8:30c:17:05:xx

Increase in appetite, craving sugar and coffee, huge amounts.

32, *olfaction from preparation of medicine*

Complete loss of appetite as soon as the dose was taken. 2:30c:00:00:10

I have been eating really fast, indigestion and eating fast, ever since the remedy started. 2:30c:10:xx:xx

## ABDOMEN

Diaphragm sore. I had a sore feeling deep to eighth rib, movement doesn't make > or <. 3pm NS 4:30c:04:06:xx

My chest has pain like digestion and it is moving left to right and feels uncomfortable.

8:30c:04:02:xx

I have cramping pain in my ribs on the right side.

8:30c:04:06:xx

## RECTUM

I have a bit of flatulence which is more than I would normally have and with this I felt a bit nauseous before. 8:30c:00:23:35

## EXPERIENCE OF MEDICINE I

**STOOL**

Had a small movement and did this twice more before work. (Felt incomplete still – small movements). 06:30c:02:xx:xx

Upon going to the bathroom my stool looks a little yellow, greenish in colour and smooth, finer and compact. 8:30c:00:13:05

**URINE**

Wake up feeling O.K. Go to bathroom and notice my urine stream dribbling a bit which is unusual. Some hesitancy at 4 in the morning. 06:30c:05:xx:xx

I am noticing that my urine is of greenish yellow in colour, and very slightly cloudy. 8:30c:06:09:xx

I notice my urine is not as green/yellow, and definitely clearer. 8:30c:05:13:xx

**RESPIRATORY**

I have a slight cough, which is dry in sound. 8:30c:08:08:xx

**NECK**

Stiffness in my neck up to my skull, not my usual neck tension. Seemed connected to the fuzzy head feeling. 8.55am NS 4:30c:05:00:xx

Stiffness. At 4pm I felt stiffness nearly at lower skull, feels muscular NS 4:30c:06:07:xx

Sensation as if glands swelling in throat, tightness (NS) < when talking. 2:30c:00:01:30

Very tense all over especially shoulders and neck. 2:30c:00:01:xx

Tightness and neck tension. Upper throat and all around jaw (NS). Glands feel up. 2:30c:00:21:00

**BACK**

Back tension in my shoulders from work being placed on my desk and I am so stressed out. 4:30c:01:xx:xx

Feel tired and back sore. 06:30c:04:xx:xx

Tight/stiff. At 1pm so tense, like a rock. NS 4:30c:09:04:xx

I feel quite sharp pain on my right side in my back and I still feel pain in my shoulder 8:30c:00:06:30

I feel pain in my lower back in the middle radiating to my right side. 8:30c:00:12:10

I feel pain in the right side of my back and it seems to be moving down my spine to my shoulder blade and from the top of my neck down to my middle dorsal part with some lumbar ache on my right side. 8:30c:00:23:45

I have pain in my right shoulder blade which radiates to my neck. 8:30c:01:09:30

I feel pain in my neck and my shoulder but my ear is clearer going to bed. 8:30c:01:14:35

The right side of my shoulder has pain which goes to my neck when I was getting out of bed. 8:30c:01:23:00

My right lower back in the lumber region has dull pain which lasts about 2 hours. 8:30c:02:05:xx

My right shoulder has sharp pain radiating to my neck. 8:30c:02:14:xx

I feel pain in my right shoulder and this goes to my neck upon rising out of bed. 8:30c:03:01:xx

I feel back pain as I am driving along, this is mainly in my neck on the right side. 8:30c:03:02:xx

**CHEST****HEART**

I experienced racing palpitations early in the morning, I have had at night for 2 weeks now, very strong 190 beats per minute and they appeared very suddenly. They appear suddenly for about 15 minutes, then disappeared suddenly.

*26 olfaction from preparation of medicine*

**SKIN**

The skin on my face has some red spots, with one under my eye and another coming up under my chin. 8:30c:01:01:45

My skin feels dry so I put on stronger moisture cream. 8:30c:03:23:xx

My skin is itchy all over my body and my scalp, on the way home in car, but there are no eruptions. 8:30c:04:13:xx



My skin is itchy which is chronic but worse all over my body lying in bed. 8:30c:04:15:xx

I am feeling itchy on the body but mainly on my extremities. 8:30c:06:12:xx

### EXTREMITIES

(Right) arm between elbow and shoulder felt could and numb (goose bump feeling). This sensation was while in hot shower and lasted about 1/2 hour. An hour later my arm feels better and the split sensation not as intense. Arm sensation gone. 06:30c:02:xx:xx

Notice my (right) arm is sore in same area where it felt cold. 06:30c:04:xx:xx

(Right) leg feels sore but different, more stiff like (right) arm (less heaviness). 06:30c:11:xx:xx

Right knee sprain < movement. I think a ligament is over-stretched – I'm not sure if it is due to remedy. 12.05pm NS 4:30c:00:03:20

At 10.30pm in bed felt heaviness in my right leg. 4:30c:01:13:xx

Left arm pain. Felt pain in my left arm with tingling in forearm and fingers, palms sweaty. Went from shoulder down the ulna to my hand NS. 4:30c:02:14:xx

My left knee aches in the back of my kneecap when getting up from bed. 8:30c:00:23:30

My right foot has pain, with a feeling of pins and needles shooting from my footpad into my big toe. 8:30c:01:03:30

I feel pain in my left knee still. 8:30c:01:03:35

My skin on my feet feel cracked a little around my heels and around my toes seem very dry. 8:30c:03:09:xx

I feel pain in my left hip lasting about 1/2 hr. (dull pain in my hip joint) worse when I walk. 8:30c:03:11:xx

I feel in my right foot pins and needles on rising from bed. 8:30c:03:22:xx

My right kneecap in the joint under the kneecap has a dull pain, like arthritis. 8:30c:03:23:xx

My fingers of both my hands have pain in the joints like arthritis but it is more so on right. 8:30c:04:07:xx

My right knee has still a dull ache. 8:30c:04:08:xx

My right foot has pain in the ankles with cracking, at 5.10pm. 8:30c:04:08:xx

The skin on my feet feels rough and dry like leather. 8:30c:04:08:xx

My hands and the knuckles of my fingers have a chronic ache but it is worse in the right hand. 8:30c:04:15:xx

My right knee has joint pain in the kneecap. 8:30c:04:15:xx

I have chronic pain in the toe joints of my right foot in bed. 8:30c:04:15:xx

The knuckles of the fingers in my right hand have pain like arthritis. 8:30c:04:16:xx

The pain in my knuckles especially in the right hand feels better when I move around. 8:30c:04:23:xx

I feel arthritic pain in the joints of my fingers of my right hand. 8:30c:05:06:xx

I feel like an arthritic pain mainly in the joints of my right hand. 8:30c:05:10:xx

The skin on my feet don't feel as dry as they have been. 8:30c:05:14:xx

The joints in my right hand still feel painfully sore. 8:30c:05:23:xx

My right hand feels painful when I put pressure on it, mainly joint pain. 8:30c:07:13:xx

I have pain in my joints, like arthritis of my right hand and is worse for pressure. 8:30c:08:23:xx

Sharp and lancing pain in big left toe for about 1 hour.

*30, 3c, olfaction from preparation of medicine*

Painful flare-ups of spots in right foot that don't normally have. One under 4th metatarsal pharyngeal joint and one right on top of foot. Very uncomfortable and aching persistently. < cold. *30, 3c, olfaction from preparation of medicine.*

## EXPERIENCE OF MEDICINE I

**PERSPIRATION****SLEEP**

Sleep – normally wake at 3 am wide awake and go and get sultanas (!) and go back to bed, but I am sleeping straight through.

*28, 7c, olfaction from preparation of medicine*

I slept soundly with no dreams but I felt a bit chilly near the morning for about 1 hour and had to put heavy covers back over me in bed at night. *8:30c:00:15:00*

**DREAMS**

Took a while to get to sleep. Woke up and was dreaming and wrote down 3 people's names (Nick, Beryl and Rex). I was sure I would remember but didn't. Remember something fairly peaceful and possibly to do with space or life after death theme. *06:30c:00:xx:xx*

Seem to remember a dream about projectile vomiting. *06:30c:03:xx:xx*

Go to bed at 1am remember vague dreams of negotiating with people, I am quite calm, rational but definite. *06:30c:04:17:00*

Dream of problem solving. Ask questions in a college situation and then am able to work them out, even surprises me in dream that I know the answers. *06:30c:05:xx:xx*

Dreams of bringing a guru in a new shop. *06:30c:06:xx:xx*

Woke up dreaming of being late for work, had to climb over houses to get where I'm going. Two girls (unknown) come with me. I didn't want them there and then one fell. I woke up feeling guilty and also telling myself it wasn't my fault (anxiety). *06:30c:07:xx:xx*

Dream of girlfriend with leukemia ringing me and telling me she's in remission for 3 years. I say how pleased I am but fear it is a false alarm and that she will stop her natural therapies and get sick. *06:30c:08:xx:xx*

Dreaming of being in Thailand with my Mother where they convince me to take the driver's door off and attach something for easy buying of goods. Seems like a good idea at the time (Mother not convinced) and then find I'm running around trying to get front door back. It

all takes place in floating market place.

*06:30c:11:xx:xx*

Dream of being vindictive to old friend at party and wake wishing I hadn't been.

*06:30c:14:xx:xx*

Scared. I woke up and couldn't recall any dreams until I started to think hard. In one dream I'm in a taxi and to get where I'm going, we have to drive up this narrow extremely steep 70-degree road, with like construction going on either side with that fencing that keeps people out. We make it to the top and there is about a drop of about 2 metres between the ledge and the ground. At first the workmen say we have to go back down but I was nervous coming up and too scared to go back down because of the steepness. We were able to get off the ledge as there was a gate (like on the ferry). Then whilst in the taxi on the way home, I stopped at a shop to get some things including 2 apple pastry things. They were on the top shelf and bigger than what I thought – 2 people could share one but I still got two. When I got home, shared the apple thing with a friend, giving him the bigger piece. *4:30c:02:16:xx*

I remember going into I think Mum's kitchen and it was flooding – I had to pull the plug out, water was sloshing around. *4:30c:02:17:xx*

I dreamt I had something in my ear, it was like a weevil, got it out with a cotton bud. Didn't feel repulsed or anything. *4:30c:03:20:xx*

On the beach, sand, tide coming in. Could only just grasp the memory of this dream – couldn't remember any other details. *4:30c:05:16:xx*

I was on a beach, golden sand, there with friends – tide coming in, I couldn't let towels get wet. *4:30c:07:16:xx*

At student clinic, I was running late for a patient, caught another student with their pants down. He had boxers and a shirt on, but no pants. *4:30c:10:16:xx*

I was in an old house, 3 or 4 levels, showing someone around – seemed like I was exploring it myself. Went down to the garden and there was a pear tree, an avocado tree and another fruit tree, I don't recall what fruit though. I cut open the fruit and there were weevils in it, couldn't be eaten. *4:30c:16:16:xx*

I dreamt I was scuba diving in the ocean with someone else checking these fine nets pushing fish off them to save the fish. Accidentally touched an electric wire and got a shock.

*4:30c:24:16:xx*

I lived in a unit overlooking the ocean. I had the key to a friend's place up stairs. Water spouts by 2 whales are on the water coming this way. Unorganised, papers getting blown around in my friend's place. I run downstairs where it is safer but I realise my friend's place has the windows open. I have to go up, but it is dangerous. Then I woke up – very anxious on waking. *4:30c:39:16:xx*

At my childhood home, I lived there age 7 – 15, it was a bad time in my life; where I am preparing a room for guests to stay and I'm running around and very hurried, trying to clean up and make their beds while they are watching TV, the Shining. I'm madly running around in a rush and nothing seems to be getting done, there are lots of obstacles in the way. I am trying to find the sheets, everyone's waiting, but I can't get it together, the room is untidy, stuff is piling up. *2:30c:00:17:00*

I was with a little girl child that looks like I did when I was little. I was nurturing to the children in my dream. One had a rash on her face and ask for my help she spoke as if an 8-year-old but she looked about 2y.o. I responded with warmth and gave her a big hug. *2:30c:03:17:00*

I had a dog that needed treatment at the pound for some reason. I started getting worried/paranoid that the pound would take it away for experiments. I started panicking because I found this to be true and I felt horribly responsible for letting my dog go there. *2:30c:05:17:00*

In the USA wilderness with E and another person bush walking and getting lost progressively. We separated and I eventually found my way and set up camp. I started panicking because some time past and there was no E who was pregnant. I felt to blame for us being lost and got upset. However suddenly she turns up totally ok, chirpy, as if nothing had happened. *2:30c:09:17:00*

In Morocco with E again, and her child this time a 3 boy who again is very intelligent and talks

like a 12 year old. His face is very expressive and we have a warm connection. We both look over him as he plays by a pool then suddenly I see him play too close to the water and he falls in. E doesn't seem to be startled, she is unexpressive, but I panic and jump in to save him fully clothed. We walk out drenched into a restaurant full of people to go to our room to get changed. I'm feeling very self-conscious of every one staring. *2:30c:14:17:00*

Dream 1: I was at school like Loretto Kirrabilli (it has a likeness to a cathedral) and it was on top of a rocky area with caves below and a beach, and my husband was telling this nun about a tunnel that went under the rock to the area where classrooms were in the ground. We went looking for this tunnel and found this hole with a ladder which went into the ground. Above this hole was a sign written in a foreign language. Part French and something else. We didn't go down into the tunnel, as it was dark, so we thought we would get a light or torch.

Dream 2: I was at a restaurant with a woman I was working for and then the next time I was at the same restaurant, which was supposed to be next day with my family and the woman turned up with her family for her birthday. We both agreed an amazing coincidence but her husband in the dream is the husband of a girl whose daughter went to school with my daughter. I then woke up. *8:30c:02:15:00*

Dream 1: I was at a shopping centre with people discussing its expansion and they were thinking of closing the school across the road, the reason it was too near the beach which was further away to the west (where taller trees were) I then woke up.

Dream 2: I was in a bus going along when I dropped my savings bank book and papers down the side of the seat and there was a hole in the buses side so these papers dropped out to the road. I stopped the bus and got off, ran back and collected the papers. Then my sister was sorting piles of papers on the side footpath. I then woke up. *8:30c:01:14:50*

I feel I may have had a dream but I can't remember it, upon waking – maybe ocean or water? *8:30c:13:12:xx*

## EXPERIENCE OF MEDICINE I

**FEVER**

5.00pm Feeling a bit feverish.

06:30c:15:09:xx

My whole body feels hot like a fever

8:30c:08:23:xx

I am feeling very hot and clammy

8:30c:09:10:xx

In bed I feel hot and feverish and throughout the night. 8:30c:09:xx:xx

**CHILL**

My body feels chilly, 8:30c:10:00:xx

My body feels cold all over even laying with a cover. 8:30c:10:00:xx

**GENERALITIES**

At 9.30pm kept putting my cardigan on, then taking it off, I couldn't get to a comfortable temperature. NS 4:30c:00:12:45

3.25am Warm sensation NS 4:30c:00:18:40

Feeling hot, heat rising from abdomen area. (NS) 2:30c:00:01:30

Feeling hot all over especially face, which seems to be occurring intermittently all day. I've also had no appetite all day (NS). 2:30c:00:05:00

No appetite, but I'll eat anyway because I don't want to loose any weight! However I'm eating really fast that I've got to consciously slow myself down. Body feeling very restless, can't sit still. Very thirsty > for water. 2:30c:01:00:00

On rising; Nausea, head spinning, walking uncoordinated, almost falling over. (NS) 2:30c:04:19:00

Feeling uncoordinated, tired, spacey and totally unrefreshed (from when I sleep in till late). I cannot wake up at all so I decide to have a coffee. 2:30c:13:20:00

Feeling very ungrounded again, my perception seems extra sharp though and I'm feeling out of body. This lasts all day with it gradually wearing off, I also have no appetite all day. 2:30c:14:01:00

Restless feeling, need to change position, especially in the left leg.

24 olfaction from preparation of medicine.

I feel pain in all my joints in my body at Yoga and especially my right hand. 8:30c:05:08:xx

# THE FULL PROVING

## PRIMARY AND SECONDARY SYMPTOMS

### MIND

#### Initial Primary Action

- Spacey Fuzzy Ungrounded Strange Head
- Teenager
- Speeding
- Irritable
- Calmness
- Cleanliness
- Lethargy
- Split
- Animals

#### Spacey/Fuzzy/Ungrounded/Strange Head

Was very busy all day and felt 'spacey' a little light headed (even faint a couple of times).

06:30c:00:xx:xx

At 3.25am. I am not me. I woke up – feeling strange, something playing with my head, I couldn't shake it. I got up to go to the toilet, then went back to bed. Fell back to sleep pretty quickly. 4:30c:00:18:40

Fuzziness. At 10pm – nowhere near as bad as yesterday but still there a bit. There's something in there. It doesn't cloud my mind, but I can't describe it. Can't get it out. NS 4:30c:06:14:xx

I feel nervousness in my speech as I talk to a customer, i.e. thumbling with words. Feeling very airy, not grounded at all. 2:30c:00:01:30

A feeling of being woolly headed.

06:30c:01:xx:xx

I seem slower. At 4.30pm it seemed like it was taking longer to walk to the bus, felt I was moving the same pace as normal, but not getting there as fast. Its as if I was on cannabis.

NS 4:30c:01:07:xx

My mind is going around in circles, above my head, and it is settling into the back of the right side of my neck behind my right ear with some feeling of pain and I also feel a bit dizzy, in bed.

8:30c:04:15:00

I feel definitely more grounded. 8:30c:06:14:xx

I feel my whole self aches so I have to get to lay down. 8:30c:08:13:xx

#### Teenager/Dwells

Weird feeling that I had had as a teenager of being unsure, sense of a touch of insecurity, anxiousness, like stew in a pot.

30, 3c, olfaction from preparation of medicine

I realised this remedy had stirred up some old childhood reactive patterns, long time since I had them. Have settled but still feel slightly agitated inside. This remedy has stirred up things, as a teenager and as a child.

30, 3c, olfaction from preparation of medicine

#### Speeding

I am laughing and speeding. I am wired as if I have had coffee. 2:30c:00:08:00

I'm feeling restless and irresolute about going home. Feeling in an altered state like I'm on drugs. Senses are acute, i.e. eyesight (NS).

2:30c:00:05:00

I am very hurried and impatient. Slamming doors and pushing, being hasty with my hands as I prepare for work. Feel like I haven't enough sleep. 2:30c:00:21:00

At work I'm feeling edgy and not grounded, like I've had a strong coffee. Scattered can't focus on one thing, get distracted, focus on one thing, get distracted easily, not finishing the chores set out for me today at work before starting another one. 2:30c:00:22:00

I have been doing major stress, couldn't get the alarm right, making mistakes. I cried because of the stress, and I was concerned because I thought P thought I was an idiot. 2:30c:00:24:00

Feeling speedy, shaky as if had a few coffees. Busy like a bee with my work, but this time actually getting stuff done and quickly (NS, unless I have had coffee) however I find myself sometimes stopping everything and staring into space as if in a daze (NS). 2:30c:01:00:00

## EXPERIENCE OF MEDICINE I

Jumpy and on edge. Out all night and felt as if on speed, stomach all knotty, eyes wide open and so tired, everything was altered, very very sensitive, getting on so friendly with everyone. A bit impatient and can't get my sentences together, sentences are broken. Hurried and on the go, buzzing, can't sit still, restless.

*2:30c:02:00:xx*

I just had a massage and feeling very relaxed, eyes droopy, heavy lids. Again I find myself staring into space with eyes wide open.

*2:30c:01:04:30*

Very pissed off with N. Intolerant of his untidiness and selfishness. I've made up my mind not to come home tonight and sleep at a girlfriend's place, I've had enough! I've been very closed and distant towards him lately - cannot bare to touch him. I am totally over the relationship! I will not give in now. Before I would. I want to be on my own. I am indifferent to him. *2:30c:01:18:00*

Emotionally I'm feeling very down and depressed, unmotivated, antisocial with no bright/positive outlook to my situation. Though I did manage to get away for the evening and day and be with good friends as opposed to wallowing in my misery. *2:30c:03:18:00*

I had some spiritual healing today with E and I'm feeling finally grounded like I've landed. I'm back on my feet and feeling more positive about what I need to go through these next few weeks. Her cat was very affectionate to me and this she says is unusual. *2:30c:04:09:00*

I go to get a Pizza for myself (this is unusual for me) and I'm walking down the street feeling very tall and spacey. People seem weird to me. I feel very confident and chatty with the shop owners (usually I keep to myself). My foot has been relaxing on the accelerator. A bit spacey you could say, not grounded at all. The most grounded I have been is at the ocean after a swim. *2:30c:18:06:00*

Since the remedy, ever since I have coffee I get this spaced out feeling, spacey in my head, I get a nice rush, but I am shaky and I speak faster, perception is clearer, having great conversations, meeting strangers, I step out of my usual

self, it uplifts my mood, I was a different person. *2:30c:xx:xx:xx*

I feel a bit air headed (light headed). *8:30c:02:10:xx*

I feel as if I am there physically but not in my spirit, looking out at the ocean during a luncheon with 2 of my friends at the Manly Pacific Hotel, I am thinking about a house I owned years ago in Western Australia, which overlooked a beach. *8:30c:03:03:xx*

I find it hard to make conversation at this lunch. *8:30c:03:05:xx*

I had to really concentrate while driving my car on the way home as my mind feels airy.

*8:30c:03:07:xx*

**Irritable**

Was irritable and a bit depressed most of day. *06:30c:00:xx:xx*

Say I feel claustrophobic. Makes me feel irritable and anxious again. I have a shower and calm down. I wanted some more space between me and people. Give me some space!

*06:30c:00:xx:xx*

Have moments of irritability but pass quickly. *06:30c:05:xx:xx* and *06:30c:06:02:00*

Dishwasher man came and irritated me but not greatly. *06:30c:07:xx:xx*

Feeling irritable from my broken sleep. *06:30c:11:23:30*

Feel tired, irritable and don't want to be there, running late as per usual and get annoyed with myself. *06:30c:28:xx:xx*

A bit frustrated and irritable. *06:30c:30:xx:xx*

Irritability. I was left a note by flatmate saying found a person (Lover of a person she works with) was missing - committed suicide. I thought why leave a note telling me this - affecting my energy first thing in the morning - annoyed. *4:30c:02:01:xx*

I feel so agitated towards everyone at college, I have to leave a bit early as I can't stand being here, have to go outside. I couldn't stand it. I felt it towards people; this is not like me.

*8:30c:04:12:xx*

I am feeling very annoyed with everyone and everything for no reason at all. 8:30c:46:01:xx

I feel very annoyed with everyone, for no reason. 8:30c:46:09:xx

The sound of the air-conditioner is annoying me and making me feel irritable I feel I need some fresh air. 8:30c:46:11:xx

I have a really short fuse, someone has set a timer. Very irritable, very impatient, short tempered. Bit several heads off, went through a few people, created havoc.

30, 3c, *olfaction from preparation of medicine*

Super dooper irritable. I stayed at home to stay away from people or else. 32: 4c *olfaction from preparation of medicine*

### **Calmness**

Woke in the morning feeling calm and peaceful. (NS). 06:30c:01:xx:xx

Woke up with the alarm and was not in a dream state and felt quite peaceful. 06:30c:01:23:30:xx

Drive to work after liquid breakfast feeling quite calm and that thinking of stressful things is too hard and think of simple things. 06:30c:02:xx:xx

Feel apathetic and a bit depressed but a staff member gave notice so this may be part of it. 06:30c:04:xx:xx

Go to work feel calmer and more focused than I have for a while. Get the feeling that the remedy has finished as I feel something has lifted off me. Like a veil coming off me. Realise I was probably more spacey and emotionally vulnerable than I thought as I feel stable now and grounded. I'd lost touch with who I am. But there is a clarity of mind, more focused and together. I didn't realise I was so muddle-headed. I have my objectivity back. Oh I have been strange over the last few weeks, a hangover has worn off. 06:30c:08:23:30

Good day, calm, doing things more easily. 12

Very relaxed, and positive. 12

I feel alive and I am doing things like cleaning. 8:30c:04:06:xx

Felt calm, and relaxed. 12

Got up late, but didn't seem to care, was quite relaxed. 12

Got very busy and cleaned out all the cupboards. 12

### **Cleanliness**

I am totally intolerant to uncleanliness. 2:30c:xx:xx:xx

Very busy, started cleaning up and tidying up children's rooms. Couldn't bear mess. 12

### **Lethargy**

Lethargy at 11.05am. My first day without coffee – a little lethargic in class. 4:30c:00:02:20

Mood fairly good, less apathetic, feel quite emotionally detached and rational. Mood undulating during the day. 06:30c:05:xx:xx

Wake up feeling very apathetic, couldn't care if bought pharmacy or not, too much work. 06:30c:06:xx:xx

Felt lethargic and unfocused. 06:30c:14:xx:xx

### **Split**

Have sensation the (right) side of body is quite different to the left side. Feel almost split down the middle with a heavier sensation to the (right). 06:30c:02:xx:xx

Feel (right) side different to left. 06:30c:11:xx:xx

### **Animals**

At a beach where there are a lot of families and pets I notice I have this warm connection with the animals, playing and talking with them more than I would normally. One dog came up to me out of the blue and just smiled at me. More than ever, dogs and cats, coming up to me and smiling and waving their tails. This lasted a whole week. Oh there was a dead bird that was bought in by my cat. 2:30c:02:19:00

I have observed how at lunch time today I helped ants carry their crumbs to their hiding holes. I had a lot of compassion for them, this animal thing, I was watching them, carrying crumbs, I picked up the crumb and carried it to its hole, I was passionate about it I had tears in my eyes; D pointed out that maybe I have been functioning on Beta waves since the remedy

## EXPERIENCE OF MEDICINE I

which can explain the connection with the animal kingdom and the fact that I am finding it hard to spell well and put sentences together grammatically correct. 2:30c:05:23:00

**OTHER SYMPTOMS**

Find have a bit of trouble with memory particularly a mistake with remembering numbers which I'm usually good with.

06:30c:04:xx:xx

Feel a bit stressed but manage to juggle everyone O.K. 06:30c:19:23:30

Clinic 2-5pm, feeling quite focused.

06:30c:22:xx:xx

Get up and apprehensive about how I'll manage the day ahead. On the remedy I have lost a bit of focus. Drifting – not in control. A lot more undulating right now. Foggy in the morning.

06:30c:23:xx:xx

Confrontation – I spoke up about something I would normally just let sit and let it ride. My flatmate was putting down the friend of one of her friends. She has done it before. Tried to explain to her that she may not know the background of the friendship. 4:30c:05:09:xx

I went into my Homeopathy class, told to get in groups. I felt hassled by another student, humiliating me because I had come prepared. Started crying, left class, then angry, fuming, took all my self control not to let out a scream. Yelled in the girls toilets to N "I'm just fucked off." Went home early, couldn't bear to hang around the class. When I was marking H's quiz in class I put a question mark next to one of his answers – I think he presumed I would just give him the 2 marks straight off – I thought no, let him work for it! Similar but a lot milder feeling with K at the moment. Same sort of energy I felt before I blew up with H. I have been in this state I can remember about 5 years ago I blew up. But I will normally go into this state from not getting enough attention, not from someone teasing me. 4:30c:11:11:xx

At 3.30pm felt better for being at beach, but nothing in particular came up though. Better for fresh air, exercise. RS 4:30c:10:07:xx

Weepy. At 4.30 became over-emotional – the slightest thing brings on tears. 4:30c:36:08:xx

40

My mood has improved significantly even though I still have a headache and I'm in the middle of breaking up! I hate being miserable I just want to have fun! 2:30c:02:05:00

I'm making mistakes with numbers.

6c:30c:xx:xx:xx

I am a better listener to F, more accepting of her and I am not getting uptight and angry like I usually would after after spending 5 minutes with her! I feel like I am much more accepting of her ways. The food has grounded me a lot tonight. 2:30c:14:06:00

Depressed and feeling very lonely this morning, as if I have no family. Movie last night really affected me... it's been an emotional roller coaster since the remedy but it's also the situation that I am in at the moment.

2:30c:17:19:00

Got flustered and angry with my inability to do certain yoga postures. Anger builds up throughout the day as I think of how angry N makes me – he is driving me insane. I'm fuming, breathing heavily and sighing alot (OS). I can't stand him!! 2:30c:18:19:00

After taking M's case for Hom.5 at 10pm and after for several hours, I felt like I was on the ultimate high. I felt totally and utterly content with my performance as a case-taker. Very very confident. 10.

In S&D 2, we were given a case history to diagnose. I was quite upset with this mother's lifestyle. She was smoking when pregnant and on the pill when breast-feeding. It made me really angry and felt that it was a severe injustice to her child. I don't usually get this opinionated about things. I have been so opinionated, other peoples incompetence triggers it. 10.

Went out to a uni bar with a friend. Felt unusually super confident (not drinking at all) when talking and socialising with new people, which I am usually very apprehensive about initiating. Didn't feel so vulnerable but rather equal with the other females there, ie, in appearance. 10.

When getting dressed for college today for some reason I subconsciously started getting all dolled up. I'm not trying to impress anyone, it just happened. 10.



Lying in bed trying to sleep and when I closed my eyes had the strangest sensation as if I was trapped under a glass road and there were horses galloping over the top of me. 10.

Did something incredibly stupid on impulse and spent a ludicrous amount of money on some friends who showed no gratitude whatsoever but rather paid me back with sheer ingratitude and hypocrisy. I have never felt so insulted in all my life. I aired my severe disappointment which they just ignored so I refused to speak to them for the rest of the evening. 10.

Woke up this morning with the most intense feeling of remorse and shame and regret at my idiotic judgment of the previous night. My heart literally broke, I felt as though I could cry but no tears would come, it was all internal. 10.

Sitting on the bus into the city, we stopped for about 15 minutes because we hit something or some car and the driver had to get the recipients details. Meanwhile some hippy gets on and just steals the cash box. It was a full bus so I thought there would be enough witnesses so I got off and started walking to town hall. I was so indifferent to it and just thought how typical of this chaotic world. 10.

I feel like crawling into a tiny little dark shell. 10.

I feel quite chirpy (talkative). 8:30c:00:06:10

I am feeling quite happy now. I have been having strong mood swings though – talkative to vacant, up and down. 8:30c:01:07:05

I am feeling tired on the way home. 8:30c:00:12:00

My daughter and I are having a laugh and we were joking around. 8:30c:00:13:00

I feel quite happy in myself. 8:30c:01:03:00

I really feel like a date, fig and apricot slice to eat. 8:30c:01:08:00

I am feeling really tired. 8:30c:01:10:30

Driving along in the car started thinking of my Dad who died in January and started to weep as I thought how much I loved him and how much I missed him. Then got myself together. 8:30c:01:23:50

I feel tired and my eyelids feel heavy. 8:30c:04:03:xx

## HEAD

Dull pain at 8.30pm. Dull headache came on. NS 4:30c:00:11:45

Lightness in the head. 4:30c:02:07:xx

Aching at back of neck on left side – going up occiput. Gradually became a headache, hard to concentrate in class. NS 4:30c:04:10:xx

Fuzzy feeling. Not quite a headache, pressure, still able to concentrate, but it's just there. Frontal lobe and at sides above my ear. Went from 8.00am through to 5pm.

NS 4:30c:04:23:xx

Fuzziness at 1pm. Same as yesterday

NS 4:30c:07:04:xx

Fuzziness at 2pm NS 4:30c:08:05:xx

At 2.10pm had a fuzzy feeling in my head.

04:30c:27:05:xx

At 2pm got this fuzzy feeling in my head – the same feeling – something in it. 4:30c:29:05:xx

At 2pm again this fuzzy, buzzy feeling in my head. 4:30c:32:05:xx

At 2.30pm buzzy feeling in my head.

4:30c:34:05:xx

Heat rising up to my face. < sitting in warm environment. > cool air. 2:30c:01:00:00

Right sided sharp pain that lasts all day but comes and goes in waves. Starts at right temple and moves above forehead and behind eye. By the end of the day it affects my whole head. Nothing seems to relieve it fully- I've had water, fruit juice, neck massage, herb teas nothing. Right side, throbbing and hot, behind and above my eye. 2:30c:01:18:00

Headache around forehead and above eyes, It's a dull ache like a pressure over my eyes (RS). As before, it starts sharp and becomes dull and intermittent throughout the day. It spreads to both temples by lunchtime. 2:30c:01:18:00

Headache as before and it lasts all day.

2:30c:04:21:00

Temples beginning to have dull achy pain as before. Feeling very speedy, spacey with heaviness over my eyes as if increased pressure. The right eye is weepy. (NS) 2:30c:13:20:00

## EXPERIENCE OF MEDICINE I

Head, slight headache top of head. 12

Headache top of head. 12

Really bad headache felt like headache I got when had meningitis, down neck. 12

Headache top and back of head, sore. 12

Headache both sides of head like a clamp, also back of head. 12

Felt as though someone is patting me on the top of my head. I used to get this feeling when I was a kid but haven't had it in ages. 10.

I have had a headache since Wednesday, nothing has stopped it, its all around, but also sharp pains down into my left side like a meat cleaver, from behind. Its been travelling all around, throbbing, pulsing. > lying on a hot water bottle, this is weird because usually my headaches > with cold application.

*20, 10c olfaction from preparation of medicine*

A head sensation as if someone put a tight band around my head, lasted for a couple of days, felt like pulling the band off, there was no pain but so annoying. Tight feeling – no pain.

*22, olfaction from preparation of medicine*

Headaches on left side, spread all over. It lasted 4 days, and came on one day after proving the medicine.

*24 olfaction from preparation of medicine*

Nasty headache came on after preparing the medicine in my usual spot and I am prone to them.

*26 olfaction from preparation of medicine*

Headache, fairly typical, get every 5 – 6 weeks. Had an accident and got a cleft there so that is where my headaches seem to focus anyway. Headache on right side which gets swollen and gradually takes over crown of head. Relieved by putting pressure on it. Normally I take China but this didn't have any effect. It went to my forehead, and was relieved by lying down. My headache eventually went away after a few days with China (NB China is a bark).

*28, 7c, olfaction from preparation of medicine*

I have a headache in my right temple, above my ear moving to my neck. 8:30c:00:00:10

I feel a right-sided headache moving to the back of my neck, occipital, and the back of my head on the right side. 8:30c:00:02:30

I have an ache to the back of the right side of my head, near my neck but my ear was better.

8:30c:00:04:00

I feel pain at the base of the right side of my head and my neck and it is shooting up to my temple, but my ear is clearer. 8:30c:00:06:00

I am feeling tired so I am going to bed with a slight headache behind my right ear and this pain radiates to the back of my head at C3 and C4 region, right sided. 8:30c:00:14:00

I feel as though I have been hit in the back of the head, which lasts about 1/2 hour.

8:30c:01:06:00

I feel a slight headache mainly in the right side front forehead, a sharp pain. 8:30c:06:13:xx

I feel a different head pain, slight headache on top of my head which is a dull pain.

8:30c:06:23:xx

I feel a slight dull headache in the middle on top. 8:30c:07:08:xx

I feel a slight dull headache. 8:30c:08:03:xx

I feel a dull pain in the right side of the front of my head. 8:30c:08:10:00

I have a dull headache on top of my head.

8:30c:08:23:xx

I feel a headache on top of my head.

8:30c:09:10:xx

I feel a slight headache over my eyes.

8:30c:10:09:00

I feel a slight fatigued type headache over my eyes. 8:30c:15:00:xx

I feel a pressure pain in the right temple radiating to the top of my head upon rising.

8:30c:16:00:xx

I feel a slight headache across my head in the temples but this seems worse in the right side.

8:30c:16:13:xx

I feel a quick sharp headache on the top of my head, upon arising. 8:30c:18:23:xx

Upon waking I feel a slight dull pain at the back of the head. 8:30c:19:23:xx

My head has a slight dull ache on the right side at the back. 8:30c:21:03:xx

I feel a slight dull headache, in the middle of my head, upon rising. 8:30c:22:01:xx

I have a slight dull headache in the right temple of my head. 8:30c:23:02:xx

I feel a sharp headache in the right temple of my head. 8:30c:46:13:xx

As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose.  
34, *olfaction from preparation of medicine*

## EYES

Eye lid muscle twitch – right eye. Eyesight acute (NS) 2:30c:01:00:00

Eyes heavy and aching. 12

Eyes sore and foggy. 12

My eyes feel a bit watery. 8:30c:07:23:xx

I am more tense this morning. A little bit of twitching in the eyes, eyes are heavy, like they are wide open, pupils are dilated, and I see things differently, I am on drugs. 2:30c:02:00:xx

## VISION

My eye vision and colours seem a bit crisper. 8:30c:00:07:00

## EAR

Notice my left ear very hot. Feel a bit brain dead most of the day and lounge around. Sort of burning – like a chilblain, like itchy, the right one is fine. 06:30c:03:xx:xx

Notice (left) ear itchy and a bit hot and red. 06:30c:04:xx:xx

(Left) ear still a bit sore. 06:30c:04:xx:xx

(Left) ear itchy in bed. 06:30c:05:xx:xx

Itchy left ear, felt numb, a bit swollen and as if something was in it. Doesn't respond to being cleaned out.

28, 7c, *olfaction from preparation of medicine*

I feel my right ear is blocked slightly. AS 8:30c:00:00:05

My right ear is clicking in and out of being blocked. AS 8:30c:00:02:35

My right ear is a lot clearer – the faintness and blockage is only slight. 8:30c:00:04:00

My right ear is feeling as if it is blocked when travelling in my car. 8:30c:00:12:00 and 00:14:05

My right ear feels slightly blocked but better, it is still better than it has been in the past. 8:30c:00:23:40

My right ear feels blocked again. AS 8:30c:01:07:00

I feel my right ear is still blocked but not as bad as before. 8:30c:01:23:05

My right ear blocks again in the car travelling to work. With the ear symptoms is a head pain. Ear pain has created the head pain on the left side. 8:30c:01:23:45

I feel a slight buzzing in my right ear, lasted about 1.1/2 hr, and then I feel it has blocked again as it has done before. NS 8:30c:02:03:xx

My right ear feels blocked again as the air conditioner in the room is noisy and the sound is annoying it. AS 8:30c:04:11:xx and 4:23:xx

I notice my ears and quite a lot of moist yellow wax in them, making the ear seemingly clearer when extracted. NS 8:30c:10:13:xx

My right ear feels itchy and irritated, there is no sign of redness, at 12 noon. NS 8:30c:23:03:xx

For months after the proving I have had regularly hot and burning ears, both sides, worse in the night and worse from alcohol; never had it before. NS 16:30c:xx:xx:xx

## NOSE

Noticed (right) nostril clear and left one blocked (do feel bit congested after red wine).

06:30c:02:xx:xx

Get to work realise both nostrils feel the same now. 06:30c:02:xx:xx

(Right) nostril a bit blocked (but drank red wine previous night). 06:30c:11:xx:xx

Stuffy. I can still breathe through it, a bit of congestion there. 8.55am NS 4:30c:05:00:xx

My nose was dripping like a tap for a whole day after I made the remedy, like hayfever, I went through I whole tissue box....it lasted for days. 22, *olfaction from preparation of medicine*

Runny nose. 28, 7c, *olfaction from preparation of medicine*

## EXPERIENCE OF MEDICINE I

I feel my nose blocked with mucus like a head cold, on rising. 8:30c:07:23:xx

My nose feels like it is constantly running with clear mucus, while walking around. 8:30c:07:23:xx

My nose is streaming with clear mucus, while working. 8:30c:07:23:xx

My sinuses feel blocked and it is hard to breathe through my nose. 8:30c:08:05:xx

I am sneezing every now and then and a lot of clear mucus is expelled. 8:30c:08:08:xx

I feel like the mucus is streaming from my nose and is better when I blow it. 8:30c:08:10:xx

I feel my nose blocked, and I am unable to breathe properly through it, when I awake. 8:30c:08:23:xx

Nose feels blocked unable to breathe properly but it is better when I blow it and clear some of the clear mucus. 8:30c:09:10:xx

On waking my nose feels blocked with clear fluid mucus and is better when I blow it. 8:30c:10:00:xx

My nose feels blocked and unable to breathe through it. 8:30c:10:05:xx

My nose is feeling slightly blocked and better when I blow it, only a small amount of clear mucus is cleared. 8:30c:10:09:xx

My nose is clearer when I sneeze, the mucus is clear fluid. 8:30c:10:12:xx

On waking my nose is blocked making it hard for me to breathe through, but it is better when I blow it, and release some of the clear fluid. 8:30c:10:23:xx

My nose feels still blocked and I am still having to breathe through my mouth. This has lasted most of the day. 8:30c:11:10:xx

Upon waking at 8.30am. My nose feels blocked and is better when I blow some of the mucus clear, but there is not as much as there has been. 8:30c:11:23:xx

As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose. 34, *olfaction from preparation of medicine*

**FACE**

Had a nerve twitch in the right side of my face. And feeling woolly headed. 06:30c:00:xx:xx

Went into shower, scratched my right eyebrow, felt small twitch in head (right). 06:30c:02:xx:xx

The left side of my face has a twinging pain in my sinus. 8:30c:02:07:xx

My friends tell me that my skin looks greenish in colour, in patches on the left side of my face (to me this is my right side) and under my chin. 8:30c:03:06:xx

My face feels a twinging pain on the left side and in my sinus. 8:30c:03:09:xx

On my skin of my face I have a red lump like a spot under my left eye. 8:30c:07:23:xx

Dull aching pain in the front of my face and forehead and temples. 10.

Dull pain in front of face again. 10.

Dull pain in front of face again for two days in a row. 10.

**MOUTH**

When I went to clean my teeth noticed a tiny pinpoint perforation of the gum under my lower left canine. It started bleeding only when I pressed it. It wasn't painful. 10.

Dry mouth immediately after making the remedy. 28, 7c, *olfaction from preparation of medicine*

I can taste a metallic type taste up the top of the inside of my mouth. 8:30c:02:11:xx

My mouth feels very dry. 8:30c:03:09:xx

My mouth feels very dry. 8:30c:04:05:xx

The roof of my mouth feels very dry and on the inside feels like a coating. 8:30c:04:09:xx

My lips feel very dry, and they feel as though they are going to crack or split. 8:30c:04:13:xx

I have a taste of chalk in my mouth. 8:30c:04:13:xx

My tongue feels furry and whitish in colour with big rough red spots on tip of it, and it feels a little sore. I have to get up and check it in the mirror. 8:30c:04:15:xx

My mouth feels very dry, starting to crack.  
8:30c:05:02:xx

My lips feel very dry. 8:30c:05:08:xx

Man, I had a dry palate.

32, *olfaction from preparation of medicine*

Incredibly dry palate.

34, *olfaction from preparation of medicine*

### TEETH

My teeth feel too long. Usually only the two front incisors cause discomfort because of the composite veneers. But now all my teeth feel too long. They feel too big for my mouth 10.

In my upper jaw my teeth are hurting, all in gums, like an aching and a dull ache, up into the top jaw bone, an ache like you need a filling, or as if the tooth is loose but its not, and the gum is letting go of them. 2:30c:02:00:xx

### THROAT

Sore throat, beginning of flu feeling.

06:30c:15:xx:xx

Right tonsil tenderness > swallowing at 4.00pm. Started in my right tonsil, then both, lasted a few hours. NS 4:30c:00:07:15

Sore. 1.05pm My throat felt sore again like yesterday NS 4:30c:01:04:xx

Sore. 3pm. My throat was a bit tender – top of throat near tonsils. NS 4:30c:03:06:xx

Sore 2pm NS 4:30c:04:05:xx

Sore. My throat was tender, quite sore; back of roof of mouth. NS 4:30c:05:03:xx

My throat feels very dry, and lower in my throat as well. 8:30c:02:14:xx

My throat feels very dry. 8:30c:04:09:xx

My throat feels dry but not as dry as before.

8:30c:06:12:xx

My throat feels dry and sore when I wake up this morning. 8:30c:06:23:xx

My throat still feels very dry and a bit sore.

8:30c:07:03:xx

My throat still still feels very dry and sore.

8:30c:07:14:xx

My throat feels very dry and sore worse when I swallow. 8:30c:07:23:xx

My throat feels very sore, worse when I swallow. 8:30c:08:10:xx

My throat still feels sore and is worse when I swallow. 8:30c:08:23:xx

My throat feels sore and has a sharp pain when I swallow. 8:30c:09:10:xx

My cough is a slight deep throated cough.

8:30c:09:10:xx

Cough is a deep chesty cough with no phlegm. 8:30c:10:09:xx

When I cough it is a deep dry throated cough, but does not last long. 8:30c:11:06:xx

I cough a few times to clear my throat, it feels a bit irritated and dry. 8:30c:12:06:xx

My throat feels dry and my cough is a deep throated sound, with no phlegm.

8:30c:12:23:xx

My throat feels dry with a tickling feeling which makes me cough more. 8:30c:13:03:xx

I am coughing more frequently because my throat feels irritated, I have a dry cough

8:30c:13:11:xx

I cough to clear my throat, this sounds dry when I awake. 8:30c:13:23:xx

My voice is breaking up and sounds like I have a cold. 8:30c:13:23:xx

I feel a tickling dry cough and seems worse at night. 8:30c:14:11:xx

I feel a deep throated cough without phlegm, once or twice. 8:30c:20:12:xx

Swollen glands immediately after the dose.

2:30c:00:00:10

Throat constricted 2:30c:00:00:10

### STOMACH

8am Had a few hiccoughs straight after taking dose. As soon as I took it. 06:30c:00:00:01

Nausea > after eating 3.00pm. 4:30c:02:06:xx

Stomach ache, very slight. 12

## EXPERIENCE OF MEDICINE I

Nausea prior to eating, OK afterwards. 12

Feeling of nausea and hunger.

28, 7c, *olfaction from preparation of medicine*

I have pain in my stomach. 8:30c:01:10:35

My stomach feels a dull pain. 8:30c:06:02:xx

I feel a bit nauseous in the stomach after eating a piece of pizza. 8:30c:22:10:xx

Complete loss of appetite as soon as the dose was taken. 2:30c:00:00:10

I have been eating really fast, indigestion and eating fast, ever since the remedy started. 2:30c:10:xx:xx

I bought some butterscotch lollies.

NS 4:30c:00:04:55

I have a craving for date, fig, and apricot slice, must have one. 8:30c:17:05:xx

I have a craving for a date, fig and apricot slice and coffee. 8:30c:46:06:xx

Increase in appetite, craving sugar and coffee, huge amounts.

32, *olfaction from preparation of medicine*

Craving for brown sugar sandwiches.

28, 7c, *olfaction from preparation of medicine*

**ABDOMEN**

Diaphragm sore. I had a sore feeling deep to eighth rib, movement doesn't make > or < . 3pm NS  
04:30c:04:06:xx

As I was walking to catch the bus this afternoon around 12.30pm I got a stitch in the lower left side of my abdomen. It didn't last very long just a couple of minutes. It took me by surprise as I haven't had a stitch since high school when I was really unfit. 10.

My chest has pain like digestion and it is moving left to right and feels uncomfortable.  
8:30c:04:02:xx

I have a bit of flatulence which is more than I would normally have and with this I felt a bit nauseous before. 8:30c:00:23:35

**RECTUM**

Had a small movement and did this twice more before work. (Felt incomplete still – small movements). 06:30c:02:xx:xx

Diarrhoea, stomach ache. 12

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**STOOL**

Upon going to the bathroom my stool looks a little yellow, greenish in colour and smooth, finer and compact. 8:30c:00:13:05

**URINE**

Wake up feeling O.K. Go to bathroom and notice my urine stream dribbling a bit which is unusual. Some hesitancy at 4 in the morning.  
06:30c:05:xx:xx

Get up and go to toilet (unusual) manage to get to sleep. 06:30c:05:17:00

I am noticing that my urine is of greenish yellow in colour, and very slightly cloudy.  
8:30c:06:09:xx

I notice my urine is not as green/yellow, and definitely clearer. 8:30c:05:13:xx

**CHEST**

I have cramping pain in my ribs on the right side. 8:30c:04:06:xx

**COUGH**

I have a slight cough, which is dry in sound.  
8:30c:08:08:

**NECK**

Throughout this proving I had an incredibly sore neck, in fact months later it doesn't feel as if it is attached to my back or head properly, neck stiffness. 42:30c:xx:xx:xx

Sore neck. 06:30c:15:xx:xx

Stiffness in my neck up to my skull, not my usual neck tension. Seemed connected to the fuzzy head feeling. 8.55am NS  
04:30c:05:00:xx

Stiffness. At 4pm I felt stiffness nearly at lower skull, feels muscular NS 4:30c:06:07:xx

Sensation as if glands swelling in throat, tightness (NS) < when talking.  
2:30c:00:01:30

Very tense all over especially shoulders and neck. 2:30c:00:xx:xx

Tightness and neck tension. Upper throat and all around jaw (NS). 2:30c:00:21:00

**BACK**

Back tension in my shoulders from work being placed on my desk and I am so stressed out. 4:30c:xx:xx:xx

Feel tired and back sore. 06:30c:04:xx:xx

Back and arm feeling better (not 100%). 06:30c:05:xx:xx

Middle lower back is a bit sore but (right) leg feels better after treatment. 06:30c:09:xx:xx

Afternoon back feeling sore. 06:30c:11:xx:xx

Feels quite sore and stops me from getting back to sleep, am awake for about an hour. 06:30c:11:xx:xx

Back is still a bit sore and leg (right) and arm (right) also feel a bit sore. 06:30c:12:xx:xx

Back a bit sore, but not too bad. 06:30c:13:xx:xx

Come out of chiropractor and back is very sore. 06:30c:14:xx:xx

Sore ache. Pain in the same spot where I normally get burning sensation 12.45pm AS. 4:30c:04:04:xx

Tight/stiff. At 1pm so tense, like a rock. NS 4:30c:09:04:xx

Tightness. 4pm As soon as work placed on my desk tensed up – could feel my back react straight away. NS 4:30c:10:xx:xx

After I walk around for a long time I get this sharp pressing pain in the base of my neck and shoulders. It helps if I sit down for a bit in the fresh open sea air. 10.

Have a really intense pain in my mid-upper back. Feels like a hard wedge. Feels better for sitting up really straight or lying down with a pillow in hollow of back. Comes on after carrying really heavy books for college. 10

I feel quite sharp pain on my right side in my back and I still feel pain in my shoulder. 8:30c:00:06:30

I feel pain in my lower back in the middle radiating to my right side. 8:30c:00:12:10

I feel pain in the right side of my back and it seems to be moving down my spine to my shoulder blade and from the top of my neck

down to my middle dorsal part with some lumbar ache on my right side. 8:30c:00:23:45

I have pain in my right shoulder blade which radiates to my neck. 8:30c:01:09:30

I feel pain in my neck and my shoulder but my ear is clearer going to bed. 8:30c:01:14:35

The right side of my shoulder has pain which goes to my neck when I was getting out of bed. 8:30c:01:23:00

My right lower back in the lumber region has dull pain which lasts about 2 hours. 8:30c:02:05:xx

My right shoulder has sharp pain radiating to my neck. 8:30c:02:14:xx

I feel pain in my right shoulder and this goes to my neck upon rising out of bed. 8:30c:03:01:xx

I feel back pain as I am driving along, this is mainly in my neck on the right side. 8:30c:03:02:xx

I feel a dull aching lumber pain in my back worse on the right lumber side. 8:30c:16:13:xx and 22:02:xx

My back feels sharp pain under the right shoulder blade upon rising. 8:30c:27:23:xx and 29:01:xx

I feel a sharp pain in my back under the right shoulder blade, I have had this most of the day and worse at night. 8:30c:30:11:xx

I only have a very slight dull pain in my back under the right shoulder blade upon rising. 8:30c:30:23:xx

**CHEST**

Pain right breast. 12

Left breast pain. 12

**HEART**

I experienced racing palpitations early in the morning, I have had at night for 2 weeks now, very strong 190 beats per minute and they appeared very suddenly. They appear suddenly for about 15 minutes, then disappeared suddenly. 26 *olfaction from preparation of medicine*

## EXPERIENCE OF MEDICINE I

**SKIN**

Four months after the proving my skin is so so dry, and moley and warty. Come up on knees and hands, flaxseed oil and moisturiser has barely helped. *42:30c:xx:xx:xx*

The skin on my face has some red spots, with one under my eye and another coming up under my chin. *8:30c:01:01:45*

My skin feels dry so I put on stronger moisture cream. *8:30c:03:23:xx*

My skin is itchy all over my body and my scalp, on the way home in car, but there are no eruptions. *8:30c:04:13:xx*

My skin is itchy which is chronic but worse all over my body lying in bed. *8:30c:04:15:xx*

My skin feels still slightly itching, *8:30c:04:23:xx*

I feel itchy all over my body but my arms and legs feel worse, no vesicles. *8:30c:05:12:xx*

On getting out of bed my body doesn't seem so itchy as it has been. *8:30c:05:23:xx*

I am feeling itchy on the body but mainly on my extremities. *8:30c:06:12:xx*

My body feels slightly itchy there are no lumps, *8:30c:46:03:xx*

**EXTREMITIES**

Throughout this proving I had incredibly sore feet, especially waking up in the morning as if battered in the night, never had this before. *16:30c:xx:xx:xx*

(Right) arm between elbow and shoulder felt cold and numb (goose bump feeling). This sensation was while in hot shower and lasted about 1/2 hour. An hour later my arm feels better and the split sensation not as intense. Arm sensation gone. *06:30c:02:xx:xx*

Notice my (right) arm is sore in same area where it felt cold. *06:30c:04:xx:xx*

(Right) leg feels sore but different, more stiff like (right) arm (less heaviness). *06:30c:11:xx:xx*

(Right) Wrist still a bit sore. *06:30c:11:xx:xx*

(Right) Ankle a bit sore. *06:30c:11:xx:xx*

Notice (right) arm feels colder than left. *06:30c:26:xx:xx*

Right knee sprain < movement. I think a ligament is over-stretched. NS *4:30c:00:03:20*

At 10.30pm in bed felt heaviness in my right leg. AS *4:30c:01:13:xx*

Left arm pain. Felt pain in my left arm with tingling in forearm and fingers, palms sweaty. Went from shoulder down the ulna to my hand NS. *4:30c:02:14:xx*

Pain in left ankle. *12*

Bad tingling lower legs. *12*

Right thigh tingling. *12*

Ache in left ankle. *12*

Tingling returned in lower legs *12*

Left ankle sore *12*

Ache in left ankle. *12*

Right knee ached. (NS) *12*

Lower legs tingling. *12*

Right knee hurt. (NS) *12*

Tingling in lower legs seems to have gone. *12*

Sitting and watching T.V and my feet start going to sleep, felt normal as soon as I moved them. *10*

My left knee aches in the back of my kneecap when getting up from bed. *8:30c:00:23:30*

My right foot has pain, with a feeling of pins and needles shooting from my footpad into my big toe. *8:30c:01:03:30*

I feel pain in my left knee still. *8:30c:01:03:35*

My skin on my feet feel cracked a little around my heels and around my toes seem very dry. *8:30c:03:09:xx*

I feel pain my left hip lasting about 1/2 hr. (dull pain in my hip joint) worse when I walk. *8:30c:03:11:xx*

I feel in my right foot pins and needles on rising from bed. *8:30c:03:22:xx*

My right kneecap in the joint under the kneecap has a dull pain, like arthritis. *8:30c:03:23:xx*

My fingers of both my hands have pain in the joints like arthritis but it is more so on right. *8:30c:04:07:xx*



My right knee has still a dull ache.

8:30c:04:08:xx

My right foot has pain in the ankles with cracking, at 5.10pm. 8:30c:04:08:xx

The skin on my feet feels rough and dry like leather. 8:30c:04:08:xx

My hands and the knuckles of my fingers have a chronic ache but it is worse in the right hand.

8:30c:04:15:xx

My right knee has joint pain in the kneecap.

8:30c:04:15:xx

I have chronic pain in the toe joints of my right foot in bed. 8:30c:04:15:xx

The knuckles of the fingers in my right hand have pain like arthritis. 8:30c:04:16:xx

The pain in my knuckles especially in the right hand feels better when I move around.

8:30c:04:23:xx

I feel arthritic pain in the joints of my fingers of my right hand. 8:30c:05:06:xx

I feel like an arthritic pain mainly in the joints of my right hand. 8:30c:05:10:xx

The skin on my feet don't feel as dry as they have been. 8:30c:05:14:xx

The joints in my right hand still feel painfully sore. 8:30c:05:23:xx

My right hand feels painful when I put pressure on it, mainly joint pain. 8:30c:07:13:xx

I have pain in my joints, like arthritis of my right hand and is worse for pressure.

8:30c:08:23:xx

My right hand joints have not pain by self but when I touch them it has pain like arthritis.

8:30c:10:00:xx

The middle finger on my right hand feels pain like arthritis when I put pressure on it.

8:30c:10:23:xx

My middle finger joint of my hands feel pain like arthritis, and worse when I touch it; this is worse at night. 8:30c:12:11:xx

I feel joint pain in the right hand joints and it is worse when I touch it. 8:30c:14:11:xx

My right hand finger joints feel slight pain in

their joints when I touch them, upon rising.

8:30c:15:00:xx

My right hand finger joints feel painful and worse when I touch them, worse at night.

8:30c:15:14:xx

My right hand finger joints feel painful and worse when I touch them. 8:30c:16:00:xx

Both my hands feel painful in the joints but it feels worse in the right hand. 8:30c:16:13:xx

Both my hands feel dull pain in the joints but it is worse in the right hand. 8:30c:17:00:xx

I feel joint pain in the joints of both hands but it is worse in the right one. 8:30c:17:03:xx

I feel pain in both hand joints especially finger joint and more on the right hand upon rising.

8:30c:17:23:xx

I have a pins and needles feeling in my fingers on the right hand and this seems to come and go.

8:30c:18:00:xx

I feel pain in both hands knuckle joints which is worse on the right one. 8:30c:18:11:xx

I have the feeling of pins and needles which comes and goes in my right hand.

8:30c:18:11:xx

I feel sharp joint pains slightly in my right hand joints. 8:30c:18:23:xx

My hand on the right side has a sensation of pins and needles. 8:30c:19:12:xx

I have sharp joint pain in the thumb of my right hand upon rising. 8:30c:20:23:xx

I feel pain in my finger joints and knuckles of the right hand, they ache. 8:30c:24:11:xx

I have a feeling of pins and needles in my right hand. 8:30c:24:11:xx

I feel a dull aching in the left foot arch and in the toe joints. 8:30c:24:12:xx

I feel pain in the finger joints of the right hand, like an arthritic pain, worse at night.

8:30c:25:11:xx

I feel arthritic pain in the ring finger joint of the right hand, at 12.30pm. 8:30c:27:15:00

I feel an arthritic pain in the ring finger and the knuckles of my left hand. 8:30c:28:03:xx

## EXPERIENCE OF MEDICINE I

I feel joint pain the ring finger and knuckles of my left hand. 8:30c:29:03:xx

I feel joint pain in the fingers of my right hand. 8:30c:46:04:xx

I feel a dull pain in the toe joints of my right foot. 8:30c:46:10:xx

I have an arthritic pain in the joints of my fingers of my right hand. 8:30c:46:13:xx

Sharp and lancing pain in big left toe for about 1 hour.

*30, 3c, olfaction from preparation of medicine*

Painful flare-ups of spots in right foot that don't normally have. One under 4th metatarsal pharyngeal joint and one right on top of foot. Very uncomfortable and aching persistently. < cold.

*30, 3c, olfaction from preparation of medicine.*

**PERSPIRATION**

All of a sudden, really hot and sweaty in the folds of both elbows especially the right, and on my forehead and under my breasts. I felt better for fresh open air. 10

**SLEEP**

Go to bed, can't sleep until after 1am.

*06:30c:05:15:00*

Sleep – restless, probably due to room being airless. 12

Sleep – normally wake at 3am wide awake and go and get sultanas (!) and go back to bed, but I am sleeping straight through.

*28, 7c, olfaction from preparation of medicine*

I slept soundly with no dreams but I felt a bit chilly near the morning for about 1 hour and had to put heavy covers back over me in bed at night.

*8:30c:00:15:00*

**DREAMS**

Took a while to get to sleep. Woke up and was dreaming and wrote down 3 people's names (Nick, Beryl and Rex). I was sure I would remember but didn't. Remember something fairly peaceful and possibly to do with space or life after death theme. *06:30c:00:xx:xx*

In this dream there are aeroplanes crashing. A Qantas one comes in and lands, and an Air New

Zealand jumbo cartwheels across the tarmac, wing over wing. *42:30c:xx:xx:xx*

My grandmother E is in the water. In the sea. Near rocks and the water and the surf is choppy. There are huge waves crashing and I am there holding onto the rail of a pool which is in this seawater. I feel fine and calm. *42:30c:xx:xx:xx*

Seem to remember a dream about projectile vomiting. *06:30c:03:xx:xx*

Go to bed at 1am. remember vague dreams of negotiating with people, I am quite calm, rational but definite. *06:30c:04:17:00*

Dream of problem solving. Ask questions in a college situation and then am able to work them out, even surprises me in dream that I know the answers. *06:30c:05:xx:xx*

Dreams of bring guru in new shop.

*06:30c:06:xx:xx*

Woke up dreaming of being late for work, had to climb over houses to get where I'm going. Two girls (unknown) come with me. I didn't want them there and then one fell. I woke up feeling guilty and also telling myself it wasn't my fault (anxiety). *06:30c:07:xx:xx*

Dream of girlfriend with leukemia ringing me and telling me she's in remission for 3 years. I say how pleased I am but fear it is a false alarm and that she will stop her natural therapies and get sick. *06:30c:08:xx:xx*

Dreaming of being in Thailand with my Mother where they convince me to take the driver's door off and attach something for easy buying of goods. Seems like a good idea at the time (Mother not convinced) and then find I'm running around trying to get front door back. It all takes place in floating market place.

*06:30c:11:xx:xx*

Dream heavily of homeopathy which I relate to this guilt. *06:30c:12:xx:xx*

Dream of being vindictive to old friend at party and wake wishing I hadn't been. *06:30c:14:xx:xx*

Get up remembering vague dreams of work and college – anxiety. *06:30c:22:23:30*

Scared. I woke up and couldn't recall any dreams until I started to think hard. In one dream I'm in

a taxi and to get where I'm going, we have to drive up this narrow extremely steep 70-degree road, with like construction going on either side with that fencing that keeps people out. We make it to the top and there is about a drop of about 2 metres between the ledge and the ground. At first the workmen say we have to go back down but I was nervous coming up and too scared to go back down because of the steepness. We were able to get off the ledge as there was a gate (like on the ferry). Then whilst in the taxi on the way home, I stopped at a shop to get some things including 2 apple pastry things. They were on the top shelf and bigger than what I thought – 2 people could share one but I still got two. When I got home, shared the apple thing with a friend, giving him the bigger piece. *4:30c:02:16:xx*

I remember going into I think Mum's kitchen and it was flooding – I had to pull the plug out, water was sloshing around. *4:30c:02:17:xx*

I dreamt I had something in my ear, it was like a weevil, got it out with a cotton bud. Didn't feel repulsed or anything. *4:30c:03:20:xx*

On the beach, sand, tide coming in. Could only just grasp the memory of this dream – couldn't remember any other details. *4:30c:05:16:xx*

I was on a beach, golden sand, there with friends – tide coming in, I couldn't let towels get wet. *04:30c:07:16:xx*

At student clinic, I was running late for a patient, caught another student with their pants down. He had boxers and a shirt on, but no pants. *4:30c:10:16:xx*

I was in an old house, 3 or 4 levels, showing someone around – seemed like I was exploring it myself. Went down to the garden and there was a pear tree, an avocado tree and another fruit tree, I don't recall what fruit though. I cut open the fruit and there were weevils in it, couldn't be eaten. *4:30c:16:16:xx*

I dreamt I was scuba diving in the ocean with someone else checking these fine nets pushing fish off them to save the fish. Accidentally touched an electric wire and got a shock. *4:30c:24:16:xx*

I lived in a unit overlooking the ocean. I had the key to a friend's place up stairs. Water spouts by 2 are on the water coming this way. Unorganised,

papers getting blown around in my friend's place. I run downstairs where it is safer but I realise my friend's place has the windows open. I have to go up, but it is dangerous. Then I woke up – very anxious on waking. *4:30c:39:16:xx*

At my childhood home, I lived there age 7 – 15, it was a bad time in my life; where I am preparing a room for guests to stay and I'm running around and very hurried, trying to clean up and make their beds while they are watching TV, the Shining. I'm madly running around in a rush and nothing seems to be getting done, there are lots of obstacles in the way. I am trying to find the sheets, everyone's waiting, but I can't get it together, the room is untidy, stuff is piling up. *2:30c:00:17:00*

I was with a little girl child that looks like I did when I was little. I was nurturing to the children in my dream. One had a rash on her face and ask for my help she spoke as if an 8-year-old but she looked about 2y.o. I responded with warmth and gave her a big hug. *2:30c:03:17:00*

I had a dog that needed treatment at the pound for some reason. I started getting worried/paranoid that the pound would take it away for experiments. I started panicking because I found this to be true and I felt horribly responsible for letting my dog go there. *2:30c:05:17:00*

In the USA wilderness with E and another person bush walking and getting lost progressively. We separated and I eventually found my way and set up camp. I started panicking because some time past and there was no E who was pregnant. I felt to blame for us being lost and got upset. However suddenly she turns up totally ok, chirpy, as if nothing had happened. *2:30c:09:17:00*

In Morocco with E again, and her child this time a 3 boy who again is very intelligent and talks like a 12 year old. His face is very expressive and we have a warm connection. We both look over him as he plays by a pool then suddenly I see him play too close to the water and he falls in. E doesn't seem to be startled, she is unexpressive, but I panic and jump in to save him fully clothed. We walk out drenched into a restaurant full of people to go to our room to get changed. I'm feeling very self-conscious of every one staring. *2:30c:14:17:00*

## EXPERIENCE OF MEDICINE I

I was painting in a studio, and a man dressed in old-fashioned clothes (top hat and tails) was asking me what remedies my paintings were. I was explaining them all except the last one. I said it had lots of moles so might be Medorrinum, but couldn't place it.

Then I was driving along and saw the same man walking along the road, the next second I was beside him and there was a second man who was wearing only a top hat and nothing else. I gave him a blanket to wear (which I happened to be carrying).

Arrived at my home, which turned out to be a university digs. The man without clothes decided to look through my husband's clothes (which were packed in a suitcase). My husband came home and wanted to know what this strange man was doing looking through his clothes. The dream changed and P turned into an old boyfriend from years ago, he demanded to know what remedy the man without clothes on was. *12*

I was drawing a pencil sketch of an old fashioned car, very detailed. I was totally absorbed. *12*

A girlfriend, R had nits in her hair, these turned into black beetles. Felt I didn't want to say anything in case I upset her *12*

I was building a brick wall. When it was finished one brick stuck out in the middle of the wall. *12*

Went into cave underground. Came to a large opening, there were a circle of people, all foreign, looked very kind (good vibe from them). Have still got an image of man directly in front of me - (Mexican maybe?), bald head, black moustache, very powerful looking. I think the lady next to him was Chinese. *12*

I was back in UK with family and brother in law. Nice dream except kept flying around the room, which was annoying because I couldn't hear what they were saying. *12*

Packing for going away on holiday, didn't seem to be taking anything useful. *12*

Was in an old house with three floors, one kept crashing into the other, this didn't seem to worry me, I just kept on climbing the stairs. I could see a cobbled street and market stalls through the window. They were packing up for the day. *12*

Dreamt that it is the start of the Armageddon, I got separated from dad, he was helping out in a half way house. I was taken in by a Jewish family who owned a bakery. I was really scared because I could hear all these bombs dropping. *10*

Dreamt I was at a university open day but it was at night. Went into a huge pavilion that looked as though there was a boat show going on inside. All types of maritime things, Spanish galleons etc. I had to weave my way through all the people and the exhibits to get to an exit that opened up onto a grassy knoll. On top of the knoll was this old three story building that was very much designed in the Georgian style architecture. There was a commotion with people gathered around below and I look up and there is James Bond abseiling down the corner of the building. He jumps into a huge tree (like a fig) and I ask him where the dissection house is (there is a path leading into darkness next to the tree), he offers to take me there himself and starts chatting me up. I'm not really interested because it is Pierce Brosnan, and I would prefer to go to this dissection house. We come to another building of Georgian type architecture where everyone is craning to see inside the huge illuminated windows. Something of great historical significance is taking place in there. It doesn't interest me. I see the dissection house and start to walk over there but as I do I'm stopped by two homeboys who start making snide remarks about my chastity. I grab one by the collar and scream in his face. At least I have morals. At least I don't have any STDs like aids or syphilis or Gonorrhoea. I then woke up. *10*

Dreamt my mother was going away somewhere and she wanted to organise a babysitter for my brother and I. I said we were old enough to look after ourselves. It was going to be one of her friends. I rebelled at which point my mother grabbed my throat and tried to kill me. She looked possessed with bright green eyes. *10*

A bit sketchy, but a lot of them have been involving nudity, but not in a sexual sphere. And I am totally comfortable with it. *10*.

Dream 1: I was at school like Loretto Kirrabilli (it has a likeness to a cathedral) and it was on top of a rocky area with caves below and a beach, and my husband was telling this nun about a

tunnel that went under the rock to the area where classrooms were in the ground. We went looking for this tunnel and found this hole with a ladder which went into the ground. Above this hole was a sign written in a foreign language. Part French and something else. We didn't go down into the tunnel, as it was dark, so we thought we would get a light or torch.

Dream 2: I was at a restaurant with a woman I was working for and then the next time I was at the same restaurant, which was supposed to be next day with my family and the woman turned up with her family for her birthday, we both agreed an amazing coincidence but her husband in the dream is the husband of a girl whose daughter went to school with my daughter. I then woke up. 8:30c:02:15:00

Dream 1: I was at a shopping centre with people discussing its expansion and they were thinking of closing the school across the road, the reason it was too near the beach which was further away to the west (where taller trees were) I then woke up.

Dream 2: I was in a bus going along when I dropped my savings bank book and papers down the side of the seat and there was a hole in the buses side so these papers dropped out to the road. I stopped the bus and got off, ran back and collected the papers. Then my sister was sorting piles of papers on the side footpath. I then woke up. 8:30c:01:14:50

I feel I may have had a dream but I can't remember it, upon waking – maybe ocean or water? 8:30c:13:12:xx

## FEVER

5.00pm Feeling a bit feverish. 06:30c:15:09:xx

My whole body feels hot like a fever  
8:30c:08:23:xx

I am feeling very hot and clammy  
8:30c:09:10:xx

In bed I feel hot and feverish and throughout the night. 8:30c:09:xx:xx

## CHILL

My body feels chilly, 8:30c:10:00:xx

My body feels cold all over even laying with a cover. 8:30c:10:00:xx

## GENERALITIES

At 9.30pm kept putting my cardigan on, then taking it off, I couldn't get to a comfortable temperature. NS 4:30c:00:12:45

Lethargy. I have been sneezing, I feel flat, like the feeling I get if I'm starting to come down with something. Didn't want to come to class. Energy levels low. 4:30c:04:08:xx

3.25am Warm sensation NS 4:30c:00:18:40

Feeling hot, heat rising from abdomen area.  
(NS) 2:30c:00:01:30

Feeling hot all over especially face, which seems to be occurring intermittently all day. I've also had no appetite all day (NS). 2:30c:00:05:00

No appetite, but I'll eat anyway because I don't want to loose any weight! However I'm eating really fast that I've got to consciously slow myself down. Body feeling very restless, can't sit still. Very thirsty > for water. 2:30c:01:00:00

On rising; Nausea, head spinning, walking uncoordinated, almost falling over. (NS)  
2:30c:04:19:00

Feeling uncoordinated, tired, spacey and totally unrefreshed (RS from when I sleep in till late). I cannot wake up at all so I decide to have a coffee. 2:30c:13:20:00

Feeling very ungrounded again, my perception seems extra sharp though and I'm feeling out of body. This lasts all day with it gradually wearing off, I also have no appetite all day. 2:30c:14:01:00

Thirsty all day. 12

Around 3.30pm, I tried to do a bit of study but got really tired all of a sudden, so I decided to lie down. I fell asleep for 3 hours and got quite cold during. It is very unusual for me to have an afternoon sleep. 10

Restless feeling, need to change position, especially in the left leg.

*24 olfaction from preparation of medicine*

I feel pain in all my joints in my body at Yoga and especially my right hand. 8:30c:05:08:xx

I feel high in energy, as I rush around organising things which lasted 1.1/2hrs. 8:30c:06:01:xx

I am feeling a bit low in energy. 8:30c:06:05:xx

EXPERIENCE OF MEDICINE I

I feel high in energy again. 8:30c:06:10:xx

My whole body aches slightly feels fatigued.  
8:30c:08:06:xx

I am feeling very low in energy. 8:30c:09:06:xx

My body is feeling weak and slightly aching all  
over, I feel I have to lay down. 8:30c:09:12:xx

I feel low in energy and feel better laying down.  
8:30c:10:00:xx

I feel quite busy at work with plenty of energy  
throughout the day except about 3pm. When my  
energy level drops a lot and lasts about an hour.  
8:30c:14:07:xx

I feel more energy than I have for the past few  
days. No symptoms. 8:30c:15:13:xx

I feel relaxed and slightly low key all day with no  
symptoms. 8:30c:15:23:xx

I feel a dull aching, slightly all over my body.  
8:30c:16:13:xx

My energy has been up and down over the last  
hour. 8:30c:46:10:xx

## THE RUBRICS

**C – Complete**

**NR – New Rubric**

**M – Murphy**

### MIND

- absence of, lost in thought, absent minded (distraction); B
- activity, restless
- agitation, mental; M
- busy
- cares, nature about animals and plants
- company, aversion to
- confusion, of mind
- concentration, difficult
- concentration, difficult, attention cannot fix
- concentration, difficult, talking while
- concentration, difficult, during conversation
- confident; C
- confidence, want of self; C
- confident and assertive, she is; NR
- courageous; C
- cowardice; C
- confidence, want of
- delusion, floating in air
- delusion, head, patting, someone is, sensation as if; NR
- delusion, large, parts of body, seem to; C
- delusion, walks slowly, that she, when walking quickly; C
- delusions, divided in two parts
- delusions, murdered, mother wants to murder her; C
- delusions, tall he is
- delusions, time, slowly seems to
- delusions, thoughts are in the right side of neck; NR
- distracted preoccupied, unobservant, difficult concentration, can't think; B
- dwells on past disagreeable occurrences
- excitement (excitable)
- excitement, coffee as after; C
- excitement, coffee after
- excitement, nervous
- hide, desire to; C
- hurried
- hurried, speeding, coffee as if on NR
- indifference
- industrious
- irresolution
- impatience, morning
- impetuous, morning
- impulsive; C
- indifference; C
- indignation; C
- injustice, cannot tolerate: C
- injustice, cannot support; C
- irritability; C
- lie down, inclined to, lethargy, listless; B
- light headed, sensation of. NR
- mistake calculating in
- mistakes speaking in spelling in
- mistakes, speaking, words using wrong
- order desires
- order desires everything in
- quiet
- remorse, waking on; C
- remorse, quickly repents; C
- reproaches others; C
- reproaches himself; C
- restlessness
- restlessness, night
- restlessness, alternating with indifference
- sadness, anger, after; C
- sadness, weep, cannot, impossible; C
- scattered
- spaced-out feeling
- sympathy, compassion, animals, towards
- sensitive (oversensitive)
- staring thoughtless
- stupefaction, vertigo, during
- thought, circles moves in
- thoughts, vagueness of
- thoughts, wandering, while listening
- thoughts, wandering, while talking
- time passes to slowly
- tranquil
- vanity; C

## EXPERIENCE OF MEDICINE I

**VERTIGO**

- coffee after
- elevated as if
- floating, as if

**HEAD**

- ache sides of the general, ears behind the M
- blow as of a single B
- constriction, band or hoop
- fuzzy feeling NR
- injuries, of the head after
- itching, scalp of
- lightness, sensation of: M
- morning, increases until noon, then gradually decreases
- pain; C
- pain aching occiput
- pain, boring
- pain, boring, occiput, right
- pain, boring, temples
- pain, ceases towards morning
- pain, bold, applications, amel.
- pain, dull; C
- pain, dull, forehead; C
- pain, dull, temples; C
- pain, dull vertex
- pain, evening; C
- pain, extending to eyes
- pain, extending to forehead
- pain extending to neck
- pain, forehead; C
- pain forehead eyes above left
- pain forehead eyes above right
- pain forehead eyes behind
- pain forehead right side
- pain, heat, amel., hot applications.
- pain, intermittent pains
- pain, lying amel.
- pain, maddening pains
- pain, occiput, extending to right eye
- pain, occiput, right, alternating with pain in temples
- pain, pain in neck with
- pain, paroxysmal pains
- pain, periodical
- pain, pressing band as if by
- pain, pressing temples right
- pain, pressure amel.

- pain, rising on
- pain, sharp M
- pain, sharp temples M
- pain, sharp temples right M
- pain, shooting occiput extending temples
- pain, sides, left
- pain, sides, right
- pain, sides, right, extending to forehead
- pain, sore vertex
- pain, stitching
- pain, stitching, sides, left
- pain, temples; C
- pain, temples right
- pain, vertex rising on
- pain, wandering
- pain, waves of pain
- pulsating
- stiffness, sensation, occiput in; C
- swollen feeling

**EYE**

- heaviness
- lachrymation, right
- pain, pressing
- pain, pressing, during headache
- twitching, right

**VISION**

- acute

**NOSE**

- congestion, nose to; M
- discharge, copious, dripping.

**EAR**

- itchy, left

**FACE**

- discolouration, red, eyes around
- discolouration, red, spots
- heat, flashes
- pain, ache; NR
- pain, dull; NR

**MOUTH**

- bleeding, gums, touch, on; C
- dryness

**TEETH**

- elongation, sensation, of:
- large and swollen sensation; C



**THROAT**

- dryness
- dryness
- esophagus
- enlargement of tonsils
- hawk, dryness, from
- induration of tonsils
- pain, pressing
- pain, pressing, speaking, while
- pain, rawness; C
- pain, rawness, swallowing when
- pain, right; C
- pain, sore, right; C
- pain, sore, morning, waking on
- pain, stitching, swallowing on
- swollen sensation

**EXTERNAL THROAT**

- pain, pressing, sides
- pain, pressing extending to shoulders
- pain, pressing, sublingual glands
- stiffness of sides
- tension, sides

**STOMACH**

- appetite, diminished
- nausea, alternating with hunger
- nausea, flatus with
- nausea, eating after
- pain
- pain, dull
- pain, eating after
- thirst

**ABDOMEN**

- pain, hypochondria, left extending to right.
- pain, sides; C
- pain, sides, right; C
- pain, stitching; C
- pain, stitching, iliac region, left; C

**RECTUM**

- flatus

**STOOL**

- small
- yellow-green

**URINE**

- cloudy
- greenish
- yellow

**FEMALE**

- bonscious of the uterus; C
- fullness, sensation of fullness at menses, uterus; C
- pain, bearing down, uterus, supports abdomen; C

**LARYNX**

- voice, changed

**COUGH**

- dry
- dry, irritation in larynx
- dryness, chest in.
- hawking, dry, morning awaking
- short, tickling in larynx
- tickling in larynx
- tickling, night

**BACK**

- pain; C
- pain, air fresh, better for; C
- pain, lumbar region
- pain, lumbar, extending right
- pain, aching, lumbar region
- pain, cervical
- pain, cervical, right side
- pain, cervical, extending
- pain, cervical, air, fresh, open ameliorates; C
- pain, cervical, extending down back to middle dorsal
- pain, cervical, extending, occiput to, head, back; C
- pain, cervical, extending head, to; C
- pain, cervical, shoulder, right
- pain, clavicle
- pain, lumbar region, right
- pain, pressing, cervical region; C
- pain, stitching, extending to shoulder, right
- pain, scapulae, right, extending to cervical region
- pain, scapulae, right, morning on rising
- pain, sitting erect ameliorates; NR
- pain, stabbed as if by a wooden wedge
- pain, stitching, dorsal region, scapulae, morning.
- pain, stitching, dorsal region, scapulae, under.
- stiffness, cervical region; C
- stiffness, cervical region

## EXPERIENCE OF MEDICINE I

- tension, cervical region
- tension, cervical region, extending to shoulder
- tension, dorsal region
- tension, dorsal region, scapulae
- tension, scapulae, extending to neck
- tension, scapulae, between.

**CHEST**

- perspiration, mammae; C
- pain, sore, side, right; C
- pain, diaphragm, region of; C
- pain, cramping
- pain, cramping, ribs, right
- palpitations of heart, morning
- palpitations of heart, night
- palpitations of heart, sudden

**EXTREMITIES**

- cracked skin, foot, heels
- cracked skin, toes, under
- cracking in joints, ankle evenings
- dryness, foot
- dryness, foot
- heaviness; C
- heaviness, lower limbs; C
- heaviness, thigh; C
- heaviness, thigh, right; C
- heaviness, lower limbs, night; C
- lower limbs, left
- leg
- numbness, foot; C
- pain; C
- pain, aching, foot hollow
- pain, aching, toes
- pain, aching, joints, third
- pain, aching, hand, fingers
- pain, aching, hand, joints
- pain, aching, hip, walking
- pain, aching, patella
- pain, rheumatic, motion amel.
- pain, sprained, knee; C
- pain, sprained, knee, right; C
- pain, stitching, hand
- pain, stitching, thumb, right
- pain, ankle, right
- pain, finger, joints, rheumatic
- pain, fingers, right

- pain, fingers joints, rheumatic
- pain, fingers, motion amel.
- pain, fingers, right
- pain, fingers, joints
- pain, fingers, middle
- pain, foot, sole, extending to toe.
- pain, foot, sole.
- pain, hand, left
- pain, hand, joints
- pain, hands, right
- pain, hands, morning, waking
- pain, hip, left
- pain, hip, walking
- pain, joints, motion amel.
- pain, joints, rheumatic
- pain, joints, pressure
- pain, joints, small joints
- pain, joints, touch agg.
- pain, knee, right
- pain, knee, left, morning on rising
- pain, patella, rheumatic
- pain, upper arm; C
- pain, upper arm, evening; C
- pain, toes right
- pain, toes joint
- pain, toes night
- pain, upper arm, evening, bed in; C
- pain, upper limbs, touch agg.
- perspiration, flexure of elbow; C
- roughness
- tingling; C
- tingling, forearm; C
- tingling, forearm, extending to fingers; C
- tingling, foot, right
- tingling, foot, rising
- tingling, foot, morning
- tingling, fingers
- tingling, hands, right

**SLEEP**

- falling asleep, afternoon; C
- falling asleep, chill during; C
- falling asleep, studying; C.

**DREAMS**

- autopsies; NR
- buildings, admirable; C
- busy, being

- children
- danger, wind from; NR
- danger, water from; C
- difficulties
- dissection; NR
- diving; NR
- driving, up a steep rough track; C
- electric, shock; NR
- explosion, bombs of; C
- events, future of; C
- events, previously heard read, talked or thought about
- father; C
- fruit; C
- fruit, weevil in; NR
- fishes; C
- fish, rescuing; NR
- flood; C
- helpless, end of the world, as if it is; C
- historical events; NR
- houses, exploring; NR
- insects; C
- James Bond, sees; NR
- murdered, mother by; NR
- Nakedness; C
- possessed, mother is; NR
- sea; C
- sea, overlooking; NR
- ships of; NR
- tide, coming in; NR
- trees; NR
- water spouts; NR
- weevil, ear in; NR
- water

#### **CHILL**

- chill
- lying, while

#### **FEVER**

- fever
- heat
- night

#### **PERSPIRATION**

- fever, during
- right side; C
- sudden; C

#### **SKIN**

- dryness
- itching
- itching, night
- dry, rough

#### **GENERALS**

- air seashore > air on the
- dating fast.
- sweets desires; C
- sugar desires
- heat, sensation of ascending
- heat, flushes of extending upwards
- heated, becoming
- lassitude; C
- lie, desire to
- lying amel.
- pain, joints
- pain, joints, touch, agg.
- pain, sore body, all over
- restlessness
- sluggishness
- strength, sensation of
- temperature, change, aggravates; C
- temperature, change of; C
- warm applications >
- weakness
- weariness
- weariness, afternoon, 14-16 hours

EXPERIENCE OF MEDICINE I

## EPILOGUE

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## MORETON BAY FIG

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All the students and participants thanks for your generosity.  
My heartfelt gratitude

Alastair  
2000

# A HOMEOPATHIC PROVING OF

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LAMPONA CYLINDRATA (LAM-CY)  
WHITE TAILED SPIDER

EXPERIENCE OF MEDICINE I

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Condensed, edited, core primary symptoms

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Acknowledgements and thanks

# INTRODUCTION

## 1. METHODOLOGY OF THIS PROVING; WHITE TAILED SPIDER

### COLLECTION OF THE SUBSTANCE; THE CHOICE OF THIS REMEDY

When it came to the Nature Care College proving for 2000 there were three choices of remedy; Earthworm, Funnel Web Spider and White Tailed Spider. This remedy was prepared and supplied by the good people at Simillimum Homeopathic Pharmacy in Wellington New Zealand. Thanks to Michael and Shirley for your commitment to the highest quality medicines.

A word on preparation. There seems to be a disagreement when it comes to the making of homeopathic remedies from the spider. One prominent source says 'the whole spider is agitated, drowned, then mortar and pestle, i.e. crushed before potentiation'. Other sources seem to suggest that the spider, because it is soluble according to Hahnemann's instructions is simply potentised without trituration.

### THE TRIAL

White Tailed Spider was one of three remedies chosen for the 2000 proving. I did not know which remedy had been selected until 4 weeks into the proving. Supervisors were in daily or twice daily contact with their provers for up to four weeks. As coordinator I was in daily contact with both provers and supervisors.

### THE PROVERS

16 f	30	20 f	30	10 f	30
18 f	30	2 f	30	6 m	30
12 f	30	4 m	30	14 f	30
22 m	30	8 m	30	24 m	30

Note: The words of prover 4 have been retained exactly; English as second language.

## 2. SPIDER GROUP/FAMILY/KINGDOM IN HOMEOPATHY

Some sensational Homeopathic work has been completed by various homeopaths on the spider family; the constellation of symptoms present in a case to make a homeopath consider a spider medicine. From books and articles, in Australia Keith Avedissian, in New Zealand Debrorah Collins, in India Farouk Master have completed excellent material which I need not add to. What I can say is that from the experience of proving White Tailed spider, and not knowing at the time of the proving that it was this spider virtually all of the symptoms considered to belong to the spider family I can categorically confirm. Let us not forget the early observations also of Farrington and Kent who pioneered observations on family groupings.

E. A Farrington's *Clinical Materia Medica* makes the following statement on Aracnida spider poisons. "There is one two fold action, they all poison the blood, all act prominently on the nervous system producing spasms; chorea, hysteria. Among other symptoms are trembling, great restlessness, oversensitiveness and nervous prostration. There is also periodicity. The system is profoundly affected by spider poisons, hence they may be used in serious and chronic ailments. Features of symptoms already mentioned are chorea, tics, prominent dancing, assuming the attitude of prayer with fervent expression and clasped hands, sexual violence, spasmodic unavoidable erections, nausea, dizziness, variable pulse. There may be rapid changes self exaltation, diarrhoea, fevers, mental confusion, hilarity, confusion, hysteria, loquacity and lasciviousness."

Kent in *Lectures on Materia Medica* describes Tarentula hispanica and Theridien, both have emaciation, the flesh falls off the bone, there is quick consumption. Tarentula chills at sunset, there is satyrism and nymphomania, impaired memory, and impaired mental symptoms, the capacity for learning is diminished.

## EXPERIENCE OF MEDICINE I

And moreover Sankaran in *The Soul of Remedies* describes *Tarentula hispanica* as industrious, busy, loves music, dancing, a love of colours with fear of being trapped, injured or assaulted. There is feeling that love is not reciprocated, that they have not done enough and therefore indulge in attractive behaviour, singing, dancing, wearing bright colours. There is also lasciviousness, cunning, shamelessness, and exposing of the self. It is often a situation of unanswered love as opposed to disappointed love they need to attract. *Sepia* is like *Tarentula hispanica* except that *Sepia* has contradictory will, *Theridion* is similar except that when people approach, they wish to attack there is aggression. *Theridion* and *Tarentula* have busyness, fruitless activity and attractiveness. We can postulate that spiders need a partner they are alone, and a building up of nervous tension prevents them from using the mind fully.

And from a student after completing the proving of White Tailed Spider; spiders have eight legs, keen eyes and tactile sensing to distinguish rhythm and what pray they have caught (dancing). With anxious care they eat their pray after biting with poison (sarcasm). And ensalivate their victim to pre-digest it. If they are a victim they may lose their head (sensation as if lost head) or feel only their body. They are passive hunters, they wait by the web, waiting in the cold is like having a nameless fear, inspiring an ever watchful attitude, they do not sleep. In friendship they may often be shallow, biting deeply emotionally in marital arrangements and losing their head. Spiders become what they eat, they have no name, no identity or ego, causing great despondency.

Karen Allen in the USA and Mangliavori amongst others have lectured and written on the experience of prescribing members of the spider family to timid smaller men, and 'Olympian' women. It is an opinion that I feel gets to the centre of the spider family based on my experiences of cured cases using members from this family; complicated and awkward sexual relationships, disturbances of the nervous system.

Articles on the use of White Tailed Spider have now been published in New Zealand, Australia, the US and Ireland. Some of the clinical verifications have been included here.

### 3. OTHER SPIDERS IN HOMEOPATHIC MEDICINE

<i>Aranea diadema</i>	Papal Cross Spider
<i>Aranea Ixobola</i>	Black Cross Spider
<i>Aranea Scinencia</i>	Gray Spider
<i>Atrax Robustus</i>	Funnel Web Spider
<i>Latrodectus Haseltii</i>	Red Back Spider
<i>Latrodectus Katipo</i>	New Zealand Katipo
<i>Latrodectus Mactans</i>	Black Widow Spider
<i>Loxosceles Reclusea</i>	Brown Racleuse
<i>Mygale Lasiodora</i>	Black Cuban Spider
<i>Tela Araneae</i>	Spiders Web
<i>Theridion</i>	Orange Spider
<i>Tarantuala Cubensis</i>	Cuban Spider
<i>Tarantula Hispanica</i>	Spanish Spider
<i>Lampona Cylindrata</i>	White Tailed Spider

### 4. SPIDERS IN THE NATURAL ENVIRONMENT

I would encourage you to read about spiders in Vermeulen's *Prisma*; *Aranea diadema* etc. There is a huge amount of them per square metre on the planet in terms of biomass. We necessarily have a relationship with the species. They are everywhere.

Typically the vision is poor, they often orientate by the stars and the earths magnetic field. They tend to survive on very little food. They work quite hard without needing to eat for long periods. They are



very sensitive to noise. They are very solitary creatures. They are tuning forks in terms of vibration and sensitivity. They balloon. They fly. The massive symmetrical web building Golden Orb spider, usually found magnificently protecting my gate in Sydney, has recently been found in New Zealand, thousands of miles away, where it travels across the Tasman Sea.

## 5. MYTHOLOGY AND SYMBOLOGY OF SPIDERS

- One of the top three least popular creatures on the planet. Most people have an opinion about them.
- The spider makes a strong impact in Islam; it was the spider that protected Mohammed in the cave by building a protective web across the entrance.
- Robert the Bruce formulated his English strategy, persistence and tenacity even in defeat by watching the spider rebuild her web (also encapsulated in the rhyme 'Incy wincy spider')
- We have other symbolism of the spider in the literature Charlotte's Web (protective), Harry Potter (dark and murderous and persistent) and Shelob in Lord of the Rings (relentless, dark and hungry)
- The persistent imagery around the spider we see, described in Jungian psychology as the Dark Unpredictable Feminine, huge, terrifying, female sexual energy
- And then we have the Web. That which represents connection, information and communication, interconnection, worldwide, in all its forms.

### ANANCY

Anancy is Jamaica's unlikely leading folk hero. This devious spider is the subject of many tales, still frequently told to children at bed time. Like Brer Rabbit, Anancy survives against the odds in the harsh world by his quick wit, sharp intelligence, cunning, and ingenuity. He personifies the qualities of survival so admired in Jamaicans.

### MURGAH MUGGUI

"At one time there was an old witch who was also a cannibal, she was called Margah Muggui. She lived alone in a scrub of pine trees. When she was hungry and wanted someone to eat she would wait until she saw a desirable young man going hunting in the bush, quickly she would change herself from a mean ugly old woman into a young beautiful maiden, then she would walk up to the young man and ask him where he was going. Always he would say he was off hunting, and Murgah Maggui would ask if she could go along with him for company. And what young man could say no, they would go off together, but the hunting always seemed to take longer than the young man expected so when the two got back to where the woman had joined the hunter she would say "ooh it's very late, why don't you make your camp with me for the night", always the young man would say "no, I have a wife at my camp and I must take her some food". Cunning Murgah Muggui would say "but I'm sure you are hungry, why don't you wait a little while and I will make some food for you and you can be on your way". The young hungry hunter would not need much persuasion, and the two would make a good meal together. Then it always happened that Murgah Maggui who remember, appeared to be beautiful and graceful young woman would say something like "you must be feeling very tired after your long days hunting, why don't you stay overnight with me?, you can tell your wife you camped in the bush, she will never know, besides I am lonely and it would please me to have the company of a fine young hunter like yourself", and so the young man would stay. Later when he was sleeping soundly she would creep away from the fire and fetch her digging stick, this stick had a very sharp and strong point to it. The unsuspecting hunter would stir in his sleep turn over and sensing something was wrong would wake up and find the hideous old witch leaning over him with the stick ready to strike. Before he could recover his wits the witch would bring down the stick with all her might and pierce the young man through the heart and make a meal of him. This went on for a long time and Murgah Maggui became more and more cruel. Then one day Mullyan walked her way and

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Mullyan was not only young and handsome but wise and clever. She came up to him as usual and suggested she go hunting with him, and he agreed. Everything seemed to go as usual, and the two at last settled down to sleep. She was already looking forward to her next meal. But Mullyan only pretended to fall asleep, he felt that something was wrong, it had all been too easy. And when he heard her move he watched from behind his arm which he was using to shield his face. He watched as the beautiful young girl took hold of her stick and turned towards him. He also saw her change before his gaze into a horrible leering vicious creature of evil. She was grinning in anticipation as she stealthily came towards him.

Murgah Maggui was about to strike, the stick was pointed towards Mullyan. The young man leapt to his feet in one swift movement, in a second he had wrenched the weapon from the witch's hand, then he plunged it into her heart and she died in an instant, and fell to the ground where so many had previously been slain. In her death the spirit of Murgah Maggui turned into a spider. A spider which lives among the patches of pine trees along the ridges, even today Maggah Maggui is to be found spinning her trap from tree to tree. Then she waits for her victims to stumble into her alluring net and provide her with yet another meal."

*Millenium Book of Myth and Story – Baxby & Wench 1997*

**A NOTE FROM STEPHEN COTTEE SUPERVISOR**

Note: I did some kabbalistic numerical analysis of the numbers mentioned in two dreams on 21/3 – \$5.20 and 42. Looking back over that now, after the proving has finished, I see a very relevant correspondence. It is traditionally valid to look at 52 if 520 doesn't reveal enough. 52 = Aima (Mother) among a number of other things. 42 = Ama (Mother – unfertilised) among other things. This correspondence between the two numbers was the strongest and most obvious link – ie. two variations on the word for Mother. Interestingly, the Mother in the Kabbalistic system is Binah – Saturn – which rules spiders. The colour for Binah is black. Saturn governs containers, including bags. It also corresponds with the letter Hey (above) which corresponds to water. The elemental weapon for water is a cup – a feminine receptive container for water. The word 'Hey' itself means 'window'. Many of these themes will be seen in prover 2's dreams. She hasn't been taught this system of archetypal correspondences.

In my dream on 29/3, apart from dreaming of 'Amma' – an archetypal mother, I had the numbers 56 and 156. 56 is the number for Nu. Nu or Nuit is an Egyptian goddess of the night sky, a universal mother. 156 is the number for Babalon, another feminine deity associated with Nuit. Again, all these things relate to Binah, the third sphere on the Tree of Life, which corresponds to Saturn, which rules spiders.

**MASTERS SPIDER THEMES** (Referenceworks and EH)

- Active
- Aggressive
- Better by smoking
- Chilly
- Craving – coffee
- Desire – smoking (Aran-ix, Ther)
- Does not like to be touched
- Fear of narrow places
- High sex drive
- Likes strong rhythmical music
- Periodicity
- Problem with maintaining relations
- Restless
- Sensitive to music, noise
- Sensitive to touch, light

## THE WHITE TAILED SPIDER

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### 6. THE SPECIES

The information listed and collated here about the White Tailed Spider is selected from a number of books and web sites.

www.ento.csiro.au There are a number of Lampona spider species and the White Tailed spider Lampona cylindrata is often described as Lampona obscura.

The White Tailed spider preys on snare making spiders and insects.

The White Tailed spider is not lethal but can cause systemic symptoms, such as headache, vomiting, nausea, diarrhoea, muscular pains, chills.

The Puffin Book of Australian Spiders – Hunt 1982. There are a number of different kinds of White Tailed spiders. The common species seen in the houses of Australia [and now New Zealand] are Lampona cylindrata. This tells you about the nature of it's body, it is cylindrical. The female can be between 14-21mm long and the male about 12mm long. Young White Tailed spiders are black on their back White on the abdomen and as they moult throughout their life they become darker until only the White Tailed is left.

They are considered to be vagrant spiders meaning that they wander about at night. During the daytime they rest in silk tubes under bark, stones or logs. The silk tube is also used to enclose the females eggs and she stays close by until the eggs hatch. The spiders lay only about 20 eggs and many of the young ones survive.

A guide to Australian Spiders by Kline 1969. Lampona are small medium size spiders with dark cylindrical bodies sometimes having White stripes on the abdomen, there are 16 species that are wide spread. The legs are short, prograde and usually shiny often reddish. These nocturnal hunters are found by day under bark, stones and leaf litter, sometimes with a tubular silken retreat.

Dangerous Australian Spiders 1998. The White Tailed spider is 1 1/2 cm long and has a long body, it does not have a nest but roams in search of it's food. It hunts other spiders during the night but stays in the silk sack during the day. The sack is also used as a nest. In the bush it is found under bark or in the leaf litter. When it wanders into a house it will usually be seen at the top of a wall, and it also crawls into clothes that are left on the floor. Very little research has been done on White Tailed spiders, but it is thought that these spider bites can cause severe skin damage. A bite from a White Tailed spider causes skin around the bite to die, this may start with blisters, or the skin becoming a darker colour. It is very painful, and a person who is bitten may also experience vomiting and diarrhoea. A person bitten by a White Tailed spider needs hospitalised treatment. The dead skin is often needing to be scrapped away and replaced with skin from another part of the body.

The Silken Web, The History of Australian Spiders 1994 Simon-Brunet. The female Lampona cylindrata one of the largest Lampona spiders measures up to 20mm in body length, with the slimmer male measuring about 12mm. This species is dark plum coloured to black, depending on it's age, and recency of moulting. It's legs may be reddish brown to black depending on it's age. The colouring and patterns darken with successive moults. Its abdomen is glossy and pitted at the adult stage and has an outstanding patch at the dorsal tip of its abdomen. Juveniles have double series of light patches on the dorsal surface of their abdomen which deepen with every moult until they disappear altogether leaving only the distinctive white tail in the adult. The White Tailed spider preys on snare making spiders. During the evening it positions itself on the outer edges of the web of the snare builder and plucks and strums the thread to imitate the struggling of an ensnared insect. It makes an enthusiastic appearance and rushes forward expecting to have captured an insect, but instead is attacked and eaten.

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Juvenile White Tailed spiders have a double series of White patches along the upper surface of the abdomen. They lose these patches when reaching sexual maturity but retain the white tip. They retain just a small image of their pre sexual selves.

The species carries the virus *Microbacterius ulcerans* and although no deaths are known to have occurred from it's bite, there are recent reported cases of slow healing ulcers, persisting at the site of the bite. A vaccine has been developed in Queensland currently.

For example a White Tailed spider may feed on a black house spider from which it has lured from it's retreat by imitating the vibrations of the black house spider's entangled prey.

[www.maroondaah.vic.gov.au](http://www.maroondaah.vic.gov.au) The White Tailed spider has been found in Australia for many years, this spider is easily identified by it's elongated shape, cylindrical lemon pip shaped abdomen, and it's velvety black and dirty white markings at the top of the abdomen and tip of the tail. The legs are glossy with a reddish dark tint. Male spiders have dark legs.

White Tailed spiders only bite if provoked and are not normally aggressive to humans. The symptoms of the spider bite vary according to specific reactions, including localised burning, stinging feeling followed by various illnesses. Itchy lumps, swelling, blistering, ulceration, nausea, vomiting. Occasionally the bacteria on the fangs of the spider may cause infection or other specific allergic reactions. And it is suspected of causing skin necrosis in 14 spider bites over the last 10 years. However until recently none of the victims could positively identify exactly what bit them.

### TOXICITY

The bite is believed to cause severe illness of a short duration, although the portion of venom containing flesh dissolving enzymes would fit on the head of a pin. The illness is sometimes followed by necrotic sores. The species carries the virus *Microbacterius ulcerans* in it's venom, and it is this microscopic organism that seems to cause the infection resulting in the spread of ulcerous sores. The bite is not lethal, but is dangerous.

### HABITAT

The species prefers cool places where it often builds a temporary silken sack in the form of a tubular retreat in which to shelter by day. In the bush land it can be found beneath the flaking bark of Eucalyptus trees, often in close proximity to sheet building spiders, upon which it preys. Insects are also taken in its diet. In late summer the spider matures and sometimes wanders into human habitation to escape the heat. There it continues to build retreats and hunt particularly around picture rail height where it is cooler and the top edge of the rail provides a good sight for distributing and building it's sack. Recently I found one above my bed at the Bay of College Homeopathy centre in Mt Albert Auckland. In Australia, I have found them under or on my mosquito net. They can be found inside wardrobes and clothes left on the floor, bedclothes, bathrooms, laundries and behind curtains. However it is normally nomadic living in gardens under rocks, ground litter and other foliage, most active at night living off insects and other spiders. Their nomadic nature leads them into homes where they are most commonly found during spring to late autumn. White Tailed spiders are not web bound and catch their prey by predation, being hunters they are swift moving and scurry away when disturbed.

### DISTRIBUTION

Populations of *Lampona cylindrata* range across Australia and Tasmania, it has been found in New Zealand.

### MATERNAL CARE

Within it's sack the female lays up to 90 eggs in a silken single white egg sack. Here she guards them

until they are born. The tiny spiderlings once emerged quickly assume an open range hunting way of life, feeding on small insects such as baby cockroaches and silverfish.

## FOOD

White Tailed spiders usually hunt for food during the first hours of the night, which is when you are most likely to see them in your house. They feed on silverfish, ants and other small animals. They are known to capture young and adult spiders of other species.

## TOXICITY AND SYMPTOMS OF WHITE TAILED SPIDER BITE

The White Tailed spider is not deadly to humans although it carries a nasty bite. Some people have reported a bad reaction – large welts, bad deformities and blisters are common.

The species is, of all Australian spiders, suspected as the chief cause of necrosis. This nocturnal open range hunter of the sack group occurs throughout Australia and is adapted to living in houses especially bedrooms and bathrooms.

### Symptoms

1. The bite produces a clearly visible puncture mark
2. The bite can cause a local burning pain sometimes followed by blistering and ulceration, however the symptoms have no predictable pattern.
3. The speed of tissue damage and of other symptoms varies widely. Ulcerations may begin with surface blistering or with a darkening of the flesh beneath the bite. Reaction can be either rapid and painful with violent vomiting and diarrhoea or gradual with relatively little pain.
4. If necrosis spreads extensively the only way to retard the damage is to remove the dead tissue and scrape around it. The wound may require a skin graft. In some cases toes and fingers have required amputation. But skin grafting has been completely successful in other cases. It is thought that the skin is consumed by a digestive enzyme that liquifies in the internal tissues of the spiders prey and is also thought that in some way this digestive enzyme can renew itself.

### First aid treatment for White Tailed spider bite

Although dangerous the bite is not fatal. An amino acid L-cysteine ointment can counteract the necrotic effect of the venom. It has been found that aloe vera in ointment or fresh leaf form can also greatly help to neutralise the effects of the bite, if it is applied generously over the wound 3-4 times a day until healing occurs. The portion of flesh dissolving enzymes contained in the venom of a single bite would fit on the end of a pin. The venom carries the virus *Micobacterium ulcerans* and it is this organism which causes the spread of the infected ulcerous sore.

www.usyd.edu.au The pressure immobilisation technique is inappropriate for bites from spiders other than the funnel web spiders. The White Tailed spider has been infrequently implicated in the development of the so called necrotising arachnidism syndrome, in which a near painless bite progresses to cutaneous blistering and inflammation which may progress into intensely cyanotic lesions, occasionally resulting in substantial recurrent local tissue necrosis with a deep rolled ulcer involving fat and skin and exposing muscle. Amputation has been required for severe necrosis and ulcer recurrence may last for years. The precise cause is unknown, however it appears to be due to locally acting necrotising toxin, probably in association with a secondary infection. Approximately 25% of cases are associated with skin cultures positive for *Staphylococci*. If an area of redness and blistering develops the limbs should be elevated and the patient rested. No drug treatments including antibiotics have been clearly shown to be effective at this stage. Blisters may be cultured and microbiologists need to be involved to look for the microbacteria as well as other bacteria involved. Should the situation deteriorate the skin may start to look purple, mottled, pale or blue, or the redness

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and swelling may develop widely. This is unusual but if it happens the patient needs admission to hospital. Ruling out secondary infection is advisable as this may include biopsy. Should gangrene and/or skin necrosis occur surgical management may be appropriate. However early aggressive surgical therapy is not advocated. It is extremely difficult to clearly identify the offending spider in cases of necrotising arachnidism.

## 7. WHITE TAILED SPIDERS IN ACADEMIA & MEDICAL SCIENCE

www.abc.net.au The push is under way to get funding for research to find an anti venom for one of Australia's more dangerous spiders. It is claimed that the bite of a White Tailed spider can cause health problems for years. President of the National Spider Bite Victim Support Group, Helen Miggly says she almost lost both her feet to gangrene after being bitten by a White Tailed spider.

Australian Museum online and www.pharmacology.unimelb.edu.au White Tailed spiders have been implicated in some cases of necrotising arachnidism (skin breakdown of ulceration following spider bites). The incidence of ulceration necrosis following White Tailed spider bite is not known. The majority of cases appear not to develop ongoing ulceration although blisters and redness are common.

1. A small number of witnessed White Tailed spiders bites have been associated with skin ulceration or necrosis.
2. The majority of alleged cases of necrotising arachnidism in Australia are based on circumstantial evidence at best.
3. There is no test available currently, clinically, or experimentally that can confirm or exclude the diagnosis of White Tailed spider bite. There is currently no anti venom or other specific treatment for White Tailed spider bite.
4. No treatment has been shown in clinical or experimental trials to be of particular benefit in the treatment of ulcers ascribed to White Tailed spider bites.
5. Hyperbaric oxygen therapy has been used to treat ulcers of various origins including suspected spider bite with some success, but there are no controlled clinical trials which have yet been conducted.

### NECROTIC ARCHNIDISM

This condition encompasses a broad spectrum of responses to spider bite from very mild local skin damage through to major skin damage and systemic illness. It is a phenomenon seen in many parts of the world not just Australia, and particularly the Americas. It is caused by the recluse spiders, *Loxosceles reclusa*. In Australia local skin damage following presumed spider bites are not rare, with hundreds of cases each year. Most of these are minor with ulcers of less than 2cm in size, but there are a few cases with large areas of skin loss requiring prolonged hospitalisation and ultimately skin grafting. Several spiders have recently been suggested as the cause of the ulcers, especially the White Tailed spider. But until recently none have been proven.

*Acute and Recurrent Skin Ulceration after Spider Bite Department of Pharmacology, University of Melbourne 1999. Pincus and Winkel and Hawdon and Sutherland.*

“In this study 15 cases of skin ulceration after spider bite were examined. Eight bites by *Lampona cylindrata*, the White Tailed spider caused a mild sting to sharp pain, of short duration, itchiness, local swelling or a lump and either no systemic symptoms or anxiety. In only 3 cases of 14 bites was identification as *Lampona cylindrata* confirmed. All of the spider bites were to the limbs and involved blistering, ulceration and necrosis of the skin. 13 were described as painful, 5 patients experienced ongoing disability, one required amputation of the hand and distal forearm. 4 of the 15 patients experienced systemic symptoms. 3 had ulcers that were culture positive for *Staphylococcus*, 9

patients had recurrent lesions involving recurrent breakdown or blistering of the skin, after healing or breakdown of skin grafts due to non healing ulcers.

A 27 year old women was bitten on the leg by a female White Tailed spider positively identified. She developed a pimple like lesion that blistered to form a 2 by 2cm ulcer. She was treated with Doxycycline and healed over 1 month.

A 38 year old Victorian man was bitten on the calf by a female White Tailed spider positively identified by the Victorian museum. The bite was painful, itchy, and blistered, progressed to shallow ulcers while he became feverish. He was treated with Doxycycline and anti histamines, the original lesion healed over 10 days. He has since had multiple episodes of similar lesions with a gradual decrease in frequency.

A 33 year old New South Wales man was bitten on the leg by a White Tailed spider positively identified. Initially the bite produced small red lesions. The patient was treated with Doxycycline and the lesion healed then broke down at 1 month to a 6 by 6cm ulcer that healed over 6 months.”

#### **A case of Necrotising Arachnidism.**

*Medical Journal of Australia 1998* – Colon 69, p642-3. “To the editor, A 35 year old male carpenter presented with an area of increasing central blackness of the grafted sites of his right lower leg. 12 months previously he had had a small ulcer which had progressed to necrosis of the skin following a spider bite, and required partial thickness skin graft, the spider was not caught but the patient confirmed it's identity as a White Tailed spider. Cultures of necrotic graft showed no pus cells or organisms. Unfortunately there are no laboratory tests available to test for venom or anti venom antibodies in the involved tissue. With the help of a psychiatrist the patient was questioned about any possible self inflicted act, which he denied. Three weeks later he presented again with the lower leg and blackness of the new graft with surrounding erythema, increasing over 6-12 hours. This patient had recurring necrotising arachnidism although a literature review of all medline journals to date revealed no reports of this condition. It describes a rare complication of spider bite which is characteristic by progressive necrosis and inflammation of the bite site, occasionally requiring extensive skin grafting.

It is clear that the only confirmed cause of necrotising arachnidism is from the USA and is the fiddle back spider (*Loxosceles*) which is demonstrably known to cause this condition. In Australia it is becoming clear that the *Lampona cylindrata* is not confirmed to be the cause of this condition. A well known Australian toxicologist Dr Julian White 1999 asserts that the increasing tendency of the media and medical profession to blame the White Tailed spider is unfortunate as it establishes a common belief that the cause is known and the truth is that it is not.

Studies of Necrotic Actions of Several Australian Spiders Atkinson & Wright *Comprehensive Biochemistry and Physiology* vol 98, 1991. Recent studies have uncovered conflicting evidence as the real cause of this disorder. The White Tailed spider has a developing reputation for causing necrotising arachnidism in Australia. It has been implicated in print, and electronic media and in medical journals as a most likely cause. Mike Grey the head of Arachnology at the Australian Museum remains sceptical to the exact causes of necrotising arachnidism. Further studies done on the properties of the venom, the toxic effects and the digestive secretions are still required before the White Tailed spider becomes conclusively involved in this condition.”

What seems clear from this academic literature is that the *Lampona cylindrata* has been held responsible for massive necrotic lesions yet there is little research to confirm and the evidence implicating this spider is extremely slender. Most records from White Tailed spiders indicate mild reactions to the venom with local swelling, blistering and pain. Extreme reactions are common. It appears that the White Tailed spider has been wrongly ensnared in this problem.

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**REFERENCES**

*Handbook of Clinical Toxicology of Animal Venoms and Poisons*

Meter and White 1995

*Necrotising Arachnidism in Australia a Simple Case of Misidentification*

Medical Journal of Australia 154, p856

*Necrotising Arachnidism in Australia a Simple Case of Misidentification*

Medical Journal of Australia 155, p136 Sutherland

*Studies of the Necrotic Actions of the Venoms of Several Australian Spiders*

Wright 1991 Comprehensive Biochemical Physiology 98

**Note**

These academic opinions go absolutely against the mounting mountain of anecdotal evidence from homeopaths and other health professionals in both NZ and Australia to support the contention that this spider does create the most tenacious of ulcers, deep wounds and difficult to treat skin lesions.



## 8. THE THEMES TO EMERGE FROM THIS HOMEOPATHIC PROVING

1. Visual disturbances
2. Sensitive to water, noise, the sound of water, music, smell acute
3. Heightened senses,
4. Hates water and hates colours.
5. Sense of smell > , sensitivity to smell > .
6. Long and squashed
7. Impatient, irritable, snappy, yelling.
8. Desolation, alone, home isolated from family
9. Hatred of customers
10. Elation,
11. Lots of sudden things, sudden elation, sudden desire for sleep.
12. The desire to steal things.
13. Hurried Rushed Too Fast, too fast with customer service,
14. "I can't be bothered, I don't want any people".
15. Not coping. "not happy, not me, not coping".
16. Impaired intellectual function, clarity
17. Focused
18. Mistakes
19. Addiction, wants to take more, gambling, addiction
20. Injustice children
21. Feeling feminine, feeling beautiful,
22. Feels attacked by people, spiritually,
23. Desire to kill,
24. Confidence, attraction, telling people what she thinks,
25. I can do things, defiance, taking things against instruction,
26. More awake, more active, very active, cleaning, organising, vacuuming, very efficient, very Elated, I feel amazing.
27. Generally alert and focused becoming tired and falling apart,
28. Difficulty sleeping, > talking, walking, sex, > chocolate, sweets, ice cream.
29. Ice cream, sweets ameliorates. Chocolate > ,
30. His life long love of being of service to people was entirely annihilated, he felt agitation and hatred, before he felt god will reward me. On proving "I want the reward now, give me the reward" before impotent now strong desire for sex.
31. Brief cases, bags, dogs. Dreams open spaces but inside, places with not windows and no doors. Big hats, bright clothes, big rocks, big chickens, big fish. Not trusting men.
32. Cured symptoms, menstrual symptoms and want of self confidence.
33. Needs attention, feels as if he is being ignored,
34. Crawling nostril
35. Metallic Taste
36. Heart palpitations
37. Heart sinking
38. Abdominal sensations L to R
39. Calves
40. Problems with calf muscles, problems with the buttocks.
41. Head aches
42. Skin colour changes
43. Yellow faces.
44. Muscle relaxation,
45. Pimples, nausea, cold, wind all around her,
46. Strong sexuality. 'I am feeling impotent on the remedy now increased desire'.
47. Bubbles in the phlegm, blocked nose, acute sharp smells.
48. Bruises

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**ALTERED STATE/VISUAL DISTURBANCES**

I feel so stoned, like when you smoke dope. Everything is intense, like a nervousness, like that I am in my own world and everything is surreal, like we are giggling, but nervy giggling and a numb and drunk giggling. I could feel energy bouncing off each other. In our own ball, whole state is altered. Quick doing things. I was throwing my body, fell down and got up and bounced up again and throwing myself around. There were no worries or consequences, very in the present. 2:30c:00:01:30

(Obs) She is off her head. Laughing. The only way I can describe it is its like talking to a friend on the phone on the other side of the world who is really drunk and you are sober. 2:30c:00:01:30

I feel like I am hallucinating, I saw a burning cigarette on the side of my ashtray and there wasn't one there, I saw it as I turned my head. My ashtray has two figurines on it and it scared S (the one man has these big white eyes), the more I looked at the more I got scared too. S is so scared of those staring eyes. S then walked into my sliding door and made a face print on it. 2:30c:00:01:30

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

I feel elated, I feel the rising, moving upwards theme in my last few dreams. I am not affected by it as much. My vital force feels lifted up. G in the proving seems so happy too, he acts like he is drunk, big smiles, he used much more expression and body language. 2:30c:02:17:00

Things look weird. I feel stoned. I feel going on a holiday. 22:30c:00:00:4x

I feel silly, frivolous. 22:30c:00:00:4x

T's ashtray scared me. Strong feeling. 'Take it away. I don't want to look at it.' With the light it's less scary. 22:30c:00:00:5x

Now I feel relaxed again with the light, no longer hyper/worked up. 22:30c:00:00:5x

At 6.20pm, Showering after my run, felt panicky, a bit nauseous. I've also noticed feeling bad about myself, quite contrary to my general

disposition of late, both coming home from my run today and last night. 22:30c:00:20:4x

Let me describe the confusion more accurately. It is as if people are putting their hands in your face and that is why you can't see or think calmly or clearly. 22:30c:00:20:xx

At 6.45pm, I feel calmer again, though things still look qualitatively different (ie. Not frank hallucinations). The panic today came in a wave which passed. There is a type of quiet in my head due to the 'mind slowed, less thoughts' thing. 22:30c:00:21:08

Light feeling, relaxed, feel very much light. 4::30c:00:00:00

**Long**

Then S said, 'you look so long'. I said, 'Yeah, I feel so long, I feel too long.' 2:30c:00:02:12

I thought I'd come down off it, then I looked at T walking. I said, 'you look so long', like she appeared long to me. I feel squashed. 22:30c:00:01:xx

At 10:59pm, feel tired, sort of squashed, too. 22:30c:00:01:22

**Rain/Water**

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again, which is extra early for me. Sounds were so loud, but there was very little rain. Sounds exaggerated. 2:30c:00:07:00

Frustrated with everything all day. Frustration at the rain, the pool will be filthy and walking in the rain isn't much fun. [9.30am] 12:30c:01:14:30

I was in the yard and it started to rain and I started to do some gardening. I really enjoyed this. 18:30c:13:xx:xx

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. 4:30c:09:xx:xx

**Disoriented/Forgetful/Lost**

Lost my pen. And my water bottle. 22:30c:00:00:5x

At 6pm on my way home I noticed qualitative visual changes, some confusion. Eg. Reaching for my bottle in my back pocket when I had no bottle with me – instead it was my hat I felt and had in my back pocket. This confusion also makes it 'harder to see', not literally but more like stuff moving too fast because my mind has slowed, less thoughts. Senses more acute. Visually, I saw a bird and it had greater impact, I could almost hear-feel its wings move.

*22:30c:00:20:2x*

I went shopping and I feel confused, lost and disoriented. I bought food that I have never bought before. This confusion is made worse by driving. I parked my car in the wrong place at first and then after I parked it in the right parking station I lost it. It took me a long time to find my car. *2:30c:00:16:30*

Feeling a bit lost. A bit the same as yesterday. I drove this guy to Chatswood. I didn't know where I was going. To get back I got a bit lost. Was getting tired really easily – working on college work with Irene. Lost feeling – feels a bit different from usual. Normally I'd be anxious. Now there is anxiety, but there's more frustration. Normally I'd avoid roads I don't know, but I've been going down them and getting lost. Before I had no sense of direction, now I'm getting it – 'oh, this road's going the same direction as the one I want to be on'. This is since the medicine. There's a sort of trust.

*2:30c:01:xx:xx*

I'm leaving things behind and losing things. eg. my wallet. Forgot and left my brace at home for my night lecture at college. When I went to G yesterday I left my jumper at home.

*2:30c:02:xx:xx*

### **Hurry/Speed/Fast/Time**

T's movement appeared too fast although I don't think they are. I feel dopey. Hard to think and talk. Laughter. Intoxication. *22:30c:00:00:3x*

I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. It felt like 3 seconds (normally a half hour walk). With no effort. And I was early! Then I was waiting, a bit impatient. *2:30c:02:16:30*

6pm. Drove to college again. F and I walked to college from the car spot. F said, 'T, I notice you've been walking so quickly since you took that remedy'. *2:30c:02:21:00*

I am so hectic and frantic: in my dream a chicken was running around with it's head off, so frantic like the crazy guy in the other dream, also being impatient, being productive, walking faster, van not stopping, racing down a mountain in a car, F jogging, its all so hectic, authority, fear, confrontation and power.

*2:30c:03:21:00*

2pm, Very stressed, racing. *2:30c:18:17:30*

Just freaked out at T's restless leg and shaking her shoe. The fast movement. *22:30c:00:01:0x*

So hurried, speedy, managed to out talk my sister at lunch. Also stood my ground on the issue of showering at the pool vs showering at her place. I was aware of her in go slow mode and me in speedy action mode *12:30c:02:17:30*

Alert, awake, chirpy, considering I've had a busy day. *12:30c:03:03:30*

Awareness of speediness and hurriedness in all situations, very impatient sitting in traffic on Friday evening, getting to Leichhardt from ours was almost torture. People in general seemed to be too slow in thought and action. General awareness that I am more speedy, sensation that everyone around her is slow. Getting irritable with them for it. *12:30c:03:23:30*

Again this awareness that I was moving faster than others, we had Dinner with some friends and I had to be careful not hurry everyone in their choice of meal. *12:30c:04:00:30*

Impulsiveness, had to buy a C.D on the way to see the movie, a new album by a British Indian man who a girlfriend of mine in London knows well. *12:30c:04:01:30*

Such a long film "magnolia" found it very difficult to sit still towards the end wriggling and fidgeting. *12:30c:04:05:00*

Still quite alert and speedy *12:30c:04:05:00*

I am speedy, hurried and alertness, almost too much so. Speedy all day, too busy, really clumsy, others seem too slow. I'm really hurried and alert. *12:30c:05:18:xx*

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Irritability, internally, need to be aware that others are not travelling at the same speed as me. 12:30c:05:18:xx

Vague, spacey feeling could be from no breakfast or no coffee as it 11.30am and we haven't eaten yet. Vague, tired and spacey – I need to slow down, I feel annoyed with everyone for being so slow. I'm so alert and focused. 12:30c:05:16:xx

Alertness came when I focused on my study, my speed increased, when I had study breaks and cleaned the house. The speediness increased as it became dark. Early evening I did lots of small jobs in the house and I did quite a lot of study as well. 12:30c:05:xx:xx

Irritable at bank staff for working so slowly and not being very helpful, so I cancelled my periodic payment, I'll B-pay instead. 12:30c:06:14:xx

Still alert awake couldn't sleep so easily wired from college. 12:30c:07:04:xx

Hurried – Speediness while discussing a work issue with L. 12:30c:07:02:xx

Woke up tired and did not want to socialise with anyone but I'm still hurried. 12:30c:07:xx:xx

Speedy all day. 12:30c09:xx:xx

Some awareness of hurriedness, alertness, often during this lecture on Thursday, difficult to stay awake. 12:30c:09:xx:xx

Time seems to be running slow, Body tired and time running very slow. 4:30c:00:04:30.

9pm, feeling of relaxation (mind and body) Happy disposition, no worries on mind. 10:30c:03:22:xx

**Focused/Vague**

I just realised that I only half-finished writing a sentence... again. 2:30c:00:01:0x

Haven't been affected as much by people. [Instead] quite neutral. Been connecting a bit more intensely with people. I feel pretty switched on. I've been quite efficient. Normally it's hard to switch off and concentrate on one thing but that hasn't been difficult. More focused. 2:30c:02:xx:xx

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Haven't been getting as distracted as much. eg. by TV instead of working. Tonight, halfway through class which I'm normally exhausted through, fighting off sleep, well tonight halfway through I just switched, took in everything that was said. 2:30c:02:xx:xx

At 9am, Driving to work. Getting stressed and depressed about the wallet because I knew I hadn't lost it but I couldn't find it. Don't normally lose things, especially a wallet. 2:30c:03:12:00

Mood improved through day. 'Busy' through the day. Mind positive. Competent. I can do stuff! Focused. 2:30c:08:xx:xx

9pm-10pm, Tired. Exhausted. Feel like I want to sleep. Stressed out, panicky (about assignments), but exhausted at same time. 2:30c:2:30c:08:xx:xx

I am so enthusiastic to learn how to print at work – I haven't ever wanted to do that in the last 5 years – very odd. Normally I do as little as possible at work. 2:30c:15:14:00

At 2:30pm my mind kept fazing in and out. One moment alert, the next staring off to space without a thought in my head, totally unaware of my surroundings. 20:30c:21:xx:xx

At night I felt so awake I could go to bed as my mind was buzzing. When I did climb into bed, I left three lights on – how awake was I really? 20:30c:23:xx:xx

Much more alert than usual for this time of night. [10.00pm] 12:30c:00:03:00

More focus than I would normally have, while waiting for a client to arrive. I'm doing some study instead of time wasting. All day I was really focused. 12:30c:00:20:30

Good focus once I got into my work on the computer. 12:30c::25:xx:xx

Concentration poor took a while to get into my study today once I got going I was ok. Could focus well. 12:30c:27:xx:xx

Forget things in class. My mind feels confused. 18:30c:14:xx:xx

It is interesting to observe in retrospect how difficult it was for me to concentrate on anything, including the proving. Normally am

very into research and study. Also my prover seemed reticent when we did make contact to assign symptoms to the proving. This overall lack of interest is difficult to define and am not entirely clear whether it may in fact be a result of the proving, or just from life circumstances. Thus have chosen not to assign any symptomatology to the feeling of disinterest. *16:30c:xx:xx:xx*

Would forget what I had just read. Had to keep checking and re-checking. This lasted all day. *10:30c:02:xx:xx*

I appear vague and disconnected. My partner commented that I seem vague and distant this evening. I had not noticed., vague and distant, but felt good in self – comfortable, though slight sense of fatigue. *6:30c:00:08:30*

Again my partner tells me that I seem dis-engaged and vague this evening. *6:30c:02:09:xx*

Felt mental clarity, acute senses; things appear bright, better at midday. *8:30c:01:17:30*

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. *2:30c:15:14:00*

#### **Acute Senses**

I'm also pretty aware of energies around me. *2:30c:02:xx:xx*

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there they looked at me like I was crazy. *2:30c:02:xx:xx*

I feel like something is about to happen, burst open, feel like the phone is going to ring even though it is off. I feel excited, good vibes. *2:30c:09:17:00*

#### **Clairvoyance**

Thinking about supervisor and he rang. *4:30c:09:xx:xx*

#### **Walking Ameliorates**

I feel really good about being on my own, doing my assignment, making myself dinner, excellent! Walking and buying things makes me feel elated. *2:30c:06:22:30*

Elation. Stronger for walking. Went walking, shopping for 3 hours. Really good mood. Feels good doing stuff on own, positive, independent. At first felt vulnerable but once walking didn't care what others thought (unusual). Lasted 3 hours. While walking. In a really good mood for rest of night. *2:30c:06:21:00*

I feel scared as if something bad is going to happen to my son and his friends. 11.00pm. I am better walking around house and worse if lying in bed. *18:30c:20:xx:xx*

High energy, elated mood, bright. Extremely restless. Couldn't stop moving/dancing. Wanted to talk. I kept asking more questions than necessary, rambling speech, I talked faster than I could think, talking without really saying anything in particular. Giggly. Mischievous. Excitable. Knew it was annoying for others. I wanted others to be the same way and was irritated when they weren't. Loquacious, restless, energetic, increased intensity. Mischievous, excitable, wanting to talk and chatter, feeling silly, high, heaps of energy, wanting to dance to crazy, buzzy music. Wanted to party on, even though it was 3am by this time and others were dropping. *10:30c:02:23:30*

Bounced out of bed after very little sleep. *10:30c:03:08:xx*

10am Restless and energetic. At work, annoyed that I had to be confined to the small space of the store. I wanted to be occupied, I wanted extra work, I was bored because I couldn't expend all this energy. Needed to dance and sing. *10:30c:03:11:xx*

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to

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the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed). 2:30c:15:14:00

**Talking Ameliorates**

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

I feel better after I saw and talked to my supervisor today. 4:30c:19:xx:xx

I feel like talking after I just ate cake. 4:30c:20:xx:xx

I feel anxious. My supervisor is not here yet. Where is every one? I am all alone in the class. I feel happy now she is here. 4:30c:21:xx:xx

Feeling good, talk to every one and had music on the computer. 4:30c:14:14:30

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breathe and start talking to my friend over the phone, at home. 4:30c:15:xx:xx

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. 4:30c:17:26:00

**Singing Ameliorates/Music Ameliorates/  
Feeling Sexy**

Experienced increased enjoyment of music and increased acuity of hearing. (Metallica) Played it loud outside. Music is good. 8:30c:02:17:xx

When I woke I had a sensation as if the lower parts of my body were heavy and a strong desire for sex 4:30c:06:16:30

On waking I had a strong desire for sex (3) 4:30c:07:08:00

I felt like singing and dancing in the supermarket as I heard music played at 12 noon 18:30c:xx:xx:xx

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I felt good about myself and attracted to some men all day. 18:30c:xx:xx:xx

I feel like singing in the car with my radio louder than usual at 5pm 18:30c:xx:xx:xx

I was singing in the car on the way home from college at 8.30pm 18:30c:xx:xx:xx

I felt like wearing a thin strapped top that showed my breasts more than usual and felt sexy all day 18:30c:xx:xx:xx

I feel very feminine today and happy in my self. Felt sexy today. 18:30c:01:8:30

I felt like singing in car on way to work. 18:30c:01:9:00

Singing in the car and music up louder than usual. 18:30c:02:35:xx

Singing in the car on the way home from work with the music louder than usual. 18:30c:03:33:xx

I feel like wearing blue clothes. All day. 18:30c:05:xx:xx

I have a strong desire to wear blue clothing today. 18:30c:06:xx:xx

Feel great, even though I was out all night and only got 5 hours sleep. Awoke easily with heaps of energy. Had a great day, was happy at work, possibly a little vague, until 6pm when I went dancing. Then I became irritated, annoyed, tired, my body wouldn't move the way I wanted it to. It felt as if there were no communication between body and head – no co-ordination, and I thought I was going to collapse. My muscles too relaxed and sloppy, couldn't move fast enough, keep up with rest of class. Feel this intense fatigue, overwhelming need to sit down, which makes me feel better. I got into the car but just sat there. Then I had a cup of coffee and felt much better. Upon returning home felt fine again (9pm). 10:30c:12:xx:xx

I sang by myself Karaoke style at a pub, and felt better for it. (> singing) 8:30c:8:xx:xx

3am – Much energy and hyperactivity after a party, wanting to dance long after everyone else has gone home. 10:30c:04:04:xx

### **Cleaning/Activity Ameliorates, Otherwise Impatient Depressed and Irritable**

I am on a mission, I want everything to be tidy, clean and ordered. I like cleaning up. I am very active and it feels good to vacuum (very unusual for me, normally my worst). Wow my flat is so clean and tidy, feels so good it is all done. Doing 1,000,000 things at once. Going backwards and forwards between all of them. Very into cleaning and tidying. 'Very efficient'. 2:30c:09:xx:xx

I feel really impatient and restless. I feel like I need to get on with things and giving my supervisor my symptoms is making me very impatient and irritable. 2:30c:09:17:00

I want to be organised, get it all done. Quite impatient. 2:30c:09:xx:xx

11.30am, Very tired, disoriented, > cleaning, < thinking. Woke up feeling very tired. Feel a bit depressed. Feel better for cleaning flat. Feel a bit disoriented. I keep mixing things up, e.g. taking fork instead of spoon. Depressed = not excited about anything. Angry and upset at D for not coming over last night. I feel if I just close my eyes I could go to sleep. Horrible. I feel exactly like a drooping, deflated balloon. 2:30c:13:14:30

My mind is active and I'm incredibly restless – for anything but study. I washed everything in the house; clothes, windows, blinds, I dusted, attempted to cut down a dead tree and I weeded the garden. 20:30c:05:xx:xx

Feeling motivated to do something, anything but study. 20:30c:06:xx:xx

Feeling motivated to do something, but what....so I cleaned. 20:30c:07:xx:xx

Straight after waking I started to clean – clothes, linen, shiatsu mat. 20:30c:20:xx:xx

Restless in college at 6:00pm – I could not sit still – feet up, feet down, up, down, up, down. I must be sending everyone in class insane because I'm sending myself there. 20:30c:20:xx:xx

At 12:30pm I became pedantic about cleaning. I started to clean my desk and rearranged my entire office. 20:30c:31:xx:xx

I'm alert – I keep cleaning, I'm restless and suffering sleeplessness. 12:30c:07:xx:xx

### **Colour**

I keep getting 'pink' with this remedy – in dreams, etc. 2:30c:13:xx:xx

I feel attracted to wearing blue colours. 18:30c:03:36:xx

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (sounds very defiant) They should move it. (haughty) 4:30c:10:xx:xx

I was irritated by a drawing with blue and red colours. It was not right. The table had red legs and a blue top. 4:30c:21:xx:xx

Yellow colour is bad, disgusting colour. 4:30c:21:xx:xx

I think my face skin is darker (in a Pakistani) I don't want this. 4:30c:15:xx:xx

### **Spiders**

I could not sleep. I got home at 10:30pm to find dozens of baby spiders in my bedroom. I tried to kill them but more and more kept appearing. I slept on the lounge room floor with the light on. I kept thinking they were going to seek revenge on me. 20:30c:14:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention) 4:30c:21:xx:xx

### **Steal/Theft**

I really wanted to steal a towel because it would be so easy. Only didn't do so because I lost the opportunity. I could do this without any problems, and this is enough. 10:30c:02:xx:xx

Compulsion to steal a carob bar, but I was able to stop myself by saying it was wrong. I wanted to steal because I could, no-one would know. I wanted it but I had no money. 10:30c:03:xx:xx

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**Disobedient/Defiant**

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

I feel depressed, sad and do not want to talk to any one or write anything in my book. 4:30c:21:xx:xx

**Abrupt**

[Today in one incident] I was very abrupt, in saying, 'no, I don't want to talk about it' whereas normally I might say something, or make something up but I didn't give a shit. Afterwards I asked F, 'was that harsh?'. She said no. 2:30c:02:xx:xx

I got depressed at work and it feels better to talk about it. I don't like being told what to do because I can't say how I really feel like: "f&\* % off". 2:30c:03:19:30

Moods been quite good. Elated. I feel amazing. Phoned D. I was quite open with him. I thought, 'fuck it', and asked him stuff, talked. Spoke harshly. He said, 'what's wrong? You're so full on!' 2:30c:09:xx:xx

I was really outspoken in college tonight. I didn't back down and continued for the remainder of the class to put in. I didn't shy like I normally would. 20:30c:00:xx:xx

I was home late at night, and was sitting quietly. Irritable when tapped on the shoulder while sitting with eyes closed while listening to music. I pushed a person away. I said get away 8:30c:8:xx:xx

Some irritability if my client wriggled too much, If when cutting a client's hair they don't sit still I'm usually very polite. On this occasion I observed the fact that I could have been quite rude, fortunately I wasn't. 12:30c:03:20:00

Feeling very anxious and 'stressed out'. Was under stress at work up till time of proving but was coping. Now feel like it's all too much trouble. The most notable thing is that I am 'biting' at people and have no patience. Would rather not be talking to anybody. This is very unlike me – even in stressful situations. 16:30:04:xx:xx

**Aversion to Company**

Did not want to be with people, quite tired all day, felt like the company of others was too exhausting. 12:30c:12:xx:xx

Some feelings of anti-socialness, once I'd sat for a few minutes I was ok. 12:30c:13:xx:xx

Fear of intimacy. Must stay in control in my relationship (with boyfriend), because it's impossible to last forever. He'll leave and I'll be left high and dry. So must not change, but I feel so guilty because he is giving so much and I'm not. 10:30c:00:xx:xx

I don't want to go dancing, which I normally love. Just felt sick, down, depressed, don't want to be around people and have to socialise. But not going dancing makes me even more depressed. Also feel tired, exhausted after finishing work for the day. Can't put up with people. Don't want to talk. 10:30c:05:xx:xx

**Chocolate**

I was walking in my shop and I locked the door. Stretched my legs and took a chocolate, opened it and took a bite. Then everything felt better. I got my energy back and everything was alright. Now I feel better. 4:30c:08:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 4:30c:20:xx:xx

**Predicts/Future/Fear/Worry/Anxiety**

I feel something bad will happen. Fear dangerous job. 4:30c:03:21:20

In class or clinic I feel mentally somewhere else. I keep thinking about driving tonight. Even when talking to my supervisor. 4:30c:03:xx:xx

I am fearful that something bad will happen and feel I might get robbed at work. 4:30c:04:15:00

I feel worried and anxious about losing my job and that I will not have enough money. 4:30c:08:16:49

I feel relaxed now and there is no fear or anxiety 4:30c:05:14:00



I feel like I will kill someone if they try to upset me. 4:30c:08:16:49

I feel fearful when thinking about going home from college and I have palpitations. I called a friend to pick me up from the station and we had dinner, I was not comfortable to go home and my heart beat faster. (He sounds very anxious) 4:30c:14:xx:xx

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breathe and start talking to my friend over the phone, at home.

4:30c:15:xx:xx

I feel cranky and have tension. I want to contact my father and talk to him. Bad things happen on Tuesdays and I am very concerned about this.

4:30c:15:xx:xx

I feel uncomfortable at home these days.

4:30c:15:xx:xx

Heightened sense of anxiety after a telephone conversation with my mother, which focused on the current difficulties of one of my brothers.

6:30c:13:xx

#### **Fear health/Anxiety Health**

I am very cranky, (worried), feel that mucus going down back of the throat, quite noticeable.

4:30c:08:14:49

I feel something different will happen. Concerned about my heart. 4:30c:12:xx:xx

I was fearful and shocked about my prostate gland and that I might be impotent. Something is wrong. I can't get back to sleep. I am very afraid. 4:30c:09:xx:xx

I do not feel happy or hungry today and I am worried about my headaches. It feels very bad. I am very worried. I don't want to talk to anyone today. It's not good. I even forgot my mobile phone and didn't care. (He sounds anxious and is sighing a lot. His tone is moaning and winging. He complains about his health and not feeling good) 4:30c:10:xx:xx

I feel that I will go unconscious in one hour.

4:30c:08:17:18

My mind is rotating, spinning around in my head and as I swallow hard I hear a whistle in my ear. 4:30c:08:17:56

Anxiety, fear of poisoning from the remedy because there were several pains all at once liver, tongue, hamstrings, heart, itchy skin all over-thighs, forearms, ears. 2:00am. I awoke from sleep with all these things. I was worried I had taken too much of the remedy, my liver, my heart palpitations, the itching, the pain in my thigh and the stinging in the tongue; Am I going to die, have I been poisoned. I felt overwhelmed. It was intense. 8:30c:6:xx:xx

#### **Spell/Hex/Voodoo**

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. 4:30c:17:26:00

I can't sleep. My cousin is sitting with me and I told him to pray for me. I think someone has put a spell on me to stop my boldness and because I am talking a lot. I think I might be going crazy or getting psychic attack. Someone is trying to make me go crazy. I am very scared. I feel as if I might commit suicide. If this crazy feeling is me and not remedy then I will kill myself. (Calmed down after talking to supervisor) 4:30c:18:19:30

I had very strong feeling of witchcraft, or maybe a psychological thing; someone is playing with me, want to zip my mouth because I am talking too much. This lasted 3 days. 4:30c:18:08:00

#### **Confidence/Aggression/Courageous/Violence**

I climbed the Harbour Bridge today and was surprised by my amazing confidence. Didn't find it challenging enough, I tried to make myself scared by forcing myself to look down, but I wasn't. Didn't get the rush I was hoping for, disappointed; couldn't be bothered to be excited about it. Didn't care. 10:30c:08:xx:xx

Confidence increased. Had a disagreement with mother about returning home immediately and stood up for myself, when I normally would back down, and did not feel bad about this.

10:30c:02:xx:xx

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Increased confidence at work and selling products, words were coming out of my mouth faster than I could think of them, impressing customers as well as myself. Confidence noticed by others. 10:30c:03:xx:xx

Very confident all day. Knew the right thing to do and say. Performed well. I'm usually nervous and feel a little intimidated if boss is listening, even though I have the knowledge to perform my job, and I know more than he does. Now, I talked easily to customers, and I felt glad the boss was listening because he'll know I know a lot. Felt as if I was appearing confident and performing well. 10:30c:03:xx:xx

Felt increased confidence when talking to customers, in my job as a service assistant. Someone made a complaint and was rude. I told her she had to stand up for herself. People have commented to me how less hesitant I have been than before. More confident with people, more alive. 8:30c:01:18:30

Felt buoyancy, or a 'high', increased with company. 8:30c:03:00:xx

He seems more confident tonight (obs) talking more and louder. 4:30c:07:xx:xx

When driving home after speaking to my supervisor I felt very proud and bold – bossy. A car was waiting on the left and I gave him a hand signal to go ahead and felt no fear. Usually very mild and obliging. I had the radio loud in the car and felt ok. 4:30c:09:11:42

(Observation) He seems more courageous in his talk today and is better for talking about his condition. 4:30c:09:xx:xx

I feel alive and happy and have no tension. 4:30c:09:17:00

While on the train tonight going home from college I was thinking about what I would do if a man asked me for money. I thought a big islander man (Tongan) will come when I get off the train with a big knife and say “give me your money” I thought that I will give him my wallet and then I will kick him in the face and break all his teeth and smash his face and wound him. I won't kill him this time. This is only a warning. I have my umbrella in by bag and I will hold it

ready to defend myself If someone comes to attack me. I will smash their face in or warn them or break their head. I don't want to fight. I don't know what is happening. (Sounds very agitated) Feels as if he will fight with someone if he doesn't hurry and get home. 4:30c:10:xx:xx

I am worried about how I was last night when I wanted to kill someone. This is not like me. After talking to supervisor I felt better. 4:30c:11:xx:xx

**Irritable/Cranky/Anger**

I feel cranky and irritable with my headache. 4:30c:10:xx:xx

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (sounds very defiant) They should move it. (haughty) 4:30c:10:xx:xx

I awoke feeling calm but not happy. 4:30c:11:xx:xx

Leave the house bad and angry mood 4:30c:11:08:00

I do not want to talk to any one today. 4:30c:12:xx:xx

Upset about EFTPOS not working. A very bad man left the newspaper outside the shop, and I am going to report him. He should drop it inside the shop. I am very angry and agitated about this. 4:30c:12:xx:xx

I feel angry – why this pain again? 4:30c:13:xx:xx

I am angry because I damaged my car while helping a lady start her car. Why did I do this? Now it has cost me money and I feel annoyed. I was helping someone so why did this happen? 4:30c:13:xx:xx

I don't want to talk to anyone today. 4:30c:13:xx:xx

**Suicidal/ignored**

I didn't want to talk to anyone. Why am I alone and no one is talking to me (at home) I wanted them to come and see what was wrong with me while I laid on the bed. I wanted to be on my own but I still wanted them to talk to me. They don't care. I laid down for 2 hrs and felt lonely. I later emailed my friend and asked him why he is not talking to me and feel like they don't care. 4:30c:13:xx:xx

I feel depressed and not good because my roommates ignore me. 4:30c:14:xx:xx

Feel good now because my friend came and we all talked and had lunch together and played music and sang songs. 4:30c:14:xx:xx

I feel lonely today and not happy. 4:30c:15:xx:xx

I am weeping. I miss my family. They are all overseas. 4:30c:16:xx:xx

I feel happy because I am with my aunty. 4:30c:16:xx:xx

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

Still got same palpitation and bad feeling like I am ignored and people lie to me, thinking about suicide, if it is remedy its ok, otherwise I'll suicide, I don't like to be played by some one, same time I talked to my observer she says yes this is symptoms calm down. 4:30c:18:08:00

I keep asking myself why? Why? It is a big issue. I feel that every one is laughing at me and is jealous of me. I feel ignored by my friends. 4:30c:18:xx:xx

This morning I thought I might ring my supervisor but he rang me. Happy to talk to him, visited his place and was > talking. 4:30c:19:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 4:30c:20:xx:xx

I feel ignored in the class, as my friends are not talking to me. (He seemed quiet and sulky) 4:30c:21:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention) 4:30c:21:xx:xx

I don't want to talk any one, ignored feeling, nothing have desire to eat or drink. 4:30c:21:20:23

I feel depressed, sad and do not want to talk to any one or write anything in my book. 4:30c:21:xx:xx

Don't want to leave the bed until about 11:10am, thinking and being by my self, why I am not talking to my roommate? I e-mail him and came back to the bed. 4:30c:13:9:30

I had to push myself to go to college, as I feel too sleepy. 4:30c:10:xx:xx

**Addiction**

I feel so guilty that I am smoking so much. I must stop soon. 2:30c:07:13:30

This morning I just woke up with an impulse to take the remedy. Hadn't thought of it before. So I just took it. The more I think about it the more I like it. It's so addictive. Since the remedy I've had an appetite, I've put on weight again. So it's just good. I'm still indecisive. I don't know why anyone would want remedy if they felt like this. 2:30c:09:10:30

I think I am addicted to this remedy, I love it. It is 7:30am and I feel so awake and elated again. It feel good to move around and do work. I have already been to drop the video off this morning. I am full of energy. 2:30c:09:10:30

## THE PROVING

### CONDENSED, EDITED, CORE, PRIMARY SYMPTOMS

#### MIND

##### Altered State

I feel so stoned, like when you smoke dope. Everything is intense, like a nervousness, like that I am in my own world and everything is surreal, like we are giggling, but nervy giggling and a numb and drunk giggling. I could feel energy bouncing off each other. In our own ball, whole state is altered. Quick doing things. I was throwing my body, fell down and got up and bounced up again and throwing myself around. There were no worries or consequences, very in the present. *2:30c:00:01:30*

(Obs) She is off her head. Laughing. The only way I can describe it is its like talking to a friend on the phone on the other side of the world who is really drunk and you are sober. *2:30c:00:01:30*

I feel like I am hallucinating, I saw a burning cigarette on the side of my ashtray and there wasn't one there, I saw it as I turned my head. My ashtray has two figurines on it and it scared S (the one man has these big white eyes), the more I looked at the more I got scared too. S is so scared of those staring eyes. S then walked into my sliding door and made a face print on it. *2:30c:00:01:30*

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. *2:30c:00:01:46*

I feel elated, I feel the rising, moving upwards theme in my last few dreams. I am not affected by it as much. My vital force feels lifted up. G in the proving seems so happy too, he acts like he is drunk, big smiles, he used much more expression and body language. *2:30c:02:17:00*

I have a light feeling, relaxed, feel very much light. *4:30c:00:00:00*

##### Long

Then S said, 'you look so long'. I said, 'Yeah, I feel so long, I feel too long.' *2:30c:00:02:12*

##### Rain/Water

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again, which is extra early for me. Sounds were so loud; but there was very little rain. Sounds exaggerated.

*2:30c:00:07:00*

Frustrated with everything all day. Frustration at the rain, the pool will be filthy and walking in the rain isn't much fun. [9.30am] *12:30c:01:14:30*

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. *4:30c:09:xx:xx*

##### Disoriented/Forgetful/Lost

I went shopping and I feel confused, lost and disoriented. I bought food that I have never bought before. This confusion is made worse by driving. I parked my car in the wrong place at first and then after I parked it in the right parking station I lost it. It took me a long time to find my car. *2:30c:00:16:30*

Feeling a bit lost. A bit the same as yesterday. I drove this guy to Chatswood. I didn't know where I was going. To get back I got a bit lost. Was getting tired really easily – working on college work with Irene. Lost feeling – feels a bit different from usual. Normally I'd be anxious. Now there is anxiety, but there's more frustration. Normally I'd avoid roads I don't know, but I've been going down them and getting lost. Before I had no sense of direction, now I'm getting it – 'oh, this road's going the same direction as the one I want to be on'. This is since the medicine. There's a sort of trust.

*2:30c:01:xx:xx*

I'm leaving things behind and losing things. eg. my wallet. Forgot and left my brace at home for my night lecture at college. When I went to G yesterday I left my jumper at home.

*2:30c:02:xx:xx*

**Hurry/Speed/Fast/Time**

I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. It felt like 3 seconds (normally a half hour walk). With no effort. And I was early! Then I was waiting, a bit impatient. 2:30c:02:16:30

6pm. Drove to college again. F and I walked to college from the car spot. F said, 'T, I notice you've been walking so quickly since you took that remedy'. 2:30c:02:21:00

I am so hectic and frantic: in my dream a chicken was running around with it's head off, so frantic like the crazy guy in the other dream, also being impatient, being productive, walking faster, van not stopping, racing down a mountain in a car, F jogging, its all so hectic, authority, fear, confrontation and power. 2:30c:03:21:00

2pm, Very stressed, racing. 2:30c:18:17:30

So hurried, speedy, managed to out talk my sister at lunch. Also stood my ground on the issue of showering at the pool as opposed to showering at her place. I was aware of her in go slow mode and me in speedy action mode.

12:30c:02:17:30

Alert, awake, chirpy, considering I've had a busy day. [10.30pm] 12:30c:03:03:30

Awareness of speediness and hurriedness in all situations, very impatient sitting in traffic on Friday evening, getting to Leichhardt from ours was almost torture. People in general seemed to be too slow in thought and action. General awareness that I am more speedy, sensation that everyone around her is slow. Getting irritable with them for it. 12:30c:03:23:30

Again this awareness that I was moving faster than others, we had Dinner with some friends and I had to be careful not hurry everyone in their choice of meal. 12:30c:04:00:30

Impulsiveness, had to buy a C.D on the way to see the movie, a new album by a British Indian man who a girlfriend of mine in London knows well. 12:30c:04:01:30

Such a long film "Magnolia" found it very difficult to sit still towards the end wriggling and fidgeting. 12:30c:04:05:00

Still quite alert and speedy [12.00am]

12:30c:04:05:00

I am speedy, hurried and alertness, almost too much so. Speedy all day, too busy, really clumsy, others seem too slow. I'm really hurried and alert. [1.00pm] 12:30c:05:18:xx

Irritability, internally, need to be aware that others are not travelling at the same speed as me.

12:30c:05:18:xx

Vague, spacey feeling could be from no breakfast or no coffee as it 11.30am and we haven't eaten yet. Vague, tired and spacey – I need to slow down, I feel annoyed with everyone for being so slow. I'm so alert and focused. 12:30c:05:16:xx

Alertness came when I focused on my study, my speed increased, when I had study breaks and cleaned the house. The speediness increased as it became dark. Early evening I did lots of small jobs in the house and I did quite a lot of study as well. [1.00pm – 7.00pm] 12:30c:05:xx:xx

Irritable at bank staff for working so slowly and not being very helpful, so I cancelled my periodic payment, I'll B-pay instead.

12:30c:06:14:xx

Still alert awake couldn't sleep so easily wired from college. [11.30pm] 12:30c:07:04:xx

Hurried – Speediness while discussing a work issue with L. 9.30pm 12:30c:07:02:xx

Woke up tired and did not want to socialise with anyone but I'm still hurried. 12:30c:07:xx:xx

Speedy all day. 12:30c:09:xx:xx

Some awareness of hurriedness, alertness, often during this lecture on Thursday, difficult to stay awake. 12:30c:09:xx:xx

Time seems to be running slow, Body tired and time running very slow. 4:30c:00:04:30.

9pm, feeling of relaxation (mind and body) Happy disposition, no worries on mind. 10:30c:03:22:xx

Continued reading in bed – needed to slow down [9.00pm] 12:30c:06:02:00

Action mode – cleaning the clinic before I sit down to study, lots of thoughts of to do's going thru my mind and actioning them. [10.30am]

12:30c:06:15:30

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**Focused/Vague**

Haven't been affected as much by people. Instead I have been quite neutral. Been connecting a bit more intensely with people. I feel pretty switched on. I've been quite efficient. Normally it's hard to switch off and concentrate on one thing but that hasn't been difficult. More focused. 2:30c:02:xx:xx

Haven't been getting as distracted as much. eg. by TV instead of working. Tonight, halfway through class which I'm normally exhausted through, fighting off sleep, well tonight halfway through I just switched, took in everything that was said. 2:30c:02:xx:xx

At 9am, Driving to work. Getting stressed and depressed about the wallet because I knew I hadn't lost it but I couldn't find it. Don't normally lose things, especially a wallet. 2:30c:03:12:00

Mood improved through day. 'Busy' through the day. Mind positive. Competent. I can do stuff! Focused. 2:30c:08:xx:xx

9pm-10pm, Tired. Exhausted. Feel like I want to sleep. Stressed out, panicky (about assignments), but exhausted at same time. 2:30c:2:30c:08:xx:xx

I am so enthusiastic to learn how to print at work – I haven't ever wanted to do that in the last 5 years – very odd. Normally I do as little as possible at work. 2:30c:15:14:00

Much more alert than usual for this time of night. [10.00pm] 12:30c:00:03:00

More focus than I would normally have, while waiting for a client to arrive. I'm doing some study instead of time wasting. All day I was really focused. 12:30c:00:20:30

Good focus once I got into my work on the computer. 12:30c:25:xx:xx

Concentration poor took a while to get into my study today once I got going I was ok. Could focus well. 12:30c:27:xx:xx

Would forget what I had just read. Had to keep checking and re-checking. This lasted all day. 10:30c:02:xx:xx

I appear vague and disconnected. My partner

commented that I seem vague and distant this evening. I had not noticed, vague and distant, but felt good in self – comfortable, though slight sense of fatigue. 6:30c:00:08:30

Again my partner tells me that I seem disengaged and vague this evening. 6:30c:02:09:xx

Felt mental clarity, acute senses; things appear bright, better at midday. 8:30c:01:17:30

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. 2:30c:15:14:00

**Acute Senses**

I'm also pretty aware of energies around me. 2:30c:02:xx:xx

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there; they looked at me like I was crazy. 2:30c:02:xx:xx

I feel like something is about to happen, burst open, feel like the phone is going to ring even though it is off. I feel excited, good vibes. 2:30c:09:17:00

Its not nice downstairs. The water (from the fountain) is so so annoying, its too loud, the music its too loud, the air con is too loud, I am irritable. 4:30c:09:xx:xx

**Clairvoyance**

Thinking about supervisor and he rang. 4:30c:09:xx:xx

**Walking Ameliorates**

I feel really good about being on my own, doing my assignment, making myself dinner, excellent!

Walking and buying things makes me feel elated. 2:30c:06:22:30

Elation. Stronger for walking. Went walking, shopping for 3 hours. Really good mood. Feels good doing stuff on own, positive, independent. At first felt vulnerable but once walking didn't care what others thought (unusual). Lasted 3 hours. While walking. In a really good mood for rest of night. 2:30c:06:21:00

High energy, elated mood, bright. Extremely restless. Couldn't stop moving/dancing. Wanted to talk. I kept asking more questions than necessary, rambling speech, I talked faster than I could think, talking without really saying anything in particular. Giggly. Mischievous. Excitable. Knew it was annoying for others. I wanted others to be the same way and was irritated when they weren't. Loquacious, restless, energetic, increased intensity. Mischievous, excitable, wanting to talk and chatter, feeling silly, high, heaps of energy, wanting to dance to crazy, buzzy music. Wanted to party on, even though it was 3am by this time and others were dropping. I was talking so fast, and my mind was at normal speed. 10:30c:02:23:30

10am Restless and energetic. At work, annoyed that I had to be confined to the small space of the store. I wanted to be occupied, I wanted extra work, I was bored because I couldn't expend all this energy. Needed to dance and sing. 10:30c:03:11:xx

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed). 2:30c:15:14:00

#### **Talking Ameliorates**

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

I feel better after I saw and talked to my supervisor today. 4:30c:19:xx:xx

I feel like talking after I just ate cake. 4:30c:20:xx:xx

I feel anxious. My supervisor is not here yet. Where is every one? I am all alone in the class. I feel happy now she is here. 4:30c:21:xx:xx

Feeling good, talk to every one and had music on the computer. 4:30c:14:14:30

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breathe and start talking to my friend over the phone, at home. 4:30c:15:xx:xx

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. 4:30c:17:26:00

#### **Singing Ameliorates/Music Amels/ Feeling Sexy**

Experienced increased enjoyment of music and increased acuity of hearing. (Metallica) Played it loud outside. Music is good. 8:30c:02:17:xx

When I woke I had a sensation as if the lower parts of my body were heavy and a strong desire for sex 4:30c:06:16:30

On waking I had a strong desire for sex (3) 4:30c:07:08:00

Feel great, even though I was out all night and only got 5 hours sleep. Awoke easily with heaps of energy, Had a great day, was happy at work, possibly a little vague, until 6pm when I went dancing. Then I became irritated, annoyed, tired, my body wouldn't move the way I wanted it to. It felt as if there were no communication between body and head – no co-ordination, and I thought I was going to collapse. My muscles too relaxed and sloppy, couldn't move fast enough, keep up with rest of class. Feel this intense fatigue, overwhelming need to sit down, which makes me feel better. I got into the car but just sat there. Then I had a cup of coffee and felt

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much better. Upon returning home felt fine again (9pm). 10:30c:12:xx:xx

I sang by myself Karaoke style at a pub, and felt better for it. (> singing) 8:30c:8:xx:xx

3am – Much energy and hyperactivity after a party, wanting to dance long after everyone else has gone home. 10:30c:04:04:xx

**Addiction**

I think I am addicted to this remedy, I love it. It is 7:30am and I feel so awake and elated again. It feels good to move around and do work. I have already been to drop the video off this morning. I am full of energy. This morning I just woke up with an impulse to take the remedy. Hadn't thought of it before. So I just took it. The more I think about it the more I like it. It's so addictive. Since the remedy I've had an appetite, I've put on weight again. So it's just good. I'm still indecisive. I don't know why anyone would want remedy if they felt like this. 2:30c:09:10:30

**Cleaning/Activity Ameliorates Otherwise Impatient Depressed and Irritable**

I am on a mission, I want everything to be tidy, clean and ordered. I like cleaning up. I am very active and it feels good to vacuum (very unusual for me, normally my worst). Wow my flat is so clean and tidy, feels so good it is all done. Doing 1,000,000 things at once. Going backwards and forwards between all of them. Very into cleaning and tidying. 'Very efficient'. 2:30c:09:xx:xx

I feel really impatient and restless. I feel like I need to get on with things and giving my supervisor my symptoms is making me very impatient and irritable. 2:30c:09:17:00

I want to be organised, get it all done. Quite impatient. 2:30c:09:xx:xx

11.30am, Very tired, disoriented, > cleaning, < thinking. Woke up feeling very tired. Feel a bit depressed. Feel better for cleaning flat. Feel a bit disoriented. I keep mixing things up, e.g. taking fork instead of spoon. Depressed = not excited about anything. Angry and upset at D for not coming over last night. I feel if I just close my eyes I could go to sleep. Horrible. I feel exactly like a drooping, deflated balloon. 2:30c:13:14:30

I'm alert – I keep cleaning, I'm restless and suffering sleeplessness. 12:30c:07:xx:xx

It is 8:30am and I feel very active. I am vacuuming and cleaning. I cleaned the kitchen floor for the first time in ages. So much to do, so much, so much., More awake. Very active. Cleaning. Vacuuming. Organising. On the go. (Haven't vacuumed in months and it was so quick and easy). 2:30c:09:23:30

**Colour**

I keep getting 'pink' with this remedy – in dreams, etc. 2:30c:13:xx:xx

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (he sounds very defiant obs.) They should move it. (haughty) 4:30c:10:xx:xx

I was irritated by a drawing with blue and red colours. It was not right. The table had red legs and a blue top. 4:30c:21:xx:xx

Yellow colour is bad, disgusting colour. 4:30c:21:xx:xx

I think my face skin is darker (in a Pakistani) I don't want this. 8:30c:15:xx:xx

**Spiders**

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention) 4:30c:21:xx:xx

**Steal/Theft**

I really wanted to steal a towel because it would be so easy. Only didn't do so because I lost the opportunity. I could do this without any problems, and this is enough. 10:30c:02:xx:xx

Compulsion to steal a carob bar, but I was able to stop myself by saying it was wrong. I wanted to steal because I could, no-one would know. I wanted it but I had no money. 10:30c:03:xx:xx



**Disobedient/Defiant**

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

I feel depressed, sad and do not want to talk to any one or write anything in my book. 4:30c:21:xx:xx

I don't want to write anymore, I hate my proving book. 4:30c:19:xx:xx

**Abrupt**

[Today in one incident] I was very abrupt, in saying, "No, I don't want to talk about it." whereas normally I might say something, or make something up but I didn't give a shit. Afterwards I asked F, 'was that harsh?'. She said no. 2:30c:02:xx:xx

I got depressed at work and it feels better to talk about it. I don't like being told what to do because I can't say how I really feel like: "f\*\$% off". 2:30c:03:19:30

Moods been quite good. Elated. I feel amazing. Phoned D. I was quite open with him. I thought, 'f&\*% it', and asked him stuff, talked. Spoke harshly. He said, 'what's wrong? You're so full on!'. 2:30c:09:xx:xx

I was home late at night, and was sitting quietly. Irritable when tapped on the shoulder while sitting with eyes closed while listening to music. I pushed a person away. I said get away. 8:30c:8:xx:xx

Some irritability if my client wriggled too much, If when cutting a client's hair they don't sit still I'm usually very polite. On this occasion I observed the fact that I could have been quite rude, fortunately I wasn't. [3.00pm] 12:30c:03:20:00

**Aversion to Company**

Did not want to be with people, quite tired all day, felt like the company of others was too exhausting. 12:30c:12:xx:xx

Some feelings of anti-socialness, once I'd sat for a few minutes I was ok. 12:30c:13:xx:xx

Fear of intimacy. Must stay in control in my relationship (with boyfriend), because it's

impossible to last forever. He'll leave and I'll be left high and dry. So must not change, but I feel so guilty because he is giving so much and I'm not. 10:30c:00:xx:xx

I don't want to go dancing, which I normally love. Just felt sick, down, depressed, don't want to be around people and have to socialise. But not going dancing makes me even more depressed. Also feel tired, exhausted after finishing work for the day. Can't put up with people. Don't want to talk. 10:30c:05:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 4:30c:20:xx:xx

**Chocolate**

I was walking in my shop and I locked the door. Stretched my legs and took a chocolate, opened it and took a bite. Then everything felt better. I got my energy back and everything was alright. Now I feel better. 4:30c:08:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 4:30c:20:xx:xx

**Predicts/Future/Fear/Worry/Anxiety**

I feel something bad will happen. Fear dangerous job. 4:30c:03:21:20

In class or clinic I feel mentally somewhere else. I keep thinking about driving tonight. Even when talking to my supervisor. 4:30c:03:xx:xx

I am fearful that something bad will happen and feel I might get robbed at work. 4:30c:04:15:00

I feel worried and anxious about losing my job and that I will not have enough money. 4:30c:08:16:49

I feel relaxed now and there is no fear or anxiety 4:30c:05:14:00

I feel like I will kill someone if they try to upset me. 4:30c:08:16:49

## EXPERIENCE OF MEDICINE I

I feel fearful when thinking about going home from college and I have palpitations. I called a friend to pick me up from the station and we had dinner, I was not comfortable to go home and my heart beat faster. (He sounds very anxious, obs.) 4:30c:14:xx:xx

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breathe and start talking to my friend over the phone, at home. 4:30c:15:xx:xx

I feel cranky and have tension. I want to contact my father and talk to him. Bad things happen on Tuesdays and I am very concerned about this. 4:30c:15:xx:xx

I feel uncomfortable at home these days. 4:30c:15:xx:xx

**Fear health/Anxiety Health**

I am very cranky, (worried), feel that mucus going down back of the throat, quite noticeable. 04:30c:08:14:49

I feel something different will happen. Concerned about my heart. 4:30c:12:xx:xx

I was fearful and shocked about my prostate gland and that I might be impotent. Something is wrong. I can't get back to sleep. I am very afraid. 4:30c:09:xx:xx

I do not feel happy or hungry today and I am worried about my headaches. It feels very bad. I am very worried. I don't want to talk to anyone today. It's not good. I even forgot my mobile phone and didn't care. (He sounds anxious and is sighing a lot. His tone is moaning and winging. He complains about his health and not feeling good, obs.) 4:30c:10:xx:xx

I feel that I will go unconscious in one hour. 4:30c:08:17:18

My mind is rotating, spinning around in my head and as I swallow hard I hear a whistle in my ear. 4:30c:08:17:56

Anxiety, fear of poisoning from the remedy because there were several pains all at once liver, tongue, hamstrings, heart, itchy skin all over

thighs, forearms, ears. 2:00am. I awoke from sleep with all these things. I was worried I had taken too much of the remedy, my liver, my heart palpitations, the itching, the pain in my thigh and the stinging in the tongue; Am I going to die, have I been poisoned. I felt overwhelmed. It was intense. 8:30c:6:xx:xx

**Spell/Hex/Voodoo**

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. Someone is playing with me, I cannot relax, my heart makes me crazy. 4:30c:17:26:00

I can't sleep. My cousin is sitting with me and I told him to pray for me. I think someone has put a spell on me to stop my boldness and because I am talking a lot. I think I might be going crazy or getting psychic attack. Someone is trying to make me go crazy. I am very scared. I feel as if I might commit suicide. If this crazy feeling is me and not remedy then I will kill myself. (Calmed down after talking to supervisor) 4:30c:18:19:30

I had very strong feeling of witchcraft, or maybe a psychological thing; someone is playing with me, want to zip my mouth because I am talking too much. This lasted 3 days. 4:30c:18:08:00

**Confidence/Aggression/Courageous/Violence**

I climbed the Harbour Bridge today and was surprised by my amazing confidence. Didn't find it challenging enough, I tried to make myself scared by forcing myself to look down, but I wasn't. Didn't get the rush I was hoping for, disappointed; couldn't be bothered to be excited about it. Didn't care. 10:30c:08:xx:xx

Confidence increased. Had a disagreement with mother about returning home immediately and stood up for myself, when I normally would back down, and did not feel bad about this. 10:30c:02:xx:xx

Increased confidence at work and selling products, words were coming out of my mouth faster than I could think of them, impressing customers as well as myself. Confidence noticed

by others. Very fluent speech. I didn't need to think about what to say next. I just knew what to say. *10:30c:03:xx:xx*

Very confident all day. Knew the right thing to do and say. Performed well. I'm usually nervous and feel a little intimidated if boss is listening, even though I have the knowledge to perform my job, and I know more than he does. Now, I talked easily to customers, and I felt glad the boss was listening because he'll know I know a lot. Felt as if I was appearing confident and performing well. *10:30c:03:xx:xx*

Felt increased confidence when talking to customers, in my job as a service assistant. Someone made a complaint and was rude. I told her she had to stand up for herself. People have commented to me how less hesitant I have been than before. More confident with people, more alive. *8:30c:01:18:30*

Felt buoyancy, or a 'high', increased with company. *8:30c:03:00:xx*

He seems more confident tonight (obs) talking more and louder. *4:30c:07:xx:xx*

When driving home after speaking to my supervisor I felt very proud and bold – bossy. A car was waiting on the left and I gave him a hand signal to go ahead and felt no fear. Usually very mild and obliging. I had the radio loud in the car, singing loudly also, and felt ok. *4:30c:09:11:42*

(Obs, he seems more courageous in his talk today and is better for talking about his condition.) *4:30c:09:xx:xx*

I feel alive and happy and have no tension. *4:30c:09:17:00*

While on the train tonight going home from college I was thinking about what I would do if a man asked me for money. I thought a big islander man (Tongan) will come when I get off the train with a big knife and say "give me your money" I thought that I will give him my wallet and then I will kick him in the face and break all his teeth and smash his face and wound him. I won't kill him this time. This is only a warning. I have my umbrella in my bag and I will hold it ready to defend myself. If someone comes to attack me I will smash their face in or warn them or break

their head. I don't want to fight. I don't know what is happening. (Sounds very agitated, obs.) Feels as if he will fight with someone if he doesn't hurry and get home. *4:30c:10:xx:xx*

I am worried about how I was last night when I wanted to kill someone. This is not like me. After talking to supervisor I felt better. *4:30c:11:xx:xx*

Felt happy and confident about revisiting former place of work. Unusual, because would normally feel anxious, worrying about what people thought. And unusual because usually don't like going back to old places and things – too familiar. *10:30c:04:xx:xx*

There's something in the house. (Obs, he was so worked up, so upset, getting so tense he could not drive. He could not talk, did not want to go home, scared to go home.) *4:30c:12:xx:xx*

#### **Irritable/Cranky/Anger/Prover 4**

I feel cranky and irritable with my headache. *4:30c:10:xx:xx*

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (sounds very defiant, obs.) They should move it. (haughty, obs.) *4:30c:10:xx:xx*

I awoke feeling calm but not happy. *4:30c:11:xx:xx*

Leave the house bad and angry mood. *04:30c:11:08:00*

I do not want to talk to any one today. *4:30c:12:xx:xx*

Upset about EFTPOS not working. A very bad man left the newspaper outside the shop, and I am going to report him. He should drop it inside the shop. I am very angry and agitated about this. *4:30c:12:xx:xx*

I feel angry – why this pain again? *4:30c:13:xx:xx*

## EXPERIENCE OF MEDICINE I

I am angry because I damaged my car while helping a lady start her car. Why did I do this? Now it has cost me money and I feel annoyed. I was helping someone so why did this happen?  
4:30c:13:xx:xx

I don't want to talk to anyone today.  
4:30c:13:xx:xx

Tired and very dishevelled. My whole body is tired. I feel as if squeezed, like someone is squeezing my spirit. 4:30c:14:xx:xx

**Suicidal/ignored**

I didn't want to talk to anyone. Why am I alone and no one is talking to me (at home) I wanted them to come and see what was wrong with me while I laid on the bed. I wanted to be on my own but I still wanted them to talk to me. They don't care. I laid down for 2 hrs and felt lonely. I later emailed my friend and asked him why he is not talking to me and feel like they don't care.  
4:30c:13:xx:xx

I feel depressed and not good because my roommates ignore me. 4:30c:14:xx:xx

Feel good now because my friend came and we all talked and had lunch together and played music and sang songs. 4:30c:14:xx:xx

I feel lonely today and not happy. 4:30c:15:xx:xx

I am weeping. I miss my family. They are all overseas. 4:30c:16:xx:xx

I feel happy because I am with my aunty  
4:30c:16:xx:xx

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

Still got same palpitation and bad feeling like I am ignored and people lie to me, thinking about suicide, if it is remedy its ok, otherwise I'll suicide, I don't like to be played by some one, same time I talked to my observer she says yes this is symptoms calm down. (Obs, only intense reassurance calmed him down. If he perceived himself to be ignored at all he become very upset, depressed. Relieved by talking, music [sometimes], dancing.) 4:30c:18:08:00

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I keep asking myself why? Why? It is a big issue. I feel that every one is laughing at me and is jealous of me. I feel ignored by my friends.  
4:30c:18:xx:xx

This morning I thought I might ring my supervisor but he rang me. Happy to talk to him, visited his place and was > talking. 4:30c:19:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 4:30c:20:xx:xx

I feel ignored in the class, as my friends are not talking to me. (He seemed quiet and sulky, obs.)  
4:30c:21:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention, obs.) 4:30c:21:xx:xx

I don't want to talk any one, ignored feeling, nothing have desire to eat or drink.  
04:30c:21:20:23

I feel depressed, sad and do not want to talk to any one or write anything in my book.  
4:30c:21:xx:xx

Don't want to leave the bed until about 11:10am, thinking and being by myself, why I am not talking to my roommate? I e-mail him and came back to the bed. 4:30c:13:9:30

I had to push myself to go to college, as I feel too sleepy. 4:30c:10:xx:xx

Depression, down in the dumps for no particular reason. The depressed feeling stayed till about 1.00 o'clock. [9.00am] 12:30c:05:14:xx

Irritability, towards a class mate she talks too much, with narrow minded people about nothing important. 12:30c:00:01:30

**Mentally Fatigued**

Tired, indifferent – I can't wait to go to bed.  
12:30c:11:xx:xx

Difficulty in concentrating because so tired.  
*12:30c:19:xx:xx*

No desire to go to college as so tired – just want to lay down. *12:30c:20:xx:xx*

#### **Irresolution/Mistakes/Irritation/Prover 10**

At work kept making mistakes, eg couldn't add up sums of money correctly. Had an overwhelming feeling of "couldn't be bothered", everything was "just too much". Was apathetic, didn't want to think. Went to bed early, which was very unusual. The previous night when I was still bouncing off the walls at 3am and elated and dancing now seemed like a final burst of energy before this complete swing today of lack of energy and sociability. *10:30c:05:xx:xx*

Customers irritated me, had little patience at work. Made many careless mistakes.  
*10:30c:05:xx:xx*

Good mood all day (unusual when I have a headache). Happy, jovial, talked to people, even though tired and sluggish. So tired, didn't want to go to college, but still happy and talking to people. When occupied, didn't notice headache. Noticed it when alone. *10:30c:00:xx:xx*

Felt emotional, "down", overburdened, so many burdens on my shoulders, so many decisions to make, feel as if I have to please everyone. Worried about going to work, going out socially. Kept asking "what's best for me?" Felt as if I was letting everyone down. Felt very pressured, heavy, whingey, whiney, indecisive – I don't know what to do, what to eat. *10:30c:05:xx:xx*

Woke up late, and energy to bounce out of bed was gone. *10:30c:05:xx:xx*

Felt very indecisive. Felt everything was vitally important, especially to other people, so any decision I made would have a great impact on others. So I just gave up on making any sort of decision, because it was too hard.  
*10:30c:05:xx:xx*

Irritated with any sort of responsibility, so gave up writing in my proving journal. It is easier to talk, I'm just forgetting details. *10:30c:05:xx:xx*

All day, feeling down and sad. Really worried about issues that are not normally a concern. Feel pressured (by friends and family), feel faced

with too many choices, it's like a heavy weight on my shoulders. I feel burdened by responsibility and by the effects my choices have on others. Others are relying on me to do the right thing. Can't decide what is best for myself.  
*10:30c:05:xx:xx*

An emotional phone call to supervisor, I was very emotional, can't talk, just silly stuff, nothing to do with the Rx. Laughing and crying at the same time, and told my supervisor I had no physical Sx. But, when the supervisor asked, I looked up my diary and found some Sx. Didn't want to write in the diary. *10:30c:06:xx:xx*

Mood started well in the morning, but became sluggish and lethargic when the headache started at 12. Went to see a movie. It had absolutely no effect on me. I had no opinion about it, it neither affected me nor entertained me. I felt as if I was completely detached from it.  
*10:30c:06:xx:xx*

Emotional tension with boyfriend. I don't know whether I'm sad or happy. I feel scared and undecided. This feeling was probably no different from usual, but the emotions were more intense than usual. *10:30c:06:xx:xx*

I can't make choices. I don't know what to say or do. I don't know what is best for anyone, I feel confused and frustrated. Why isn't it easier? Is decision making this hard? I feel as if I am making it all up in my head, that the issue doesn't exist, and I'm causing it. No-one really cares what decision I make. I'm just making it harder for myself. *10:30c:06:xx:xx*

Emotional outburst after intense discussion with boyfriend, about their feelings for each other. Weeping, overcome by the intensity of it, without really understanding why. Could not speak to supervisor. *10:30c:06:xx:xx*

Good energy levels. Even though I am working long hours, I feel lively, happy, chirpy, confident, but it's less intense than before. Fell asleep on the bus at 5.30pm. I'm having extreme mood swings day to day and within the day, but they are becoming less intense. *10:30c:07:xx:xx*

Woke up from a short nap on the bus feeling bad. Went to my regular dancing class, but this time I kept losing my balance, and couldn't focus or concentrate, and was behind everyone else.

## EXPERIENCE OF MEDICINE I

My body knew what it had to do, but I (my body) couldn't do it properly. The music was too loud. It really annoyed me, the sound of people talking around me was so loud and grating. It irritated my ears. People around me talking annoyed me. I was snappy with everyone, impatient, whiney, negative. Needed to sit down. I wasn't feeling like I normally do with a period, but with the period, I don't realise I'm doing it. Others noticed I wasn't my usual self. *10:30c:07:xx:xx*

Still wanted other people to make decisions for me, can't make decisions for myself. *10:30c:07:xx:xx*

Snappy and impatient with mother. *10:30c:07:xx:xx*

Not so much difficulty getting up in the morning. Didn't resent the fact that it was time to get up. *10:30c:07:xx:xx*

Mood even tempered in the morning that got better during the day and was best at night. I am usually at my best after 10pm and the Rx has exaggerated that. My usual pattern is flat in the morning until about 10 – 11, then energetic until 2pm, then flat until 5pm, then pick up and flat again at 6pm. Then pick up at 10pm. *10:30c:08:xx:xx*

Friends have noticed that I am not myself. I am not as excitable as usual (and I am usually a party person), nothing fazes me. I'm not reacting to anything. This is part of the extreme mood swings – really flat, then half way through the day really up, talkative, buzzy, then flat again. *10:30c:9:xx:xx*

Depressed, sad, insecure, low self-esteem (12pm). Intense feelings of sadness and insecurity about relationship. I feel as if I'm a burden (on boyfriend), even though he denies it but that doesn't make me feel any better. Feel insignificant, especially after student clinic, where I felt unconfident and ignorant (know this is untrue but still felt the same). These feelings came on after I took a homeopathic case of a patient I really identified with. Felt worthless, didn't like myself, felt like a big piece of shit. This lasted until 10pm, then it went and I felt good. Felt as though a mirror had been placed up to my face with this patient sitting in

front of me. She told a story about disappointed love and it made me sad and I couldn't get it out of my mind. Feel obsessed by it. *10:30c:11:xx:xx*

Really good mood and happy, back to normal self by 11pm. All the intense feelings that I had had earlier are gone. Feel really good about myself, in happy, party mode, laughing, want to dance and have fun. Much energy until early hours. *10:30c:11:xx:xx*

Felt back to normal. No problem with decision making. Was no longer teary and sorry for myself when deciding not to spend time with my boyfriend. Now I'm feeling more comfortable and good. *10:30c:19:xx:xx*

Felt emotional all day, cried my eyes out all day at work (9am-9pm). Insecurities all came crowding in. Thinking of shit. Stuff kept building up in my head. Needed reassurance. Premenstrual. Feeling fragile. *10:30c:23:xx:xx*

I have been waking up depressed all the time. I had a cigarette and the whole world just spun out. Before the proving – no appetite, now my appetite is back and everything tastes amazing. But down in my spirits, everything is moving at such a fast pace, and everything is an effort, not as focused and weird dreams. *2:30c:xx:xx:xx*

**Love/Compassion/Sympathy**

I felt a lot of sympathy (3+) and sadness (3+) when hearing the story of a patient. He now has another relationship with a 9 month old baby and doesn't know where his other children are. I feel very shocked (3) with this. How could she leave him and go away with no information to him of where she is. *4:30c:10:xx:xx*

I have a feeling of love. I had an impulse to place my hands on a man I saw in a wheel chair and send him healing. This was an unusual experience. Taking rubbish out at work. Saw old man in wheelchair. Normally that kind of thing would freak me out but I had this impulse to go up to him and put my hands on him and give him healing. And I looked at him and thought, 'he's not close to death'. I think if our society wasn't the way it was I would have done that. *2:30c:03:12:45*

I am worried, nervous and stressed. I phoned W but he was sleeping. Maybe he has decided that

he doesn't like me and that's why he hasn't called. I feel so nervous about clinic today (I am nervous to present my case this afternoon). I am anxious about completing clinical studies and I am nervous about going to D tonight. My dreams made me feel vulnerable, depressed and anxious. I feel so insecure. My body feels like it could have spots. Throughout the day I felt pretty depressed, insecure about W, vulnerable, anxious. My body still felt like it had spots on it in the day. Weird, sickly feeling, skin felt 'hot', well not hot, like the after effects of the itch and everything was still there. 2:30c:04:13:15

A dull headache associated with a lack of motivation and energy. Awoke with these symptoms after an argument with partner last night. 6:30c:24:xx

Heightened sense of anxiety after a telephone conversation with my mother, which focused on the current difficulties of one of my brothers. 6:30c:12:xx

I feel so nervous and anxious, I have palpitations. I don't know what I am anxious about. It feels worse to work or drive. It is amazing how the pain of my backache and the very limited movement is so quickly forgotten. 2:30c:08:11:45

I feel depressed as D says he is not coming here anymore. I feel like I don't want to speak to him anymore. I had to have a whisky and a sleeping pill to help me fall asleep at 2am. Grief, better for talking with someone. At 12 midnight, had a whisky and a sleeping tablet. I feel like such a drug addict. F\*\*ked up. 2:30c:13:03:00

4pm, Feeling sad, angry, lethargic and vulnerable. 2:30c:13:19:00

I feel depressed and down. It feels worse to think and better to work. I am not so elevated anymore. I am so tempted to take the remedy again but I don't want to go down again. I also know that I will get into trouble if I take it again. 2:30c:15:22:00

8.50am, Smoked a few drags of cigarette this morning before clinic, got such a head rush, fell to ground so dizzy (not dizzy, just spinning), the ground spinning over and over. Took a few minutes to normalise. Worried about my mental and physical health. Feel like I'm doing too

much. Yawning a lot. Unfocussed, depressive, basically f\*\*ked. 2:30c:18:11:50

Sadness < alcohol, < money worries. 8:30c:10:xx:xx

Lonely at the moment, feeling flat. 8:30c:10:xx:xx

I feel so guilty that I am smoking so much. I must stop soon. 2:30c:07:13:30

I keep getting this impulse to smoke inside. Only since this medicine. Normally I wouldn't want to – smell of it. I haven't done it but feel like lighting up inside. I feel less guilty about smoking. 2:30c:01:xx:xx

I feel depressed and bad that I have been smoking so much. When will I ever stop again. I feel so down and despondent today. 2:30c:08:11:30

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot – big and stuffy – jumper, slippers, my hair looking really messy – basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. 2:30c:15:14:00

As soon as I took the remedy I said this must be a left sided remedy, because of the tingles in left arm and a sensation in head left side. 8:30c:00:00:00

## HEAD

### Pain

I have a headache or head pain. It feels like it could be sore as my neck is tense. There is a tense pressure in the centre of my head. Headache. I'm tired. I'd say it's worse for staying awake. Feels connected to neck. Like tense pressure coming from the middle of my head. 2:30c:00:01:50

Ache, pressure at front of forehead. Exhausted Pressure headache in front of head – assoc with feeling exhaustion – can't wait to go to bed. [12.00am] 12:30c:03:05:00

## EXPERIENCE OF MEDICINE I

Exhaustion and headache. [11.30pm]  
12:30c:12:xx:xx

Headache all day from an exhausted feeling  
12:30c:11:xx:xx

Headache on waking – feeling exhausted  
12:30c:12:xx:xx

Fuzziness in head. 12:30c:23:xx:xx

Spacey light-headedness, much better for eating  
[9.30pm] 12:30c:25:xx:xx

15mins after rising, heaviness and tension over  
eyes and extending to forehead. Eyelids heavy.  
Small amount of tension behind head and neck.  
Intensity is mild at this stage. 10:30c:00:10:30

(4pm)Tension from above forehead, radiating to  
back of head and neck/shoulders (not as much  
eyes), > bending head forward. 10:30c:00:17:xx

Sensation of tension and tightness at back of  
head. Came on after bending head forward too  
long at work (4:30pm). Disappeared when  
stopped. 10:30c:01:xx:xx

1pm. intense boring pain in right temple. Lasted  
about a minute then went. Tension remained  
for about an hour then it too went.  
10:30c:14:xx:xx

11am Tension and heaviness over left eye. Pain  
radiating down neck to left occiput and down  
left side of neck. Pain lasted all day, diminished  
around 9pm (after food). > massage, tilting  
head forward. 10:30c:22:xx:xx

A vague, non-descript headache with no specific  
locality. Also associated with a general feeling of  
tiredness. 6:30c:12:xx

Background headache with congested feeling in  
head. Not a particularly intense headache.  
6:30c:16:xx

A dull headache associated with a lack of  
motivation and energy. Awoke with these  
symptoms after an argument with partner last  
night. 6:30c:24:xx

Bad headache today. 4:30c:01:12:49

Pain in the temple area going down back of neck  
headache temple to back area (occipital) 11.50pm  
4:30c:00:23:50

Headache, I wake up many times in the night.  
4:30c:01:3:45

I have a dull pain in my right temple and it is  
better when I keep busy. 4:30c:01:xx:xx

I have a dull pain on the right side of my head.  
11.00am. 4:30c:02:12:00

Headache, dull L behind/forwards, shoulder  
4:30c:02:16:00

The left side of my head had a sharp pain that  
feels as if it is pinched and it is travelling from  
the temple to the back of my head. 8.45pm Left  
side. 4:30c:03:20:45

The left side of my head feels heavy. Maybe  
tension with thinking about my job.  
4:30c:03:20:45

My head is freezing and I must massage it and I  
am unable to leave the bed. Congested feeling.  
4:30c:05:6:00

My head is freezing and is better if I massage it  
and sit up against the wall. 4:30c:05:9:30

Freezing head and feeling lazy. 4:30c:06:6:00

My head feels freezing and I had to sleep with a hat  
on and massaged it to get warm. 4:30c:06:06:00

Very heavy feeling and L temple area and  
forehead. 4:30c:06:16:40

I have a stabbing pain on the left side of my  
head. 4:30c:07:11:45

Constant pain in L temple area. 4:30c:07:12:xx

Headache on left temple area, stabbing pain.  
04:30c:07:17:33

My head feels heavy and I have a pain in my  
neck and feel nauseated but do not vomit. I must  
busy myself to stop thinking about vomiting.  
4:30c:08:17:18

Pain in my head, which was worse for black tea  
and after hearing that my cousin had died.  
Headache and little bit burning at neck joint.  
4:30c:08:xx:xx

I have a grabbing pain in my forehead and at the  
back of my neck. 7.06pm Headache around  
forhead, back of the neck and eye very warm,  
reddish, with dozy feeling, grabbing pain. Relief  
when having chocolate. 4:30c:08:19:06

Pain at L temple area, bad stabbing pain, very  
frequently, me drowsy, feel better when close  
eyes. 4:30c:09:13:40



I have a stabbing pain in my left temple and feel drowsy and lazy. 4:30c:09:13:42

Pain in my head started when I heard the case of a man whose wife had left him. He had 2 children (twin girls) and wife was pregnant. Why did she leave him? I was angry. 5.05pm Got headache when I took case feel bad and stress, start to temple area and goes down to the jaws, connect with gums make me cranky, worried, like to remove asap. 4:30c:10:17:05

The pain in my head is going from my temple area towards the cheek on my face and down towards my gum inside my mouth. The pain gets worse when I close my mouth and my teeth are touching. 4:30c:10:17:49

I have pain in both sides of my temple area while talking of this. 4:30c:10:21:30

Bad headache at the time of talking to my supervisor. 4:30c:10:21:30

Heaviness in my left temple like something in there. Lasted all day. 4:30c:11:xx:xx

Pain L is too much then R, angry feeling. 04:30c:12:6:00

Pain in my temple area after I ate dinner. 6.30pm The headache was both temple areas, < after eating, big headache, I had it the same, some days before, very bad. 4:30c:12:xx:xx

I have pain in my left temple 4:30c:14:xx:xx

Heavy feeling, uneasy, make me lazy, tired, lonely, not happy. 4:30c:15:10:30

My head is freezing and is better if I wear a hat. 4:30c:15:xx:xx

Tension head pain because I like to talk to my father over the computer, he was not there, and I really want to talk. 4:30c:15:13:29

I have pain and pressure on the temple area of both sides of my head, heavy. I do not like the radio on. 4:30c:19:xx:xx

A pain like a band around my head and more sensitive around the temples. 4:30c:21:xx:xx

L temple is feeling very weak. Had chocolate and was better. 4:30c:12:xx:xx

I felt a pain in my left temple area going towards the back of my head like as if someone grabbed

me behind the ear and I felt weak. I then had coffee and chocolate but I had no desire for these. I was talking to my customer; my head was spinning and feel somebody grabbing my neck. 4:30c:12:xx:xx

Pain on left side of temple. 4:30c:14:xx:xx

Headache in both temple area very bad. 04:30c:21:xx:xx

Dull headache on the left side (this occurred throughout much of the proving but was mild). 8:30c:3:00:xx

Must sleep with cap on head. 1.02am 4:30c:01:01:02

## EYES

### Stinging/Burning/Red

My eyes are watering from yawning. My eyesight feels acute. I saw a plane far away; the flashing lights caught my eye. 2:30c:00:01:56

I have a burning feeling in my eyes. 9.50pm Red eye/fever feeling. 4:30c:04:21:50

My eyes are burning. 4:30c:05:17:04

My eyes are bloodshot. They are not clear. 4:30c:07:18:00

Both my eyes are very bloodshot. Red. 4:30c:08:12:30

My eyes are burning and feel heavy. 4:30c:08:12:30

My eyes feel heavy, warm and are red and feel better if I close them. 4:30c:08:19:06

My eyes feel heavy and are pale and this lasts for 30 min. 4:30c:09:17:05

My eyes are red. 4:30c:11:xx:xx

My eyes are heavy and burning. 4:30c:14:xx:xx

My eyes are red and burning. 4:30c:14:xx:xx

Burning, heavy feeling in eye and hot temperature. 4:30c:14:21:09

Burning feeling. 4:30c:15:16:37

My eyes are heavy, burning and sleepy. 4:30c:21:xx:

Bright lights are hurting my eyes. 12:30c:05:xx:xx

## EXPERIENCE OF MEDICINE I

Eyelids puffy, dark circles under eyes, on rising (7am). 10:30c:00:08:xx

I woke up with the inner corner of the eyes gluey. It was hard to clear away; as soon as I cleared it, more formed. The substance was watery, gunky, congested, white, sticky, tenacious, stringy. Eyes were watering. Re forms after wiping away. This lasted until I washed my face. (NS) 10:30c:06:xx:xx

Eyes heavy and sore behind. (10am)  
10:30c:06:11x:xx

Sore eyes, which became a headache. Tension and dull pain behind the left eye leading to the left side of the head and occiput. > bending head forward. Left eye felt blurry, hazy when both eyes were open. Vision appears blurred or impaired in left eye only when looking through both eyes, but not when right eye is covered. (NS) 10:30c:06:xx:xx

Fell asleep in front of TV and woke at 3am with watery, whitish mucous discharge in corner of right eye, which kept re forming as fast as I removed it. (ROS) 10:30c:13:xx:xx

1pm Heaviness and tension on right eye that became a headache and tension down right side of neck to occiput. It went away with heat rub. Vision felt impaired on this side. > closing eye. 10:30c:20:xx:xx

My eyelid is heavy and I want to sleep.  
4:30c:01:15:40

My eyes feel heavy and sleepy. 4:30c:04:16:00

Yellowish and red. 4:30c:12:20:30

The white of my eyes looks a bit yellow and there is one red line. 4:30c:12:xx:xx

**VISION****Acute**

My eyesight feels acute. I saw a plane far away; the flashing lights caught my eye. 2:30c:00:01:56

Things seem quite bright. Everything's really bright. I'm noticing colours on people. "It's almost like I'm getting feelings from colours." Bright colours in my dreams, especially green. "It's like being more focused almost let's you see clearer." 2:30c:03:xx:xx

Colours look really bright. (Like I'm tripping).  
2:30c:10:xx:xx

My vision is somewhat blurry. Probably best described as cloudy. 6:30c:00:09:30

Things appear bright, colours are sharper, better at midday. 8:30c:01:19:30

**EARS****Pain**

My right ear aches internally. It feels like an infection is starting up. It started to get sore when I got back from my walk as the air was cold. I think I am also smoking too much. It feels worse when I swallow. 2:30c:06:20:30

Pain in my left ear which is worse for noise. Feels as if I can't hear properly when people talk. 18:30c:15:xx:xx

Pain in both my ears is worse for noise and phone ringing. 18:30c:16:xx:xx

A brief shooting pain in the right ear followed by a sense the auditory passage had cleared or opened. 6:30c:03:01:xx

**HEARING****Acute**

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again which is extra early for me. Sounds were so loud, but there was very little rain. Sounds exaggerated. 2:30c:00:07:00

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there they looked at me like I was crazy. 2:30c:02:xx:xx

My ears are very irritated by the noise of the radio. I must turn it down and I feel cranky. 4.49pm I close the A. C. because I am sweating. 4:30c:08:16:49

I hear a whistle in my ear when I swallow.  
4:30c:08:17:56

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. *4:30c:09:xx:xx*

Any noise makes me irritable, turn off all noise. *4:30c:14:xx:xx*

## NOSE

My nose is runny from the right nostril, it is not normally runny, it could be from yawning so much. *2:30c:00:01:11*

My nose is still running and it's kind of annoying me. Worse in the right nostril but it is both. *2:30c:00:01:11*

Sneezing, cold damp day, 3.10pm. *12:30c:01:20:10*

Awoke a little sniffily, perhaps from such a big sleep[8.30am] cleared by mid morning. *12:30c:01:13:30*

Awoke with unblocked nose, no sign of cold (after the allergic reaction the evening before – see Generals). *10:30c:11:xx:xx*

Very large pimple on inside of nose, L side. *8:30c:10:xx:xx*

Dry sneeze, < cold, < fatigue, this often happens when I'm feeling weak from doing too much especially in cold weather, eating the wrong foods, going out drinking etc. I'm run down. This continued for 3 days. *8:30c:11:xx:xx*

## SMELL

### Acute

I can smell a beautiful incense that I know is not here. I can also smell nuts that are in my bag. Smell sense is really acute. *2:30c:03:13:45*

I can smell K's old flat, this is weird as I am now at work. I feel so focused. This smell is so distant and in the past yet so present. *2:30c:03:15:30*

Smelling a lot. All the time. Very sensitive to smell. E.g. I'm walking – smell flowers, smelt when my neighbour put on perfume! Food smelt intense – the richness of the food, I can taste it. *2:30c:07:xx:xx*

My sense of smell is so acute, I can smell the lady's perfume from next door. Every tiny smell

fills my being loving me, ie it feels as though every smell loves me. I love air and people. *2:30c:09:12:30*

Sense of smell is clear. Usually it's dull, vague or absent. *22:30c:00:005x*

I've noticed my sense of smell is considerably more acute – coughing/irritation due to smell of soap, shaving cream. Able to smell my food more strongly. What an unusual cold! *22:30c:08:xx:xx*

Noticed smells more than I usually do. Midday. *8:30c:11:xx:xx*

## FACE

### Pimple

I have a pimple on my right upper lip under my nose, just to the right. Halfway between nose and lip. Not really normal to get that. [By one day later it was still there but got smaller]. It's reddish. No sensation. Kind of slight pussy head. Sort of whitish but not really, more red everywhere. It came up quickly and it is inflamed. I have no pain. It has just made its presence. It is not too big or horrible. *2:30c:01:18:20*

Pimple on lip very slight. Not as raised. Not as red. Tiny head tiny bit there, can hardly see it *2:30c:02:xx:xx*

9am Small hard area the size of a pimple came up on L cheek next to nose. Slight soreness, a little swollen, no redness. Soreness had disappeared by 10.30, but pimple still there. < pressure. *10:30c:00:10:xx*

### Pain

9am, Right cheek nervy, throbbly. Feels sinusy and sensitive. *2:30c:08:12:00*

My face feels nervy, throbbly and sensitive especially my right cheek. I feel sinusy, my cheeks and forehead ache, I had this feeling last night too. I feel stressed and my throat is sore. I have a slight headache – it's not constant, slight pangs here and there. This pain in my face is made worse by stress from so much work. I feel so panicky and hyped. There is no time and this work is never ending. *2:30c:08:12:00*

## EXPERIENCE OF MEDICINE I

**Dry**

The skin on my chin is very dry. My skin is flaky this is unusual for me. 9am, Very dry chin. Skin flaking – not usual for me. Better for creme/lotion. 2:30c:18:12:00

My lips are dry and feel better if I have some water. 7.00pm Lips feel dry and energy level is very low, not desire to have any sort of food. 4:30c:01:19:xx

**Colour**

I noticed that colour of my face is back. And it makes me confident. 4:30c:29:xx:xx

My face feels flushed and warm to touch. 4:30c:05:18:xx

My lips are dark purplish in colour and this appears more on the lower lips towards outer edge. 4:30c:05:15:xx

Face looks pale and yellowish. 4:30c:07:18:xx

I think my face skin is darker (in a Pakistani). 8:30c:15:xx:xx

A brief and transient hot flush to the face. 6:30c:02:09:xx

12 noon Cold tingle on upper lip – pins and needles in small spot. Lasted about a minute. 10:30:08:xx:xx

**Wart**

My lower lip has a small white wart on the inside of it. 4:30c:12:xx:xx

I have a white wart on my lip and it is not painful. 4:30c:13:xx:xx

**Twitching**

Twitches, especially around the eyes (L) and forehead < alcohol. 8:30c:10:xx:xx

**MOUTH****Taste**

Taste. Noticed it at 12 midday. Metallic. Disgusting. Hasn't gone away by 8.45pm. At back of tongue. Nothing helps it. Pretty intense. Makes me feel gross. 2:30c:00:15:00

1.30pm, I walked to college. Felt metallic taste at

back of my throat for about 20 minutes while I walked. I got there really quickly. 2:30c:02:16:30

My taste is so heightened. I can REALLY taste things, the real deep flavour of food. Chips taste so salty and meat so rich. I am craving coffee a bit. Today things have been tasting really intense, flavoursome. e.g. chips, meat, scrambled eggs. Everything I eat. 2:30c:03:00:00

My mouth tastes sour 4:30c:05:13:56

Bitter taste in my mouth. Not thirsty or hungry. 4:30c:10:xx:xx

Taste is bitter in my mouth, very bad. 04:30c:10:xx:xx

My mouth feels bitter. 4:30c:17:xx:xx and 18:xx:xx

The taste in my mouth is sour after the chocolate. 4:30c:19:xx:xx

Feel as if tongue is coated, even though it isn't. 10:30c:05:xx:xx

**Dry/Hot/Sting/Burn**

My mouth is dry and I feel thirsty and drink water. 4:30c:01:15:47

The left side of my mouth feels hot when not occupied with thoughts. 7.55pm Hot feeling in the mouth and I like to leave open mouth. 4:30c:03:19:55

Mouth and lips are dry and not desire to eat and drink anything. 4:30c:05:15:59

Tongue – left side. Mild stinging, this continued for a few days at 2:00am. 8:30c:06:xx:xx

The top of my mouth is burning. 4:30c:19:xx:xx

My tongue feels as if it is burning on the tip and underneath the left side. It looks whitish and feels better for breathing in cold air. 4:30c:02:16:45

Tongue is burning (2) 4.45pm, burning feeling, may be sort of wound or ulcer. 4:30c:02:16:45

Tongue is burning and feels better if I breathe with my mouth open and with cold air. 4:30c:03:xx:xx

Burning feeling when close mouth.

4:30c:03:xx:xx

My tongue is red on the sides. 4:30c:07:xx:xx

My tongue is red on side. 4:30c:14:xx:xx

The tip of my tongue is burning and feels rough 7pm. 4:30c:14:19:xx

Today my tongue is blue, left side. 4:30c:15:xx:xx

My tongue feels rough and burning, sore, burning, rash feeling burning when touch the upper portion of the mouth, with 2 intensity 4:30c:19:xx:xx

Woke up and notice tongue is better.

4:30c:04:21:40

I have an ulcer on the left side of my tongue. My tongue looks red along the edges on the side and front. 5.10pm 4:30c:05:17:10

Ulcer L from front, reddish. 4:30c:12:xx:xx

A noticeable production of thick, white pasty, non-purulent mucous. Pasty consistency, not of usual mucous. Lasted about 2 hours. 6:30c:06:xx

## TEETH

My front teeth on left side are sensitive to sweet, sweet pain, left from 3rd teeth in front.

4:30c:11:xx:xx

## THROAT

### Lump

I have a lump in my throat, I am impatient about presenting this case. I don't really feel like people today because I feel so vulnerable and insecure from my dreams. I hope today goes really quickly. 2:30c:04:16:00

My throat has a lump because I can't communicate with F. I feel really bad I started talking all about myself. She said that she has been thinking about herself and not me. She left to go home because she is tired and I felt such bad vibes. Is it her or me? Maybe I feel guilty I have it so easy and she doesn't. 2:30c:07:21:20

My lump feels horrible, restrictive and heavy. It is made worse by my depression. I feel so busy. I am thinking of F and I feel bad. I can't remember my dream. 2:30c:08:11:40

### Swelling

My throat is sore and my glands feel swollen. It hurts to swallow. My ear and throat feels connected internally. I hope I am not getting sick. 8pm, Glands in throat swollen. Hard. Painful. Achy. Felt like ear and throat connected. Pain in ear and throat at same time. Dull, achy internal. Still there when slept.

2:30c:06:23:00

6.30am, Glands and pain in throat, ear still there on waking but less intense. Still felt getting sick all day. 2:30c:07:09:30

My glands (especially left) in my throat are swollen and painful. I still feel like I could be getting sick. 2:30c:08:10:30

Sore scratchy throat on swallowing, not painful just discomfort, or awareness. [12.30pm] Woke with a sore throat and a little sneezing that settle quite quickly. 12:30c:00:17:30

Still a little sore throat on swallowing [8.30am] 12:30c:01:13:30

Sore throat, pain going into right ear, aggravated when swallowing. Noticed it while giving my first massage, planned to have a swim, changed my mind because of ear pain discomfort don't think water would help. 12:30c:06:13:30

Sore throat extending to right ear.

12:30c:07:xx:xx

8am On waking. Slight discomfort in left side of throat - intermittent. Uncomfortable on swallowing, Not experienced on every swallow. Didn't stop me eating breakfast.

10:30c:08:xx:xx

8pm Sore throat right side. If I concentrated on it, it went away. If I didn't concentrate, it was there, but only a feeling of discomfort, not pain. It lasted until I went to bed. 10:30c:15:xx:xx

Pain in centre where hole is after one cough and it feels itchy. Not thirsty. Cough, pain, little bit itchy in the throat, had honey with black pepper. 4:30c:21:xx:xx

I have pain in my throat that is worse on swallowing. I have the flu, feeling difficult to swallow. 4:30c:04:16:10

## EXPERIENCE OF MEDICINE I

**Dry**

Dry throat in the morning on waking, with sticky mucous at the back of the throat that I couldn't dislodge. Dry throat not relieved by drinking or swallowing. Had this dry throat all day, but mucous left suddenly at 11am (for no reason). *10:30c:13:xx:xx*

Dry throat on waking, feeling of sticky mucous as before. Increased thirst, not relieved by drinking water. *10:30c:09:xx:xx*

**Mucous**

Much mucous, needs to be cleared but can't. Feels as though "stuck" in throat. *10:30c:08:xx:xx*

Sensation of a frog in the back of the throat... Thick tenacious mucous persisting at the back of my throat. > hawking. *6:30c:19:xx:xx*

Frog in back of throat. It's the same symptom as experienced last week. Associated with tenacious mucous. Persisted for around 1 - 2 hours. > Hawking *6:30c:24:xx:xx*

Mucous is running down the back of my throat. *4.20pm 4:30c:08:16:20*

Mucous in my throat that is reddish white when I spit it out. *11.30pm 4:30c:08:23:30*

I have mucous running down back of my throat. *4:30c:14:xx:xx*

I am feeling mucous go down, fear feeling that was very different; it may be big and heavy, burning in stomach and throat. *4:30c:14:15:xx*

Mucous during shower had bloody mucous. *0430c:07:10:00*

**EXTERNAL THROAT**

R neck gland has a lump on it the size of a pea. Not sore to touch. Can be moved around under the skin. (NS) *10:30c:00:23:xx*

Gland in neck still swollen but feels bigger. It is a roundish lump, not adhered to bone or tissue because moved round on touch. Superficial. No pain. *10:30 03:xx:xx*

Glands under chin were sore to touch on both sides, but on the left the soreness radiated to the left ear. Pain was sharp and piercing when I ran my finger over the glands, but as soon as I

stopped touching them, the soreness stopped. *10:30c:04:xx:xx*

Back of neck, left side. Pimple developed in the middle of skin inflammation. *8:30c:15:xx:xx*

**STOMACH****Pain**

I have stomach cramps at 8:30am. It is better once I have diarrhoea. *2:30c:03:11:30*

Hunger pains and no time to eat. [12.30pm] *12:30c:03:17:30*

Acute tearing pain only lasted a minute, like I pulled a muscle while working. [3.00pm] *12:30c:09:20:00*

Feeling pain in the stomach. *4:30c:08:18:10*

**Nausea**

On and off nausea all day till 4.00pm then continued queasy. I wondered if the nausea was from hunger, so ate and wasn't relieved. *10:30c:04:xx:xx*

I feel so nauseous I almost don't even have a cigarette. This feeling is worse for eating breakfast. *2:30c:07:13:00*

I feel nauseous/sick with left iliac fossa pain. I am thirsty for water. I had a bit of diarrhoea and I just feel gross. Maybe I am hungry and I don't know it. I just want this nausea to go away. I feel like my clinical studies assignment has taken my vigour. I woke up this morning feeling really tired. Thinking of food makes me more nauseous. *2:30c:11:21:30*

I feel nauseous, I had diarrhoea twice this morning, so debilitating. It felt better after defecation. *2:30c:16:13:00*

I had a soy latte, now I'm nauseous, unusual for me as I love coffee. The nausea was much improved for drinking water. [3.00pm] *12:30c:01:20:00*

1.10am Went to sleep with nausea. Woke up with it 6.40 hours later. (NS) *10:30c:02:02:10*

Feeling of nausea on rising, (6:40am) with a little flatulence, not relieved by passing wind. *10:30c:02:07:40*

3:45pm, Nausea returned. *10:30c:02:16:45*

Severe nausea after lunch, enough to not finish

meal. Fasted until relieved by stool at 7pm.  
Nausea not relieved by food. 10:30c:05:xx:xx

I feel sick. Nausea 5.56pm 4:30c:08:17:56

Esophagus 2 large eructations -> relieved  
previous symptom in epigastrium, burping.  
6:30c:00:01:00

Oesophagus. A series of 3 large 'burps' with no  
pain associated. 6:30c:03:00:xx

### **Bloating**

Some bloating, perhaps a bad reaction to the  
latte. 12:30c:01:22:00

Bloating and lower abdominal pain all day, only  
slight. 12:30c:03:16:00

Bloating and general discomfort.  
12:30c:03:17:50

General bloating of stomach prompting me to  
drink more water which does seem to help.  
12:30c:04:14:00

Sore bloated full feeling in belly.  
12:30c:11:xx:xx

Still some minor bloating not so bad as  
yesterday, yet uncomfortable. 12:30c:11:xx:xx

Some bloating not so much as before.  
12:30c:15:xx:xx

Bloated sensation in my stomach as if I had  
eaten or drunk too much, although I hadn't had  
much to eat. No desire to eat or drink any more.  
< for eating or drinking. 6:30c:08:xx

The usual bloated, stagnant feeling that seems to  
be the OS. Had a different sensation one day in  
the epigastric area – sensation of fullness and  
aching in the stomach. 6:30c:xx:xx:xx

### **Sensations**

Heavy feeling, something moving with me.  
04:30c:07:20:20

I had a sip of tea and it was hot and I felt it going  
down in to my throat and into my stomach. It  
was like it came from a height suddenly in to my  
stomach. 4:30c:10:08:45

### **Gnawing**

Awareness of very slight gnawing, not  
particularly uncomfortable, just an awareness.  
12:30c:14:xx:xx

### **Emptiness**

A sensation of an empty/gone feeling in the  
stomach despite being well fed this morning  
relieved by two large belches. 6:30c:00:00:30

### **Heaviness**

My stomach feels heavy. This goes away after  
stool. 4:30c:02:22:20

My stomach feels heavy and hot 9.10am.  
4:30c:06:09:10

My stomach felt heavy and better after stool.  
4:30c:07:20:20

Heavy feeling, something moving with me.  
04:30c:07:20:20

### **Thirst**

I am very very thirsty. My stomach feels like it is  
burning. 4:30c:10:04:50

### **Milk**

Nausea feeling, no hunger no nothing desire,  
and had milk that is not suit me so.  
04:30c:15:18:41

I feel nausea and a heavy feeling in my stomach,  
which is not good for milk. 4:30c:15:xx:xx

### **FOOD**

#### **Appetite**

It is unusual for me to be so hungry at 7am.  
2:30c:00:10:00

1pm-6pm, Hungry all the time, eating a lot. No  
matter how much I ate, still hungry. (I think it's  
from walk day before). 2:30c:07:xx:xx

I feel hungry all the time, like there is a constant  
pit in my stomach. It doesn't help to eat and I  
have felt hungry the whole of today and  
yesterday. I have been eating constantly and  
nothing fills me. 2:30c:07:15:00

I must have been hungry as I ate and I feel much  
better. 2:30c:11:22:20

Appetite reduced, often after working I'm  
starving, today I wasn't fussed on eating or not.  
[8.30pm] 12:30c:02:01:30

Appetite has returned. [8.00pm]  
12:30c:03:01:00

## EXPERIENCE OF MEDICINE I

Very hungry with no thirst. 12:30c:04:xx:xx

No appetite so had a coffee instead of eating, not long after experienced some nausea, once again the nausea improved from drinking water.

12:30c:03:19:00

No appetite for food or drink. 12:30c:09:xx:xx

Ravenous – not enough food today, Grant made me a delicious dinner. 12:30c:15:xx:xx

Awareness of hunger. 12:30c:16:xx:xx

Still hungry even though eaten lunch. [2.00pm]

12:30c:25:xx:xx

I felt hungry and ate a large amount of food and still I felt hungry and I had a great desire for sweets and ate 5 or 6 dates. 1.05pm Empty/hungry feeling, then had a big amount of lunch, still hungry after it. 4:30c:01:13:05

I am hungry and must eat 11.50pm

4:30c:01:23:50

I ate too much. Just kept eating and eating and couldn't stop. 2.30pm 4:30c:02:14:30

I drank too much water at college today.

4:30c:03:xx:xx

I am not hungry 4.00pm 4:30c:05:16:xx

Awareness of hunger again. 12:30c:15:xx:xx

I have no desire for breakfast today. My stomach feels full. 8.45am 4:30c:10:08:45

Not hungry today. 4:30c:12:xx:xx

I do not feel hungry today. 4:30c:13:xx:xx

I feel hungry when I get home at 3.30pm.

4:30c:13:xx:xx

I have no desire for food or drink, nothing. Not eating well. 4:30c:15:xx:xx

I have no desire to eat. 4:30c:19:xx:xx

I ate a lot for lunch today and ate dates.

4:30c:21:xx:xx

I am very hungry today. I ate two lunches and eleven dates. I even ate more after my friend left the room. I had to hurry and eat it before he comes back. 4:30c:22:xx:xx

I ate dinner four times even though I was not hungry. 4:30c:23:xx:xx

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Hunger. Had big amount of dinner.

04:30c:05:12:15

Appetite poor not as hungry as usual, didn't have a proper lunch just snacked.

12:30c:17:xx:xx

Eating only a little food. No cravings and no enjoyment. 4:30c:01:22:40

### Cravings

I am craving a big fat chocolate mud cake, it is 3pm and I am hungry. 2:30c:02:18:00

I felt very hungry today. I felt like bread, cake or chips. 12 noon 18:30c:01:18:00

I feel like chocolate. 2.00pm 18:30c:03:xx:xx

Had to have some chocolate. 3.30pm

18:30c:03:xx:xx

I felt like chocolate. 2pm 18:30c:07:xx:xx

I feel like chocolate again and ate some. 3.50pm

18:30c:07:xx:xx

I feel hungry for chips and orange juice. 5pm

4:30c:11:17:xx

Very strong desire of Lebanese sweets.

04:30c:16:11:10

My stomach feels empty and I have a strong desire for sweets. 4:30c:16:xx:xx

Started having scrambled eggs instead of fried eggs – unusual. Had a few cigarettes inside flat. 2:30c:06:xx:xx

Strong desire for chocolate. I couldn't stop myself. 10:30c:00:xx:xx

I feel better after having some chocolate.

4:30c:21:xx:xx

### Thirst

Thirsty but didn't stop to drink. If I drank I would have to drink a lot at once. Throat dry and not relieved by drinking. 10:30c:09:xx:xx

### ABDOMEN

Bloated, gassy feeling in evening.

10:30c:07:xx:xx

Bloated/Stagnated sensation in G.I.T. with general discomfort. This is a sensation that I



have suffered on and off for some time previous to the proving. Often it is associated with anxiety. C.S. 6:30c:09:xx

A bloated discomfort in my G.I.T. Felt as though if I eat anything I will be sick. Will only allow myself small sips of fluid. C.S. 6:30c:13:xx

Bloated, nauseous and stagnated sensation in G.I.T. Consumed dinner late (9:30pm) and felt quite ill afterwards. Walked outside briefly then forced to lie down. > walking in open air. C.S. 6:30c:26:xx

### **Pain**

Iliac fossa pain gone from when I woke up. Tiny bit there. Only realised now when I sat down hard. Cured Symptom. 2:30c:02:xx:xx

Tearing pains in abdomen – like a pulled muscle 12:30c:09:xx:xx

5.30pm Before I fell asleep on the bus, I had a quick pain, not severe, lasting about 20 seconds, around the umbilical area. It felt like something was getting stuck in there. 10:30 07:xx:xx

Awoke to the sensation of tightness and contraction of abdominal muscles. As if I had done 100 sit ups the previous night. This symptom persisted for the duration of the day and that night. 6:30c:13:xx

A localised pressive pain in Right Hypochondria (liver region) which lasted for an hour. 6:30c:13:xx

Felt a stitch near my liver while at work, it was brought on by leaning forward and straining while filling a tub of salad for a customer. It felt better for walking and then urination. 8:30c:02:00:xx

### **Sensations**

Felt a peristaltic-like motion in abdomen on and off all day, but it did not lead to any bowel motion. Finally relieved by stool at 7pm. 10:30c:05:xx:xx

After breakfast felt gassy, like trapped air... farted all day. 10:30c:5:xx:xx

It feels like something moving in my lower left abdomen. It moves from left to right and is very noticeable. 12.40pm 4:30c:10:12:40

My abdomen is heavy like things are attached to it. Like I am carrying heavy stuff with me. 4:30c:10:14:09

I feel movement in the left side of my abdomen, like there was an animal in there, after I urinated. 2.24pm I feel something moving in my lower abdomen, may be any animal. It made a noise. 4:30c:10:14:24

General sense of unwellness associated with G.I.T. 6:30c:02:06:xx

### **Noises**

I hear noises in by abdomen that feels like strong rumbling, I was upset and feel some noises in the lower bowel 12.00 midnight 4:30c:00:00:00

Noise in abdomen 10.30pm Feeling noise, empty feeling. 4:30c:01:22:10

Crunchy noise in the abdomen. 4:30c:10:18:47

## **RECTUM**

### **Pain**

4.30pm, Had cramps before going to the toilet. Poo looked really weird. Looked like something attached to it. white, long, stringy bit attached to it. 2:30c:02:xx:xx

### **Diarrhoea**

At 8.30am, Diarrhoea. Cramps beforehand, better for the diarrhoea. Lots of little pieces. Not that watery, but not that solid. Dark brown. 2:30c:03:11:30

Desperate desire to go to the bathroom lucky I wasn't with a patient. [diarrhoea] [11.30am] Desire to stool with a sensation as if would get diarrhoea – but didn't – also assoc with bloating. 12:30c:01:16:30

Diarrhoea, similar to the previous day. [9.00am] 12:30c:02:14:00

Diarrhoea with no associated pain. Awoke this morning with a strong desire to stool. Passed painless diarrhoea. C.S. 6:30c:02:21:xx

Painless Diarrhoea. Has occurred previously, especially after the bloated, stagnated sensation from the night before. C.S. 6:30c:10:xx

Forced to the toilet to stool. Diarrhoea. This helped relieve the abdomen discomfort, though

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not entirely. Still felt fragile and discomfort. Felt obliged to lie down and go to bed. C.S. 6:30c:12:xx

Had a bit of diarrhoea again this morning, felt better afterwards. Not very runny but quite urgent. 2:30c:04:13:45

**Blood**

Spots of bright red blood on toilet paper with stool. (NS) Unusual. 10:30c:04:xx:xx

**Flatulence**

Extreme flatulence: gassy, continuous, not relieved by farting. Very smelly with a sulphurous smell. Stool normal. 10:30c:15:xx:xx

Very flatulent and gassy, continuous, not relieved by farting, very smelly, sulphur smell. Normal stool – lasted till day 19. 10:30c:16:xx:xx

Flatulence – more than normal, increased when walking. 8:30c:05:00:xx

Heard noise, and little bit pain. Until stool pass, it was normal and got relief after. 4:30c:01:09:30

My stool was loose and burning. 4.50am. 4:30c:10:04:50

I was not able to evacuate fully. Had to go three times to empty fully. 10:30c:18:xx:xx

Droozy and upset, urine came with stool, motion was liquid, very burning feeling at the time of passing stool, very very thirsty and hot feeling had 3 glass of water. Very bad. 4:30c:10:4:50

**STOOL**

4.30pm, Had cramps before going to the toilet. Poo looked really weird. Looked like something attached to it. white, long, stringy bit attached to it. 2:30c:02:xx:xx

Am, after rising. Loose stool that appeared in long thin spaghetti strands (about 1/2 finger long wide), and then turned watery and soft. Medium brown colour. Nausea remained afterwards. (NS) Unusual, because I usually have a bowel motion at night before bed. 10:30c:02:07:55

6.15pm (NS because usually have stool before bed) Stool was light in colour and yellow/greenish. 10:30c:04:07:15

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Stool consistency has changed since being on the Rx: it is less solid, more broken up. After having a bowel motion, five minutes later I had to have another one. Yellow, light tan in colour. No significant smell. 10:30c:08:xx:xx

Loose/unformed stool.. This definitely seemed linked to the last symptom, last night. Abdominal symptom > stool. C.S. 6:30c:27:xx

**URINE**

I wet the bed in the night while I slept. 4:30c:09:xx:xx

Yellow burning urine, the burning sensation lasted about half an hour. [12.50pm] 12:30c:03:17:50

My urine and stool came together and stool was loose and burning. 4:30c:10:04:50

My urine is bottle green in colour. 4:30c:14:xx:xx

Today I noticed urine colour was greenish. This happened just once. 4:30c:14:xx:xx

**KIDNEYS**

Kidneys & Lumbar Back. A fairly intense congested, pressive pain in region of both kidneys. > For lying in knee to chest position. 6:30c:05:xx

**MALE**

Strong desire of sex. 4:30c:07:xx:xx

I feel impotent. I have no feeling, no sensation, numb. I don't want to leave the bed and also very very strong feeling of impotent man, flue and freezing head, lonely feeling. 4:30c:15:xx:xx

I have a heavy pain in my left teste that feels like it would burst and is better if I walk and worse for sitting. 4:30c:21:xx:xx

**FEMALE****Pre-menstrual symptoms**

Normal premenstrual symptoms are: mouth ulcer, pain in wisdom tooth, heaviness in lower back. For this premenstrual period mouth ulcer was smaller and starting to heal earlier, pain in wisdom tooth was less and there was no heaviness in the back. 10:3000:xx:xx

Premenstrual symptoms: Mouth ulcer back to its usual soreness and size. So improvement in premenstrual symptoms was only temporary.

*10:30c:01:xx:xx*

### **Menses**

Period. 8am, Bad pain (constant, intense) in thighs, lower abdomen. < sitting, < standing, > lying down. Drawing down feeling as if uterus would fall out. Unusual to be this bad. Worse than usual. Lasted all day, gone by the next day.

*2:30c:15:11:00*

No flooding overnight [unusual].

*12:30c:12:xx:xx and 13:xx:xx*

Onset of menses (normal cycle) at 4.15pm. Unusual in that it was a slow onset, different colour – a light pink/brown, milky. No flow as yet, just spotting – so light it was only visible on toilet paper. Pain – not like the usual menstrual pain, but more like travel sickness.

*10:30c:02:17:15*

Menstrual blood is bright red and tenacious, with scant/light flow. (Usual flow is dark brown/red and heavy.) Very mucousy, sticky and stringy (NS), with no clots (NS), not free flowing as usual. *10:30c:03:xx:xx*

Menstrual flow scant, stops and starts. Still awaiting full flow. *10:30c:04:xx:xx*

I still have my menstrual period, which had tapered off, but has now re-started. Flow is still very scant, light in colour, sticky and mucousy. Feel as if it's sticking to the walls and not coming out. *10:30c:05:xx:xx*

I got my period. I have bad pain in my thighs, bum, lower abdomen. I have had a drawing down pain/feeling the whole day. My period is heavy. It feels worse when I stand and better when I sit. *2:30c:15:11:00*

Lower abdominal pain – very little bleeding.

*12:30c:11:xx:xx*

Quite painful lower abdomen, now starting to bleed quite a lot, some clotting[8.00am]

*12:30c:14:xx:xx*

Some lower grade abdomen pain much less bleeding *12:30c:12:xx:xx*

## **CHEST**

### **Sensations**

My chest feels opened up tingling with elation. I am thinking happily and it is like there is an opening or hole in my chest. *2:30c:02:18:45*

### **Heart Palpitations**

On rising – heart palpitations (ROS) < standing. > sitting. Palpitations lasted 2 minutes – restless, jittery, heart fluttering quickly. Made me feel as if I was trembling inside. Felt nervous and anxious with the palpitations. When palpitations went away, so did the feelings. *10:30c:02:08:xx*

Heart palpitations again for no reason. Came and left suddenly, lasted 1 minute.

*10:30c:02:21:xx*

Palpitations and silent heart beat, very bad.

*04:30c:12:14:10*

I have a sinking feeling in my heart and palpitations when I take deep breaths.

*4:30c:14:xx:xx*

Palpitation, not feeling good or comfortable.

*04:30c:14:11:40*

I got palpitations with the fear, scared about magic things, discuss with my cousin, he massaged my head, I sleep. *4:30c:17:2:00*

Palpitation in the heart. *4:30c:21:xx:xx*

Palpitation in my heart after waking up thinking I was fighting. 12am *4:30c:11:12:xx*

I have palpitations (3 + + +) being alone in the house. 11.55am *4:30c:15:11:55*

### **Heart Pain**

I had a dull pain in my heart on and off. 2.15pm *4:30c:01:14:15*

### **Heart Sensations**

My heart has a sinking feeling maybe sadness and my heartbeat slowed. I feel a sinking.

*4:30c:09:11:03*

It started to rain and my heart felt like someone had grabbed it like an orange and let go and then grabbed it again. This lasted for 1 hour. 2pm

*4:30c:12:14:xx*

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My heart is not relaxed today. 4:30c:12:xx:xx

I feel a crunching noise in my heart and bit pain, not hurting me but feeling was there.

4:30c:21:xx:xx

Tense pain and some arrhythmia at 2:00am.

8:30c:06:xx:xx

**Chest Pain**

I have pain on left side of my chest going through to the back and is better for pressure. 4.29pm Pain at both side of chest sear to shoulder, upper ribs, start and goes to back, also feel eyes heavy. 4:30c:05:16:29

I have pain next to my rib in the zyphoid process area, which is worse, if I put pressure on it. It is not painful if I don't touch it. 4.14pm

4:30c:10:16:14

**Breasts**

8.00am an awareness of sore breasts when descending stairs. 12:30c:02:13:00

Some awareness of breast achiness when going down the stairs, only in the morning. [7.30am]

12:30c:03:12:30

**Itching**

My chest near my shoulder is itchy there is a lump on it. Feels good to scratch it and when I do blood comes to the surface and stays in the form of red splotches. 2:30c:00:16:30

Spot on shoulder, still there but not as itchy – slightly itchy. Not as red. Slight lump (inside).

2:30c:01:xx:xx

Itch on leg and shoulder all gone. Lump on shoulder completely gone. Still a tiny red mark where it was. 2:30c:01:xx:xx

I can feel small bumps under the skin, which are white, raised bumps, visible only in strong light eg in sun, feel rough to touch, on face and chest. Can scratch heads off, but this makes them red and inflamed. 10:30c:05:xx:xx

Bumps on chest and face have got bigger, and turned into whiteheads that are itchy and they become infected as I scratch them.

10:30c:07:xxx:xx

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**RESPIRATION**

All morning I had the sensation as if I was not getting enough air – this was also associated with heart palpitations and tremors in my right hand. 20:30c:02:xx:xx

I feel suffocated – not enough air and I want to open the window 6.00pm 4:30c:20:18:xx

I am breathing normally when I talk but when I do not talk my breath makes a noise on inspiration as if too much air is going in. 5.15pm I notice that I am breathing with voice, enough air/too much air taking at the time of inspiration. 4:30c:09:17:15

Catchy dry feeling in throat, aggravated by full inspiration Perhaps from being in speedy mode then going to slow relaxed mode which I needed to be in to massage. This feeling only lasted for about 10 mins. 12:30c:02:21:15

**PERSPIRATION**

Sweat on my forehead while telling this story. 4:30c:15:xx:xx

**EXPECTORATION**

I was washing my mouth, and there was saliva. I spat out reddish white mucous. Blood in white mucous. It frightened me.

4:30c:6:9:xx:xx

**BACK****Pain**

I feel joint pain in my left hip, lower back and leg. I feel stuck when I stand and it feels worse to stand. My body feels so tight and tired. My lower back is so sore. 2:30c:01:17:45

Woke up at 9am with pain between shoulder and neck. Nervy, referring pain. Felt like something was stuck. Lasted 3 or 4 hours.

2:30c:02:12:00

My back is so sore from sitting for so long doing my assignment. I am in constant pain. I know I need to sit less but I don't have a choice. My muscles are in a spasm, there is nervy pain down my leg. It feels better to lie down.

2:30c:10:15:00

My back is sore again – an aching, crushing feeling. It feels worse to move, sit or stand. I

have pain at the back and front of my thighs. My period pain is worse than usual. I dreamed about so much blood (night before I got my period). I have a dragging pain in my left leg.

2:30c:15:18:00

Upper back stiffness – awoke feeling like this, can't think what I have done to feel like this. Better for swimming. [6.45am]

12:30c:20:xx:xx

The upper back stiffness has reduced not as stiff as yesterday. 12:30c:22:xx:xx

Upper back stiffness much reduced.

12:30c:23:xx:xx

Neck was feeling a little stiff from sitting in the one place. 12:30c:27:xx:xx

Pain in my neck on left side that is dull and goes towards shoulder. 4:30c:03:16:xx

I have an aching pain, like a wave, on the left side of my back above my left hip. 4:30c:21:xx:xx

Sharp pain L back lower area, lasted 10 minutes, also noticed my tummy is quite big, very very bloated. 4:30c:21:15:xx

### Palpitation

Palpation of the right side of the neck, like it is rotating. 4:30c:10:18:07

### Pimple

Occiput/Back of neck (LHS) in hair line. (1 – 2) Noticed a large pimple again in the same location as previously. 6:30c:20:xx

## EXTREMITIES

### Restless/Clumsy

I can't stop moving my foot, I feel like I could just flip my shoe off over the balcony. I am so clumsy when I walk. I stumble from side to side like I am drunk. Eyes are half closed (obs). 2:30c:00:01:46

I knocked my elbow in the bathroom, ouch! Imagine actually breaking a bone. It feels better for cold water. I knocked my other elbow in the same place on a chair 5 minutes later. 6pm, Knocked my right elbow on the wall. It was really sore. At college, 5 minutes later knocked

my left elbow! At same point on elbow – inside on bone. I was in a busy. Hyper – more than usual. I felt like was rushing around, high energy, high vigour. Both mind and body rushing. 2:30c:07:21:00

### Itching

Itch on lower left leg, lateral to and next to shin. Came on about 8pm. Gone now. Very much on surface of skin. Lasted 20 minutes. Very unusual – I don't get that. > initially for scratching, < now for scratching. Nothing visible. I feel so itchy and scratching doesn't help. It is so suddenly itchy. 2:30c:00:23:00

Itch under right heel. Scratching gives no relief. 10:30c:06:xx:xx

Itching between fingers on both hands which lasted for over an hour < for scratching.

6:30c:07:xx

A fairly intense itching sensation localised to the ankles and up the front of the shins prior to going to bed. Brief presentation of small lumps papules upon scratching. Lasted a couple of days. < for scratching. 6:30c:06:xx

This is the same itching sensation on the front of the ankle as experienced several days previously. 6:30c:15:xx

A fairly intense itching sensation localised to the ankles and up the front of the shins prior to going to bed. Brief presentation of small lumps papules upon scratching. Lasted a couple of days. < for scratching. 6:30c:06:xx

### Lump

9.30am, Lump on right forearm. Almost like a scratch over it. Like a brown line that goes a bit over it. Discovered it in bath now. Red. Bit of a lump under skin, not itchy. Near wrist, on top. No sensation, a bit sore if I push it, like if you push a gland. Lump is tiny. Line goes towards wrist. 2:30c:06:12:30 and 07:xx:xx

Upper inner thigh of right leg; huge pimple. 8:30c:13:xx:xx

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**PAINS****Tingling/Numb**

At 6.15pm, pain in right leg at top (thigh), like a band all the way around (circular) – a tingling numbness. I've felt it somewhere else in my body, possibly back of neck. Lasted about 1 hour. > lying down, < walking, < sitting. 2:30c:02:21:15

I have a dull, heavy pain down my right leg. I have had it for most of the day. I know my disc in my back is still pressing on my nerves. The pain is numb and diffuse. Walking and sitting makes this pain worse. 2:30c:09:16:30

I woke up with a nervy, throbbing internal pain in my left leg. It is near my ankle at the bottom. It feels like it needs to be rubbed to get the blood moving. Feels veiny. Walking may help the pain. 2:30c:10:11:30

**Sharp**

Left arm stiffness, no swim and a busy day. The stiffness is making it difficult to lift my arm above my head, especially first thing in the morning. [11.00pm] 12:30c:01:04:00

Left arm pain – noticed it when I lifted my arms to wash my hair, almost couldn't lift it, not enough swims. [7.20am] 12:30c:14:xx:xx

9pm Sharp pain in right lower leg – like pin pricks. 10:30c:21:xx:xx

Left elbow. A strange sensation involving weakness and shooting pain, where the elbow feels to have lost all power, especially with pressure through the elbow. The further it is bent the greater the loss of power. < for pressure through elbow. < for bending elbow 6:30c:05:xx

Left elbow, A recurrence of the previous symptom in almost identical degree. Lasts a couple of minutes. Left elbow had a very marked symptom for a day or so – whilst leaning on wrist, elbow would give way with sciatic-like pain (no power). This happened four times. (16). 6:30c:05:xx:xx

Left elbow. Same sensation as yesterday, with weakness and loss of power through elbow. Like an elbow sciatica. Lasts a couple of minutes. < for bending. < for pressure through arm. 6:30c:06:xx

**Aching/Burning**

Aching feet, perhaps two days of heels on tiles is too much, like a burning ache much better for lying down. 12:30c:05:xx:xx

Achy legs nearly all day, didn't help that I had to stand up all day. 12:30c:11:xx:xx

Still some aching even though day 2 of menses. [8.00am] 12:30c:11:xx:xx

Awareness of wrist achiness, from massaging, also the day is humid 12:30c:09:xx:xx

Sore shins from walking so much. 12:30c:16:xx:xx

Left arm pain much better for swimming. 12:30c:16:xx:xx

Sore feet and shins from standing walking. 12:30c:18:xx:xx

Burning feet, felt great changing into my hiking boots. 12:30c:18:xx:xx

Awareness of muscular pain at the attachment of muscle to the shins. 12:30c:18:xx:xx

Shins felt better after flipping – more stretched. 12:30c:20:xx:xx

**Cramping**

Cramping in the legs – mainly the calves. 6:30c:04:xx

Vague sensation as if the right leg were cramped down lateral border. This sensation arose after sitting awhile, when previously I had been on my feet most of the morning. 6:30c:05:xx

Left hamstrings, cramping < running. 8:30c:12:xx:xx

I have pain in my shoulder which seems to move, its next to neck area, sort of moving 12.30pm 4:30c:01:12:30

Feeling pain at thigh, also feeling sleepy and a pain in my calf. 4:30c:04:17:23

Felt a strong pain during sprinting after a soccer ball in my left hamstring, collapsed while running to avoid any further strain. Seemed to be unusual sensitivity, but I hadn't been doing much fast and strenuous exercise over recent years. 8:30c:05:00:xx

## SENSATIONS

### Tingling

Left elbow. Felt tingles, sensitivity.  
8:30c:04:00:xx

### Heat

My body feels hot to touch on my arms and hands 5.10pm 4:30c:05:17:10

### Heaviness

Sensation in legs as if period may come or possibly ovulation – drawing/heaviness sensation. 12:30c:00:xx:xx

### Tired

My thighs are tired in the hamstrings. There is tension on the left thigh at back when I stand. Muscle tired when put foot on the floor, feel tension just only L leg. 4:30c:09:xx:xx

Feeling a little sluggish in legs after working all day, but not as bad as usual, and still none of the usual soreness. 10:30c:03:xx:xx

My hands feel tired and lazy. 5.10pm and a loose palm and also a headache, sort of pressure.  
4:30c:05:17:10

### Weak

Difficulty in extending foot to accelerate when driving, right foot, felt like it was paralysed. I had been running and kicking a ball (with right foot) before this. 8:30c:12:xx:xx

### Swelling

My wrists feel swollen, also my ankles. Very busy day, 12:30c:01:01:00

Some wrist soreness over yesterday and today. They feel swollen. 12:30c:07:xx:xx

Both wrists and ankles swollen.  
12:30c:08:xx:xx

Sore wrists swollen feeling some nerve pain, like pinging both wrists, of course aggravated by giving massage. [4.30pm] 12:30c:08:xx:xx

### Discolouration

Blue discolouration from knee to half way down inner shin. Sore to touch. Looked like a line

with two round spots on it. One spot a bit bumpy. 10:30c:07:xx:xx

Noticed bilateral bruising, like two thumb marks on back of upper thighs, exactly the same spot and size. Light brown colour. Can't remember bumping into anything.  
10:3009:xx:xx

Lots of bruising on legs and arms, but don't remember hitting or bumping myself. Some bruises are dark brown, others are grey.  
10:30c:24:xx:xx

## CHILL

Freezing to the bone. Palms clammy. Feet like a cold sweat. Felt wind all round me. Felt cold, fevery, cold sweat. I noticed all the movements of the air conditioning. Air conditioning seemed to go right into the bones. Couldn't get enough clothes on, but still sweating. There was always a gap where wind could get in. Cold, getting under skin. 10:30c:02:xx:xx

## SKIN

### Spots/Pimples

A few more spots than usual over last few days. 12:30c:07:xx:xx

I can feel small bumps under the skin, which are white, raised bumps, visible only in strong light eg in sun, feel rough to touch, on face and chest. Can scratch heads off, but this makes them red and inflamed. 10:30c:05:xx:xx

Bumps on chest and face have got bigger, and turned into whiteheads that are itchy and they become infected as I scratch them.  
10:30c:07:xxxx

The presence of two large pimples which are sensitive. Pimples of this kind are a very seldom occurrence for me. 6:30c:04:xx

Left Occiput & LHS of neck under ear. The presence of two large pimples which are sensitive. Pimples of this kind are a very seldom occurrence for me. 6:30c:04:xx

Occiput/Back of neck (LHS) in hair line. Noticed a large pimple again in the same location as previously. 6:30c:20:xx

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**Colour**

My skin seems darker on my face only, the feeling that I have got dark colour, skins got dark! 4:30c:01:xx:xx

My skin looks yellow. 4:30c:12:xx:xx

My skin looks darker. 4:30c:14:xx:xx

Colour on my forehead is yellow like a band. 4:30c:21:xx:xx

I think my skin is darker. 4:30c:21:xx:xx

**Itching**

Still feels itchy all over but not as much. 8:30c:14:xx:xx

Lying watching TV. Felt itchy in various parts such as the toes, ears, neck,

Inner thighs, head, became more itchy after hot shower. Itching all over. More sensitive to things. The hair on my skin. Fingers and ears much more propensity to itch. 8:30c:00:06:30

General itch all over (this occurred through much of the proving). 8:30c:03:00:xx

Sensitivity to my own body hair, this relates to the general itch. Other particular areas noticed – back of the head, back of the thighs, forearms, shoulders. 8:30c:04:00:xx

**SLEEP****Position**

I went back to sleep at 7am and I realised that I needed to sleep with 2 cushions instead of one. 2:30c:00:10:00

**Waking**

Waking up early with a fright, or from a nightmare. 2:30c:08:11:30

I awoke at 3.45 and felt not drowsy. My mind was active. I had restless sleep in the night. Woke 2 x. Active feeling, feel more active and a state of restless sleep 4:30c:01:xx:xx

I woke at 4.45am feeling fresh both mentally and physically. 4:30c:03:04:45

I woke up laughing that I haven't got green shoes. 4:30c:03:xx:xx

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Something woke me, a noise, a dream. I was very restless and did not get enough sleep. 1.15am 4:30c:09:01:15

Woke up couple of times, did not get enough sleep, 2 times had shower because of urine pass during sleep. I feel very much shocking and fear. 4:30c:09:xx:xx

Restless. Woke up two times in night. 4:30c:13:xx:xx

**Sleeplessness**

Some difficulty falling asleep as busy mind. [11.30pm] 12:30c:02:04:30

Difficulty going to sleep from an active mind. [11.30pm] 12:30c:13:xx:xx

Sleeplessness-alert difficult to go to sleep-alert not worried. 12:30c:14:xx:xx

Restless sleep tossing and turning from alert mind. 12:30c:16:xx:xx

**Sleepiness**

Big sleep in today, planned to go to the pool, slept in till 8.30am. 12:30c:01:13:30

Another big sleep in some feelings of guilt, laziness. 8.30am. 12:30c:01:13:30

Strong desire for sleep. 4:30c:01:16:23

I feel very sleepy. 4:30c:01:16:23

I have a strong desire to sleep. 4:30c:14:16:45

**DREAMS****Open Spaces/Robbers**

I had a dream that my flat got robbed. My flat was high up. It took me a while to realise that everything (video recorder?) was missing, was gone. I was so upset and afraid. All the windows and doors were completely broken down, someone had smashed them down. I called the police, I was petrified the robbers were in the house, they presumed it was a male thief but then 4 girls showed up and it was them. They were really scummy and they were ex-convicts. Scraggly hair, tatty clothes, dirty, scumbags! Underhand convicts. The police knew them because they'd been in jail before. (The flat was high up. All that could be seen through where



the windows and sliding doors used to be was sky). There was glass on the floor, broken but the panes were cleanly gone from the frames. I knew that they had done it. I told them that it was okay and that they should go because I wanted to avoid a confrontation with them even though the police were there. They were ex-convicts; really scummy looking and the police knew them. 2:30c:03:11:15

#### **Robbers/Violence**

There was a couple and they took my assets and tried to kill me. In the dream I know all things – I know what is going to happen. I woke up in the middle of the dream and felt safe, suddenly I woke up and happy feeling, (today I am very relaxed, anxious about work as before work, to day I am much more relaxed) better from talking with supervisor at Glebe. 4:30c:01:xx:xx

#### **Family/Robbers**

My aunty and her 1-year-old daughter came to the petrol station and I was scared that the daughter might press buttons at work. I then saw a gray car reversing into driveway and I was scared that I would be robbed and I told my aunty that I might be robbed. Then the car came close and I realised that I would not be robbed as there was a baby in the car and the driver was concerned about the baby and that is why he drove in backwards. 4:30c:13:xx:xx

#### **Open spaces**

Pictured a spaceship in my mind like in Star Trek, being built in space by robots. Thoughts of how it would take years to be built and was an alternative to building things on a planet. This was an unusual dream for me. It was a thing right in the middle of open space. 8:30c:01:00:xx

#### **Family/Open spaces**

Pictured my Grandad (who had recently recovered from life-threatening diseases i.e. pneumonia, golden staph) walking into a family gathering with a plate with a candle in the middle with various medicinal plants in small pots around it. The room was in a small building surrounded by plants and trees and sunshine. I also had thoughts about riding a bike around the streets and bush trails. Open spaces  
8:30c:01:00:xx

#### **Open Spaces**

There are lots of boys and girls singing and dancing in an open area as if celebrating something. I am singing on my own, some of the guy's request me to sing and the boys want to sing with me. After one or two stanzas I woke up. 4:30c:04:xx:xx

#### **Carrying bags/briefcases/cane chairs/ big things**

I had a dream about a hotel. There are so many different rooms and two different hotels. I was wearing these smart clothes, sort of like black clothes I laddered my black stockings as they got caught on the top of the escalator. I couldn't decide if we should fly or train back home or fly back. I was carrying my bag (like a gray sac, not closed properly) and all my audio cassette tapes were falling out the top because it was heavy. I am waiting in cane chairs, there are cane chairs everywhere. Next I'm following my mum and sister into a building. Then I saw a guy outside the hotel (at the entrance of the building) and he was going crazy, I can see a young guy going crazy at the entrance of the hotel, he is screaming. I calmed him down by giving him some ice cream sometimes from my mouth, I thought to myself... sex always calms guys down. The guy was youngish, tall, blond hair, in a t-shirt (possibly white with pictures on it). He calmed down. I remember thinking, 'sex always calms guys down'. I realised I left my two black brief cases in the restaurant. I am worried that they will get stolen. I went back to get them, people are sitting in cane chairs next to two big huge chickens – they are roasted with no heads and they are the size of humans, but when I get close up to them I am not sure if they are chickens anymore. The big chickens are sitting on the couches next to the humans listening to their conversation. They are a brown colour with rounded shoulders, no heads.

The next thing I'm in this white van on a hill. D was in a white van behind me on the hill. He started his van to go, rolling forward, he couldn't put his brakes on. D's white van nearly went into our white van. We were on a hill. He started his van to go, rolling forward, he couldn't put his brakes on. He almost hit me but I moved out in time. I felt very rushed, I had to

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move quickly or he'd run into me. We drove out of the way just in time.

It is D's birthday and it is raining. He wants me to go outside in the rain to have photos with him. I look at all his friends from the window above, looking down on them. I don't know any of his friends in this dream, although in real life I do. D wants me to go have a photo with him in the rain. I am reluctant but I go anyway. Next I am in bed with T. T wants to hug me in bed. She asks me if I'm wearing panties because she doesn't want to hug me if I'm not. She says her breath smells. I say that I don't mind and so we turn over to hug. D is now in bed next to me and he has a problem with his back (true). I don't want to have sex with him. He thinks I am physically dead and not passionate (true).

F is in the other hotel like a flat (The first hotel was high rise with escalators, very fancy, lots of red and gold, shiny things). This second hotel was cream, pastel colours. I was looking for Fiona in this hotel but I went to the wrong room. I realised it was the wrong room so I went out and then I saw her through the window of the room she was in, in the other flat. They were separated into 'flatettes' by green grass, trees, very tranquil. I went to go speak to her. I first went into the wrong room but then I saw her through the window. She was so healthy and energetic. She was wearing a light blue tracksuit. She had been going to yoga and jogging. I feel so disconnected to her because I have been out the whole time. I had been doing so many other, different things like going to parties and seeing guys. I found a lot of these things from my dream were true – D's words, feeling disconnected to F, D having a van, tapes fell out of bag. 2:30c:00:14:20

### Large Rocks

I had a dream that L and I were sitting on very large rocks – they were meters and meters and meters high that floated on water. The rocks had like green fungal growth, like sea colours on the parts that went in; the rocks were like a sandy white colour; they were quite rugged. Wanted to be close to land. Once we were sitting I felt safe again. All the rocks were on water but before the rocks there was just normal land. It was kind of chilly, not that hot. I tell her not to shave or wax

her face (a case from naturopathic clinic – a girl had facial hair and she said it gave her a complex with men) just to impress guys. I am afraid to step onto the very big rock as it is rocking back and forth on the water far below. I feel anxious and I experience vertigo. She mustn't change herself for a man.

I am giving W a lift home. I am driving down a mountain and it was really high up, cars were going quite quickly and I had to take a really quick left turn. This thin, light-yellow path – I had to take a detour into that to stop. It was scary because I had to do it quickly. This area is very familiar. I have to turn off the road into a path of cornfields so I can drop him off. It is dangerous as the cars are going fast down the hill. There is a lot of green. There is a thin white path to the left.

G picks me up in his arms and tells me he wants to buy me flowers. He is very happy.

2:30c:02:10:00

Observation; A lot of my dreams were places where there was a roof but no windows or walls or doors, but I consider this to be inside. All my dreams are about being high up somewhere, rocks, staircases, sheets, escalators and two mountains.

I had a dream that I was watching cricket on the stairs outside. I was sitting on stairs by a big field, outside. I had a choice of going inside (under cover – but still open at sides) where there were a whole lot of people sitting at long benches, all in single file. It was a very hot day (in the sun). Now the people that were sitting under the cover, they were posh, upper-class, and there was a girl in there wearing a big, big, big red hat, I looked at the pavilion indoors (under a roof but open on the sides) where all the other people were watching, they were all dressed up. They are wearing big hats (one girl has a red hat). They are all drinking tea and they are all using different cups.

I had the choice to sit with the rich, snobby people or the normal people because I could have been either. [The normal people on the stairs] in relaxed clothes, not dressed up. When I sat down I sat down next to this girl I imagined was from my primary or high school. She had orange hair. She kind of said, 'hi', because she

didn't want to be rude but she wasn't overly friendly or anything. I think I probably knew more people that were under the cover, didn't know that many not under the cover.

Now the place I'd come from before there were these guys there, I'm not sure if they were my flat mates or what but they had asked me to find them some food and that's how I'd ended up at the cricket. C (from school days) is playing cricket with a newspaper wrapped around his head, he is smoking two cigars which are stuck in his mouth burning away. The cigars just stay in his mouth the whole time as the game continues. I ran up to him to tell him that it looks like he is wearing a helmet. He got a bit put off his game after my comment, I think I distracted him. I was very comfortable and familiar with the environment, that's why they asked me and that's why I could have sat with either group. They pointed at these two cups behind them and said, 'is that ours?'. The cups – like glasses – were in the shape of a cone and had a pink or red stripe on them. The cups had some coffee in there but looked cold. Then I looked under the pavilion area. Every person there had a different mug and they were drinking coffee and tea and stuff because you could get it for free. The other guy I was staying with before I got to the game had sent me to get food for him (cheese), so after the game I went inside the pavilion to get food from the freezer. The other guys on the stairs who were sitting next to me also wanted coffee but it looked like all the cups had been used. The batsman [with the newspaper helmet] batted the ball – like a tennis ball – and it wasn't the best, he still looked a bit distracted, but he could still play. I didn't really care because the game wasn't that important to me. When the game was finished I went inside where the dressed-up people had been sitting, it was kind of empty now. There were 3 people there. One was standing by the fridge and organising food or something. I went to the freezer to find some food for the people at the start of the dream. In the freezer was all different sized pieces of cheese. I chose a medium sized piece. There was also a sliced chocolate pastry cake with a couple pieces already taken. The cake was very flat. It looked pretty gross. I remember getting some cheese but

it was frozen, and a sharp knife and one other thing which I can't remember. I was carrying 3 things.

The guy with the newspaper around his head was sitting on a chair next to the fridge, next to another girl, also on a chair. They were facing each other. He was complaining to the girl about the girl he'd just had. But now he looked different – he had freckles, his hair was orangey-ginger and his skin was different. He was still big and he was really sweaty. I went up behind him, to his right side, and I put my hand or arm on his shoulder and the pain he must have had in his shoulder or arm came into my arm – through my hand, up my arm and into my shoulder/neck. Nerve pain. [Same pain Tracy had when she woke up later]. I told him to stop and he pulled away. It was sore in my shoulder. He said, 'I got your pain, too.'

Then I started walking back to give the food to the guys and it's like I was walking through a maze, heaps of construction – things half-done – a lot of black in areas. It was now undercover. Somewhere to my right was a huge drop, all artificial, plants at the bottom. It was as if it was New Years' and there was a party going on. A big white sheet covered the drop [in line with the floor]. Tied on with some rope. Sheet [white] dirty, has graffiti on it. Black graffiti and dirt marks. Two little girls lying on this sheet. Me and this girl who were walking at the same time as me shouted and told them to get off. I took the one little girl and showed her the drop with the plants on the other side and said you could fall if the sheet doesn't hold.

I'm outside again, I have to get down this hill. These two men had made these black stairs. Between each stair was rope. They were leading people down the stairs. I was impatient and didn't trust them. They were adjusting the stairs for each person, making the rope slacker or tighter. There was a sign saying rules, 'you have to wait 25 seconds for the next person to get on' and other rules. All different numbers, most of them 2's. There was a queue of people. Some were cooperating, others were taken aback as I was. I asked the guy if I could just crawl down the hill, 'I promise you I'll go really carefully', etc. (The hill didn't look as big or as much of a problem as they made it out to be. But the guys

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were really serious about it. The hill had low bushes, all different yellows and greens, possibly thorny.) There was only about 4 or 5 stairs. There was one guy halfway down the stairs, another guy at the bottom. I had asked the guy at the bottom. He said no. Then I was there going down the stairs, and Fiona was beside me. Irene was saying we mustn't trust the men's judgement and we must tell them what our measurements are and whether they must pull it tighter or give it some slack.

Note obs: T said, 'many themes of being high up - mountain - drop - hill', 'also big escalator/staircase, the rocks on water were very high up', 'also when walking through building'.  
2:30c:02:12:00

I dreamed about being in South Africa, I am really drunk (same out of control, wooshy colours). and I have to reverse park my car. I don't know how I never hit another car as I am very, very drunk. I'm driving past some cars that are parked. I notice a black man walking on the pathway and I'm quite wary of him. I pushed the lock button to lock all the doors in the car but instead I opened them all by mistake. A black man opened the door of the car and I was so terrified he was going to attack me 'what am I going to do? what am I going to do? I woke up. Drinking milk calmed me down a bit. This dream woke me at 6am.

I am at a house in South Africa, I am so tired that I have to lie down on the floor and because I am so tired I can hardly say good-bye to anyone. They left my salt and vinegar chips at the restaurant. A girl at the restaurant commissioned me to paint a picture for her, she described the blue colour she wanted me to paint for her (it is the same colour as the starry night one below). This girl was waiting at a table outside for her lunch with another girl who had to use my serviette to write on.

I am told to play a computer game, at first I say I can't play and I don't like these sort of things but the teacher says that I have to so I start playing. It is on a big screen with good graphics. I'm a plane and I say I don't want to read the instructions so I figure out the controls really quickly by myself. I am a plane and I can fly, shoot, go fast or slow, up above the clouds and

then down to earth. People are watching me play this game and now I am more confident. I fly and I start shooting this ship in the air and I can turn around and keep shooting - the screen doesn't keep moving forward without me. It's great fun and I love this power. I get approval from people around me.

I am with my mother at the cottage (again there are no windows doors or walls) and the weather is SO HOT. We sit down and she is telling me that I make excuses to my friends and tell lies because of my fear of confrontation. I am a little bugged with her. I don't want my friends to come down to the cottage. I feel guilty. I am quite bugged/irritated with my mum because she's saying I should have invited my friends over and I lied to them because I didn't want them to come there. Felt guilt. It starts pouring with rain and I have to lift my bags (black) off the floor incase the rain seeps in (as there are no doors or windows). Two big fish are playing in the water that surrounds the house, the water is calm. Fish: quite big, nibbling at each other, swimming around, they are pinkish colour. I think of swimming as I figure the water must still be warm (even though it is now raining) because of the incredible heat. The 2 big pink fish put me off swimming so I go into the kitchen and there is food half eaten all over the place e.g. mango. I mention to mom that dad is such a slob and how D is the opposite. I am then SO THIRSTY I try and get some water to drink from the sink but the sink is filled with sand. I can pick the water up and dry and drain the sand out and I do get a tiny bit of water and drink it even though I know I didn't get all the sand out. Under the layers of sand I find some Barbie dolls (my sister is now with me at the sink) and toy Barbie babies too. I take them out planning to play with them later even though they aren't pretty Barbie's. I then look at the cups and a little picture of windows and say that I want to paint the cups and picture again. There's a little picture of windows (and drawing of windows) and it's pasted up on the wall. The picture is blue, like the colour of the sky on a starry night with a bit of purple. The colours on the cups are dark, the cups are rugged clay, pinkish or navy colours - basically shit. I want to paint them blue like the colour of the sky on a starry night

with a bit of purple. S doesn't want me to change the cups in any way (I think it is because he doesn't realise how gross they look) but the 'big boss' in charge of the props for the Barbie's (my dad) hears my new ideas and says I can go ahead with them.

The next dream: I dreamed about W, my sister liked him. A group of us was going to go skydiving; it was all very rushed and spontaneous.

I am in my flat. I am very ill and very hot as I have a fever. I pull my top up and look in the mirror. I have spots all over me (like chicken pox or measles). I go to show M and she has some too. The spots are all over my trunk (none on my legs or arms). I am quite paranoid and everything is quite blurred and active. I turn M and W and a whole lot of other people into black birds. They all fly out the sliding door/window. I see them all spreading out in the sky but they all stick together as birds do. I look with my binoculars to see W and my sister kissing with their beaks in a tree. They all fly back and turn into people again. I am so angry with M and W because I am supposed to be with W and M knows that I like him. I shout at them a little and then I ignore them, they don't care that I am angry. I am so very hot and I can't cool down. I go to the bathroom to throw water over myself, I wet my clothes too but that doesn't seem to help cool me down. My spots are red, sore, intense and itchy. G lifts his top up and shows me that he has spots too.

### Drugged

Also dreamt, there's a whole group of us that want to go skydiving. It's all very rushed and spontaneous but we don't end up going in the end. Then the next thing these people are at my flat and W and my sister are here. I am very sick, very hot, got a fever and I lift my top up and look in the mirror. I have spots all over my trunk like chicken spots [sic] or measles. I get quite paranoid that I'm so sick. Then everything is quite blurred and active – that same fucked up feeling in all the other dreams but now it's not because I'm drunk or stoned, it's because I'm sick. I turned my sister and W and these other people into black birds and they all fly out. My sister and W go into a tree and I look with my binoculars and I see them kissing with their

beaks. They all come back and turn into people again. I am angry at my sister and W for being together because my sister knows that I like him. But they don't care that I'm angry. I'm so hot, I can't cool down. I go to the bathroom to throw water on me and I wet my clothes but it doesn't help. My spots are really red, itchy and intense. Like measles, but heaps and heaps of them, nothing on my arms and legs. (Almost expected to wake with spots!) Then I see G and he lifts his top and he has spots too!

2:30c:04:09:00

I was watching a child with long blond hair walk down the hill in the street at night to go home. She was walking home. I became worried that something bad may happen to her so I got the car and drove her home. This other boy had followed her and he wanted to get into the house. I was really paranoid and felt like I had to protect her. I ran and shut all the doors and windows. I locked one layer after the next and every time I looked there was something else to be locked. It was frantic and desperate. I knew the guy was a psycho and he wanted her sexually. The guy was quite young – 16 or 17. Short (bob-style) blondish hair. 2:30c:05:11:00

### Drugs

I am at a party and I have to go to clinic soon but I am stoned/drunk or on drugs. I am meant to go to clinic from 1-6pm but because I was so wasted I only realised at 6pm that I hadn't gone there yet. To be 'fucked up' feels like not focussed, not responsible, everything's a bit blurry, a drug-fucked world. I say fucked so much because it's terrible. Everything's fast and there's colours. If you look quickly it all blurs. Like being drunk but more mental (psychedelic). Blur: I can see everything properly but it's all wooshed, like confusing, disorienting. Out of control. Then I got a bit freaked out because I'd missed the whole of clinic. B walked in with another lady. I quickly got changed. They were like sergeants – the hardness, stoneness, strictness (represents the whole world of responsibility and perfection). I ran up to B (she was wearing a smart gray suit/uniform) and pleaded for her help. I told her my back was sore as it was sore in the dream (it was really sore in the morning when I woke up too). She kind of ignored me and other

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lady asked me what was in my brief case. I laughed and said I have a bag not a brief case. I knew that she was thinking that I had drugs in my bag. I felt a bit pissed, like 'fuck her'. I didn't have any drugs in the bag. She started pushing on my back on the painful part and she keep pushing and said: "it doesn't feel like it is sore" and it was so sore when she was doing this. She was very forceful and hard. My spine was pushed out (like when I hurt it before). She kept pushing and I said really loudly: "get off me!". (I was initially scared of confrontation but then fear left and I took over). I said it so loudly, with so much anger and fear that I woke up saying it. I was really freaked out and afraid, it took me a while to calm down and I felt really vulnerable and violated.

Next dream: I was with a medical student and he had to look in between the legs of a pregnant woman. This woman had to have a cat scan. In the room where she was having this there were 2 dogs. One really big dog kept jumping on me and licking my face. I was a little weary of the beige dog's power as it made me feel like I wasn't in control. The other dog was smaller covered in big freckles – also a light brown/beige colour. The little one didn't jump up on me.

Next dream: I am in a house with my mother and sister. My mother is hitting/smacking my sister. Her face was pushed against a glass window (I was inside and they were outside). I became infuriated and ran towards them. I told my mother to go inside. My sister was crying hysterically. I was at first angry with my sister and then I took her to a room and asked her to tell me what was wrong. I was so angry with my mother for not speaking to my sister and finding out why she was so upset. I felt very hurt and a very deep sadness that my mother could do such a thing.

After I returned to sleep, I dreamt I was with a medical student and he had to look in between the legs of a pregnant woman. (In real life a friend said she had to learn how to do pap smears). This woman had to have a CAT scan. In the room where she was having this there were two dogs (both boy dogs, I guess). One really big beige dog kept jumping on me and licking my face. I was a bit wary of the power of the dog and it made me feel like I wasn't in control. The

other dog was small with big freckles, also a beige/light brown colour. He didn't jump up. Then I was in this house. My mom and sister were there too. My mom was smacking my sister. Her face was pushed against a glass window. I could see her from inside. I became infuriated and ran to them. I told my mother to go inside. My sister was crying hysterically. I was at first angry with her and then I took her to a room and asked her to tell me what was wrong. I was so angry with my mom for not speaking to Michelle and finding out why she was so upset. I felt very hurt, couldn't believe she'd done that, how wrong it was to do that, not the right way to go about anything... 2:30c:06:11:30

### Something in stomach

Can remember a greyhound racing track. I wanted to get a job there. I didn't have the correct papers. There is more but I woke up so tired I can't remember. Not a good feeling. Walking around feeling lost and insecure. I don't know anyone around me. I don't feel I am in comfortable surroundings even though people seem to be ignoring me. I also remember something got stuck in the middle of my chest or stomach. I had to bend backwards and forwards to get it out. It didn't make me panic. I had to bend backwards and forwards to get it out. Like a contact lens shape. 2:30c:10:11:30

I dreamed my aunt and uncle gave my dad a big present – a huge wooden set of draws, so many spaces and so many wooden ornaments on the top. It was a HUGE wooden chest of drawers [as wide at my flat!]. I cleaned the big, long draws (my aunt was first cleaning the outside door of a fridge – one cloth with soap and the other with water). They were very dusty. I cleaned the furniture too. The draws were full of black dried leaves and lots of dust. (The remedy I took for the second time had been sitting in my wooden draw). I loved cleaning the draws. I am so happy with this amazing present. We had a puppy and so did they.

I dreamt that my aunt and uncle gave my dad a big present.

I jumped on G and put my leg around him and thought our physical bodies gel/match so well. I also dreamt about this plant which has a

square/rectangular glass casing over it. It was hot inside the glass casing. Droplets of moisture inside the glass, very moist and hot. Inside this glass container the plant was very ill. The leaves were weepy and droopy in that container. A fly was flying around in the container. I lifted the glass off the plant. The fly flew out and the flower picked up it's leaves. The plant loved the fresh air and it grew taller. The plant felt so relieved and recovered. *2:30c:11:11:00*

#### **Car**

I remember a dinky/matchbox car, it was yellow with no windows. I held it in my hand and I liked it. *2:30c:13:17:00*

I am in a car speeding up a mountain going around corners. It is at night, there is bush/forest around me. I get to the top of the mountain and my friends from S.A. are waiting there for me with red flowers and birthday presents (it is my birthday on Sunday). The atmosphere is strange and I don't feel so happy.

#### **Bathroom/Faeces**

I am in a bathroom, there are pinkish colours around. I have diarrhoea in the toilet, the toilet is so dirty. Margot is with me and she can't stand the smell. She can't come in with me to use the toilet or she will gag. I can't really smell much, I just know I have to use it. Before in other toilets I told M I have dreamed of this toilet before. After I use the toilet M is talking to a foreign man and I think that she connects so well with all kinds of people and I feel separate.

#### **Revealing**

I am in a pool with all my friends (some from S.A.) in a white bikini. My swimmers are very see through and my friends say I must put something around me. I am not too fussed like they are about my 'nakedness'. M's mother is also in a white bikini. Leaving the pool area I have to carry M and K's clothes (jumpers) that they left behind. I am a bit pissed off that I have to keep picking up the stuff that they are leaving behind them. I land up carrying SO much (toothpaste etc.). My arms are filled with things. Walking up gradual stairs with a towel around me. *2:30c:16:11:30*

#### **Controlling dog**

In hospital in dream. I needed to get something to eat before going in; it was early in the morning. I asked a man for directions to a shop where I could get food. I passed some children who were playing together and they seemed to ignore me. Them and another man with a golden retriever dog started walking to that shop too. We were up on a hill and the shop was further down across the highway. I followed them. The man could control his dog and when he told the dog to stop before running across the busy road, the dog listened to him and was so obedient. The road was really busy – lots of cars. The man bragged to me about how well controlled his dog was. I was amazed that his dog didn't get run over. I would have been afraid to be like that with a dog in case something happened to it, ie. take a dog across a highway without a leash. *2:30c:17:11:00*

Dream that I walk into a flat which is mine, just moved in. I think it's in another country. I see the mail/post has been placed on the top of the stairs and I am suspicious to how it got there. I then walk into the spare room and the walls are covered with my sister's photographs. All her things are piled into this room. I become very angry and upset. I shout at my dad for putting them there. I am so worked up about this invasion that I wake up shouting. *2:30c:17:11:00*

#### **Top/Water**

I am sitting on top of a roof or mountain. It is night time. There are lots of people; I am looking down on them. I am looking for a specific guy. I almost scan through every persons life. I go on a journey through a surreal place. I know I am near water in another country. People are dressed up in fancy clothes almost like a fantasy land of the past. *2:30c:18:11:30*

#### **Toast**

Some recollection of a dream where the toast was too big to fit into the toaster. *12:30c:01:xx:xx*

#### **Shoes**

Thinking that I am not going to have green joggers – today wear green joggers. *4:30c:03:xx:xx*

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**Return of Friend**

I dreamt that one of my friends came back and I was surprised and happy to see him. 4:30c:07:xx:xx

**Family**

I was baby sitting with my families babies (girls) in my home country. I feel good and it's lovely playing with them. I am in the room saying a poem. Playing in the room, poem reading. also One of my first cousin expired and I herd this morning. 4:30c:08:xx:xx

**Fighting**

I was ready with my two brothers to fight other people. We had big swords and I felt very bold ready to face anything, the sword is curved like Sinbad. 4:30c:09:xx:xx

**Wet Bed**

I was in the toilet passing urine. And when I woke up I had wet the bed. 4:30c:09:xx:xx

**Family**

I dreamt that I was having dinner with one of my family friends. I then commented to them as to why they put the fish tank in front of the sky as the fish looked grey and dirty. I was concerned that the fish tank was on the lawn and the water was dirty. I was upset for the fish. I thought the fish might be upset with the water. I thought a bird might come and peck or kill the fish. I was very concerned. I was arguing with the family friend about the fish tank. 4:30c:11:xx:xx

**Black/White**

Last night I dreamt about a big black man. Now I think he is outside my work and I lock the door. I feel scared. 4:30c:11:xx:xx

I am driving a truck on a very narrow road. I must be careful passing on this road. There is construction going on and a man is angry with me. I argue with him. He is racist. He is black and he said I am white. He is running towards me he broke my eyebrow and I went unconscious. When I came to, I was talking a lot to the residence. 4:30c:17:xx:xx

**Indignant/Broken rules**

I was at the airport and arguing with a lady. There was no immigration sign. It was not

displayed. She wore a white dress. Why not put the sign of immigration up. She apologised and let me make my calls. 4:30c:13:xx:xx

**Murder/Violence**

In my dream I saw the Indian Prime Minister Indira Gandhi murdered. The person that killed her was lying on the floor bleeding from the right temple. Media people were interviewing him and he was moaning. A man came from the crowd and had a big sword and he started cutting from the head to toes and cut him to pieces. Suddenly he was cut in two down the centre from the head, somebody shot him and every body watching him suddenly one of her body guard came I do not know from where but he had big sword on his hand and he cut that person from top to bottom in front of me. I had a bad feeling. Why did he do this in front of me? Put him in the fire – chimney. It was very bad of him to cut him (sounds agitated telling me this) Woke up and felt very upset and my heart felt like a disco. 4:30c:15:xx:xx

**Confidence/Argument**

I am arguing with a customer. I am telling him "if you want to buy, buy or take somewhere else" 4:30c:21:xx:xx

**Family**

I was with my family taking the older people to another place. When I came back I had to go on another trip. The other people told me not to go for too long. The bottom of the car was the colour of sand and there were no trees or mountains. An Indian tiger came but didn't hurt me. I enjoyed the travel. 4:30c:22:xx:xx

**Family**

I was in a wedding party with known relatives. It was a big party on green grass. My cousins got married. My brother's daughter was sitting on my lap. We all had a good time. 4:30c:26:xx:xx

**Don't Care**

I was at a place I used to work at (Domino's Pizza). There was a pizza oven cooking (which was outside the shop) with pizzas coming out and falling on the road. I was an employee and there was another employee there I said I don't



care(about the pizza)!!. (This relates to resentful thoughts of doing menial jobs while studying) Also dream of going to a nightclub and feeling out of place because everybody was so young compared to myself. 8:30c:02:00:xx

Pictured a street scene, 2 guys were surrounding one guy. They were holding a gun to him. They knew I was there and were going to shoot me as well. I was walking past and felt I could be a witness to a shooting, I felt scared so shouted I don't care!! I then tried to watch, by walking around buildings, and trying to peek around the corners of the buildings or behind bushes. 8:30c:02:00:xx

### **Anxious**

Vivid dreams of anxious type but couldn't remember them. 8:30c:14:xx:xx

Dream of meeting a friend at a shopping centre to go to a restaurant. A woman confronted me and said she was having a lesbian affair with my mother. I was sitting opposite her and asked her lots of questions about it. Is it really true? She was really serious. I questioned and questioned and got really worried. My friend arrived and we walked over to the restaurant. The woman was stepping into an elevator, I asked if it was really true and she said no. Also thoughts of being in bed, with a brother or sister in another bed in the room, and my mother walking down a corridor towards the room. 8:30c:13:xx:xx

Dream of being on a ferry on Sydney Harbour with friends, and leaving some shoes behind. I then walked a short distance to a CD shop. I saw an Elton John CD, walked further about three steps to another small section in the shop section and saw a Metallica CD, and had strong thoughts about this music being an easy way for the devil to communicate with people. A friend had often reminded me of this idea. 8:30c:01:00:xx

### **GENERALS**

Immediately after taking first dose of medicine – sense of calmness and relaxation over whole body, feeling of waves washing over whole body, like floating in water, whilst lying in bed. Immediate reaction: feeling of all muscles relaxed at once, floating, waves of energy rushing over me. 10:30c:00:00:01

I feel a mixture between being drunk and stoned. I feel like a kid again, a bit excited and stupid. I am not so tired anymore but I am still yawning. 2:30c:00:01:13

### **PROVER 2**

Also been getting periods of exhaustion. All I want to do is lie down, close my eyes. I just flake. eg. 10pm tonight. I get lots of energy. Happening each night about 9pm. Might have been happening before the remedy. 2:30c:03:01:00

My body feels so tired, limp and heavy. I just want to lie in bed, I feel so lethargic and heavy. My muscles feel drained and prostrate (?). Maybe I feel like this from my walk yesterday, I am not used to physical activity. 2:30c:07:18:00

It is 9:30pm and I am so tired I just have to lie down. I have been getting tired often around this time. At about 9pm I just want to sleep. 2:30c:11:00:30

I have slept about 3 hours. I was tired on Saturday and felt nauseous and drained. I stayed at home but went out at 1:30am. I liked going out to party. 2:30c:12:09:30

Generally finding lots of bruises on bony prominences – elbows, side of leg. Feeling a bit uncoordinated in big things (walking), not fine stuff. 2:30c:08:xx:xx

I have been otherwise energetic, positive and elated the rest of the day. It is good to talk to people. It feels so great to be alive. Everything smells so intense and wonderful. Life is so great, I love myself. 2:30c:10:15:00

I woke up feeling very tired. I feel depressed. I feel better when I clean my flat and I am worse when I think. I feel a bit disoriented. I keep mixing things up – a plate instead of a bowel. 2:30c:13:14:30

My body is so tired and exhausted. It is so difficult to get out of bed, I feel so fuzzy. I feel better when I concentrate on one thing. I feel so unfocused and nothing is clear. My arms and legs feel limp and numb. I have no energy and I feel like I could just fall over and sleep. Everything feels too much. Arms and legs feel numb, like they could just flop down. Very tired. Like I could just flop down, fall asleep.

## EXPERIENCE OF MEDICINE I

Nothing's clear. Felt this the whole day since waking. Nothing is focussed. Everything is too much, everything that's going on. Sensitive to busy-ness. Can only do one thing at once. Smells not as intense any more. Things are still quite happening (fast) but it's more of an effort – I'm not coping as well. 2:30c:16:12:30

I am so tired, lethargic and numb. It feels bad to have to get out of bed. I am just feeling so debilitated. I don't want to move, I don't want to think anymore. I am sick and tired of everything; I just want to keep sleeping when I wake up. 2:30c:18:11:00

I had a few drags of a cigarette this morning before clinic and I got such a bad head rush. I fell to the ground, so dizzy, the ground spinning over and over, like vertical loops over my head. It took a few minutes to normalise. I am worried about my mental and physical health. I feel like I am doing too much. I have lost 5kg in weight. I am tired and hungry. I am yawning a lot. I feel unfocused, depressive and basically f\*\*ked. 2:30c:18:11:50

Here's what happened. First the head aches and the eyes burn, mucous in my throat, pressure in head and the fever, not hot or cold or burning, breathing and panting, very very tired, oh my god, also sweating, not hot or cold, very thirsty, pains in the neck, then to the knee, to the liver, to the shoulders, to the neck, and then this sinking in my heart, nauseous I might vomit, and when I ate a Snickers bar it all went away. 4:30c:8:xx:xx

**Heat**

Feeling hot, as if the room had heated up (it hadn't and others were feeling the opposite). It felt like an internal heat. Unusual, because I am normally a cold person. 10:30c:09:xx:xx

I feel like I have a fever. 9.50pm 4:30c:04:21:30

Feel very very warm temperature and very tired, and eyes burning. 4:30c:08:17:18

**Cold**

Feeling cold, the air conditioning is getting to me. 12:30c:00:00:30

Cold, much worse for the cold air conditioning. 12:30c:06:02:00

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When I awoke at 9.45am I had a strong feeling of being cold all over. Feeling very cold went to toilet, relax. Wake up 2 time in the night, forget dream but feel better no tension. 4:30c:01:09:45

Feeling cold, and cold sweat, pain right neck joint, nausea. 4:30c:08:17:51

My body feels cold and is better after I have a cup of tea. 6.00pm 4:30c:20:18:xx

I feel cold in class 6.30pm. 4:30c:00:18:30

I feel cold and sleep with a T-shirt with a huge neck and a cover on my head. The bed feels cold 12.39am. 4:30c:04:12:39

My forehead is sweating. I am not cold or hot. 4.49pm. 4:30c:08:16:49

I have a cold sweat and a temperature and feel tired. 5.18pm 4:30c:08:17:18

I feel cold and want to sleep. 2.00pm 4:30c:01:14:xx

**Yawning**

At 9.17pm, 17 minutes after first dose. I just took the remedy and I started yawning, so did S. Watching S yawn makes me yawn too. I feel tired. Yawning about 8 yawns in 20 minutes. Worse for seeing someone else yawn. 2:30c:00:00:17

At 10:24, still yawning. 2:30c:00:01:24

Still yawning at 11:02pm. 2:30c:00:02:02

**Tiredness/Exhaustion/Fatigue**

At 9.50pm, tiredness. Said, 'My mind's sed... sed... sedated.' But I'm moving quite quickly. 2:30c:00:00:50

Awoke very tired, difficult to get up [6.30am] hot shower helped to wake me up also coffee pepped me up too. Always an early riser and swims. 12:30c:03:11:30

Couldn't wait to go to bed as exhausted [12.00am] 12:30c:04:00:00

Tired on awakening much better for showering in the dark. [6.35am] 12:30c:04:23:35

Tired – up not so difficult to drag myself out of bed as last week. Still feeling tired though. [7.00am] 12:30c:06:12:00

Meeting some friends for dinner bit tired to be sociable, once I got there I enjoyed it. [8.00pm] 12:30c:07:01:00

Difficult to get out of bed. Tired, wanted to stay in bed; however too busy a day ahead. Also flat was a mess had to get up to clean it before work. Woke up tired, so hard to get out of bed – yet focused and alert [7.00am] 12:30c:08:xx:xx

Up, one more day to go then a sleep in. 6.30am 12:30c:11:xx:xx

Generally quite tired today, no headaches though. 12:30c:11:xx:xx

On waking my whole body feels severely tired and very heavy till about 11am. 9.30am 4:30c:08:11:xx

I feel very weak, even exhausted telling this story. 4:30c:15:xx:xx

Very tired feeling. 4:30c:20:15:45

Tired, only could drag myself out of bed as G wanted to go surfing. Once we were there I wasn't so tired. [7.35am] 12:30c:05:12:35

Tired up early as 8.00am start and walked to work more awake once had a coffee, also a gorgeous day. 12:30c:18:xx:xx

Quite weary full on day, lovely to be home and have a few hours to myself. Not feeling particularly social happy to stay in and read on the lounge. 12:30c:18:xx:xx

Tired- difficult to concentrate on study, Coffee didn't seem to help much. 12:30c:19:xx:xx

Tired, unmotivated to study or work, desire to lie down, no desire to go to college tonight. Quite tired all afternoon. [1.30] 12:30c:20:xx:xx

Up missed my swim today, another busy day, Catch 22 need my swim to stretch out yet need my sleep to rejuvenate. 12:30c:22:xx:xx

Exhausted generally, much better for relaxing in the bath. 12:30c:23:xx:xx

Bit tired this morning, things to do before college post Mum's present and Nana's card. Really need a day off now, can't see when I'll be needing to study on Sunday, Easter will be nice break. [7.00am] 12:30c:23:xx:xx

Little tired today lacking in motivation, quite happy not to massage too much Cleaning, shopping, banking, etc. [morning] 12:30c:27:xx:xx

Sense of fatigue with desire to sleep. This is not necessarily an unusual sensation for me around this time. 6:30c:04:xx

Tired with excessive prostration. < for studying. 6:30c:05:xx

Feeling so tired and energy level quite low. 04:30c:04:21:50

Tired – 15 min meditation then O.K. still speedy but not as much so. [2.30pm] 12:30c:06:19:30

A little tired perhaps not so tired, as previously. [7. 30am] 12:30c:09:xx:xx

Up not so tired as have been. [7.15am] 12:30c:10:xx:xx

Drowsy, at the time of breakfast feel dozy want to sleep straight away.

When had a cup of tea, last sip felt very hot and understand its route, it went very heavy fall down in the stomach. 4:30c:10:8:45

### High Energy

Excess energy levels with feeling of elation all day, then suddenly dropped off to sleep on the bus. After nap, energy levels back to normal, but still good feeling. Relaxed, but not sleepy and still mentally alert. This was unusual because usually after working all day and with a period, I would be tired, cranky, lethargic, weak, with aching legs, wanting to go to bed and not do anything. 10:30c:03:xx:xx

9.30am Bounced out of bed. Unusual because usually feel groggy and sleepy after a long sleep. So now have had periods of very little sleep and one of extra long sleep, and after both have bounced out of bed. 10:30c:04:10:30

Lessening of previous hyper symptoms confidence lower; mood good, but not hyper elated; energy levels slightly less. Gland still swollen. Skin starting to clear. No compulsion to steal, though went shopping and had plenty of opportunities. 10:30c:04:xx:xx

Not feeling heavy or tired as normally would with period. 10:30c:04:xx:xx

## EXPERIENCE OF MEDICINE I

Feeling active after remedy. 4:30c:00:00:00

No trouble sleeping after coffee. I am usually hyper after coffee and can't sleep. 10:30:12:xx:xx

**Restless/Freedom**

I feel like I just need to release energy. I feel this external force that I need to get out. I just need to scribble (scribbled all over my book). I need freedom. I have to let out. I want to throw something with great force off the balcony. It feels better to move fast. Maybe I should draw or colour in. 2:30c:00:01:42

**Desire Open Air/Stuffy/Hot**

I feel blocked up being in a stuffy room. Fresh air would be better. 2:30c:00:10:00

My body feels so hot. The window is open and it is raining but I still feel stuffy and hot. 2:30c:00:10:00

Desire for open air and feel better outside. 4:30c:20:18:xx

**Walking Fast**

F said I have been walking so fast compared to how I normally walk. I walked to college today at 1:30pm and it took so quick to get to college with no effort at all (even though my back is still not right and I am unfit). I like walking fast. Must have taken 10 minutes to get to college instead of 20 minutes! 2:30c:02:21:00

**Senses Acute**

Saw G and he is acting different. F said he really looked drunk. He agreed with me that other things don't affect him as much as they normally would. He also agreed that colours look brighter. 2:30c:02:17:40

**Swimming/Water amel**

Swim – love the emersion and getting into the zone. [12.30pm] 12:30c:09:xx:xx

Generally feel much better for a swim less bloated, less pain more alert less tired and no headache. [12.00 noon] 12:30c:12:xx:xx

Up early to go swimming [6.45am] cold water, great once I got going, even the left arm stiffness has subsided, nice to have time for a coffee and not have to rush. 12:30c:15:xx:xx

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**Bloated/Full**

Bloating and fullness sensation all over body. 12:30c:11:xx:xx

Overall full feeling. 12:30c:11:xx:xx

**Pains**

Sx of pains I was having before taking the Rx are less intense than usual. Pain in wisdom tooth less, mainly gone. Mouth ulcer smaller, starting to heal. Lower lumber pain gone. Urine not so cloudy (I had had a UTI a week prior and Sx still present). 10:30c:00:xx:xx

Not as sore in back and legs as usually would be from standing all day. Not as irritable as usually would be with period and standing all day. Still feeling nauseous like travel queasiness. 10:30c:02:xx:xx

**Dirty**

Feel toxic and dirty. Bowels are sluggish. Sweaty in elbow creases and behind knees, back of neck, hairline, axilla, feet. Mouth is dry and breath acid (sour). Feel as if tongue is coated, even though it isn't. 10:30c:05:xx:xx

**Allergic**

At a party I drank a glass of wine and had an extreme and immediate allergic reaction (NS). Mucous membranes swelled, nose became blocked up, head became stuffy, had to breathe through mouth. Flu-like symptoms: lethargy, stupor, nausea, unwell feeling. Lasted until I went to bed. Went to bed with the symptom, woke up without them. 10:30c:10:xx:xx

**Itching**

Couldn't get to sleep because I was really itchy. 8:30c:12:xx:xx

**GENERAL OBSERVATIONS PROVER 10**

Headaches were getting better before Rx, except for menstrual association. So Rx has more frequency of headaches, but not the intensity.

- Period was back to normal.
- Back pain with period – normal.
- Felt annoyed at herself, unlovable, with lowered self-esteem.

- Had the sensation of being cast under a spell. Numb, tingling all over, paralysed while lying in bed, couldn't move, clenched jaws, couldn't unclench them and move teeth. Felt as if there were an alien spaceship outside room, casting a spell on her, hitting her with a ray gun.
- Old dreams of can't open mouth because of clenching jaw tightly. When finally released, teeth might fall out.
- Extraordinary tiredness gone.
- One year later. Prover number 10. Phone Call. I have exactly the same symptoms as this time this day last year. Really sore throat, and very tired, burning sore throat, thirsty, yet my throat is too sore to touch, swallow or drink. The tickling creates a cough. Also sore ears. And my tongue; on the base of my tongue, on the left side is a lump, sore red lump. Tonsils are very sore. I am too tired to concentrate, I feel just dead. Incredible tummy ache, gurgling, so many noises in my abdomen, just like last year. Red lump came up on my buttock, Right side, very very sore. All lasted 3 days.

## THE FULL PROVING

### PRIMARY AND SECONDARY SYMPTOMS

#### MIND

##### Altered State

I feel so stoned, like when you smoke dope. Everything is intense, like a nervousness, like that I am in my own world and everything is surreal, like we are giggling, but nervy giggling and a numb and drunk giggling. I could feel energy bouncing off each other. In our own ball, whole state is altered. Quick doing things. I was throwing my body, fell down and got up and bounced up again and throwing myself around. There were no worries or consequences, very in the present. 2:30c:00:01:30

(Obs) She is off her head. Laughing. The only way I can describe it is its like talking to a friend on the phone on the other side of the world who is really drunk and you are sober. 2:30c:00:01:30

I feel like I am hallucinating, I saw a burning cigarette on the side of my ashtray and there wasn't one there, I saw it as I turned my head. My ashtray has two figurines on it and it scared S (the one man has these big white eyes), the more I looked at the more I got scared too. S is so scared of those staring eyes. S then walked into my sliding door and made a face print on it. 2:30c:00:01:30

At 10:24pm, I walked into T's glass balcony door. 22:30c:00:00:47

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

I feel elated, I feel the rising, moving upwards theme in my last few dreams. I am not affected by it as much. My vital force feels lifted up. G in the proving seems so happy too, he acts like he is drunk, big smiles, he used much more expression and body language. 2:30c:02:17:00

Things look weird. I feel stoned. I feel going on a holiday. 22:30c:00:00:4x

I feel silly, frivolous. 22:30c:00:00:4x

T's ashtray scared me. Strong feeling. 'Take it away. I don't want to look at it.' With the light it's less scary. 22:30c:00:00:5x

Now I feel relaxed again with the light, no longer hyper/worked up. 22:30c:00:00:5x

At 6.20pm, Showering after my run, felt panicky, a bit nauseous. I've also noticed feeling bad about myself, quite contrary to my general disposition of late, both coming home from my run today and last night. 22:30c:00:20:4x

Let me describe the confusion more accurately. It is as if people are putting their hands in your face and that is why you can't see or think calmly or clearly. 22:30c:00:20:xx

At 6.45pm, I feel calmer again, though things still look qualitatively different (ie. Not frank hallucinations). The panic today came in a wave that passed. There is a type of quiet in my head due to the 'mind slowed, less thoughts' thing. 22:30c:00:21:08

I have a light feeling, relaxed, feel very much light. 4:30c:00:00:00

##### Long

Then S said, 'you look so long'. I said, 'Yeah, I feel so long, I feel too long.' 2:30c:00:02:12

I thought I'd come down off it, and then I looked at T walking. I said, 'you look so long', like she appeared long to me. I feel squashed. 22:30c:00:01:xx

At 10:59pm, feel tired, sort of squashed, too. 22:30c:00:01:22

##### Rain/Water

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again, which is extra early for me. Sounds were so loud; but there was very little rain. Sounds exaggerated. 2:30c:00:07:00

Frustrated with everything all day. Frustration at the rain, the pool will be filthy and walking in the rain isn't much fun. 12:30c:01:14:30

I was in the yard and it started to rain and I started to do some gardening. I really enjoyed this. 18:30c:13:xx:xx

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. 4:30c:09:xx:xx

### **Disoriented/Forgetful/Lost**

Lost my pen and my water bottle. 22:30c:00:00:5x

At 6pm on my way home I noticed qualitative visual changes, some confusion. Eg. Reaching for my bottle in my back pocket when I had no bottle with me – instead it was my hat I felt and had in my back pocket. This confusion also makes it 'harder to see', not literally but more like stuff moving too fast because my mind has slowed, less thoughts. Senses more acute. Visually, I saw a bird and it had greater impact, I could almost hear-feel its wings move. 22:30c:00:20:2x

I went shopping and I feel confused, lost and disoriented. I bought food that I have never bought before. This confusion is made worse by driving. I parked my car in the wrong place at first and then after I parked it in the right parking station I lost it. It took me a long time to find my car. 2:30c:00:16:30

Feeling a bit lost. A bit the same as yesterday. I drove this guy to Chatswood. I didn't know where I was going. To get back I got a bit lost. Was getting tired really easily – working on college work with Irene. Lost feeling – feels a bit different from usual. Normally I'd be anxious. Now there is anxiety, but there's more frustration. Normally I'd avoid roads I don't know, but I've been going down them and getting lost. Before I had no sense of direction, now I'm getting it – 'oh, this road's going the same direction as the one I want to be on'. This is since the medicine. There's a sort of trust. 2:30c:01:xx:xx

I'm leaving things behind and losing things. eg. my wallet. Forgot and left my brace at home for my night lecture at college. When I went to G yesterday I left my jumper at home. 2:30c:02:xx:xx

### **Hurry/Speed/Fast/Time**

T's movement appeared too fast although I don't think they are. I feel dopey. Hard to think and talk. Laughter. Intoxication. 22:30c:00:00:3x

I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. It felt like 3 seconds (normally a half hour walk). With no effort. And I was early! Then I was waiting, a bit impatient. 2:30c:02:16:30

6pm. Drove to college again. F and I walked to college from the car spot. F said, 'T, I notice you've been walking so quickly since you took that remedy'. 2:30c:02:21:00

I am so hectic and frantic: in my dream a chicken was running around with it's head off, so frantic like the crazy guy in the other dream, also being impatient, being productive, walking faster, van not stopping, racing down a mountain in a car, F jogging, its all so hectic, authority, fear, confrontation and power. 2:30c:03:21:00

2pm, Very stressed, racing. 2:30c:18:17:30

Just freaked out at T's restless leg and shaking her shoe. The fast movement. 22:30c:00:01:0x

So hurried, speedy, managed to out talk my sister at lunch. Also stood my ground on the issue of showering at the pool as opposed to showering at her place. I was aware of her in go slow mode and me in speedy action mode. 12:30c:02:17:30

Alert, awake, chirpy, considering I've had a busy day. 12:30c:03:03:30

Awareness of speediness and hurriedness in all situations, very impatient sitting in traffic on Friday evening, getting to Leichhardt from ours was almost torture. People in general seemed to be too slow in thought and action. General awareness that I am more speedy, sensation that everyone around her is slow. Getting irritable with them for it. 12:30c:03:23:30

Again this awareness that I was moving faster than others, we had Dinner with some friends and I had to be careful not hurry everyone in their choice of meal. 12:30c:04:00:30

## EXPERIENCE OF MEDICINE I

Impulsiveness, had to buy a C.D on the way to see the movie, a new album by a British Indian man who a girlfriend of mine in London knows well. 12:30c:04:01:30

Such a long film "Magnolia" found it very difficult to sit still towards the end wriggling and fidgeting. 12:30c:04:05:00

Still quite alert and speedy [12.00am] 12:30c:04:05:00

I am speedy, hurried and alertness, almost too much so. Speedy all day, too busy, really clumsy, others seem too slow. I'm really hurried and alert. [1.00pm] 12:30c:05:18:xx

Irritability, internally, need to be aware that others are not travelling at the same speed as me. 12:30c:05:18:xx

Vague, spacey feeling could be from no breakfast or no coffee as it 11.30am and we haven't eaten yet. Vague, tired and spacey – I need to slow down, I feel annoyed with everyone for being so slow. I'm so alert and focused. 12:30c:05:16:xx

Alertness came when I focused on my study, my speed increased, when I had study breaks and cleaned the house. The speediness increased as it became dark. Early evening I did lots of small jobs in the house and I did quite a lot of study as well. 12:30c:05:xx:xx

Irritable at bank staff for working so slowly and not being very helpful, so I cancelled my periodic payment, I'll B-pay instead. 12:30c:06:14:xx

Still alert awake couldn't sleep so easily wired from college. [11.30.pm] 12:30c:07:04:xx

Hurried – Speediness while discussing a work issue with L. 12:30c:07:02:xx

Woke up tired and did not want to socialise with anyone but I'm still hurried. 12:30c:07:xx:xx

Speedy all day. 12:30c:09:xx:xx

Some awareness of hurriedness, alertness, often during this lecture on Thursday, difficult to stay awake. 12:30c:09:xx:xx

Time seems to be running slow, Body tired and time running very slow. 4:30c:00:04:30

9pm, feeling of relaxation (mind and body) Happy disposition, no worries on mind. 10:3003:22:xx

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Continued reading in bed – needed to slow down [9.00pm] 12:30c:06:02:00

Action mode – cleaning the clinic before I sit down to study, lots of thoughts of to do's going thru my mind and actioning them. [10.30am.] 12:30c:06:15:30

**Focused/Vague**

I just realised that I only half-finished writing a sentence.... again. 22:30c:00:01:0x

Haven't been affected as much by people. Instead I have been quite neutral. Been connecting a bit more intensely with people. I feel pretty switched on. I've been quite efficient. Normally it's hard to switch off and concentrate on one thing but that hasn't been difficult. More focused. 2:30c:02:xx:xx

Haven't been getting as distracted as much. eg. by TV instead of working. Tonight, halfway through class which I'm normally exhausted through, fighting off sleep, well tonight halfway through I just switched, took in everything that was said. 2:30c:02:xx:xx

Driving to work. Getting stressed and depressed about the wallet because I knew I hadn't lost it but I couldn't find it. Don't normally lose things, especially a wallet. 2:30c:03:12:00

Mood improved through day. 'Busy' through the day. Mind positive. Competent. I can do stuff! Focused. 2:30c:08:xx:xx

9pm-10pm, Tired. Exhausted. Feel like I want to sleep. Stressed out, panicky (about assignments), but exhausted at same time. 2:30c:2:30c:08:xx:xx

I am so enthusiastic to learn how to print at work – I haven't ever wanted to do that in the last 5 years very odd. Normally I do as little as possible at work. 2:30c:15:14:00

At 2:30pm my mind kept fazing in and out. One moment alert, the next staring off to space without a thought in my head, totally unaware of my surroundings. 20:30c:21:xx:xx

At night I felt so awake I could go to bed as my mind was buzzing. When I did climb into bed, I left three lights on – how awake was I really? 20:30c:23:xx:xx



Much more alert than usual for this time of night. [10.00pm] 12:30c:00:03:00

More focus than I would normally have, while waiting for a client to arrive. I'm doing some study instead of time wasting. All day I was really focused. 12:30c:00:20:30

Good focus once I got into my work on the computer. 12:30c:25:xx:xx

Concentration poor took a while to get into my study today once I got going I was ok. Could focus well. 12:30c:27:xx:xx

Forget things in class. My mind feels confused. 18:30c:14:xx:xx

It is interesting to observe in retrospect how difficult it was for me to concentrate on anything – including the proving. Normally am very into research and study. Also my prover seemed reticent when we did make contact to assign symptoms to the proving. This overall lack of interest is difficult to define and am not entirely clear whether it may in fact be a result of the proving, or just from life circumstances. Thus have chosen not to assign any symptomatology to the feeling of disinterest. 16:30c:xx:xx:xx

Would forget what I had just read. Had to keep checking and re-checking. This lasted all day. 10:30c:02:xx:xx

I appear vague and disconnected. My partner commented that I seem vague and distant this evening. I had not noticed., vague and distant, but felt good in self – comfortable, though slight sense of fatigue. 6:30c:00:08:30

Again my partner tells me that I seem disengaged and vague this evening. 6:30c:02:09:xx

Felt mental clarity, acute senses; things appear bright, better at midday. 8:30c:01:17:30

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy –

basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. 2:30c:15:14:00

### Acute Senses

I'm also pretty aware of energies around me. 2:30c:02:xx:xx

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there; they looked at me like I was crazy. 2:30c:02:xx:xx

I feel like something is about to happen, burst open, feel like the phone is going to ring even though it is off. I feel excited, good vibes. 2:30c:09:17:00

Its not nice downstairs. The water (from the fountain) is so so annoying, its too loud, the music its too loud, the air con is too loud, I am irritable. 4:30c:09:xx:xx

### Clairvoyance

Thinking about supervisor and he rang. 4:30c:09:xx:xx

### Walking Ameliorates

I feel really good about being on my own, doing my assignment, making myself dinner, excellent! Walking and buying things makes me feel elated. 2:30c:06:22:30

Elation. Stronger for walking. Went walking, shopping for 3 hours. Really good mood. Feels good doing stuff on own, positive, independent. At first felt vulnerable but once walking didn't care what others thought (unusual). Lasted 3 hours. While walking. In a really good mood for rest of night. 2:30c:06:21:00

I feel scared as if something bad is going to happen to my son and his friends. 11.00pm

I am better walking around house and worse if lying in bed. 18:30c:20:xx:xx

High energy, elated mood, bright. Extremely restless. Couldn't stop moving/dancing. Wanted to talk. I kept asking more questions than

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necessary, rambling speech, I talked faster than I could think, talking without really saying anything in particular. Giggly. Mischievous. Excitable. Knew it was annoying for others. I wanted others to be the same way and was irritated when they weren't. Loquacious, restless, energetic, increased intensity. Mischievous, excitable, wanting to talk and chatter, feeling silly, high, heaps of energy, wanting to dance to crazy, buzzy music. Wanted to party on, even though it was 3am by this time and others were dropping. I was talking so fast, and my mind was at normal speed

10:30c:02:23:30

10am Restless and energetic. At work, annoyed that I had to be confined to the small space of the store. I wanted to be occupied, I wanted extra work, I was bored because I couldn't expend all this energy. Needed to dance and sing. 10:30c:03:11:xx

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed). 2:30c:15:14:00

**Talking Ameliorates**

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

I feel better after I saw and talked to my supervisor today. 4:30c:19:xx:xx

I feel like talking after I just ate cake. 4:30c:20:xx:xx

I feel anxious. My supervisor is not here yet. Where is every one? I am all alone in the class. I feel happy now she is here. 4:30c:21:xx:xx

Feeling good, talk to every one and had music on the computer. 4:30c:14:14:30

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me,

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could be anything, I breathe and start talking to my friend over the phone, at home.

4:30c:15:xx:xx

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. 4:30c:17:26:00

**Singing Ameliorates/Music Ameliorates/Feeling Sexy**

Experienced increased enjoyment of music and increased acuity of hearing. (Metallica) Played it loud outside. Music is good. 8:30c:02:17:xx

When I woke I had a sensation as if the lower parts of my body were heavy and a strong desire for sex 4:30c:06:16:30

On waking I had a strong desire for sex (3). 4:30c:07:08:00

I felt like singing and dancing in the super market as I heard music played. 18:30c:xx:xx:xx

I felt good about myself and attracted to some men all day. 18:30c:xx:xx:xx

I feel like singing in the car with my radio louder than usual at 5pm. 18:30c:xx:xx:xx

I was singing in the car on the way home from college at 8.30pm. 18:30c:xx:xx:xx

I felt like wearing a thin strapped top that showed my breasts more than usual and felt sexy all day. 18:30c:xx:xx:xx

I feel very feminine today and happy in my self. Felt sexy today. 18:30c:01:8:30

I felt like singing in car on way to work. 18:30c:01:9:00

Singing in the car and music up louder than usual. 18:30c:02:35:xx

Singing in the car on the way home from work with the music louder than usual. 18:30c:03:33:xx

I feel like wearing blue clothes. All day. 18:30c:05:xx:xx

I have a strong desire to wear blue clothing today. 18:30c:06:xx:xx

Feel great, even though I was out all night and only got 5 hours sleep. Awoke easily with heaps of energy. Had a great day, was happy at work, possibly a little vague, until 6pm when I went dancing. Then I became irritated, annoyed, tired, my body wouldn't move the way I wanted it to. It felt as if there were no communication between body and head – no co-ordination, and I thought I was going to collapse. My muscles too relaxed and sloppy, couldn't move fast enough, keep up with rest of class. Feel this intense fatigue, overwhelming need to sit down, which makes me feel better. I got into the car but just sat there. Then I had a cup of coffee and felt much better. Upon returning home felt fine again. *10:3012:xx:xx*

I sang by myself Karaoke style at a pub, and felt better for it. (> singing) *8:30c:8:xx:xx*

3am – Much energy and hyperactivity after a party, wanting to dance long after everyone else has gone home. *10:30c:04:04:xx*

### **Addiction**

I think I am addicted to this remedy, I love it. It is 7:30am and I feel so awake and elated again. It feels good to move around and do work. I have already been to drop the video off this morning. I am full of energy. This morning I just woke up with an impulse to take the remedy. Hadn't thought of it before. So I just took it. The more I think about it the more I like it. It's so addictive. Since the remedy I've had an appetite, I've put on weight again. So it's just good. I'm still indecisive. I don't know why anyone would want remedy if they felt like this. *2:30c:09:10:30*

### **Cleaning/Activity Ameliorates Otherwise Impatient Depressed and Irritable**

I am on a mission, I want everything to be tidy, clean and ordered. I like cleaning up. I am very active and it feels good to vacuum (very unusual for me, normally my worst). Wow my flat is so clean and tidy, feels so good it is all done. Doing 1,000,000 things at once. Going backwards and forwards between all of them. Very into cleaning and tidying. 'Very efficient'. *2:30c:09:xx:xx*

I feel really impatient and restless. I feel like I need to get on with things and giving my supervisor my symptoms is making me very impatient and irritable. *2:30c:09:17:00*

I want to be organised, get it all done. Quite impatient. *2:30c:09:xx:xx*

11.30am, Very tired, disoriented, > cleaning, < thinking. Woke up feeling very tired. Feel a bit depressed. Feel better for cleaning flat. Feel a bit disoriented. I keep mixing things up, e.g. taking fork instead of spoon. Depressed = not excited about anything. Angry and upset at D for not coming over last night. I feel if I just close my eyes I could go to sleep. Horrible. I feel exactly like a drooping, deflated balloon. *2:30c:13:14:30*

My mind is active and I'm incredibly restless – for anything but study. I washed everything in the house; clothes, windows, blinds, I dusted, attempted to cut down a dead tree and I weeded the garden. *20:30c:05:xx:xx*

Feeling motivated to do something, anything but study. *20:30c:06:xx:xx*

Feeling motivated to do something, but what....so I cleaned. *20:30c:07:xx:xx*

Straight after waking I started to clean – clothes, linen, shiatsu mat. *20:30c:20:xx:xx*

Restless in college at 6:00pm – I could not sit still – feet up, feet down, up, down, up, down. I must be sending everyone in class insane because I'm sending myself there. *20:30c:20:xx:xx*

At 12:30pm I became pedantic about cleaning. I started to clean my desk and rearranged my entire office. *20:30c:31:xx:xx*

I'm alert – I keep cleaning, I'm restless and suffering sleeplessness. *12:30c:07:xx:xx*

It is 8:30am and I feel very active. I am vacuuming and cleaning. I cleaned the kitchen floor for the first time in ages. So much to do, so much, so much. More awake. Very active. Cleaning. Vacuuming. Organising. On the go. (Haven't vacuumed in months and it was so quick and easy). *2:30c:09:23:30*

At 5:30pm I started cleaning – the kitchen is spotless. I clean the can, jar, shelves etc. *20:30c:15:xx:xx*

### **Colour**

I keep getting 'pink' with this remedy – in dreams, etc. *2:30c:13:xx:xx*

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I feel attracted to wearing blue colours. 6.00pm  
18:30c:03:36:xx

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (he sounds very defiant obs They should move it. haughty)  
4:30c:10:xx:xx

I was irritated by a drawing with blue and red colours. It was not right. The table had red legs and a blue top. 4:30c:21:xx:xx

Yellow colour is bad, disgusting colour. 4:30c:21:xx:xx

I think my face skin is darker (in a Pakistani) I don't want this. 8:30c:15:xx:xx

**Spiders**

I could not sleep. I got home at 10:30pm to find dozens of baby spiders in my bedroom. I tried to kill them but more and more kept appearing. I slept on the lounge room floor with the light on. I kept thinking they were going to seek revenge on me. 20:30c:14:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention)  
4:30c:21:xx:xx

**Steal/Theft**

I really wanted to steal a towel because it would be so easy. Only didn't do so because I lost the opportunity. I could do this without any problems, and this is enough. 10:30c:02:xx:xx

Compulsion to steal a carob bar, but I was able to stop myself by saying it was wrong. I wanted to steal because I could, no-one would know. I wanted it but I had no money. 10:30c:03:xx:xx

**Disobedient/Defiant**

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

I feel depressed, sad and do not want to talk to any one or write anything in my book.

4:30c:21:xx:xx

I don't want to write anymore, I hate my proving book. 4:30c:19:xx:xx

**Abrupt**

Today in one incident I was very abrupt, in saying, 'no, I don't want to talk about it' whereas normally I might say something, or make something up but I didn't give a shit. Afterwards I asked F, 'was that harsh?' She said no. 2:30c:02:xx:xx

I got depressed at work and it feels better to talk about it. I don't like being told what to do because I can't say how I really feel like: "f\*\*• off". 2:30c:03:19:30

Moods been quite good. Elated. I feel amazing. Phoned D. I was quite open with him. I thought, 'fuck it', and asked him stuff, talked. Spoke harshly. He said, 'what's wrong? You're so full on!' 2:30c:09:xx:xx

I was really outspoken in college tonight. I didn't back down and continued for the remainder of the class to put in. I didn't shy like I normally would. 20:30c:00:xx:xx

I was home late at night, and was sitting quietly. Irritable when tapped on the shoulder while sitting with eyes closed while listening to music. I pushed a person away. I said get away 8:30c:8:xx:xx

Some irritability if my client wriggled too much, If when cutting a client's hair they don't sit still I'm usually very polite. On this occasion I observed the fact that I could have been quite rude, fortunately I wasn't. 12:30c:03:20:00

Feeling very anxious and 'stressed out'. Was under stress at work up till time of proving but was coping. Now feel like it's all too much trouble. The most notable thing is that I am 'biting' at people and have no patience. Would rather not be talking to anybody. This is very unlike me – even in stressful situations.  
16:30c:04:xx:xx

**Aversion to Company**

Did not want to be with people, quite tired all day, felt like the company of others was too exhausting. 12:30c:12:xx:xx

Some feelings of anti-socialness, once I'd sat for a few minutes I was ok. *12:30c:13:xx:xx*

Fear of intimacy. Must stay in control in my relationship (with boyfriend), because it's impossible to last forever. He'll leave and I'll be left high and dry. So must not change, but I feel so guilty because he is giving so much and I'm not. *10:30c:00:xx:xx*

I don't want to go dancing, which I normally love. Just felt sick, down, depressed, don't want to be around people and have to socialise. But not going dancing makes me even more depressed. Also feel tired, exhausted after finishing work for the day. Can't put up with people. Don't want to talk. *10:30c:05:xx:xx*

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. *4:30c:20:xx:xx*

### **Chocolate**

I was walking in my shop and I locked the door. Stretched my legs and took a chocolate, opened it and took a bite. Then everything felt better. I got my energy back and everything was alright. Now I feel better. *4:30c:08:xx:xx*

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. *4:30c:20:xx:xx*

### **Predicts/Future/Fear/Worry/Anxiety**

I feel something bad will happen. Fear dangerous job. *4:30c:03:21:20*

In class or clinic I feel mentally somewhere else. I keep thinking about driving tonight. Even when talking to my supervisor. *4:30c:03:xx:xx*

I am fearful that something bad will happen and feel I might get robbed at work. *4:30c:04:15:00*

I feel worried and anxious about losing my job and that I will not have enough money. *4:30c:08:16:49*

I feel relaxed now and there is no fear or anxiety *4:30c:05:14:00*

I feel like I will kill someone if they try to upset me. *4:30c:08:16:49*

I feel fearful when thinking about going home from college and I have palpitations. I called a friend to pick me up from the station and we had dinner, I was not comfortable to go home and my heart beat faster. (He sounds very anxious obs.) *4:30c:14:xx:xx*

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breathe and start talking to my friend over the phone, at home. *4:30c:15:xx:xx*

I feel cranky and have tension. I want to contact my father and talk to him. Bad things happen on Tuesdays and I am very concerned about this. *4:30c:15:xx:xx*

I feel uncomfortable at home these days. *4:30c:15:xx:xx*

### **Fear health/Anxiety health**

I am very cranky, (worried), feel that mucus going down back of the throat, quite noticeable. *4:30c:08:14:49*

I feel something different will happen. Concerned about my heart. *4:30c:12:xx:xx*

I was fearful and shocked about my prostate gland and that I might be impotent. Something is wrong. I can't get back to sleep. I am very afraid. *4:30c:09:xx:xx*

I do not feel happy or hungry today and I am worried about my headaches. It feels very bad. I am very worried. I don't want to talk to anyone today. It's not good. I even forgot my mobile phone and didn't care. (He sounds anxious and is sighing a lot. His tone is moaning and winging. He complains about his health and not feeling good obs.) *4:30c:10:xx:xx*

I feel that I will go unconscious in one hour. *4:30c:08:17:18*

My mind is rotating, spinning around in my head and as I swallow hard I hear a whistle in my ear. *4:30c:08:17:56*

Anxiety, fear of poisoning from the remedy because there were several pains all at once liver,

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tongue, hamstrings, heart, itchy skin all over-thighs, forearms, ears. 2:00am. I awoke from sleep with all these things. I was worried I had taken too much of the remedy, my liver, my heart palpitations, the itching, the pain in my thigh and the stinging in the tongue; Am I going to die, have I been poisoned. I felt overwhelmed. It was intense. 8:30c:6:xx:xx

**Spell/Hex/Voodoo**

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. Someone is playing with me, I cannot relax, my heart makes me crazy. 4:30c:17:26:00

I can't sleep. My cousin is sitting with me and I told him to pray for me. I think someone has put a spell on me to stop my boldness and because I am talking a lot. I think I might be going crazy or getting psychic attack. Someone is trying to make me go crazy. I am very scared. I feel as if I might commit suicide. If this crazy feeling is me and not remedy then I will kill myself. (Calmed down after talking to supervisor). 4:30c:18:19:30

I had very strong feeling of witchcraft, or maybe a psychological thing; someone is playing with me, want to zip my mouth because I am talking too much. This lasted 3 days. 4:30c:18:08:00

**Confidence/Aggression/Courageous/Violence**

I climbed the Harbour Bridge today and was surprised by my amazing confidence. Didn't find it challenging enough, I tried to make myself scared by forcing myself to look down, but I wasn't. Didn't get the rush I was hoping for, disappointed; couldn't be bothered to be excited about it. Didn't care. 10:30c:08:xx:xx

Confidence increased. Had a disagreement with mother about returning home immediately and stood up for myself, when I normally would back down, and did not feel bad about this. 10:30c:02:xx:xx

Increased confidence at work and selling products, words were coming out of my mouth faster than I could think of them, impressing customers as well as myself. Confidence noticed by others. Very fluent speech. I didn't need to

think about what to say next. I just knew what to say. 10:30c:03:xx:xx

Very confident all day. Knew the right thing to do and say. Performed well. I'm usually nervous and feel a little intimidated if boss is listening, even though I have the knowledge to perform my job, and I know more than he does. Now, I talked easily to customers, and I felt glad the boss was listening because he'll know I know a lot. Felt as if I was appearing confident and performing well. 10:30c:03:xx:xx

Felt increased confidence when talking to customers, in my job as a service assistant. Someone made a complaint and was rude. I told her she had to stand up for herself. People have commented to me how less hesitant I have been than before. More confident with people, more alive. 8:30c:01:18:30

Felt buoyancy, or a 'high', increased with company. 8:30c:03:00:xx

He seems more confident tonight (obs) talking more and louder. 4:30c:07:xx:xx

When driving home after speaking to my supervisor I felt very proud and bold - bossy. A car was waiting on the left and I gave him a hand signal to go ahead and felt no fear. Usually very mild and obliging. I had the radio loud in the car, singing loudly also, and felt ok. 4:30c:09:11:42

(Observation) He seems more courageous in his talk today and is better for talking about his condition. 4:30c:09:xx:xx

I feel alive and happy and have no tension. 4:30c:09:17:00

While on the train tonight going home from college I was thinking about what I would do if a man asked me for money. I thought a big islander man (Tongan) will come when I get off the train with a big knife and say "give me your money" I thought that I will give him my wallet and then I will kick him in the face and break all his teeth and smash his face and wound him. I won't kill him this time. This is only a warning. I have my umbrella in my bag and I will hold it ready to defend myself if someone comes to attack me. I will smash their face in or warn them or break their head. I don't want to fight. I

don't know what is happening. (Sounds very agitated obs. Feels as if he will fight with someone if he doesn't hurry and get home.)

4:30c:10:xx:xx

I am worried about how I was last night when I wanted to kill someone. This is not like me. After talking to supervisor I felt better.

4:30c:11:xx:xx

Felt happy and confident about revisiting former place of work. Unusual, because would normally feel anxious, worrying about what people thought. And unusual because usually don't like going back to old places and things – too familiar. 10:30c:04:xx:xx

(Obs. He was so worked up, so upset, getting so tense he could not drive. He could not talk, did not want to go home, scared to go home. There's something in the house.) 4:30c:12:xx:xx

#### **Irritable/Cranky/Anger/Prover 4**

I feel cranky and irritable with my headache.

4:30c:10:xx:xx

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (sounds very defiant, obs. They should move it. haughty, obs.) 4:30c:10:xx:xx

I awoke feeling calm but not happy.

4:30c:11:xx:xx

Leave the house bad and angry mood.

4:30c:11:08:00

I do not want to talk to any one today.

4:30c:12:xx:xx

Upset about EFTPOS not working. A very bad man left the newspaper outside the shop, and I am going to report him. He should drop it inside the shop. I am very angry and agitated about this. 4:30c:12:xx:xx

I feel angry – why this pain again?

4:30c:13:xx:xx

I am angry because I damaged my car while helping a lady start her car. Why did I do this? Now it has cost me money and I feel annoyed. I was helping someone so why did this happen?

4:30c:13:xx:xx

I don't want to talk to anyone today.

4:30c:13:xx:xx

Tired and very dishevelled. My whole body is tired. I feel as if squeezed, like someone is squeezing my spirit. 4:30c:14:xx:xx

#### **Suicidal/ignored**

I didn't want to talk to anyone. Why am I alone and no one is talking to me (at home) I wanted them to come and see what was wrong with me while I laid on the bed. I wanted to be on my own but I still wanted them to talk to me. They don't care. I laid down for 2 hrs and felt lonely. I later emailed my friend and asked him why he is not talking to me and feel like they don't care.

4:30c:13:xx:xx

I feel depressed and not good because my roommates ignore me. 4:30c:14:xx:xx

Feel good now because my friend came and we all talked and had lunch together and played music and sang songs. 4:30c:14:xx:xx

I feel lonely today and not happy. 4:30c:15:xx:xx

I am weeping. I miss my family. They are all overseas. 4:30c:16:xx:xx

I feel happy because I am with my aunty.

4:30c:16:xx:xx

I feel happy and am talking to everyone. I feel very very happy. I have nothing to write about. Supervisor ring me up, happy to talk to him. > talking. 4:30c:16:xx:xx

Still got same palpitation and bad feeling like I am ignored and people lie to me, thinking about suicide, if it is remedy its ok, otherwise I'll suicide, I don't like to be played by some one, same time I talked to my observer she says yes this is symptoms calm down. (Obs. Only intense reassurance calmed him down. If he perceived himself to be ignored at all he become very upset, depressed. Relived by talking, music (sometimes), dancing.) 4:30c:18:08:00

## EXPERIENCE OF MEDICINE I

I keep asking myself why? Why? It is a big issue. I feel that every one is laughing at me and is jealous of me. I feel ignored by my friends.

4:30c:18:xx:xx

This morning I thought I might ring my supervisor but he rang me. Happy to talk to him, visited his place and was > talking.

4:30c:19:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy.

4:30c:20:xx:xx

I feel ignored in the class, as my friends are not talking to me. (He seemed quiet and sulky obs.)

4:30c:21:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention obs.)

4:30c:21:xx:xx

I don't want to talk any one, ignored feeling, nothing have desire to eat or drink.

4:30c:21:20:23

I feel depressed, sad and do not want to talk to any one or write anything in my book.

4:30c:21:xx:xx

Don't want to leave the bed until about 11:10am, thinking and being by myself, why I am not talking to my roommate? I e-mail him and came back to the bed.

4:30c:13:9:30

I had to push myself to go to college, as I feel too sleepy.

4:30c:10:xx:xx

**Anger/Paranoid/Prover 20**

G shits me (work) – I am so F\*\*\*\*\*• ANGRY.

20:30c:03:19:xx

HOW F\*\*\*\*\*• ANGRY AM I! B (boss) had the hide to ask me if I stole her pen – she lost it, (she later insisted that she was joking – after she found it of course).

20:30c:15:xx:xx

Either G & B are paranoid or I am. Now G insists on me leaving the office before him. He will not let me lock up. I feel like someone has turned my world upside down and everyone is pointing fingers at me.

20:30c:15:xx:xx

I AM SOOOOO ANGRY. G started at me in relation to B speech presentation. I told her what she wanted was not the best we could do, but she insisted. G flew off his nana at me because of it. It is her speak, if she wants to do it her way against my better judgement, then who am I to stand in the way. G obviously thinks I am. NEVER WORK WITH A MARRIED COUPLE. That coupled with the fact that B found her pen. THE ONE I SUPPOSEDLY STOLE.

20:30c:16:xx:xx

I'm so angry with someone in college. Every time I said anything they took it upon themselves to shoot me down in flames. It got to the stage where I wanted to jump the table and hit her.

20:30c:21:xx:xx

I felt irritated at work. There were too many interruptions and sick people to look after.

18:30c:09:xx:xx

**Depression/Suicide**

Still getting the overwhelming depressive/reclusive tendencies. Lost interest in work, studies, everything it seems.

16:30:15:xx:xx

I cried myself to sleep – weighing up the pros and cons as to why I am here. I did not have to many pros to why life was worth living. ROS.

20:30c:05:xx:xx

My partner is shitting me severely. What do I do? CRY. I cried all afternoon. Everything.

20:30c:06:xx:xx

Feeling sad and I want to cry. I just feel so down.

20:30c:07:xx:xx

At 7:30pm I'm not feeling happy – feeling as if I am being sucked out of the present. I need to get out of the room.

20:30c:07:xx:xx

All day feeling withdrawn and my eyes keep watering.

20:30c:09:xx:xx

Great aversion to everything. I slept in and then climbed back into bed at 1:30pm and pulled the covers over my head. I just wanted to hide from the world. I cried most of the day.

20:30c:13:xx:xx

I keep crying – I'm not happy and have to make some changes. Can the problems my partner and I are having improve or not. Will anything turn back my way? Can't be in the same room, total aversion, makes my skin crawl, it repulsed me to be in the room with him.

20:30c:15:xx:xx



My mind feels all spacey especially at occiput. Associated left arm spasms and major jerks, head also twitching. 20:30c:16:xx:xx

I woke at 6:30, 7:30, 8:00, 9:00, 10:00, 11:30, 12:30 – I got up at 1:00pm – I am so tired and sick of the world. I have a strong need to get out of the house away, escape from what is my dungeon. 20:30c:16:xx:xx

I went to work to collect my diary (this one). I spoke to B about the fact that I was not happy at work and why. This is the first time ever that I have done this, I usually just leave (I've had lots of jobs) 20:30c:16:xx:xx

My partner is sullen again – I want things back the way they used to be or not at all. I want passion, love, security – I want to know that I can grow old with someone and enjoy doing it. There must be more to life than what I have, I don't feel I have much. I love him so much though. 20:30c:17:xx:xx

I feel that I am going insane – my mind is racing yet about absolutely nothing. Everything (hand, arms, legs, feet, shoulders, head etc) is spasming and twitching. I'm pulling my hair out, rubbing my face and forehead roughly like a mad woman. What is happening to me? I want it to stop. I want to drop everything and run away. I want to cry. I'm physically screaming in pain and anguish but no sound will come out. I blubbered myself to sleep. 20:30c:17:xx:xx

I woke at 7:30, 8:30, 9:00, 10:00 I was still crying. All night I wailed like a grieving widow – screaming in anguish with no sound coming out. 20:30c:19:xx:xx

Waiting for supervisor I sat in the sun – just sat. I have not felt so at peace for some time. 20:30c:19:xx:xx

My meeting with supervisor at 2:10pm – I now know that I am not going insane – I'll be Ok. I feel better just knowing this. 20:30c:19:xx:xx

Depression, down in the dumps for no particular reason. The depressed feeling stayed till about 1.00 o'clock. [9.00am] 12:30c:05:14:xx

Irritability, towards a class mate she talks too much, with narrow minded people about nothing important. 12:30c:00:01:30

### **Mentally Fatigued**

Tired, indifferent – I can't wait to go to bed 12:30c:11:xx:xx

Difficulty in concentrating because so tired. 12:30c:19:xx:xx

No desire to go to college as so tired – just want to lay down. 12:30c:20:xx:xx

I feel irritable at work. There is too much to do. I am feeling forgetful. There is 100 things to do at once. 18:30c:11:xx:xx

### **Irresolution/Mistakes/Irritation/Prover 10**

At work kept making mistakes, eg couldn't add up sums of money correctly. Had an overwhelming feeling of "couldn't be bothered", everything was "just too much". Was apathetic, didn't want to think. Went to bed early, which was very unusual. The previous night when I was still bouncing off the walls at 3am and elated and dancing now seemed like a final burst of energy before this complete swing today of lack of energy and sociability. 10:30c:05:xx:xx

Customers irritated me, had little patience at work. Made many careless mistakes. 10:30:05:xx:xx

Good mood all day (unusual when I have a headache). Happy, jovial, talked to people, even though tired and sluggish. So tired, didn't want to go to college, but still happy and talking to people. When occupied, didn't notice headache. Noticed it when alone. 10:30:xx:xx:xx

Felt emotional, "down", overburdened, so many burdens on my shoulders, so many decisions to make, feel as if I have to please everyone. Worried about going to work, going out socially. Kept asking "what's best for me?" Felt as if I was letting everyone down. Felt very pressured, heavy, whingey, whiney, indecisive – I don't know what to do, what to eat. 10:30c:05:xx:xx

Woke up late, and energy to bounce out of bed was gone. 10:30c:05:xx:xx

Felt very indecisive. Felt everything was vitally important, especially to other people, so any decision I made would have a great impact on others. So I just gave up on making any sort of decision, because it was too hard. 10:30c:05:xx:xx

## EXPERIENCE OF MEDICINE I

Irritated with any sort of responsibility, so gave up writing in my proving journal. It is easier to talk, I'm just forgetting details. *10:30c:05:xx:xx*

All day, feeling down and sad. Really worried about issues that are not normally a concern. Feel pressured (by friends and family), feel faced with too many choices, it's like a heavy weight on my shoulders. I feel burdened by responsibility and by the effects my choices have on others. Others are relying on me to do the right thing. Can't decide what is best for myself. *10:30c:05:xx:xx*

An emotional phone call to supervisor, I was very emotional, can't talk, just silly stuff, nothing to do with the Rx. Laughing and crying at the same time, and told my supervisor I had no physical Sx. But, when the supervisor asked, I looked up my diary and found some Sx. Didn't want to write in the diary. *10:30c:06:xx:xx*

Mood started well in the morning, but became sluggish and lethargic when the headache started at 12. Went to see a movie. It had absolutely no effect on me. I had no opinion about it, it neither affected me nor entertained me. I felt as if I was completely detached from it. *10:30c:06:xx:xx*

Emotional tension with boyfriend. I don't know whether I'm sad or happy. I feel scared and undecided. This feeling was probably no different from usual, but the emotions were more intense than usual. *10:30c:06:xx:xx*

I can't make choices. I don't know what to say or do. I don't know what is best for anyone, I feel confused and frustrated. Why isn't it easier? Is decision making this hard? I feel as if I am making it all up in my head, that the issue doesn't exist, and I'm causing it. No-one really cares what decision I make. I'm just making it harder for myself. *10:30c:06:xx:xx*

Emotional outburst after intense discussion with boyfriend, about their feelings for each other. Weeping, overcome by the intensity of it, without really understanding why. Could not speak to supervisor. *10:30c:06:xx:xx*

Good energy levels. Even though I am working long hours, I feel lively, happy, chirpy, confident, but it's less intense than before. Fell asleep on the bus at 5.30pm. I'm having extreme mood

swings day to day and within the day, but they are becoming less intense. *10:30c:07:xx:xx*

Woke up from a short nap on the bus feeling bad. Went to my regular dancing class, but this time I kept losing my balance, and couldn't focus or concentrate, and was behind everyone else. My body knew what it had to do, but I (my body) couldn't do it properly. The music was too loud. It really annoyed me, the sound of people talking around me was so loud and grating. It irritated my ears. People around me talking annoyed me. I was snappy with everyone, impatient, whiney, negative. Needed to sit down. I wasn't feeling like I normally do with a period, but with the period, I don't realise I'm doing it. Others noticed I wasn't my usual self. *10:30c:07:xx:xx*

Still wanted other people to make decisions for me, can't make decisions for myself. *10:30c:07:xx:xx*

Snappy and impatient with mother. *10:30c:07:xx:xx*

Not so much difficulty getting up in the morning. Didn't resent the fact that it was time to get up. *10:30c:07:xx:xx*

Mood even tempered in the morning that got better during the day and was best at night. I am usually at my best after 10pm and the Rx has exaggerated that. My usual pattern is flat in the morning until about 10 – 11, then energetic until 2pm, then flat until 5pm, then pick up and flat again at 6pm. Then pick up at 10pm. *10:30c:08:xx:xx*

Friends have noticed that I am not myself. I am not as excitable as usual (and I am usually a party person), nothing fazes me. I'm not reacting to anything. This is part of the extreme mood swings – really flat, then half way through the day really up, talkative, buzzy, then flat again. *10:30c:9:xx:xx*

Depressed, sad, insecure, low self-esteem (12pm). Intense feelings of sadness and insecurity about relationship. I feel as if I'm a burden (on boyfriend), even though he denies it but that doesn't make me feel any better. Feel insignificant, especially after student clinic, where I felt unconfident and ignorant (know this is untrue but still felt the same). These feelings came on after I took a homeopathic case

of a patient I really identified with. Felt worthless, didn't like myself, felt like a big piece of shit. This lasted until 10pm, then it went and I felt good. Felt as though a mirror had been placed up to my face with this patient sitting in front of me. She told a story about disappointed love and it made me sad and I couldn't get it out of my mind. Feel obsessed by it. *10:30c:11:xx:xx*

Really good mood and happy, back to normal self by 11pm. All the intense feelings that I had had earlier are gone. Feel really good about myself, in happy, party mode, laughing, want to dance and have fun. Much energy until early hours. *10:30c:11:xx:xx*

Felt back to normal. No problem with decision making. Was no longer teary and sorry for myself when deciding not to spend time with my boyfriend. Now I'm feeling more comfortable and good. *10:30c:19:xx:xx*

Felt emotional all day, cried my eyes out all day at work (9am-9pm). Insecurities all came crowding in. Thinking of shit. Stuff kept building up in my head. Needed reassurance. Premenstrual. Feeling fragile. *10:30c:23:xx:xx*

I have been waking up depressed all the time. I had a cigarette and the whole world just spun out. Before the proving – no appetite, now my appetite is back and everything tastes amazing. But down in my spirits, everything is moving at such a fast pace, and everything is an effort, not as focused and weird dreams. *2:30c:xx:xx:xx*

### **Love/Compassion Sympathy**

I felt a lot of sympathy (3+) and sadness (3+) when hearing the story of a patient. He now has another relationship with a 9 month old baby and doesn't know where his other children are. I feel very shocked (3) with this. How could she leave him and go away with no information to him of where she is. *4:30c:10:xx:xx*

I have a feeling of love. I had an impulse to place my hands on a man I saw in a wheel chair and send him healing. This was an unusual experience. Taking rubbish out at work. Saw old man in wheelchair. Normally that kind of thing would freak me out but I had this impulse to go up to him and put my hands on him and give him healing. And I looked at him and thought,

'he's not close to death'. I think if our society wasn't the way it was I would have done that.

*2:30c:03:12:45*

I am worried, nervous and stressed. I phoned W but he was sleeping. Maybe he has decided that he doesn't like me and that's why he hasn't called. I feel so nervous about clinic today (I am nervous to present my case this afternoon). I am anxious about completing clinical studies and I am nervous about going to D tonight. My dreams made me feel vulnerable, depressed and anxious. I feel so insecure. My body feels like it could have spots. Throughout the day I felt pretty depressed, insecure about W, vulnerable, anxious. My body still felt like it had spots on it in the day. Weird, sickly feeling, skin felt 'hot', well not hot, like the after effects of the itch and everything was still there. *2:30c:04:13:15*

A dull headache associated with a lack of motivation and energy. Awoke with these symptoms after an argument with partner last night. *6:30c:24:xx*

Heightened sense of anxiety after a telephone conversation with my mother, which focused on the current difficulties of one of my brothers. *6:30c:12:xx*

I feel so nervous and anxious, I have palpitations. I don't know what I am anxious about. It feels worse to work or drive. It is amazing how the pain of my backache and the very limited movement is so quickly forgotten. *2:30c:08:11:45*

I feel depressed as D says he is not coming here anymore. I feel like I don't want to speak to him anymore. I had to have a whisky and a sleeping pill to help me fall asleep at 2am. Grief, better for talking with someone. At 12 midnight, had a whisky and a sleeping tablet. I feel like such a drug addict. Fucked up. *2:30c:13:03:00*

4pm, Feeling sad, angry, lethargic and vulnerable. *2:30c:13:19:00*

I feel depressed and down. It feels worse to think and better to work. I am not so elevated anymore. I am so tempted to take the remedy again but I don't want to go down again. I also know that I will get into trouble if I take it again. *2:30c:15:22:00*

## EXPERIENCE OF MEDICINE I

8.50am, Smoked a few drags of cigarette this morning before clinic, got such a head rush, fell to ground so dizzy (not dizzy, just spinning), the ground spinning over and over. Took a few minutes to normalise. Worried about my mental and physical health. Feel like I'm doing too much. Yawning a lot. Unfocussed, depressive, basically fucked. 2:30c:18:11:50

Sadness < alcohol, < money worries.  
8:30c:10:xx:xx

Lonely at the moment, feeling flat.  
8:30c:10:xx:xx

I feel so guilty that I am smoking so much. I must stop soon. 2:30c:07:13:30

I keep getting this impulse to smoke inside. Only since this medicine. Normally I wouldn't want to – smell of it. I haven't done it but feel like lighting up inside. I feel less guilty about smoking. 2:30c:01:xx:xx

I feel depressed and bad that I have been smoking so much. When will I ever stop again. I feel so down and despondent today.  
2:30c:08:11:30

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy – basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. 2:30c:15:14:00

As soon as I took the remedy I said this must be a left sided remedy, because of the tingles in left arm and a sensation in head left side.  
8:30c:00:00:00

For days now I have felt completely shit. So hung, dried out and exhausted. I don't care. I have so much on. I am overwhelmed by the amount of it all. I'm so stressed and I can't breathe. There is this head pain, vertex, shifting, in the night in bed. I have to have cold hair on my head at all times. I am driving with my head out the window – its very strange. My abdomen

is so bloated. Eyes are tired, dry. I have a desperate desire for sleep, so tired. My ears are so acute, I can hear everything, woken up by my flat mates and I was so angry. Awake till 2 in the morning. I am on the edge of flu, making mistakes in so many things, throat on the edge of flu, and lots of anxiety. The party is going to be a disaster. Very very depressed, what am I doing with my life. Weirder still is this pain I have in my buttocks, as if punched in both gluts, incredibly bruised exhausted feeling in my arms, pain in my shoulder, left side poking feeling. There is absolutely no sex drive at all, this is weird. My calves are so stiff and they need to be stretched. I don't want to talk to anyone. No talking. 24:30c:xx:xx:xx

**HEAD****Pain**

I have a headache or head pain. It feels like it could be sore as my neck is tense. There is a tense pressure in the centre of my head. Headache. I'm tired. I'd say it's worse for staying awake. Feels connected to neck. Like tense pressure coming from the middle of my head.  
2:30c:00:01:50

The belching was also associated with a mild headache across both eyes. 20:30c:00:xx:xx

At 8:00pm I got a very sharp constant headache centralised around my right eye. 20:30c:01:01:00

At 8:45pm I got a generalised pressure headache at the top of the front of my head.  
20:30c:07:xx:xx

8:00pm I developed a sharp headache concentrated around my right eye and temple.  
20:30c:14:xx:xx

At 3:00pm I developed a sharp constant headache concentrated around the right eye. Much worse for light and looking in different directions. 20:30c:16:xx:xx

I woke up at 6:30am and got up at 8:00am. I had a deep constant headache across my forehead that was worse for light and eyes changing directions. 20:30c:17:xx:xx

12:30pm my head feels empty but so heavy.  
20:30c:19:xx:xx

Pressures, tingling on top half of my head. Drawing upwards. Started approximately 10:10pm. *22:30c:00:00:33*

Tingling up my head (back of right hand side) *22:30c:00:01:0x*

At 10:42pm, Head hurts at middle of where sides of head meet top of head [ie. at two points, bilateral]. *22:30c:00:01:05*

Headache heavy on top of head. (I notice it again then forget it for a while). Now it's pulling up again. *22:30c:00:01:2x*

Whilst meditating at about 1pm I could feel the spots at the mid-side/top edges of my head. Sort of tender. *22:30c:00:15:xx*

Had a bit of a hot forehead this morning. Also wasn't sure if I was hot all over or not. I opened the window, this helped. (I usually prefer the open air anyway). *22:30c:08:xx:xx*

Ache, pressure at front of forehead. Exhausted Pressure headache in front of head – assoc with feeling exhaustion – can't wait to go to bed [12.00am] *12:30c:03:05:00*

Exhaustion and headache [11.30pm] *12:30c:12:xx:xx*

Headache all day from an exhausted feeling. *12:30c:11:xx:xx*

Headache on waking – feeling exhausted. *12:30c12:xx:xx*

Fuzziness in head. *12:30c:23:xx:xx*

Spacey light-headedness, much better for eating [9.30pm] *12:30c:25:xx:xx*

Headache down right side of neck and right temple. Periods due tomorrow. *18:30c:13:xx:xx*

Headache slightly on right side which is normal for me before my periods. *18:30c:14:xx:xx*

15mins after rising, heaviness and tension over eyes and extending to forehead. Eyelids heavy. Small amount of tension behind head and neck. Intensity is mild at this stage. *10:30c:01:xx:xx*

(4pm)Tension from above forehead, radiating to back of head and neck/shoulders (not as much eyes), >bending head forward. *10:30:00:17:xx*

Sensation of tension and tightness at back of head. Came on after bending head forward too long at work (4:30pm). Disappeared when stopped. *10:30c:01:xx:xx*

1pm. intense boring pain in right temple. Lasted about a minute then went. Tension remained for about an hour then it too went. *10:30c:14:xx:xx*

11am Tension and heaviness over left eye. Pain radiating down neck to left occiput and down left side of neck. Pain lasted all day, diminished around 9pm (after food). > massage, tilting head forward. *10:30c:22:xx:xx*

A vague, non-descript headache with no specific locality. Also associated with a general feeling of tiredness. *6:30c:12:xx*

Background headache with congested feeling in head. Not a particularly intense headache. *6:30c:16:xx*

A dull headache associated with a lack of motivation and energy. Awoke with these symptoms after a argument with partner last night. *6:30c:24:xx*

Bad headache today. *4:30c:01:12:49*

Pain in the temple area going down back of neck headache temple to back area (occipital) 11.50pm *4:30c:00:23:50*

Headache, I wake up many times in the night. *4:30c:01:3:45*

I have a dull pain in my right temple and it is better when I keep busy. *4:30c:01:xx:xx*

I have a dull pain on the right side of my head. *4:30c:02:12:00*

Headache, dull L behind/forwards, shoulder. *4:30c:02:16::00*

The left side of my head had a sharp pain that feels as if it is pinched and it is travelling from the temple to the back of my head. 8.45pm Left side. *4:30c:03:20:45*

The left side of my head feels heavy. Maybe tension with thinking about my job. *4:30c:03:20:45*

My head is freezing and I must massage it and I am unable to leave the bed. Congested feeling. *4:30c:05:6:00*

## EXPERIENCE OF MEDICINE I

My head is freezing and is better if I massage it and sit up against the wall. 4:30c:05:9:30

Freezing head and feeling lazy. 4:30c:06:6:00

My head feels freezing and I had to sleep with a hat on and massaged it to get warm. 4:30c:06:06:00

Very heavy feeling and L temple area and forehead. 4:30c:06:16:40

I have a stabbing pain on the left side of my head. 4:30c:07:11:45

Constant pain in L temple area. 4:30c:07:12:xx

Headache on left temple area, stabbing pain. 4:30c:07:17:33

My head feels heavy and I have a pain in my neck and feel nauseated but do not vomit. I must busy myself to stop thinking about vomiting. 4:30c:08:17:18

Pain in my head, which was worse for black tea and after hearing that my cousin had died. Headache and little bit burning at neck joint. 4:30c:08:xx:xx

I have a grabbing pain in my forehead and at the back of my neck. 7.06pm Headache around forehead, back of the neck and eye very warm, reddish, with dozy feeling, grabbing pain. Relief when having chocolate. 4:30c:08:19:06

Pain at L temple area, bad stabbing pain, very frequently, me drowsy, feel better when close eyes. 4:30c:09:13:40

I have a stabbing pain in my left temple and feel drowsy and lazy. 4:30c:09:13:42

Pain in my head started when I heard the case of a man whose wife had left him. He had 2 children (twin girls) and wife was pregnant. Why did she leave him?? I was angry. 5.05pm Got headache when I took case feel bad and stress, start to temple area and goes down to the jaws, connect with gums make me cranky, worried, like to remove asap. 4:30c:10:17:05

The pain in my head is going from my temple area towards the cheek on my face and down towards my gum inside my mouth. The pain gets worse when I close my mouth and my teeth are touching. 4:30c:10:17:49

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I have pain in both sides of my temple area while talking of this. 4:30c:10:21:30

Bad headache at the time of talking to my supervisor. 4:30c:10:21:30

Heaviness in my left temple like something in there. Lasted all day. 4:30c:11:xx:xx

Pain L is too much then R, angry feeling. 4:30c:12:6:00

Pain in my temple area after I ate dinner. 6.30pm The headache was both temple areas, < after eating, big headache, I had it the same, some days before, very bad. 4:30c:12:xx:xx

I have pain in my left temple. 4:30c:14:xx:xx

Heavy feeling, uneasy, make me lazy, tired, lonely, not happy. 4:30c:15:10:30

My head is freezing and is better if I wear a hat. 4:30c:15:xx:xx

Tension head pain because I like to talk to my father over the computer, he was not there, and I really want to talk. 4:30c:15:13:29

I have pain and pressure on the temple area of both sides of my head, heavy. I do not like the radio on. 4:30c:19:xx:xx

A pain like a band around my head and more sensitive around the temples. 4:30c:21:xx:xx

L temple is feeling very weak. Had chocolate and was better. 4:30c:12:xx:xx

I felt a pain in my left temple area going towards the back of my head like as if someone grabbed me behind the ear and I felt weak. I then had coffee and chocolate but I had no desire for these. I was talking to my customer; my head was spinning and feel somebody grabbing my neck. 4:30c:12:xx:xx

Pain on left side of temple. 4:30c:14:xx:xx

Headache in both temple area very bad. 4:30c:21:xx:xx

Dull headache on the left side (this occurred throughout much of the proving but was mild). 8:30c:3:00:xx

Must sleep with cap on head. 1.02am 4:30c:01:01:02

**EYE****Stinging/Burning/Red**

My eyes are watering from yawning. My eyesight feels acute. I saw a plane far away; the flashing lights caught my eye. 2:30c:00:01:56

Both eyes were stinging all day and they were only better for closing. 20:30c:01:xx:xx

My eyes were burning all day. 20:30c:04:xx:xx

Burning and strained all afternoon and evening. Burning pain. 20:30c:07:xx:xx

My eyes were burning all day, I'm so tired. 20:30c:25:xx:xx

I have a burning feeling in my eyes. 9.50pm Red eye/fever feeling. 4:30c:04:21:50

My eyes are burning. 4:30c:05:17:04

My eyes are bloodshot. They are not clear. 4:30c:07:18:00

Both my eyes are very bloodshot. Red. 4:30c:08:12:30

My eyes are burning and feel heavy. 4:30c:08:12:30

My eyes feel heavy, warm and are red and feel better if I close them. 4:30c:08:19:06

My eyes feel heavy and are pale and this lasts for 30 min. 4:30c:09:17:05

My eyes are red. 4:30c:11:xx:xx

My eyes are heavy and burning. 4:30c:14:xx:xx

My eyes are red and burning. 4:30c:14:xx:xx

Burning, heavy feeling in eye and hot temperature. 4:30c:14:21:09

Burning feeling. 4:30c:15:16:37

My eyes are heavy, burning and sleepy. 4:30c:21:xx:

Bright lights are hurting my eyes. 12:30c:05:xx:xx

Eyelids puffy, dark circles under eyes, on rising (7am). 10:30c:00:08:xx

I woke up with the inner corner of the eyes gluey. It was hard to clear away; as soon as I

cleared it, more formed. The substance was watery, gunky, congested, white, sticky, tenacious, stringy. Eyes were watering. Re forms after wiping away. This lasted until I washed my face (NS). 10:30c:06:xx:xx

Eyes heavy and sore behind. 10:30c:06:11x:xx

Sore eyes, which became a headache. Tension and dull pain behind the left eye leading to the left side of the head and occiput. > bending head forward. Left eye felt blurry, hazy when both eyes were open. Vision appears blurred or impaired in left eye only when looking through both eyes, but not when right eye is covered. (NS) 10:30c:06:xx:xx

Fell asleep in front of TV and woke at 3am with watery, whitish mucous discharge in corner of right eye, which kept re forming as fast as I removed it. (ROS). 10:30c:13:xx:xx

1pm Heaviness and tension on right eye that became a headache and tension down right side of neck to occiput. It went away with heat rub. Vision felt impaired on this side. > closing eye. 10:30c:20:xx:xx

My eyelid is heavy and I want to sleep. 4:30c:01:15:40

My eyes feel heavy and sleepy. 4:30c:04:16:00

Yellowish and red. 4:30c:12:20:30

The white of my eyes looks a bit yellow and there is one red line. 4:30c:12:xx:xx

**VISION****Acute**

My eyesight feels acute. I saw a plane far away; the flashing lights caught my eye. 2:30c:00:01:56

Visuals. Things look a bit crawly – like in an hallucinogenic state. 22:30c:00:00:4x

Hear water in pipe. Really clear senses except vision. 22:30c:00:00:5x

At 11am, things still look slightly different this morning. 22:30c:00:13:23

At 6pm on my way home I noticed qualitative visual changes, some confusion. Eg. Reaching for my bottle in my back pocket when I had no

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bottle with me – instead it was my hat I felt and had in my back pocket. This confusion also makes it 'harder to see', not literally but more like stuff moving too fast because my mind has slowed, less thoughts. Senses more acute. Visually, I saw a bird and it had greater impact, I could almost hear-feel its wings move.

*22:30c:00:20:2x*

At 6.45pm, I feel calmer again, though things still look qualitatively different (ie. Not frank hallucinations). The panic today came in a wave which passed. There is a type of quiet in my head due to the 'mind slowed, less thoughts' thing. *22:30c:00:21:08*

Things seem quite bright. Everything's really bright. I'm noticing colours on people. "It's almost like I'm getting feelings from colours." Bright colours in my dreams, especially green. "It's like being more focused almost let's you see clearer." *2:30c:03:xx:xx*

Colours look really bright. (Like I'm tripping). *2:30c:10:xx:xx*

My vision is somewhat blurry. Probably best described as cloudy. *6:30c:00:09:30*

Things appear bright, colours are sharper, better at midday. *8:30c:01:19:30*

**EAR****Pain**

My right ear aches internally. It feels like an infection is starting up. It started to get sore when I got back from my walk as the air was cold. I think I am also smoking too much. It feels worse when I swallow. *2:30c:06:20:30*

My right ear twinges with a sharp pain occasionally. *22:30c:08:xx:xx*

Pain in my left ear which is worse for noise. Feels as if I can't hear properly when people talk. *18:30c:15:xx:xx*

Pain in both my ears is worse for noise and phone ringing. *18:30c:16:xx:xx*

A brief shooting pain in the right ear followed by a sense the auditory passage had cleared or opened. *6:30c:03:01:xx*

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**HEARING****Acute**

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again which is extra early for me. Sounds were so loud, but there was very little rain. Sounds exaggerated. *2:30c:00:07:00*

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there they looked at me like I was crazy. *2:30c:02:xx:xx*

Hear water in pipe. Really clear senses except vision. *22:30c:00:00:5x*

My ears are very irritated by the noise of the radio. I must turn it down and I feel cranky. I close the A. C. because I am sweating. *4:30c:08:16:49*

I hear a whistle in my ear when I swallow. *4:30c:08:17:56*

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. *4:30c:09:xx:xx*

Any noise makes me irritable, turn off all noise. *4:30c:14:xx:xx*

**NOSE**

My nose is runny from the right nostril, it is not normally runny, it could be from yawning so much. *2:30c:00:01:11*

My nose is still running and it's kind of annoying me. Worse in the right nostril but it is both. *2:30c:00:01:11*

Nose really clear. Usually it's a bit blocked *22:30c:00:00:3x*

Sneezed perhaps 8-12 times today. My nose has trickled after sneezing. I've hawked back and spat the mucous – bubbles! *22:30c:07:xx:xx*

2.30pm, Today my cold seems worse than yesterday. Right nostril far more congested than left. Not as much runny mucous like yesterday.



More snotty. Blow nose – clear or yellow discharge. If I spit it then it has the bubbles.

*22:30c:08:xx:xx*

Cold much improved. Snot much thicker – right nostril, less spitting. Still bubbles when I spit.

*22:30c:09:xx:xx*

Cold 75 % gone. Still some snot, < right nostril.

*22:30c:10:xx:xx*

Sneezing, cold damp day. *12:30c:01:20:10*

Awoke a little sniffily, perhaps from such a big sleep[8.30am] cleared by mid morning.

*12:30c:01:13:30*

Awoke with unblocked nose, no sign of cold (after the allergic reaction the evening before – see Generals). *10:30c:11:xx:xx*

Very large pimple on inside of nose, L side.

*8:30c:10:xx:xx*

Dry sneeze, < cold, < fatigue, this often happens when I'm feeling weak from doing too much especially in cold weather, eating the wrong foods, going out drinking etc. I'm run down. This continued for 3 days. *8:30c:11:xx:xx*

I feel a crawling sensation in my left nostril. There is nothing there but it feels like a worm.

*18:30c:15:xx:xx*

I feel a crawling sensation in my left nostril on and off all day. *18:30c:16:xx:xx*

A noticeable production of thick, white pasty, non-purulent mucous. Pasty consistency, not of usual mucous. Lasted about 2 hours. *6:30c:06:xx*

## SMELL

### Acute

I can smell a beautiful incense that I know is not here. I can also smell nuts that are in my bag. Smell sense is really acute. *2:30c:03:13:45*

I can smell K's old flat, this is weird as I am now at work. I feel so focused. This smell is so distant and in the past yet so present. *2:30c:03:15:30*

Smelling a lot. All the time. Very sensitive to smell. E.g. I'm walking – smell flowers, smelt when my neighbour put on perfume! Food smelt intense – the richness of the food, I can taste it. *2:30c:07:xx:xx*

My sense of smell is so acute, I can smell the lady's perfume from next door. Every tiny smell fills my being loving me, ie it feels as though every smell loves me. I love air and people.

*2:30c:09:12:30*

Sense of smell is clear. Usually it's dull, vague or absent. *22:30c:00:005x*

I've noticed my sense of smell is considerably more acute – coughing/irritation due to smell of soap, shaving cream. Able to smell my food more strongly. What an unusual cold! *22:30c:08:xx:xx*

Noticed smells more than I usually do. Midday *8:30c:11:xx:xx*

## FACE

### Pimple

I have a pimple on my right upper lip under my nose, just to the right. Halfway between nose and lip. Not really normal to get that. [By one day later it was still there but got smaller]. It's reddish. No sensation. Kind of slight pussy head. Sort of whitish but not really, more red everywhere. It came up quickly and it is inflamed. I have no pain. It has just made its presence. It is not too big or horrible. *2:30c:01:18:20*

Pimple on lip very slight. Not as raised. Not as red. Tiny head tiny bit there, can hardly see it. *2:30c:02:xx:xx*

9am Small hard area the size of a pimple came up on L cheek next to nose. Slight soreness, a little swollen, no redness. Soreness had disappeared by 10.30, but pimple still there. < pressure. *10:30c:00:10:xx*

### Pain

9am, Right cheek nervy, throbbly. Feels sinusy and sensitive. *2:30c:08:12:00*

My face feels nervy, throbbly and sensitive especially my right cheek. I feel sinusy, my cheeks and forehead ache, I had this feeling last night too. I feel stressed and my throat is sore. I have a slight headache – it's not constant, slight pangs here and there. This pain in my face is made worse by stress from so much work. I feel so panicky and hyped. There is no time and this work is never ending. *2:30c:08:12:00*

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I had slight pain in my jaw that was worse for pressure at 12 noon. 18:30c:xx:xx:xx

**Dry**

The skin on my chin is very dry. My skin is flaky this is unusual for me. 9am, Very dry chin. Skin flaking – not usual for me. Better for creme/lotion. 2:30c:18:12:00

My lips feel dry and cracked. 18:30c:05:xx:xx

Some dryness of skin on my cheeks. 22:30c:05:xx:xx

My lips are dry and feel better if I have some water. Lips feel dry and energy level is very low, not desire to have any sort of food. 4:30c:01:19:xx

**Itch**

At 9:30pm my face started to itch – just below the angles of my mouth on both sides. Itched like nothing else. Tear your face off kind of itches. 20:30c:05:xx:xx

At 2:30pm my face started to itch – just below the angles of my mouth on both sides. 20:30c:06:xx:xx

**Colour**

In the evening I noticed a yellow strip across my eyes (from ear to ear) and big black rings around the eyes. 20:30c:07:xx:xx

I noticed that colour of my face is back. And it makes me confident. 4:30c:29:xx:xx

I appear to have darker colouring under my eyes than usual, a bit purplish. 22:30c:07:xx:xx

My face feels flushed and warm to touch. 4:30c:05:18:xx

My lips are dark purplish in colour and this appears more on the lower lips towards outer edge. 4:30c:05:15:xx

Face looks pale and yellowish. 4:30c:07:18:xx

I think my face skin is darker (in a Pakistani). 8:30c:15:xx:xx

A brief and transient hot flush to the face. 6:30c:02:09:xx

I also feel congested and pressure around the bridge of my nose and at the sinuses under my eyebrows, (medial to median line of eyes). 22:30c:07:xx:xx

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12 noon Cold tingle on upper lip – pins and needles in small spot. Lasted about a minute.

10:30c:08:xx:xx

**Wart**

My lower lip has a small white wart on the inside of it. 4:30c:12:xx:xx

I have a white wart on my lip and it is not painful. 4:30c:13:xx:xx

**Twitching**

Twitches, especially around the eyes (L) and forehead < alcohol. 8:30c:10:xx:xx

Top lip is sweating. 22:30c:00:00:4x

**MOUTH****Taste**

Taste. Noticed it at 12 midday. Metallic. Disgusting. Hasn't gone away by 8.45pm. At back of tongue. Nothing helps it. Pretty intense. Makes me feel gross. 2:30c:00:15:00

1.30pm, I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. 2:30c:02:16:30

My taste is so heightened. I can REALLY taste things, the real deep flavour of food. Chips taste so salty and meat so rich. I am craving coffee a bit. Today things have been tasting really intense, flavoursome. e.g. chips, meat, scrambled eggs. Everything I eat. 2:30c:03:00:00

My mouth tastes sour. 4:30c:05:13:56

Bitter taste in my mouth. Not thirsty or hungry. 4:30c:10:xx:xx

Taste is bitter in my mouth, very bad.

04:30c:10:xx:xx

My mouth feels bitter.

4:30c:17:xx:xx and 18:xx:xx

The taste in my mouth is sour after the chocolate. 4:30c:19:xx:xx

Feel as if tongue is coated, even though it isn't.

10:30c:05:xx:xx

**Dry/Hot/Sting/Burn**

My mouth is dry and I feel thirsty and drink water. 4:30c:01:15:47

The left side of my mouth feels hot when not occupied with thoughts. 7.55pm Hot feeling in the mouth and I like to leave open mouth.

4:30c:03:19:55

Mouth and lips are dry and not desire to eat and drink any thing 4:30c:05:15:59

Tongue – left side. Mild stinging, this continued for a few days at 2:00am. 8:30c:06:xx:xx

The top of my mouth is burning. 4:30c:19:xx:xx

My tongue feels as if it is burning on the tip and underneath the left side. It looks whitish and feels better for breathing in cold air.

4:30c:02:16:45

Tongue is burning (2), burning feeling, may be sort of wound or ulcer. 4:30c:02:16:45

Tongue is burning and feels better if I breathe with my mouth open and with cold air.

4:30c:03:xx:xx

Burning feeling when close mouth.

4:30c:03:xx:xx

My tongue is red on the sides. 4:30c:07:xx:xx

My tongue is red on side. 4:30c:14:xx:xx

The tip of my tongue is burning and feels rough. 4:30c:14:19:xx

Today my tongue is blue, left side. 4:30c:15:xx:xx

My tongue feels rough and burning, sore, burning, rash feeling burning when touch the upper portion of the mouth, with 2 intensity.

4:30c:19:xx:xx

Woke up and notice tongue is better.

4:30c:04:21:40

I have an ulcer on the left side of my tongue. My tongue looks red along the edges on the side and front. 5.10pm 4:30c:05:17:10

Ulcer L from front, reddish. 4:30c:12:xx:xx

At 11:12pm, I stopped yawning when I felt intoxicated. 22:30c:00:01:xx

## TEETH

My front teeth on left side are sensitive to sweet, sweet pain, left from 3rd teeth in front.

4:30c:11:xx:xx

## THROAT

### Lump

I have a lump in my throat, I am impatient about presenting this case. I don't really feel like people today because I feel so vulnerable and insecure from my dreams. I hope today goes really quickly. 2:30c:04:16:00

My throat has a lump because I can't communicate with F. I feel really bad I started talking all about myself. She said that she has been thinking about herself and not me. She left to go home because she is tired and I felt such bad vibes. Is it her or me? Maybe I feel guilty I have it so easy and she doesn't. 2:30c:07:21:20

My lump feels horrible, restrictive and heavy. It is made worse by my depression. I feel so busy. I am thinking of F and I feel bad. I can't remember my dream. 2:30c:08:11:40

### Swelling

My throat is sore and my glands feel swollen. It hurts to swallow. My ear and throat feels connected internally. I hope I am not getting sick. 8pm, Glands in throat swollen. Hard. Painful. Achy. Felt like ear and throat connected. Pain in ear and throat at same time. Dull, achy internal. Still there when slept.

2:30c:06:23:00

6.30am, Glands and pain in throat, ear still there on waking but less intense. Still felt getting sick all day. 2:30c:07:09:30

My glands (especially left) in my throat are swollen and painful. I still feel like I could be getting sick. 2:30c:08:10:30

### Pain

I felt a tickle in my throat and needed to cough. This lasted about 10 minutes.

18:30c:03:39:30 and 06:xx:xx

My throat felt dry and was worse for swallowing. 18:30c:07:xx:xx

Sore throat on and off throughout the day. Worsened the later it got (< evening). Felt raw, a bit sticking pain. Still mild. Can feel it at back of throat, where nasal cavity meets top of throat. Slightly burning. 22:30c:06:xx:xx and 07:11:xx

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Sore scratchy throat on swallowing, not painful just discomfort, or awareness. [12.30pm] Woke with a sore throat and a little sneezing that settle quite quickly. 12:30c:00:17:30

Still a little sore throat on swallowing. 12:30c:01:13:30

Sore throat, pain going into right ear, aggravated when swallowing. Noticed it while giving my first massage, planned to have a swim, changed my mind because of ear pain discomfort don't think water would help. 12:30c:06:13:30

Sore throat extending to right ear. 12:30c:07:xx:xx

8am On waking. Slight discomfort in left side of throat – intermittent. Uncomfortable on swallowing. Not experienced on every swallow. Didn't stop me eating breakfast. 10:30c:08:xx:xx

8pm Sore throat right side. If I concentrated on it, it went away. If I didn't concentrate, it was there, but only a feeling of discomfort, not pain. It lasted until I went to bed. 10:30c:15:xx:xx

Pain in centre where hole is after one cough and it feels itchy. Not thirsty. Cough, pain, little bit itchy in the throat, had honey with black pepper. 4:30c:21:xx:xx

I have pain in my throat that is worse on swallowing 4.10pm I have the flu, feeling difficult to swallow. 4:30c:04:16:10

**Dry**

Dry throat in the morning on waking, with sticky mucous at the back of the throat that I couldn't dislodge. Dry throat not relieved by drinking or swallowing. Had this dry throat all day, but mucous left suddenly at 11am (for no reason). 10:30c:13:xx:xx

Dry throat on waking, feeling of sticky mucous as before. Increased thirst, not relieved by drinking water. 10:30c:09:xx:xx

**Mucous**

Much mucous, needs to be cleared but can't. Feels as though "stuck" in throat. 10:30c:08:xx:xx

At 9:00am I had a sensation as if an air bubble was in my throat – I want to either burp or throw up. 20:30c:06:xx:xx

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Sensation of a 'frog in the back of the throat. Thick tenacious mucous persisting at the back of my throat. > hawking. 6:30c:19:xx:xx

'Frog" in back of throat. It's the same symptom as experienced last week. Associated with tenacious mucous. Persisted for around 1 – 2 hours. > Hawking 6:30c:24:xx:xx

Mucous is running down the back of my throat. 4.20pm 4:30c:08:16:20

Mucous in my throat that is reddish white when I spit it out. 11.30pm 4:30c:08:23:30

I have mucous running down back of my throat. 4:30c:14:xx:xx

I am feeling mucus go down, fear feeling that was very different; it may be big and heavy, burning in stomach and throat. 4:30c:14:15:xx

Mucus during shower had bloody mucus. 4:30c:07:10:00

**EXTERNAL THROAT**

R neck gland has a lump on it the size of a pea. Not sore to touch. Can be moved around under the skin. 10:30c:00:23:xx

Gland in neck still swollen but feels bigger. It is a roundish lump, not adhered to bone or tissue because moved round on touch. Superficial. No pain. 10:30c:03:xx:xx

Glands under chin were sore to touch on both sides, but on the left the soreness radiated to the left ear. Pain was sharp and piercing when I ran my finger over the glands, but as soon as I stopped touching them, the soreness stopped. 10:30c:04:xx:xx

Back of neck, left side. Pimple developed in the middle of skin inflammation. 8:30c:15:xx:xx

**STOMACH****Pain**

I have stomach cramps at 8:30am. It is better once I have diarrhoea. 2:30c:03:11:30

Hunger pains and no time to eat. 12:30c:03:17:30

Acute tearing pain only lasted a minute, like I pulled a muscle while working. 12:30c:09:20:00

Feeling pain in the stomach. 4:30c:08:18:10

**Nausea**

On and off nausea all day till 4.00pm then continued queasy. I wondered if the nausea was from hunger, so ate and wasn't relieved.

*10:30c:04:xx:xx*

I feel so nauseous I almost don't even have a cigarette. This feeling is worse for eating breakfast. *2:30c:07:13:00*

I feel nauseous/sick with left iliac fossa pain. I am thirsty for water. I had a bit of diarrhoea and I just feel gross. Maybe I am hungry and I don't know it. I just want this nausea to go away. I feel like my clinical studies assignment has taken my vigour. I woke up this morning feeling really tired. Thinking of food makes me more nauseous. *2:30c:11:21:30*

I feel nauseous, I had diarrhoea twice this morning, so debilitating. It felt better after defecation. *2:30c:16:13:00*

Showering after my run, felt panicky, a bit nauseous. I've also noticed feeling bad about myself, quite contrary to my general disposition of late, both coming home from my run today and last night. *22:30c:00:20:4x*

I had a soy latte, now I'm nauseous, unusual for me as I love coffee. The nausea was much improved for drinking water. *12:30c:01:20:00*

1.10am Went to sleep with nausea. Woke up with it 6.40 hours later. (NS) *10:30c:02:02:10*

Feeling of nausea on rising, (6:40am) with a little flatulence, not relieved by passing wind. *10:30c:02:07:40*

3:45pm, Nausea returned. *10:30c:02:16:45*

Severe nausea after lunch, enough to not finish meal. Fasted until relieved by stool at 7pm. Nausea not relieved by food. *10:30c:05:xx:xx*

I feel sick. Nausea 5.56pm *4:30c:08:17:56*

**Vomiting**

I threw up in the shower at ~ 11:30pm. It was sudden and violent in nature. In the past it would be normal for me to do this however, I have not thrown up in months and it would normally not be so violent in nature. *20:30c:00:03:30*

At 4:30pm I had another shower as I was cold and couldn't warm myself. I threw up quite violently. It was acidic which is not normal for me – normally if I throw up it is watery with little discomfort. *20:30c:01:xx:xx*

At 7:00pm I threw up acidic again and continued to do belly burps for the remainder of the evening. *20:30c:02:xx:xx*

I threw up at 9:00pm. *20:30c:16:xx:xx*

I threw up in the shower at 8:15pm.

*20:30c:17:xx:xx*

After eventually being able to pull myself out of bed – I felt sick like I was on drugs. In the shower I threw up – and remained weak for the rest of the day. *20:30c:34:xx:xx*

**Eructions**

I woke at ~ 7:00am feeling very seedy. In the shower I was on all fours belching. This continued all morning only to a lesser extent. *20:30c:00:xx:xx*

At 6:45pm big belly burps again – I feel like I want to throw up. *20:30c:01:xx:xx*

I woke doing big belly burps that were acidic. I also burped during the evening. *20:30c:02:xx:xx*

I woke at 7:30am burping and dry-retched on brushing my teeth. *20:30c:03:xx:xx*

At 10:00am I felt like I wanted to throw up. *20:30c:03:xx:xx*

I wanted to throw up again at 3:30pm. Associated with sharp pains in my stomach, burping and sensation of real fatigue. *20:30c:03:xx:xx*

Esophagus 2 large eruptions -> relieved previous symptom in epigastrium, burping. *6:30c:00:01:00*

Esophagus A series of 3 large 'burps' with no pain associated. *6:30c:03:00:xx*

**Bloating**

I'm still a little bloated but not quite as much. Only a couple of little burps this morning. *20:30c:04:xx:xx*

I woke at 7:30am with a big bloated belly – I'm so uncomfortable. *20:30c:08:xx:xx*

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Some bloating, perhaps a bad reaction to the latte. [5.00pm] 12:30c:01:22:00

Bloating and lower abdominal pain all day, only slight. [11.00am] 12:30c:03:16:00

Bloating and general discomfort [12.50pm] 12:30c:03:17:50

General bloating of stomach prompting me to drink more water which does seem to help. [9.00am] 12:30c:04:14:00

Sore bloated full feeling in belly. 12:30c:11:xx:xx

Still some minor bloating not so bad as yesterday, yet uncomfortable. [8.00am] 12:30c:11:xx:xx

Some bloating not so much as before. 12:30c:15:xx:xx

Bloated sensation in my stomach as if I had eaten or drunk too much, although I hadn't had much to eat. No desire to eat or drink any more. < for eating or drinking. 6:30c:08:xx

The usual bloated, stagnant feeling that seems to be the OS. Had a different sensation one day in the epigastric area – sensation of fullness and aching in the stomach. 6:30:xx:xx:xx

**Sensations**

Heavy feeling, something moving with me. 04:30c:07:20:20

I had a sip of tea and it was hot and I felt it going down in to my throat and into my stomach. It was like it came from a height suddenly in to my stomach. 4:30c:10:08:45

**Gnawing**

Awareness of very slight gnawing, not particularly uncomfortable, just an awareness. 12:30c:14:xx:xx

**Emptiness**

A sensation of an empty/gone feeling in the stomach despite being well fed this morning - > relieved by two large belches. 6:30c:00:00:30

**Heaviness**

My stomach feels heavy. This goes away after stool, empty feeling had orange juice. 4:30c:02:22:20

My stomach feels heavy and hot. 4:30c:06:09:10

My stomach felt heavy and better after stool. 4:30c:07:20:20

Heavy feeling, something moving with me. 04:30c:07:20:20

**Thirst**

I am very very thirsty. My stomach feels like it is burning. 4:30c:10:04:50

**Milk**

Nausea feeling, no hunger no nothing desire, and had milk that is not suit me so. 04:30c:15:18:41

I feel nausea and a heavy feeling in my stomach, which is not good for milk. 4:30c:15:xx:xx

**Itchy**

My stomach feels itchy just under the rib area. 12noon 18:30c:12:xx:xx

**Food****Appetite**

It is unusual for me to be so hungry at 7am. 2:30c:00:10:00

1pm-6pm, Hungry all the time, eating a lot. No matter how much I ate, still hungry. (I think it's from walk day before). 2:30c:07:xx:xx

I feel hungry all the time, like there is a constant pit in my stomach. It doesn't help to eat and I have felt hungry the whole of today and yesterday. I have been eating constantly and nothing fills me. 2:30c:07:15:00

I must have been hungry as I ate and I feel much better. 2:30c:11:22:20

I'm really hungry but the idea of eating turns my stomach. 20:30c:00:xx:xx

Appetite reduced, often after working I'm starving, today I wasn't fussed on eating or not. [8.30pm] 12:30c:02:01:30

Appetite has returned. 12:30c:03:01:00

Very hungry with no thirst. 12:30c:04:xx:xx

No appetite so had a coffee instead of eating, not long after experienced some nausea, once again the nausea improved from drinking water. 12:30c:03:19:00

No appetite for food or drink. 12:30c:09:xx:xx

Ravenous, not enough food today, G made me a delicious dinner. 12:30c:15:xx:xx

Awareness of hunger. 12:30c:16:xx:xx

Still hungry even though eaten Lunch.  
12:30c:25:xx:xx

I felt hungry and ate a large amount of food and still I felt hungry and I had a great desire for sweets and ate 5 or 6 dates. 1.05pm Empty/hungry feeling, then had a big amount of lunch, still hungry after it. 4:30c:01:13:05

I am hungry and must eat. 4:30c:01:23:50

I ate too much. Just kept eating and eating and couldn't stop. 4:30c:02:14:30

I drank too much water at college today.  
4:30c:03:xx:xx

I am not hungry. 4.00pm 4:30c:05:16:xx

Awareness of hunger again. 12:30c:15:xx:xx

I have no desire for breakfast today. My stomach feels full. 8.45am 4:30c:10:08:45

Not hungry today. 4:30c:12:xx:xx

I do not feel hungry today. 4:30c:13:xx:xx

I feel hungry when I get home at 3.30pm  
4:30c:13:xx:xx

I have no desire for food or drink, nothing. Not eating well. 4:30c:15:xx:xx

I have no desire to eat. 4:30c:19:xx:xx

I ate a lot for lunch today and ate dates.  
4:30c:21:xx:xx

I am very hungry today. I ate two lunches and eleven dates. I even ate more after my friend left the room. I had to hurry and eat it before he comes back. 4:30c:22:xx:xx

I ate dinner four times even though I was not hungry. 4:30c:23:xx:xx

Hunger. Had big amount of dinner.  
04:30c:05:12:15

Appetite poor not as hungry as usual, didn't have a proper lunch just snacked. 12:30c:17:xx:xx

Eating only a little food. No cravings and no enjoyment. 4:30c:01:22:40

### Cravings

I am craving a big fat chocolate mud cake, it is 3pm and I am hungry. 2:30c:02:18:00

I felt very hungry today. I felt like bread, cake or chips. 18:30c:01:18:00

I feel like chocolate. 2.00pm 18:30c:03:xx:xx

Had to have some chocolate. 3.30pm  
18:30c:03:xx:xx

I felt like chocolate. 2pm 18:30c:07:xx:xx

I feel like chocolate again and ate some. 3.50pm  
18:30c:07:xx:xx

I feel hungry for chips and orange juice. 5pm  
4:30c:11:17:xx

Very strong desire of Lebanese sweets.  
04:30c:16:11:10

My stomach feels empty and I have a strong desire for sweets. 4:30c:16:xx:xx

Started having scrambled eggs instead of fried eggs – unusual. Had a few cigarettes inside flat.  
2:30c:06:xx:xx

Strong desire for chocolate. I couldn't stop myself. 10:30c:00:xx:xx

I feel better after having some chocolate.  
4:30c:21:xx:xx

### Thirst

Thirsty but didn't stop to drink. If I drank I would have to drink a lot at once. Throat dry and not relieved by drinking. 10:30c:09:xx:xx

### ABDOMEN

#### Discharge

At 2:30pm I had a sharp pain in my umbilical area – I'm still bloated. 20:30c:03:19:xx

At 1:30pm I noticed a clear excretion from my belly button. It was oily, sticky sort of like sweat. Every time I wiped it away it would return straight away – not to the stage of running down my belly yet almost immediately beading to the surface. My belly button itself was red raw and remained so for a few days. The excretion lasted a few hours. It was totally weird and freaked me out. 20:30c:21:xx:xx

## EXPERIENCE OF MEDICINE I

**Bloated**

I am so bloated and uncomfortable. Felt like I had swallowed a basketball. My pants don't do up. 20:30c:02:xx:xx

Bloated, gassy feeling in evening. 10:30c:07:xx:xx

Bloated/Stagnated sensation in G.I.T. with general discomfort. This is a sensation that I have suffered on and off for some time previous to the proving. Often it is associated with anxiety. C.S. 6:30c:09:xx

Bloated, nauseous and stagnated sensation in G.I.T. Consumed dinner late (9:30pm) and felt quite ill afterwards. Walked outside briefly then forced to lie down. > walking in open air. C.S. 6:30c:26:xx

**Pain**

Iliac fossa pain gone from when I woke up. Tiny bit there. Only realised now when I sat down hard. Cured Symptom. 2:30c:02:xx:xx

I have pains around my navel area that feel crampy and is better for passing wind. 18:30c:03:35:xx

Pain across middle of waist area feels like a cramping pain and is better when I pass wind and it happened after eating white rice. 18:30c:10:xx:xx

On waking I had a severe pain in the epigastric region that was worse for coughing, bending and breathing. 20:30c:01:xx:xx

The pain in the epigastric region has returned – worse for any movement. 20:30c:01:xx:xx

11:50pm sharp pains in the epigastric region only more to towards the spleen. 20:30c:02:xx:xx

Tearing pains in abdomen – like a pulled muscle. 12:30c:09:xx:xx

5.30pm Before I fell asleep on the bus, I had a quick pain, not severe, lasting about 20 seconds, around the umbilical area. It felt like something was getting stuck in there. 10:30c:07:xx:xx

Awoke to the sensation of tightness and contraction of abdominal muscles. As if I had done 100 sit ups the previous night. This symptom persisted for the duration of the day and that night. 6:30c:13:xx

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A localised pressive pain in Right Hypochondria (liver region) which lasted for an hour.

6:30c:13:xx

Felt a stitch near my liver while at work, it was brought on by leaning forward and straining while filling a tub of salad for a customer. It felt better for walking and then urination.

8:30c:02:00:xx

**Empty**

I felt an empty feeling in my lower abdomen after using my bowels. 18:30c:04:xx:xx

**Heaviness**

I have heaviness above the pubic bone as if I will get my periods today. 18:30c:11:xx:xx

**Sensations**

Felt a peristaltic-like motion in abdomen on and off all day, but it did not lead to any bowel motion. Finally relieved by stool. 10:30c:05:xx:xx

After breakfast felt gassy, like trapped air...farted all day. 10:30c:5:xx:xx

It feels like something moving in my lower left abdomen. It moves from left to right and is very noticeable. 4:30c:10:12:40

My abdomen is heavy like things are attached to it. Like I am carrying heavy stuff with me. 4:30c:10:14:09

I feel movement in the left side of my abdomen, like there was an animal in there, after I urinated. 2.24pm I feel something moving in my lower abdomen, may be any Animal. It made a noise. 4:30c:10:14:24

General sense of unwellness associated with G.I.T. 6:30c:02:06:xx

**Noises**

I hear noises in my abdomen that feels like strong rumbling, I was upset and feel some noises in the lower bowel 12.00 midnight 4:30c:00:00:00

Noise in abdomen 10.30pm Feeling noise, empty feeling. 4:30c:01:22:10

Crunchy noise in the abdomen. 4:30c:10:18:47



**RECTUM****Pain**

4.30pm, Had cramps before going to the toilet. Poo looked really weird. Looked like something attached to it. white, long, stringy bit attached to it. 2:30c:02:xx:xx

**Diarrhoea**

At 8.30am, Diarrhoea. Cramps beforehand, better for the diarrhoea. Lots of little pieces. Not that watery, but not that solid. Dark brown. 2:30c:03:11:30

Desperate desire to go to the bathroom lucky I wasn't with a patient. [diarrhoea] [11.30am.] Desire to stool with a sensation as if would get diarrhoea – but didn't – also assoc with bloating 12:30c:01:16:30

Diarrhoea, similar to the previous day. 12:30c:02:14:00

Diarrhoea with no associated pain. Awoke this morning with a strong desire to stool. Passed painless diarrhoea. C.S. 6:30c:02:21:xx

Painless Diarrhoea. Has occurred previously, especially after the bloated, stagnated sensation from the night before. C.S. 6:30c:10:xx

Forced to the toilet to stool. Diarrhoea. This helped relieve the abdomen discomfort, though not entirely. Still felt fragile and discomfort. Felt obliged to lie down and go to bed. C.S. 6:30c:12:xx

Had a bit of diarrhoea again this morning, felt better afterwards. Not very runny but quite urgent. 2:30c:04:13:45

**Blood**

I had a slight amount of blood when I passed my stool. 7.30am 18:30c:04:xx:xx

Spots of bright red blood on toilet paper with stool.(NS) Unusual. 10:30c:04:xx:xx

**Flatulence**

Extreme flatulence: gassy, continuous, not relieved by farting. Very smelly with a sulphurous smell. Stool normal. 10:30c:15:xx:xx

Very flatulent and gassy, continuous, not relieved by farting, very smelly, sulphur smell. Normal stool – lasted till day. 19 10:30c:16:xx:xx

Flatulence – more than normal, increased when walking. 8:30c:05:00:xx

Heard noise, and little bit pain. Until stool pass, it was normal and got relief after. 4:30c:01:09:30

My stool was loose and burning. 4.50am 4:30c:10:04:50

At 8:30pm lots of very loose stool. I had not been able to go to the toilet for the past couple of days. 20:30c:04:01:xx

I woke at 9:00am with an urge to go – I don't remember the last time I have done that. 20:30c:04:xx:xx

I was not able to evacuate fully. Had to go three times to empty fully. 10:30c:18:xx:xx

Droozy and upset, urine came with stool, motion was liquid, very burning feeling at the time of passing stool, very very thirsty and hot feeling had 3 glass of water. Very bad. 4:30c:10:4:50

**STOOL**

4.30pm, Had cramps before going to the toilet. Poo looked really weird. Looked like something attached to it. white, long, stringy bit attached to it. 2:30c:02:xx:xx

Am, after rising. Loose stool that appeared in long thin spaghetti strands (about 1/2 finger long\wide), and then turned watery and soft. Medium brown colour. Nausea remained afterwards. (NS) Unusual, because I usually have a bowel motion at night before bed. 10:30c:02:07:55

6.15pm (NS because usually have stool before bed) Stool was light in colour and yellow/greenish. 10:30c:04:07:15

Lots of faeces evacuated in a pencil like shape. 11.30am 18:30c:03:xx:xx

Stool consistency has changed since being on the Rx: it is less solid, more broken up. After having a bowel motion, five minutes later I had to have another one. Yellow, light tan in colour. No significant smell. 10:30c:08:xx:xx

Loose/unformed stool. This definitely seemed linked to the last symptom, last night. Abdominal symptom > stool. C.S. 6:30c:27:xx

## EXPERIENCE OF MEDICINE I

**BLADDER**

I wet the bed in the night while I slept.

4:30c:09:xx:xx

Yellow burning urine, the burning sensation lasted about half an hour. [12.50pm]

12:30c:03:17:50

My urine and stool came together and stool was loose and burning. 4:30c:10:04:50

**URINE**

My urine is bottle green in colour. 4:30c:14:xx:xx

Today I noticed urine colour was greenish. This happened just once. 4:30c:14:xx:xx

**KIDNEY**

Kidneys & Lumbar Back. A fairly intense congested, pressive pain in region of both kidneys. > For lying in knee to chest position.

6:30c:05:xx

**MALE**

Strong desire of sex. 4:30c:07:xx:xx

I feel impotent. I have no feeling, no sensation, numb. I don't want to leave the bed and also very very strong feeling of impotent man, flue and freezing head, lonely feeling. 4:30c:15:xx:xx

I have a heavy pain in my left teste that feels like it would burst and is better if I walk and worse for sitting. 4:30c:21:xx:xx

**FEMALE****Desire**

Increased sexual desire. 20:30c:26:xx:xx

Increased sexual desire all day. I felt that if I did not have sex I would die. I have never felt like this before. Also associated was a marked fullness/heaviness of vaginal area – also never had before? Both remained very intense until I actually had sex and then they went away. Muscles of pelvic floor felt swollen. They were protruding, like a fullness, something trying to get out. Never had this before. Like trying to push a basketball through a hole, something big, a fullness, could feel this, all the muscles were heavy and taught, so much pressure and fullness. 20:30c:27:xx:xx

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**Pre-menstrual symptoms**

Normal premenstrual symptoms are: mouth ulcer, pain in wisdom tooth, heaviness in lower back. For this premenstrual period mouth ulcer was smaller and starting to heal earlier, pain in wisdom tooth was less and there was no heaviness in the back. 10:30c:00:xx:xx

Premenstrual symptoms: Mouth ulcer back to its usual soreness and size. So improvement in premenstrual symptoms was only temporary.

10:30c:01:xx:xx

**Menses**

Period. 8am, Bad pain (constant, intense) in thighs, lower abdomen. < sitting, < standing, > lying down. Drawing down feeling as if uterus would fall out. Unusual to be this bad. Worse than usual. Lasted all day, gone by the next day. 2:30c:15:11:00

My periods started very slowly today and seemed thick and this lasted all day. 18:30c:14:xx:xx

My periods have now started to flow more, no headache or breast pains but the blood seems thickish and like mucous. 18:30c:15:xx:xx

Periods not as heavy today. Back to normal. 18:30c:16:xx:xx

No flooding overnight [unusual].  
12:30c:12:xx:xx and 13:xx:xx

Onset of menses (normal cycle) at 4.15pm. Unusual in that it was a slow onset, different colour – a light pink/brown, milky. No flow as yet, just spotting – so light it was only visible on toilet paper. Pain – not like the usual menstrual pain, but more like travel sickness. 10:30c:02:17:15

Menstrual blood is bright red and tenacious, with scant/light flow. (Usual flow is dark brown/red and heavy.) Very mucousy, sticky and stringy (NS), with no clots (NS), not free flowing as usual. 10:30c:03:xx:xx

Menstrual flow scant, stops and starts. Still awaiting full flow. 10:30c:04:xx:xx

I still have my menstrual period, which had tapered off, but has now re-started. Flow is still very scant, light in colour, sticky and mucousy. Feel as if it's sticking to the walls and not coming out. 10:30c:05:xx:xx

I got my period. I have bad pain in my thighs, bum, lower abdomen. I have had a drawing down pain/feeling the whole day. My period is heavy. It feels worse when I stand and better when I sit. 2:30c:15:11:00

Lower abdominal pain – very little bleeding.  
12:30c:11:xx:xx

Quite painful lower abdomen, now starting to bleed quite a lot, some clotting. 12:30c:14:xx:xx  
Some lower grade abdomen pain much less bleeding. 12:30c:12:xx:xx

## CHEST

### Sensations

My chest feels opened up tingling with elation. I am thinking happily and it is like there is an opening or hole in my chest. 2:30c:02:18:45

### Heart Palpitations

Palpitations as if my heart was jumping out of my chest. 18:30c:20:xx:xx

On rising – heart palpitations (ROS) < standing. > sitting. Palpitations lasted 2 minutes – restless, jittery, heart fluttering quickly. Made me feel as if I was trembling inside. Felt nervous and anxious with the palpitations. When palpitations went away, so did the feelings. 10:30c:02:08:xx

Heart palpitations again for no reason. Came and left suddenly, lasted I minute.  
10:30c:02:21:xx

Palpitations and silent heart beat, very bad.  
04:30c:12:14:10

I have a sinking feeling in my heart and palpitations when I take deep breaths.  
4:30c:14:xx:xx

Palpitation, not feeling good or comfortable.  
04:30c:14:11:40

I got palpitations with the fear, scared about magic things, discuss with my cousin, he massaged my head, I sleep. 4:30c:17:2:00

Palpitation in the heart. 4:30c:21:xx:xx

Palpitation in my heart after waking up thinking I was fighting. 4:30c:11:12:xx

I have palpitations (3 + + +) being alone in the house. 4:30c:15:11:55

### Heart Pain

I had a dull pain in my heart on and off.  
4:30c:01:14:15

### Heart Sensations

My heart has a sinking feeling maybe sadness and my heartbeat slowed. I feel a sinking.  
4:30c:09:11:03

It started to rain and my heart felt like someone had grabbed it like an orange and let go and then grabbed it again. This lasted for 1 hour. 2pm  
4:30c:12:14:xx

My heart is not relaxed today. 4:30c:12:xx:xx

I feel a crunching noise in my heart and bit pain, not hurting me but feeling was there.  
4:30c:21:xx:xx

Tense pain and some arrhythmia at 2:00am.  
8:30c:06:xx:xx

### Chest Pain

I have pain on left side of my chest going through to the back and is better for pressure. 4.29pm Pain at both side of chest sear to shoulder, upper ribs, start and goes to back, also feel eyes heavy. 4:30c:05:16:29

I have pain next to my rib in the zyphoid process area, which is worse, if I put pressure on it. It is not painful if I don't touch it. 4:30c:10:16:14

### Breasts

At 11:00pm I noticed something really strange, my right nipple was so sore. When I look – it appeared to have two lesions directly under the nipple – it hurt every time I move or wore a bra.  
20:30c:20:xx:xx

8.00am an awareness of sore breasts when descending stairs. 12:30c:02:13:00

Some awareness of breast achiness when going down the stairs, only in the morning.  
12:30c:03:12:30

### Burning

Chest burns a touch inside my lungs.  
22:30c:10:xx:xx

## EXPERIENCE OF MEDICINE I

**Itching**

My chest near my shoulder is itchy there is a lump on it. Feels good to scratch it and when I do blood comes to the surface and stays in the form of red splotches. 2:30c:00:16:30

Spot on shoulder, still there but not as itchy – slightly itchy. Not as red. Slight lump (inside). 2:30c:01:xx:xx

Itch on leg and shoulder all gone. Lump on shoulder completely gone. Still a tiny red mark where it was. 2:30c:01:xx:xx

I can feel small bumps under the skin, which are white, raised bumps, visible only in strong light eg in sun, feel rough to touch, on face and chest. Can scratch heads off, but this makes them red and inflamed. 10:30c:05:xx:xx

Bumps on chest and face have got bigger, and turned into whiteheads that are itchy and they become infected as I scratch them. 10:30c:07:xxxx

**RESPIRATION**

All morning I had the sensation as if I was not getting enough air – this was also associated with heart palpitations and tremors in my right hand. 20:30c:02:xx:xx

I feel suffocated – not enough air and I want to open the window 6.00pm 4:30c:20:18:xx

I am breathing normally when I talk but when I do not talk my breath makes a noise on inspiration as if too much air is going in. 5.15pm I notice that I am breathing with voice, enough air/too much air taking at the time of inspiration. 4:30c:09:17:15

Catchy dry feeling in throat, aggravated by full inspiration perhaps from being in speedy mode then going to slow relaxed mode which I needed to be in to massage. This feeling only lasted for about 10 mins. 12:30c:02:21:15

**PERSPIRATION**

Sweat on my forehead while telling this story. 4:30c:15:xx:xx

**EXPECTORATION**

9am, Hawked up some sputum this morning – very viscous (thick) yellow sputum with saliva around with lots of bubbles. Note: I don't get

colds very often, and I've never seen the bubbles before. 22:30c:07:11:xx

8.45pm, My yellow sputum was only 2 or 3 times this morning. Otherwise I've had mucous from my nose with all these bubbles. Different sized bubbles, from small to tiny. Clear, viscous (thick) discharge with many bubbles inside. 22:30c:07:23:xx

2.30pm, Today my cold seems worse than yesterday. Right nostril far more congested than left. Not as much runny mucous like yesterday. More snotty. Blow nose – clear or yellow discharge. If I spit it then it has the bubbles. 22:30c:08:xx:xx

Cold much improved. Snot much thicker – right nostril, less spitting. Still bubbles when I spit. 22:30c:09:xx:xx

Coughed up some very thick yellow (darkish yellow) phlegm this morning. 22:30c:10:xx:xx

I was washing my mouth, and there was saliva. I spat out reddish white mucous. Blood in white mucous. It frightened me. 4:30c:6:9:xx:xx

**BACK****Pain**

I feel joint pain in my left hip, lower back and leg. I feel stuck when I stand and it feels worse to stand. My body feels so tight and tired. My lower back is so sore. 2:30c:01:17:45

Woke up at 9am with pain between shoulder and neck. Nervy, referring pain. Felt like something was stuck. Lasted 3 or 4 hours. 2:30c:02:12:00

My back is so sore from sitting for so long doing my assignment. I am in constant pain. I know I need to sit less but I don't have a choice. My muscles are in a spasm, there is nervy pain down my leg. It feels better to lie down. 2:30c:10:15:00

My back is sore again – an aching, crushing feeling. It feels worse to move, sit or stand. I have pain at the back and front of my thighs. My period pain is worse than usual. I dreamed about so much blood (night before I got my period). I have a dragging pain in my left leg. 2:30c:15:18:00

My lower back is very painful on the left side near base of spine. (periods due any day) and is worse if I lie on my back. 5.30am 18:30c:11:xx:xx 9am, The back of my neck, up to occiput, down to between my shoulder blades feels stiff, sore, tight. I had this a bit yesterday, too. 22:30c:07:11:xx

Also had tight neck, etc. as above, most of the day. 22:30c:07:xx:xx

Upper back tension. Neck not as bad as yesterday. 22:30c:08:xx:xx

Upper back stiffness, awoke feeling like this, can't think what I have done to feel like this. Better for swimming. 12:30c:20:xx:xx

The upper back stiffness has reduced not as stiff as yesterday. 12:30c:22:xx:xx

Upper back stiffness much reduced. 12:30c:23:xx:xx

Neck was feeling a little stiff from sitting in the one place. 12:30c:27:xx:xx

Pain in my neck on left side that is dull and goes towards shoulder. 4:30c:03:16:xx

I have an aching pain, like a wave, on the left side of my back above my left hip. 4:30c:21:xx:xx

Sharp pain L back lower area, lasted 10 minutes, also noticed my tummy is quite big, very very bloated. 4:30c:21:15:xx

### Palpitation

Palpitation of the right side of the neck, like it is rotating. 4:30c:10:18:07

### Pimple

Occiput/Back of Neck (LHS) in hair line. (1 – 2) Noticed a large pimple again in the same location as previously. 6:30c:20:xx

## EXTREMITIES

### Restless/Clumsy

I can't stop moving my foot, I feel like I could just flip my shoe off over the balcony. I am so clumsy when I walk. I stumble from side to side like I am drunk. Eyes are half closed (obs). 2:30c:00:01:46

I knocked my elbow in the bathroom, ouch! Imagine actually breaking a bone. It feels better for cold water. I knocked my other elbow in the same place on a chair 5 minutes later. 6pm, Knocked my right elbow on the wall. It was really sore. At college. 5 minutes later knocked my left elbow! At same point on elbow – inside on bone. I was in a busy. Hyper – more than usual. I felt like was rushing around, high energy, high vigour. Both mind and body rushing. 2:30c:07:21:00

### Itching

Itch on lower left leg, lateral to and next to shin. Came on about 8pm. Gone now. Very much on surface of skin. Lasted 20 minutes. Very unusual – I don't get that. > initially for scratching, < now for scratching. Nothing visible. I feel so itchy and scratching doesn't help. It is so suddenly itchy. 2:30c:00:23:00

The palm of my right hand is very itchy. 18:30c:06:xx:xx

The palm on my right hand was very itchy 6.22am It was more itchy by 7.30am. Itchy again at 10.45 and still itchy at 11am. Something I have never had before. 18:30c:07:xx:xx

The palm on my right hand is very itchy and there is no visible signs on my skin. 18:30c:07:xx:xx

The palm on my right hand is now extremely itchy.(3) 18:30c:07:xx:xx

Right palm very itchy. (2) 18:30c:08:xx:xx

My right foot is now itchy and lasted few seconds and was itchy on and off all day. 18:30c:08:xx:xx

Right palm still itchy and no visible signs on skin. 18:30c:08:xx:xx

Right palm still itchy on and off all day. (2) 18:30c:09:xx:xx

Right palm still itchy and felt better when washing under cold water. 18:30c:09:xx:xx

Right palm itchy and feels better for scratching. 18:30c:10:xx:xx

Right palm itchy again. 18:30c:10:xx:xx

Feel itch on my leg. Just to one side of my left shin bone, half way down. 22:30c:00:00:5x

## EXPERIENCE OF MEDICINE I

Interesting that I also have had the itching at the ankles. Inside of the ankle and right round the bone and joint and instep. Very intense and only lasted a day. *16:30c:xx:xx:xx*

Itch under right heel. Scratching gives no relief. *10:30c:06:xx:xx*

Itching between fingers on both hands which lasted for over an hour. < for scratching *6:30c:07:xx*

A fairly intense itching sensation localised to the ankles and up the front of the shins prior to going to bed. Brief presentation of small lumps papules upon scratching. Lasted a couple of days. < for scratching. *6:30c:06:xx*

This is the same itching sensation on the front of the ankle as experienced several days previously. *6:30c:15:xx*

Itching between fingers on both hands which lasted for over an hour. < for scratching *6:30c:07:xx*

A fairly intense itching sensation localised to the ankles and up the front of the shins prior to going to bed. Brief presentation of small lumps papules upon scratching. Lasted a couple of days. < for scratching. *6:30c:06:xx*

**Lump**

9.30am, Lump on right forearm. Almost like a scratch over it. Like a brown line that goes a bit over it. Discovered it in bath now. Red. Bit of a lump under skin, not itchy. Near wrist, on top. No sensation, a bit sore if I push it, like if you push a gland. Lump is tiny. Line goes towards wrist. *2:30c:06:12:30* and *07:xx:xx*

Upper inner thigh of right leg; huge pimple. *8:30c:13:xx:xx*

**PAINS****Tingling/Numb**

At 6.15pm, pain in right leg at top (thigh), like a band all the way around (circular) – a tingling numbness. I've felt it somewhere else in my body, possibly back of neck. Lasted about 1 hour. > lying down, < walking, < sitting. *2:30c:02:21:15*

I have a dull, heavy pain down my right leg. I have had it for most of the day. I know my disc in my back is still pressing on my nerves. The pain is

numb and diffuse. Walking and sitting makes this pain worse. *2:30c:09:16:30*

I woke up with a nervy, throbbing internal pain in my left leg. It is near my ankle at the bottom. It feels like it needs to be rubbed to get the blood moving. Feels veiny. Walking may help the pain. *2:30c:10:11:30*

**Sharp**

All afternoon and evening I got a sharp pain in my biceps/delts on raising my arm. L arm. *20:30c:08:xx:xx*

I woke at 7:30am – I still cannot lift my arm. Sharp pain in shoulder joint as well as muscular/nervous pain. In the same place and in the joint. *20:30c:10:xx:xx*

I had pain in the front of my left shoulder that last for 10 minutes and it was hard to lift it up and it felt heavy. *18:30c:06:xx:xx*

Left arm stiffness, no swim and a busy day. The stiffness is making it difficult to lift my arm above my head, especially first thing in the morning. *12:30c:01:04:00*

Left arm pain – noticed it when I lifted my arms to wash my hair, almost couldn't lift it, not enough swims. *12:30c:14:xx:xx*

At 1.55am, right elbow is sore. A sharp ache. 'Stinging'. Feel it more from pressure and movement. *22:30c:00:04:18*

At 6.45pm, My right elbow is burning again, a bit achy in the elbow joint. I've been leaning on it. *22:30c:00:21:08*

9pm Sharp pain in right lower leg – like pin pricks. *10:30c:21:xx:xx*

**Stiff/Tightness**

Left calf tight after doing aerobics tonight. *18:30c:09:xx:xx*

My right hamstring feels tight when I walk after getting out of bed. *18:30c:10:xx:xx*

My hamstrings and shoulder are so tight and sore. *20:30c:05:xx:xx*

**Aching/Burning**

Aching feet, perhaps two days of heels on tiles is too much, like a burning ache much better for lying down. *12:30c:05:xx:xx*

Achy legs nearly all day, didn't help that I had to stand up all day. *12:30c:11:xx:xx*

Still some aching even though day 2 of menses. *12:30c:11:xx:xx*

Awareness of wrist achiness, from massaging, also the day is humid *12:30c:09:xx:xx*

Sore shins from walking so much. *12:30c:16:xx:xx*

Left arm pain much better for swimming. *12:30c:16:xx:xx*

Sore feet and shins from standing walking. *12:30c:18:xx:xx*

Burning feet, felt great changing into my hiking boots. *12:30c:18:xx:xx*

Awareness of muscular pain at the attachment of muscle to the shins. *12:30c:18:xx:xx*

Shins felt better after flippering – more stretched. *12:30c:20:xx:xx*

### **Cramping**

Incredible, very strong cramping pain in the groin – as if the ligaments/tendons were about to contract to their fullest extent and removing all power from my leg particularly when walking (left) NS. This aggravated my OS of left hip arthritis. Lasted one week. It would grab me at unexpected times. Marked physical symptom. Left leg only. *16:30c:xx:xx:xx*

Cramping in the legs – mainly the calves. *6:30c:04:xx*

Vague sensation as if the right leg were cramped down lateral border. This sensation arose after sitting awhile, when previously I had been on my feet most of the morning. *6:30c:05:xx*

Left hamstrings, cramping < running. *8:30c:12:xx:xx*

I have pain in my shoulder which seems to move, its next to neck area, sort of moving *4:30c:01:12:30*

Feeling pain at thigh, also feeling sleepy and a pain in my calf. *4:30c:04:17:23*

Felt a strong pain during sprinting after a soccer ball in my left hamstring, collapsed while running to avoid any further strain. Seemed to be unusual sensitivity, but I hadn't been doing

much fast and strenuous exercise over recent years. *8:30c:05:00:xx*

### **SENSATIONS**

#### **Tingling**

Left elbow. Felt tingles, sensitivity. *8:30c:04:00:xx*

#### **Heat**

My body feels hot to touch on my arms and hands 5.10pm *4:30c:05:17:10*

#### **Heaviness**

Sensation in legs as if period may come or possibly ovulation – drawing/heaviness sensation. *12:30c:00:xx:xx*

#### **Tired**

My thighs are tired in the hamstrings. There is tension on the left thigh at back when I stand. Muscle tired when put foot on the floor, feel tension just only L leg. *4:30c:09:xx:xx*

Feeling a little sluggish in legs after working all day, but not as bad as usual, and still none of the usual soreness. *10:30c:03:xx:xx*

My hands feel tired and lazy. 5.10pm and a loose palm and also a headache, sort of pressure. *4:30c:05:17:10*

#### **Weak**

My left knee gave way while I was standing and it felt weak. *18:30c:04:xx:xx*

My left knee is feeling weak and gives way while I am standing. *18:30c:05:xx:xx*

Difficulty in extending foot to accelerate when driving, right foot, felt like it was paralysed, I had been running and kicking a ball (with right foot) before this. *8:30c:12:xx:xx*

#### **Swelling**

My wrists feel swollen, also my ankles. Very busy day, *12:30c:01:01:00*

Some wrist soreness over yesterday and today. They feel swollen. *12:30c:07:xx:xx*

Both wrists and ankles swollen. *12:30c:08:xx:xx*

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Sore wrists swollen feeling some nerve pain, like pinging both wrists, of course aggravated by giving massage. 12:30c:08:xx:xx

**Discolouration**

Blue discolouration from knee to half way down inner shin. Sore to touch. Looked like a line with two round spots on it. One spot a bit bumpy. 10:30c:07:xx:xx

Noticed bilateral bruising, like two thumb marks on back of upper thighs, exactly the same spot and size. Light brown colour. Can't remember bumping into anything.

10:30c:09:xx:xx

Lots of bruising on legs and arms, but don't remember hitting or bumping myself. Some bruises are dark brown, others are grey.

10:30c:24:xx:xx

**CHILL**

Freezing to the bone. Palms clammy. Feet like a cold sweat. Felt wind all round me. Felt cold, fevery, cold sweat. I noticed all the movements of the air conditioning. Air conditioning seemed to go right into the bones. Couldn't get enough clothes on, but still sweating. There was always a gap where wind could get in. Cold, getting under skin. 10:30c:02:xx:xx

**SKIN****Spots/Pimples**

A few more spots than usual over last few days. 12:30c:07:xx:xx

I can feel small bumps under the skin, which are white, raised bumps, visible only in strong light eg in sun, feel rough to touch, on face and chest. Can scratch heads off, but this makes them red and inflamed. 10:30c:05:xx:xx

Bumps on chest and face have got bigger, and turned into whiteheads that are itchy and they become infected as I scratch them.

10:30c:07:xx:xx

The presence of two large pimples which are sensitive. Pimples of this kind are a very seldom occurrence for me. 6:30c:04:xx

Left Occiput & LHS of Neck under ear. The presence of two large pimples which are

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sensitive. Pimples of this kind are a very seldom occurrence for me. 6:30c:04:xx

Occiput/Back of Neck (LHS) in hair line. Noticed a large pimple again in the same location as previously. 6:30c:20:xx

**Colour**

My skin seems darker on my face only, the feeling that I have got dark colour, skins got dark! 4:30c:01:xx:xx

My skin looks yellow. 4:30c:12:xx:xx

My skin looks darker. 4:30c:14:xx:xx

Colour on my forehead is yellow like a band. 4:30c:21:xx:xx

I think my skin is darker 4:30c:21:xx:xx

**Itching**

Still feels itchy all over but not as much. 8:30c:14:xx:xx

Lying watching TV. Felt itchy in various parts such as the toes, ears, neck, inner thighs, head, became more itchy after hot shower. Itching all over. More sensitive to things. The hair on my skin. Fingers and ears much more propensity to itch. 8:30c:00:06:30

General itch all over (this occurred through much of the proving). 8:30c:03:00:xx

Sensitivity to my own body hair, this relates to the general itch. Other particular areas noticed – back of the head, back of the thighs, forearms, shoulders. 8:30c:04:00:xx

The skin on my abdomen feels very itchy, especially around the navel and on front of my belly and it lasted a few hours. 10.30am.

18:30c:02:31:xx

**SLEEP****Position**

I went back to sleep at 7am and I realised that I needed to sleep with 2 cushions instead of one. 2:30c:00:10:00

**WAKING**

Waking up early with a fright, or from a nightmare. 2:30c:08:11:30

I awoke at 3.45 and felt not drowsy. My mind



was active. I had restless sleep in the night. Woke 2 x. Active feeling, feel more active and a state of restless sleep. 4:30c:01:xx:xx

I woke at 4.45am feeling fresh both mentally and physically. 4:30c:03:04:45

I woke up laughing that I haven't got green shoes. 4:30c:03:xx:xx

Something woke me, a noise, a dream. I was very restless and did not get enough sleep. 4:30c:09:01:15

Woke up couple of times, did not get enough sleep, 2 times had shower because of urine pass during sleep. I feel very much shocking and fear. 4:30c:09:xx:xx

Restless. Woke up two times in night. 4:30c:13:xx:xx

### **Sleeplessness**

I couldn't sleep. I was awake till 3am and felt very anxious as if something bad would happen. 18:30c:21:xx:xx

Some difficulty falling asleep as busy mind. 12:30c:02:04:30

Difficulty going to sleep from an active mind. 12:30c:13:xx:xx

Sleeplessness – alert difficult to go to sleep – alert not worried. 12:30c:14:xx:xx

Restless sleep tossing and turning from alert mind. 12:30c:16:xx:xx

### **Sleepiness**

I slept until mid afternoon – I'm so exhausted. 20:30c:31:xx:xx

I slept until mid afternoon – I'm so exhausted. 20:30c:32:xx:xx

I slept until mid afternoon and then climbed back into bed 2 hours later for another 3 hours – I'm so exhausted. 20:30c:33:xx:xx

I slept until mid afternoon – I'm so exhausted. 20:30c:34:xx:xx

Slept 11 hours! The most for ages – 12.30am till 11.30am. But the night before I stayed up till 3am. 22:30c:02:14:xx

Big sleep in today, planned to go to the pool, slept in till 8.30am. 12:30c:01:13:30

Another big sleep in some feelings of guilt, laziness. 12:30c:01:13:30

Strong desire for sleep. 4:30c:01:16:23

I feel very sleepy. 4:30c:01:16:23

I have a strong desire to sleep. 4.45pm 4:30c:14:16:45

Very strong desire of sleep. 4:30c:14:15:45

### **DREAMS**

#### **Theft**

Someone at work stealing my water bottle out of the fridge. 18:30c:02:xx:xx

#### **Open Spaces/Robbers**

I had a dream that my flat got robbed. My flat was high up. It took me a while to realise that everything (video recorder?) was missing, was gone. I was so upset and afraid. All the windows and doors were completely broken down, someone had smashed them down. I called the police, I was petrified the robbers were in the house, they presumed it was a male thief but then 4 girls showed up and it was them. They were really scummy and they were ex-convicts. Scraggly hair, tatty clothes, dirty, scumbags! Underhand convicts. The police knew them because they'd been in jail before. (The flat was high up. All that could be seen through where the windows and sliding doors used to be was sky). There was glass on the floor, broken but the panes were cleanly gone from the frames. I knew that they had done it. I told them that it was okay and that they should go because I wanted to avoid a confrontation with them even though the police were there. They were ex-convicts; really scummy looking and the police knew them. 2:30c:03:11:15

#### **Robbers/Violence**

There was a couple and they took my assets and tried to kill me. In the dream I know all things – I know what is going to happen. I woke up in the middle of the dream and felt safe, suddenly I woke up and happy feeling, (today I am very relaxed, anxious about work as before work, to day I am much more relaxed) better from talking with supervisor at Glebe. 4:30c:01:xx:xx

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**Family/Robbers**

My aunty and her 1-year-old daughter came to the petrol station and I was scared that the daughter might press buttons at work. I then saw a gray car reversing into driveway and I was scared that I would be robbed and I told my aunty that I might be robbed. Then the car came close and I realised that I would not be robbed as there was a baby in the car and the driver was concerned about the baby and that is why he drove in backwards. *4:30c:13:xx:xx*

**Open spaces**

Pictured a spaceship in my mind like in Star Trek, being built in space by robots. Thoughts of how it would take years to be built and was an alternative to building things on a planet. This was an unusual dream for me. It was a thing right in the middle of open space. *8:30c:01:00:xx*

**Family/Open spaces**

Pictured my Grandad (who had recently recovered from life-threatening diseases i.e. pneumonia, golden staph) walking into a family gathering with a plate with a candle in the middle with various medicinal plants in small pots around it. The room was in a small building surrounded by plants and trees and sunshine. I also had thoughts about riding a bike around the streets and bush trails. Open spaces.

*8:30c:01:00:xx*

**Open Spaces**

There are lots of boys and girls singing and dancing in an open area as if celebrating something. I am singing on my own, some of the guy's request me to sing and the boys want to sing with me. After one or two stanzas I woke up. *4:30c:04:xx:xx*

**Carrying bags/brief cases/cane chairs/  
big things**

I had a dream about a hotel. There are so many different rooms and two different hotels. I was wearing these smart clothes, sort of like black clothes I laddered my black stockings as they got caught on the top of the escalator. I couldn't decide if we should fly or train back home or fly back. H was carrying my bag (like a gray sac, not

closed properly) and all my audio cassette tapes were falling out the top because it was heavy. I am waiting in cane chairs, there are cane chairs everywhere. Next I'm following my mum and sister into a building. Then I saw a guy outside the hotel (at the entrance of the building) and he was going crazy, I can see a young guy going crazy at the entrance of the hotel, he is screaming. I calmed him down by giving him some ice cream sometimes from my mouth, I thought to myself... sex always calms guys down. The guy was youngish, tall, blond hair, in a t-shirt (possibly white with pictures on it). He calmed down. I remember thinking, 'sex always calms guys down'. I realised I left my two black brief cases in the restaurant. I am worried that they will get stolen. I went back to get them, people are sitting in cane chairs next to two big huge chickens – they are roasted with no heads and they are the size of humans, but when I get close up to them I am not sure if they are chickens anymore. The big chickens are sitting on the couches next to the humans listening to their conversation. They are a brown colour with rounded shoulders, no heads.

The next thing I'm in this white van on a hill. D was in a white van behind me on the hill. He started his van to go, rolling forward, he couldn't put his brakes on. D's white van nearly went into our white van. We were on a hill. He started his van to go, rolling forward, he couldn't put his brakes on. He almost hit me but I moved out in time. I felt very rushed, I had to move quickly or he'd run into me. We drove out of the way just in time.

It is D's birthday and it is raining. He wants me to go outside in the rain to have photos with him. I look at all his friends from the window above, looking down on them. I don't know any of his friends in this dream, although in real life I do. D wants me to go have a photo with him in the rain. I am reluctant but I go anyway. Next I am in bed with T. T wants to hug me in bed. She asks me if I'm wearing panties because she doesn't want to hug me if I'm not. She says her breath smells. I say that I don't mind and so we turn over to hug. D is now in bed next to me and he has a problem with his back (true). I don't want to have sex with him. He thinks I am physically dead and not passionate (true).

F is in the other hotel like a flat (The first hotel was high rise with escalators, very fancy, lots of red and gold, shiny things). This second hotel was cream, pastel colours. I was looking for Fiona in this hotel but I went to the wrong room. I realised it was the wrong room so I went out and then I saw her through the window of the room she was in, in the other flat. They were separated into 'flatettes' by green grass, trees, very tranquil. I went to go speak to her. I first went into the wrong room but then I saw her through the window. She was so healthy and energetic. She was wearing a light blue tracksuit. She had been going to yoga and jogging. I feel so disconnected to her because I have been out the whole time. I had been doing so many other, different things like going to parties and seeing guys. I found a lot of these things from my dream were true – D's words, feeling disconnected to F, D having a van, tapes fell out of bag. 2:30c:00:14:20

### Large Rocks

I had a dream that L and I were sitting on very large rocks – they were meters and meters and meters high that floated on water. The rocks had like green fungal growth, like sea colours on the parts that went in; the rocks were like a sandy white colour; they were quite rugged. Wanted to be close to land. Once we were sitting I felt safe again. All the rocks were on water but before the rocks there was just normal land. It was kind of chilly, not that hot. I tell her not to shave or wax her face (a case from naturopathic clinic – a girl had facial hair and she said it gave her a complex with men) just to impress guys. I am afraid to step onto the very big rock as it is rocking back and forth on the water far below. I feel anxious and I experience vertigo. She mustn't change herself for a man.

I am giving W a lift home. I am driving down a mountain and it was really high up, cars were going quite quickly and I had to take a really quick left turn. This thin, light-yellow path – I had to take a detour into that to stop. It was scary because I had to do it quickly. This area is very familiar. I have to turn off the road into a path of cornfields so I can drop him off. It is dangerous as the cars are going fast down the hill. There is a lot of green. There is a thin white path to the left.

G picks me up in his arms and tells me he wants to buy me flowers. He is very happy.

2:30c:02:10:00

Observation; A lot of my dreams were places where there was a roof but no windows or walls or doors, but I consider this to be inside. All my dreams are about being high up somewhere, rocks, staircases, sheets, escalators and two mountains.

I had a dream that I was watching cricket on the stairs outside. I was sitting on stairs by a big field, outside. I had a choice of going inside (under cover – but still open at sides) where there were a whole lot of people sitting at long benches, all in single file. It was a very hot day (in the sun). Now the people that were sitting under the cover, they were posh, upper-class, and there was a girl in there wearing a big, big, big red hat, I looked at the pavilion indoors (under a roof but open on the sides) where all the other people were watching, they were all dressed up. They are wearing big hats (one girl has a red hat). They are all drinking tea and they are all using different cups.

I had the choice to sit with the rich, snobby people or the normal people because I could have been either. [The normal people on the stairs] in relaxed clothes, not dressed up. When I sat down I sat down next to this girl I imagined was from my primary or high school. She had orange hair. She kind of said, 'hi', because she didn't want to be rude but she wasn't overly friendly or anything. I think I probably knew more people that were under the cover, didn't know that many not under the cover.

Now the place I'd come from before there were these guys there, I'm not sure if they were my flat mates or what but they had asked me to find them some food and that's how I'd ended up at the cricket. C (from school days) is playing cricket with a newspaper wrapped around his head, he is smoking two cigars which are stuck in his mouth burning away. The cigars just stay in his mouth the whole time as the game continues. I ran up to him to tell him that it looks like he is wearing a helmet. He got a bit put off his game after my comment, I think I distracted him. I was very comfortable and familiar with the environment, that's why they

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asked me and that's why I could have sat with either group. They pointed at these two cups behind them and said, 'is that ours?'. The cups – like glasses – were in the shape of a cone and had a pink or red stripe on them. The cups had some coffee in there but looked cold. Then I looked under the pavilion area. Every person there had a different mug and they were drinking coffee and tea and stuff because you could get it for free. The other guy I was staying with before I got to the game had sent me to get food for him (cheese), so after the game I went inside the pavilion to get food from the freezer. The other guys on the stairs who were sitting next to me also wanted coffee but it looked like all the cups had been used. The batsman [with the newspaper helmet] batted the ball – like a tennis ball – and it wasn't the best, he still looked a bit distracted, but he could still play. I didn't really care because the game wasn't that important to me. When the game was finished I went inside where the dressed-up people had been sitting, it was kind of empty now. There were 3 people there. One was standing by the fridge and organising food or something. I went to the freezer to find some food for the people at the start of the dream. In the freezer was all different sized pieces of cheese. I chose a medium sized piece. There was also a sliced chocolate pastry cake with a couple pieces already taken. The cake was very flat. It looked pretty gross. I remember getting some cheese but it was frozen, and a sharp knife and one other thing which I can't remember. I was carrying 3 things.

The guy with the newspaper around his head was sitting on a chair next to the fridge, next to another girl, also on a chair. They were facing each other. He was complaining to the girl about the girl he'd just had. But now he looked different – he had freckles, his hair was orangey-ginger and his skin was different. He was still big and he was really sweaty. I went up behind him, to his right side, and I put my hand or arm on his shoulder and the pain he must have had in his shoulder or arm came into my arm – through my hand, up my arm and into my shoulder/neck. Nervy pain. [*Same pain prover had when she woke up later*]. I told him to stop and he pulled away. It was sore in my shoulder.

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He said, 'I got your pain, too.' Then I started walking back to give the food to the guys and it's like I was walking through a maze, heaps of construction – things half-done – a lot of black in areas. It was now undercover. Somewhere to my right was a huge drop, all artificial, plants at the bottom. It was as if it was New Years' and there was a party going on. A big white sheet covered the drop [in line with the floor]. Tied on with some rope. Sheet [white] dirty, has graffiti on it. Black graffiti and dirt marks. Two little girls lying on this sheet. Me and this girl who were walking at the same time as me shouted and told them to get off. I took the one little girl and showed her the drop with the plants on the other side and said you could fall if the sheet doesn't hold.

I'm outside again, I have to get down this hill. These two men had made these black stairs. Between each stair was rope. They were leading people down the stairs. I was impatient and didn't trust them. They were adjusting the stairs for each person, making the rope slacker or tighter. There was a sign saying rules, 'you have to wait 25 seconds for the next person to get on' and other rules. All different numbers, most of them 2's. There was a queue of people. Some were cooperating, others were taken aback as I was. I asked the guy if I could just crawl down the hill, 'I promise you I'll go really carefully', etc. (The hill didn't look as big or as much of a problem as they made it out to be. But the guys were really serious about it. The hill had low bushes, all different yellows and greens, possibly thorny.) There was only about 4 or 5 stairs. There was one guy halfway down the stairs, another guy at the bottom. I had asked the guy at the bottom. He said no. Then I was there going down the stairs, and F was beside me. Irene was saying we mustn't trust the men's judgement and we must tell them what our measurements are and whether they must pull it tighter or give it some slack.

Note obs: T said, 'many themes of being high up – mountain – drop – hill', 'also big escalator/staircase, the rocks on water were very high up', 'also when walking through building'.  
2:30c:02:12:00

I dreamed about being in South Africa, I am really drunk (same out of control, wooshy

colours) and I have to reverse park my car. I don't know how I never hit another car as I am very, very drunk. I'm driving past some cars that are parked. I notice a black man walking on the pathway and I'm quite wary of him. I pushed the lock button to lock all the doors in the car but instead I opened them all by mistake. A black man opened the door of the car and I was so terrified he was going to attack me 'what am I going to do? what am I going to do? I woke up. Drinking milk calmed me down a bit. This dream woke me at 6am.

I am at a house in South Africa, I am so tired that I have to lie down on the floor and because I am so tired I can hardly say good-bye to anyone. They left my salt and vinegar chips at the restaurant. A girl at the restaurant commissioned me to paint a picture for her, she described the blue colour she wanted me to paint for her (it is the same colour as the starry night one below). This girl was waiting at a table outside for her lunch with another girl who had to use my serviette to write on.

I am told to play a computer game, at first I say I can't play and I don't like these sort of things but the teacher says that I have to so I start playing. It is on a big screen with good graphics. I'm a plane and I say I don't want to read the instructions so I figure out the controls really quickly by myself. I am a plane and I can fly, shoot, go fast or slow, up above the clouds and then down to earth. People are watching me play this game and now I am more confident. I fly and I start shooting this ship in the air and I can turn around and keep shooting – the screen doesn't keep moving forward without me. It's great fun and I love this power. I get approval from people around me.

I am with my mother at the cottage (again there are no windows doors or walls) and the weather is SO HOT. We sit down and she is telling me that I make excuses to my friends and tell lies because of my fear of confrontation. I am a little bugged with her. I don't want my friends to come down to the cottage. I feel guilty. I am quite bugged/irritated with my mum because she's saying I should have invited my friends over and I lied to them because I didn't want them to come there. Felt guilt. It starts pouring with rain and I have to lift my bags (black) off the floor

incase the rain seeps in (as there are no doors or windows). Two big fish are playing in the water that surrounds the house, the water is calm. Fish: quite big, nibbling at each other, swimming around, they are pinkish colour. I think of swimming as I figure the water must still be warm (even though it is now raining) because of the incredible heat. The 2 big pink fish put me off swimming so I go into the kitchen and there is food half eaten all over the place e.g. mango. I mention to mom that dad is such a slob and how D is the opposite. I am then SO THIRSTY I try and get some water to drink from the sink but the sink is filled with sand. I can pick the water up and dry and drain the sand out and I do get a tiny bit of water and drink it even though I know I didn't get all the sand out. Under the layers of sand I find some Barbie dolls (my sister is now with me at the sink) and toy Barbie babies too. I take them out planning to play with them later even though they aren't pretty Barbie's. I then look at the cups and a little picture of windows and say that I want to paint the cups and picture again. There's a little picture of windows (and drawing of windows) and it's pasted up on the wall. The picture is blue, like the colour of the sky on a starry night with a bit of purple. The colours on the cups are dark, the cups are rugged clay, pinkish or navy colours – basically shit. I want to paint them blue like the colour of the sky on a starry night with a bit of purple. S doesn't want me to change the cups in any way (I think it is because he doesn't realise how gross they look) but the 'big boss' in charge of the props for the Barbie's (my dad) hears my new ideas and says I can go ahead with them.

The next dream: I dreamed about W, my sister liked him. A group of us was going to go skydiving; it was all very rushed and spontaneous.

I am in my flat. I am very ill and very hot as I have a fever. I pull my top up and look in the mirror. I have spots all over me (like chicken pox or measles). I go to show M and she has some too. The spots are all over my trunk (none on my legs or arms). I am quite paranoid and everything is quite blurred and active. I turn M and W and a whole lot of other people into black birds. They all fly out the sliding door/window.

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I see them all spreading out in the sky but they all stick together as birds do. I look with my binoculars to see W and my sister kissing with their beaks in a tree. They all fly back and turn into people again. I am so angry with M and W because I am supposed to be with W and M knows that I like him. I shout at them a little and then I ignore them, they don't care that I am angry. I am so very hot and I can't cool down. I go to the bathroom to throw water over myself, I wet my clothes too but that doesn't seem to help cool me down. My spots are red, sore, intense and itchy. G lifts his top up and shows me that he has spots too.

**Drugged**

Also dreamt, there's a whole group of us that want to go skydiving. It's all very rushed and spontaneous but we don't end up going in the end. Then the next thing these people are at my flat and W and my sister are here. I am very sick, very hot, got a fever and I lift my top up and look in the mirror. I have spots all over my trunk like chicken spots [sic] or measles. I get quite paranoid that I'm so sick. Then everything is quite blurred and active – that same fucked up feeling in all the other dreams but now it's not because I'm drunk or stoned, it's because I'm sick. I turned my sister and W and these other people into black birds and they all fly out. My sister and W go into a tree and I look with my binoculars and I see them kissing with their beaks. They all come back and turn into people again. I am angry at my sister and W for being together because my sister knows that I like him. But they don't care that I'm angry. I'm so hot, I can't cool down. I go to the bathroom to throw water on my and I wet my clothes but it doesn't help. My spots are really red, itchy and intense. Like measles, but heaps and heaps of them, nothing on my arms and legs. (Almost expected to wake with spots!) Then I see G and he lifts his top and he has spots too!

2:30c:04:09:00

I was watching a child with long blond hair walk down the hill in the street at night to go home. She was walking home. I became worried that something bad may happen to her so I got the car and drove her home. This other boy had followed her and he wanted to get into the

house. I was really paranoid and felt like I had to protect her. I ran and shut all the doors and windows. I locked one layer after the next and every time I looked there was something else to be locked. It was frantic and desperate. I knew the guy was a psycho and he wanted her sexually. The guy was quite young – 16 or 17. Short (bob-style) blondish hair. 2:30c:05:11:00

**Drugs**

I am at a party and I have to go to clinic soon but I am stoned/drunk or on drugs. I am meant to go to clinic from 1-6pm but because I was so wasted I only realised at 6pm that I hadn't gone there yet. To be 'fucked up' feels like not focussed, not responsible, everything's a bit blurry, a drug-fucked world. I say fucked so much because it's terrible. Everything's fast and there's colours. If you look quickly it all blurs. Like being drunk but more mental (psychedelic). Blur: I can see everything properly but it's all wooshed, like confusing, disorienting. Out of control. Then I got a bit freaked out because I'd missed the whole of clinic. B walked in with another lady. I quickly got changed. They were like sergeants – the hardness, stoneness, strictness (represents the whole world of responsibility and perfection). I ran up to B (she was wearing a smart gray suit/uniform) and pleaded for her help. I told her my back was sore as it was sore in the dream (it was really sore in the morning when I woke up too). She kind of ignored me and other lady asked me what was in my brief case. I laughed and said I have a bag not a brief case. I knew that she was thinking that I had drugs in my bag. I felt a bit pissed, like 'f\*\*• her'. I didn't have any drugs in the bag. She started pushing on my back on the painful part and she keep pushing and said: "it doesn't feel like it is sore" and it was so sore when she was doing this. She was very forceful and hard. My spine was pushed out (like when I hurt it before). She kept pushing and I said really loudly: "get off me!". (I was initially scared of confrontation but then fear left and I took over). I said it so loudly, with so much anger and fear that I woke up saying it. I was really freaked out and afraid, it took me a while to calm down and I felt really vulnerable and violated.

Next dream: I was with a medical student and

he had to look in between the legs of a pregnant woman. This woman had to have a cat scan. In the room where she was having this there were 2 dogs. One really big dog kept jumping on me and licking my face. I was a little weary of the beige dog's power as it made me feel like I wasn't in control. The other dog was smaller covered in big freckles – also a light brown/beige colour. The little one didn't jump up on me.

Next dream: I am in a house with my mother and sister. My mother is hitting/smacking my sister. Her face was pushed against a glass window (I was inside and they were outside). I became infuriated and ran towards them. I told my mother to go inside. My sister was crying hysterically. I was at first angry with my sister and then I took her to a room and asked her to tell me what was wrong. I was so angry with my mother for not speaking to my sister and finding out why she was so upset. I felt very hurt and a very deep sadness that my mother could do such a thing.

After I returned to sleep, I dreamt I was with a medical student and he had to look in between the legs of a pregnant woman. (In real life a friend said she had to learn how to do pap smears). This woman had to have a CAT scan. In the room where she was having this there were two dogs (both boy dogs, I guess). One really big beige dog kept jumping on me and licking my face. I was a bit wary of the power of the dog and it made me feel like I wasn't in control. The other dog was small with big freckles, also a beige/light brown colour. He didn't jump up.

Then I was in this house. My mom and sister were there too. My mom was smacking my sister. Her face was pushed against a glass window. I could see her from inside. I became infuriated and ran to them. I told my mother to go inside. My sister was crying hysterically. I was at first angry with her and then I took her to a room and asked her to tell me what was wrong. I was so angry with my mom for not speaking to Michelle and finding out why she was so upset. I felt very hurt, couldn't believe she'd done that, how wrong it was to do that, not the right way to go about anything...  
2:30c:06:11:30

### **Something in stomach**

Can remember a greyhound racing track. I wanted to get a job there. I didn't have the correct papers. There is more but I woke up so tired I can't remember. Not a good feeling. Walking around feeling lost and insecure. I don't know anyone around me. I don't feel I am in comfortable surroundings even though people seem to be ignoring me. I also remember something got stuck in the middle of my chest or stomach. I had to bend backwards and forwards to get it out. It didn't make me panic. I had to bend backwards and forwards to get it out. Like a contact lens shape. 2:30c:10:11:30

I dreamed my aunt and uncle gave my dad a big present – a huge wooden set of draws, so many spaces and so many wooden ornaments on the top. It was a HUGE wooden chest of drawers [as wide as my flat!]. I cleaned the big, long draws (my aunt was first cleaning the outside door of a fridge – one cloth with soap and the other with water). They were very dusty. I cleaned the furniture too. The draws were full of black dried leaves and lots of dust. (The remedy I took for the second time had been sitting in my wooden draw). I loved cleaning the draws. I am so happy with this amazing present. We had a puppy and so did they.

I dreamt that my aunt and uncle gave my dad a big present. I jumped on G and put my leg around him and thought our physical bodies gel/match so well.

I also dreamt about this plant which has a square/rectangular glass casing over it. It was hot inside the glass casing. Droplets of moisture inside the glass, very moist and hot. Inside this glass container the plant was very ill. The leaves were weepy and droopy in that container. A fly was flying around in the container. I lifted the glass off the plant. The fly flew out and the flower picked up it's leaves. The plant loved the fresh air and it grew taller. The plant felt so relieved and recovered. 2:30c:11:11:00

### **Car**

I remember a dinky/matchbox car, it was yellow with no windows. I held it in my hand and I liked it. 2:30c:13:17:00

I am in a car speeding up a mountain going around corners. It is at night, there is

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bush/forest around me. I get to the top of the mountain and my friends from S.A. are waiting there for me with red flowers and birthday presents (it is my birthday on Sunday). The atmosphere is strange and I don't feel so happy.

**Bathroom/Faeces**

I am in a bathroom, there are pinkish colours around. I have diarrhoea in the toilet, the toilet is so dirty. Margot is with me and she can't stand the smell. She can't come in with me to use the toilet or she will gag. I can't really smell much, I just know I have to use it. Before in other toilets I told M I have dreamed of this toilet before. After I use the toilet M is talking to a foreign man and I think that she connects so well with all kinds of people and I feel separate.

**Revealing**

I am in a pool with all my friends (some from S.A.) in a white bikini. My swimmers are very see through and my friends say I must put something around me. I am not too fussed like they are about my 'nakedness'. M's mother is also in a white bikini. Leaving the pool area I have to carry M and K's clothes (jumpers) that they left behind. I am a bit pissed off that I have to keep picking up the stuff that they are leaving behind them. I land up carrying SO much (toothpaste etc.). My arms are filled with things. Walking up gradual stairs with a towel around me.  
*2:30c:16:11:30*

**Controlling dog**

In hospital in dream. I needed to get something to eat before going in; it was early in the morning. I asked a man for directions to a shop where I could get food. I passed some children who were playing together and they seemed to ignore me. Them and another man with a golden retriever dog started walking to that shop too. We were up on a hill and the shop was further down across the highway. I followed them. The man could control his dog and when he told the dog to stop before running across the busy road, the dog listened to him and was so obedient. The road was really busy – lots of cars. The man bragged to me about how well controlled his dog was. I was amazed that his dog didn't get run over. I would have been afraid

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to be like that with a dog incase something happened to it, ie. take a dog across a highway without a leash. *2:30c:17:11:00*

Dream that I walk into a flat which is mine, just moved in. I think it's in another country. I see the mail/post has been placed on the top of the stairs and I am suspicious to how it got there. I then walk into the spare room and the walls are covered with my sister's photographs. All her things are piled into this room. I become very angry and upset. I shout at my dad for putting them there. I am so worked up about this invasion that I wake up shouting. *2:30c:17:11:00*

**Top/Water**

I am sitting on top of a roof or mountain. It is night time. There are lots of people; I am looking down on them. I am looking for a specific guy. I almost scan through every persons life. I go on a journey through a surreal place. I know I am near water in another country. People are dressed up in fancy clothes almost like a fantasy land of the past. *2:30c:18:11:30*

**Flirting**

I was flirting with some handsome man. I felt very comfortable with him. I came up behind him and put my arms around him. He didn't have any shirt on. There were other people sitting in a circle around a camp fire with us. *18:30c:xx:xx:xx*

**Excrement/Cream**

I dreamed of being in a laboratory with a doctor and he was looking at microbes in faeces and he invited me to look at it through the microscope. He then mixed something in cream and told me to give this to my son and it would kill off the microbes. I thought he was mixing microbes into this cream and he told me he was – that these were the good ones and they will overtake the bad ones. *18:30c:04:xx:xx*

**Menstruation**

In my dream I had my periods bad and every toilet I passed I had to go in and change my pad and the blood poured into the toilet. Last time I was at the house of a male friend that I like very much and he was very considerate to me and caring – he was standing and wanting to help me while I was on the toilet. *18:30c:16:xx:xx*



**Pursued**

There was a man after me and I felt very fearful and scared. I was on my own in the street but still wary and fearful. A man came around the corner and he had on a false beard and hat. He saw me and pulled it down so I could see it was him. I went to dinner with people and there was the man there in disguise. I couldn't sit with my back exposed as I was scared that he might be behind me. The girl next to me put her arm around me and I felt better. I went looking for a friend but she he was with someone else and said that he would sit and talk to me but when I sat down on a lounge he left me and disappeared. I was too scared to even walk to get some water. *18:30c:21:xx:xx*

**On drugs/Theft/Clumsy/Too slow**

Lots of dreams last night/this morning. I had a number of dreams, more than I usually would. I dreamt that I entered a shop to buy some food. It was as if I was on drugs although I hadn't taken anything. I still tried to cope/pretend to be straight. I put an orange in each of my pockets – one in the left and one in the right. I presented my items at the counter but didn't tell them about the oranges, hoping they wouldn't notice. I was all confused and clumsy, panicky when trying to pay, spilling my coins. This was due to drug-like state and me being nervous about being able to function in paying without being too slow and looking doped out. Many of the coins from my wallet were from a foreign country and I was already too nervous with the shopkeeper there to try using them so I pulled out a \$5 note and found a 20c coin. (My bill was \$5.20). By then a (security?) guy had pulled the oranges out of my pockets and so these were included in my bill of \$5.20. Having paid I walked out of the shop into a multi-level car park and into the stairwell (all concrete). There I met my friend T who was either going or coming from Kung Fu. *22:30c:00:12:xx*

**Teaching**

In another dream I was teaching my toning group. T, S, V, my dad, M and J were there. We were toning someone but I had my arm under them and they bucked up as if I squashed or cramped them. Then T took over! I felt a bit miffed but was unsure whether to just let go of the role of 'teacher' and let it be. Then A from Nature Care Clinic was there and he opened this

door which had a big drop on the other side. I grabbed his waist so he wouldn't fall. He put a rope on the door handle to pull the door with. My dad was there too. I went to my room (even though I wasn't at home!). There was a broken vase and an old flask there and my mum asked if I'd broken it. (These vessels were similar to ones I saw in a book a couple nights ago). I started brushing my teeth but stopped partway... *22:30c:00:12:xx*

**Numbers**

In a third dream last night, T and I were wanting to go to 42? St, North Sydney (can't remember street name). I said it's not that far, let's get a taxi. We were in the taxi. I hoped it wouldn't cost too much and that the driver knew where 42? St, North Sydney was. He seemed to. (I think we were going to K's house, even though he doesn't actually live in North Sydney in real life). *22:30c:00:12:xx*

Dreamt: 56, 156, Paul, 'Amma', truth. *22:30c:08:xx:xx*

**Washing**

I was going to wash a tray of cups (mugs). *22:30c:02:14:xx*

**Toast**

Some recollection of a dream where the toast was too big to fit into the toaster. *12:30c:01:xx:xx*

**Shoes**

Thinking that I am not going to have green joggers – today wear green joggers. *4:30c:03:xx:xx*

**Return of Friend**

I dreamt that one of my friends came back and I was surprised and happy to see him. *4:30c:07:xx:xx*

**Family**

I was baby sitting with my families babies (girls) in my home country. I feel good and it's lovely playing with them. I am in the room saying a poem. Playing in the room, poem reading. also One of my first cousin expired and I heard this morning. *4:30c:08:xx:xx*

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**Fighting**

I was ready with my two brothers to fight other people. We had big swords and I felt very bold ready to face anything, the sword is curved like Sinbad. 4:30c:09:xx:xx

**Wet Bed**

I was in the toilet passing urine. And when I woke up I had wet the bed. 4:30c:09:xx:xx

**Family**

I dreamt that I was having dinner with one of my family friends. I then commented to them as to why they put the fish tank in front of the sky as the fish looked grey and dirty. I was concerned that the fish tank was on the lawn and the water was dirty. I was upset for the fish. I thought the fish might be upset with the water. I thought a bird might come and peck or kill the fish. I was very concerned. I was arguing with the family friend about the fish tank. 04:30c:11:xx:xx

**Black/White**

Last night I dreamt about a big black man. Now I think he is outside my work and I lock the door. I feel scared. 4:30c:11:xx:xx

**Indignant/Broken rules**

I was at the airport and arguing with a lady. There was no immigration sign. It was not displayed. She wore a white dress. Why not put the sign of immigration up. She apologised and let me make my calls. 4:30c:13:xx:xx

**Murder/Violence**

In my dream I saw the Indian Prime Minister Indira Gandhi murdered. The person that killed her was lying on the floor bleeding from the right temple. Media people were interviewing him and he was moaning. A man came from the crowd and had a big sword and he started cutting from the head to toes and cut him to pieces. Suddenly he was cut in two down the centre from the head, somebody shot him and every body watching him suddenly one of her body guard came I do not know from where but he had big sword on his hand and he cut that person from top to bottom in front of me. I had

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a bad feeling. Why did he do this in front of me? Put him in the fire – chimney. It was very bad of him to cut him (*sounds agitated telling me this*) Woke up and felt very upset and my heart felt like a disco. 4:30c:15:xx:xx

**Black/White**

I am driving a truck on a very narrow road. I must be careful passing on this road. There is construction going on and a man is angry with me. I argue with him. He is racist. He is black and he said I am white. He is running towards me he broke my eyebrow and I went unconscious. When I came to, I was talking a lot to the residence. 4:30c:17:xx:xx

**Confidence/Argument**

I am arguing with a customer. I am telling him "if you want to buy, buy or take somewhere else" 4:30c:21:xx:xx

**Family**

I was with my family taking the older people to another place. When I came back I had to go on another trip. The other people told me not to go for too long. The bottom of the car was the colour of sand and there were no trees or mountains. An Indian tiger came but didn't hurt me. I enjoyed the travel. 4:30c:22:xx:xx

**Family**

I was in a wedding party with known relatives. It was a big party on green grass. My cousins got married. My brother's daughter was sitting on my lap. We all had a good time. 4:30c:26:xx:xx

**Don't Care**

I was at a place I used to work at (Domino's Pizza). There was a pizza oven cooking (which was outside the shop) with pizzas coming out and falling on the road. I was an employee and there was another employee there I said I don't care (about the pizza)!!. (This relates to resentful thoughts of doing menial jobs while studying) Also dream of going to a nightclub and feeling out of place because everybody was so young compared to myself. 8:30c:02:00:xx

Pictured a street scene, 2 guys were surrounding one guy. They were holding a gun to him. They

knew I was there and were going to shoot me as well. I was walking past and felt I could be a witness to a shooting, I felt scared so shouted I don't care!!. I then tried to watch, by walking around buildings, and trying to peek around the corners of the buildings or behind bushes.

8:30c:02:00:xx

### **Anxious**

Vivid dreams of anxious type but couldn't remember them. 8:30c:14:xx:xx

Dream of meeting a friend at a shopping centre to go to a restaurant. A woman confronted me and said she was having a lesbian affair with my mother. I was sitting opposite her and asked her lots of questions about it. Is it really true? She was really serious. I questioned and questioned and got really worried. My friend arrived and we walked over to the restaurant. The woman was stepping into an elevator, I asked if it was really true and she said no. Also thoughts of being in bed, with a brother or sister in another bed in the room, and my mother walking down a corridor towards the room. 8:30c:13:xx:xx

Dream of being on a ferry on Sydney Harbour with friends, and leaving some shoes behind. I then walked a short distance to a CD shop. I saw an Elton John CD, walked further about three steps to another small section in the shop section and saw a Metallica CD, and had strong thoughts about this music being an easy way for the devil to communicate with people. A friend had often reminded me of this idea.

8:30c01:00:xx

### **GENERALS**

Immediately after taking first dose of medicine – sense of calmness and relaxation over whole body, feeling of waves washing over whole body, like floating in water, whilst lying in bed. Immediate reaction: feeling of all muscles relaxed at once, floating, waves of energy rushing over me. 10:30c:00:00:01

I feel a mixture between being drunk and stoned. I feel like a kid again, a bit excited and stupid. I am not so tired anymore but I am still yawning. 2:30c:00:01:13

### **Prover 2**

Also been getting periods of exhaustion. All I want to do is lie down, close my eyes. I just flake. eg. 10pm tonight. I get lots of energy. Happening each night about 9pm. Might have been happening before the remedy.

2:30c:03:01:00

My body feels so tired, limp and heavy. I just want to lie in bed, I feel so lethargic and heavy. My muscles feel drained and prostrate (?). Maybe I feel like this from my walk yesterday, I am not used to physical activity. 2:30c:07:18:00

It is 9:30pm and I am so tired I just have to lie down. I have been getting tired often around this time. At about 9pm I just want to sleep.

2:30c:11:00:30

I have slept about 3 hours. I was tired on Saturday and felt nauseous and drained. I stayed at home but went out at 1:30am. I liked going out to party. 2:30c:12:09:30

Generally finding lots of bruises on bony prominences – elbows, side of leg. Feeling a bit uncoordinated in big things (walking), not fine stuff. 2:30c:08:xx:xx

I have been otherwise energetic, positive and elated the rest of the day. It is good to talk to people. It feels so great to be alive. Everything smells so intense and wonderful. Life is so great, I love myself. 2:30c:10:15:00

I woke up feeling very tired. I feel depressed. I feel better when I clean my flat and I am worse when I think. I feel a bit disoriented. I keep mixing things up – a plate instead of a bowl.

2:30c:13:14:30

My body is so tired and exhausted. It is so difficult to get out of bed, I feel so fuzzy. I feel better when I concentrate on one thing. I feel so unfocused and nothing is clear. My arms and legs feel limp and numb. I have no energy and I feel like I could just fall over and sleep. Everything feels too much. Arms and legs feel numb, like they could just flop down. Very tired. Like I could just flop down, fall asleep. Nothing's clear. Felt this the whole day since waking. Nothing is focussed. Everything is too much, everything that's going on. Sensitive to busy-ness. Can only do one thing at once. Smells

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not as intense any more. Things are still quite happening (fast) but it's more of an effort – I'm not coping as well. 2:30c:16:12:30

I am so tired, lethargic and numb. It feels bad to have to get out of bed. I am just feeling so debilitated. I don't want to move, I don't want to think anymore. I am sick and tired of everything; I just want to keep sleeping when I wake up. 2:30c:18:11:00

I had a few drags of a cigarette this morning before clinic and I got such a bad head rush. I fell to the ground, so dizzy, the ground spinning over and over, like vertical loops over my head. It took a few minutes to normalise. I am worried about my mental and physical health. I feel like I am doing too much. I have lost 5kg in weight. I am tired and hungry. I am yawning a lot. I feel unfocused, depressive and basically f\*\*\*ed. 2:30c:18:11:50

Here's what happened. First the head aches and the eyes burn, mucous in my throat, pressure in head and the fever, not hot or cold or burning, breathing and panting, very very tired, oh my god, also sweating, not hot or cold, very thirsty, pains in the neck, then to the knee, to the liver, to the shoulders, to the neck, and then this sinking in my heart, nauseous I might vomit, and when I ate a Snickers bar it all went away. 4:30c:8:xx:xx

**Heat**

Feeling hot, as if the room had heated up (it hadn't – and others were feeling the opposite). It felt like an internal heat. Unusual, because I am normally a cold person. 10:30c:09:xx:xx

I feel like I have a fever. 9.50pm  
4:30c:04:21:30

Feel very very warm temperature and very tired, and eyes burning. 4:30c:08:17:18

**Cold**

Feeling cold, the air conditioning is getting to me. 12:30c:00:00:30

Cold, much worse for the cold air conditioning. 12:30c:06:02:00

When I awoke at 9.45am I had a strong feeling of being cold all over. Feeling very cold went to toilet, relax. Wake up 2 time in the night, forget dream but feel better no tension. 4:30c:01:09:45

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Feeling cold, and cold sweat, pain right neck joint, nausea. 4:30c:08:17:51

My body feels cold and is better after I have a cup of tea. 6.00pm 4:30c:20:18:xx

I feel cold in class. 6.30pm 4:30c:00:18:30

I feel cold and sleep with a T-shirt with a huge neck and a cover on my head. The bed feels cold. 12.39am 4:30c:04:12:39

My forehead is sweating. I am not cold or hot. 4:30c:08:16:49

I have a cold sweat and a temperature and feel tired. 4:30c:08:17:18

I feel cold and want to sleep 2.00pm  
4:30c:01:14:xx

**Yawning**

At 9.17pm, 17 minutes after first dose. I just took the remedy and I started yawning, so did S. Watching S yawn makes me yawn too. I feel tired. Yawning about 8 yawns in 20 minutes. Worse for seeing someone else yawn. 2:30c:00:00:17

At 10:24, still yawning. 2:30c:00:01:24

Still yawning at 11:02pm. 2:30c:00:02:02

**Tiredness/Exhaustion/Fatigue**

At 9.50pm, tiredness. Said, 'My mind's sed... sed... sedated.' But I'm moving quite quickly. 2:30c:00:00:50

I felt very tired. 3.45pm 18:30c:07:xx:xx

Awoke very tired, difficult to get up [6.30am] hot shower helped to wake me up also coffee pepped me up too. Always an early riser and swims. 12:30c:03:11:30

Couldn't wait to go to bed as exhausted [12.00am] 12:30c:04:00:00

Tired on awakening much better for showering in the dark. 12:30c:04:23:35

Tired – up not so difficult to drag myself out of bed as last week. Still feeling tired though. 12:30c:06:12:00

Difficult to get out of bed. Tired, wanted to stay in bed; however too busy a day ahead. Also flat was a mess had to get up to clean it before work.

Woke up tired, so hard to get out of bed – yet focused and alert [7.00am] 12:30c:08:xx:xx

Generally quite tired today, no headaches though. 12:30c:11:xx:xx

On waking my whole body feels severely tired and very heavy till about 11am. 4:30c:08:11:xx

I feel very weak, even exhausted telling this story. 4:30c:15:xx:xx

Very tired feeling. 4:30c:20:15:45

Tired, only could drag myself out of bed as G wanted to go surfing. Once we were there I wasn't so tired [7.35am] 12:30c:05:12:35

Tired up early as 8.00am start and walked to work more awake once had a coffee, also a gorgeous day. 12:30c:18:xx:xx

Quite weary full on day, lovely to be home and have a few hours to myself. Not feeling particularly social happy to stay in and read on the lounge. 12:30c:18:xx:xx

Tired- difficult to concentrate on study, Coffee didn't seem to help much. 12:30c:19:xx:xx

Tired, unmotivated to study or work, desire to lie down, no desire to go to college tonight. Quite tired all afternoon. [1.30 onwards] 12:30c:20:xx:xx

Up missed my swim today, another busy day, Catch 22 need my swim to stretch out yet need my sleep to rejuvenate. 12:30c:22:xx:xx

Exhausted generally, much better for relaxing in the bath. 12:30c:23:xx:xx

Bit tired this morning, things to do before college post Mum's present and Nana's card. Really need a day off now, can't see when I'll be needing to study on Sunday, Easter will be nice break. [7.00am] 12:30c:23:xx:xx

Little tired today lacking in motivation, quite happy not to massage too much Cleaning, shopping, banking, etc. [morning] 12:30c:27:xx:xx

At work I felt really fatigued. Weakness in all limbs and a general feeling of not having any strength. 20:30c:31:xx:xx

At 11:00am feeling so weak I thought that I was going to pass out. 20:30c:15:xx:xx

At 1.45pm I climbed into my makeshift bed in the lounge room. I feel so tired and sick but I can't fall asleep. Just lay there like a zombie until 5:30pm. 20:30c:15:xx:xx

At 10:59pm, feel tired, sort of squashed, too. 22:30c:00:01:22

Sense of fatigue with desire to sleep. This is not necessarily an unusual sensation for me around this time. 6:30c:04:xx

Tired with excessive prostration. < for studying. 6:30c:05:xx

Feeling so tired and energy level quite low. 4:30c:04:21:50

Tired – 15 min meditation then O.K. still speedy but not as much so. 12:30c:06:19:30

A little tired perhaps not so tired, as previously. 12:30c:09:xx:xx

#### **Weakness/No energy**

Feeling very weak all day, as if I need to sit down. Only seems better for eating. 20:30c:16:xx:xx

On my daily run. Lacking my usual energy. 22:30c:00:20:xx

Now I feel tired again. Body soft, warm, sleepy, drowsy. I think I'll have a lie down. Again! 22:30c:08:xx:xx

Got my energy back. Still a touch sensitive to cold shower but not drained or weary. 22:30c:10:xx:xx

Extreme lethargy. It is like moving my limbs is just too much of an effort to be making in life. Want to sleep all the time, yet when do go to bed, have very disturbed sleep. Waking 2 or 3 times a night. 16:30:xx:xx:xx

Drowsy, at the time of breakfast feel dozy want to sleep straight away.

When had a cup of tea, last sip felt very hot and understand its route, it went very heavy fall down in the stomach. 4:30c:10:8:45

#### **High Energy**

Excess energy levels with feeling of elation all day, then suddenly dropped off to sleep on the bus. After nap, energy levels back to normal, but still good feeling. Relaxed, but not sleepy and

## EXPERIENCE OF MEDICINE I

still mentally alert. This was unusual because usually after working all day and with a period, I would be tired, cranky, lethargic, weak, with aching legs, wanting to go to bed and not do anything. *10:30c:03:xx:xx*

9.30am Bounced out of bed. Unusual because usually feel groggy and sleepy after a long sleep. So now have had periods of very little sleep and one of extra long sleep, and after both have bounced out of bed. *10:30c:04:10:30*

Lessening of previous hyper symptoms confidence lower; mood good, but not hyper elated; energy levels slightly less. Gland still swollen. Skin starting to clear. No compulsion to steal, though went shopping and had plenty of opportunities. *10:30c:04:xx:xx*

Not feeling heavy or tired as normally would with period. *10:30c:04:xx:xx*

Feeling active after remedy. *4:30c:00:00:00*

No trouble sleeping after coffee. I am usually hyper after coffee and can't sleep. *10:30c:12:xx:xx*

**Restless/Freedom**

I feel like I just need to release energy. I feel this external force that I need to get out. I just need to scribble (scribbled all over my book). I need freedom. I have to let out. I want to throw something with great force off the balcony. It feels better to move fast. Maybe I should draw or colour in. *2:30c:00:01:42*

**Desire Open Air/Stuffiness/Hot**

I feel blocked up being in a stuffy room. Fresh air would be better. *2:30c:00:10:00*

My body feels so hot. The window is open and it is raining but I still feel stuffy and hot. *2:30c:00:10:00*

Had a bit of a hot forehead this morning. Also wasn't sure if I was hot all over or not. I opened the window, this helped. (I usually prefer the open air anyway). *22:30c:08:xx:xx*

Felt better for walking to the beach and going for a little run. Seemed to take my mind off it and lift my spirits to normal. My usual cold shower was a bit much though. *22:30c:08:xx:xx*

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Desire for open air and feel better outside.

*04:30c:20:18:xx*

**Walking Fast**

F said I have been walking so fast compared to how I normally walk. I walked to college today at 1:30pm and it took so quick to get to college with no effort at all (even though my back is still not right and I am unfit). I like walking fast. Must have taken 10 minutes to get to college instead of 20 minutes! *2:30c:02:21:00*

**Senses Acute**

Saw G and he is acting different. F said he really looked drunk. He agreed with me that other things don't affect him as much as they normally would. He also agreed that colours look brighter. *2:30c:02:17:40*

**Swimming/Water ameliorates**

Swim – love the emersion and getting into the zone. *12:30c:09:xx:xx*

Generally feel much better for a swim less bloated, less pain more alert less tired and no headache. *12:30c:12:xx:xx*

Up early to go swimming [6.45am] cold water, great once I got going, even the left arm stiffness has subsided, nice to have time for a coffee and not have to rush. *12:30c:15:xx:xx*

**Bloated/Full**

Bloating and fullness sensation all over body. *12:30c:11:xx:xx*

Overall full feeling. *12:30c:11:xx:xx*

**Pains**

Sx of pains I was having before taking the Rx are less intense than usual. Pain in wisdom tooth less, mainly gone. Mouth ulcer smaller, starting to heal. Lower lumbar pain gone. Urine not so cloudy (I had had a UTI a week prior and Sx still present). *10:30c:00:xx:xx*

Not as sore in back and legs as usually would be from standing all day. Not as irritable as usually would be with period and standing all day. Still feeling nauseous like travel queasiness.

*10:30c:02:xx:xx*

**Dirty**

Feel toxic and dirty. Bowels are sluggish. Sweaty in elbow creases and behind knees, back of neck, hairline, axilla, feet. Mouth is dry and breath acid (sour). Feel as if tongue is coated, even though it isn't. *10:30c:05:xx:xx*

**Allergic**

At a party I drank a glass of wine and had an extreme and immediate allergic reaction (NS). Mucous membranes swelled, nose became blocked up, head became stuffy, had to breathe through mouth. Flu-like symptoms: lethargy, stupor, nausea, unwell feeling. Lasted until I went to bed. Went to bed with the symptom, woke up without them. *10:30c:10:xx:xx*

**Itching**

Couldn't get to sleep because I was really itchy. *8:30c:12:xx:xx*

**General Observations**

- Headaches were getting better before Rx, except for menstrual association. So Rx has more frequency of headaches, but not the intensity.
- Period was back to normal.
- Back pain with period – normal
- Felt annoyed at herself, unlovable, with lowered self-esteem.
- Had the sensation of being cast under a spell. Numb, tingling all over, paralysed while lying in bed, couldn't move, clenched jaws, couldn't unclench them and move teeth. Felt as if there were an alien spaceship outside room, casting a spell on her, hitting her with a ray gun. Felt pinned down, ears were ringing (OS)
- Old dreams of can't open mouth because of clenching jaw tightly. When finally released, teeth might fall out.
- Extraordinary tiredness gone.

**ONE YEAR LATER****Prover number 10**

Phone Call. I have exactly the same symptoms as this time this day last year.

- Really sore throat, and very tired, burning sore throat, thirsty, yet my throat is too sore to touch, swallow or drink. The tickling creates a cough.
- Also sore ears.
- And my tongue; on the base of my tongue, on the left side is a lump, sore red lump.
- Tonsils are very sore.
- I am too tired to concentrate, I feel just dead. Incredible tummy ache, gurgling, so many noises in my abdomen, just like last year.
- Red lump came up on my buttock, Right side, very very sore.
- All these symptoms lasted three days.

## THE CHRONOLOGY

### CHRONOLOGY OF THE MAJOR PROVERS

There is much information in this proving that is a magnification of the provers pre-existing state. Technically therefore not all of the information here is hard data. Yet the experience of some of the provers was so extraordinary over the 6 week period of the supervised proving and was such that I felt I must include it to be truthful to their experience and honour and thank them for that, and because the proving reads very dramatically with its inclusion.

Example; Prover number 16 had a very difficult time with her partner. I have included this whole situation because I believe that in the spider state she describes many aspects of the spider's need for relationship, sex and cleaning to stave off depression and irritability.

Another example is the experience of prover 10 who went into a deep depression that can only be understood by including all of the process that she went through.

A further example is the experience of prover 14 on days 13,14,15.

Some symptoms are repeated in different sections where divided they made no sense

#### PROVER 4

Time seems to be running slow, Body tired and time running very slow., Like I start my work 3:00pm and this is just 00:04:30

I feel something bad will happen. Fear dangerous job. 03:21:20

I am fearful that something bad will happen and feel I might get robbed at work. 4:15:00

When I woke I had a sensation as if the lower parts of my body were heavy and a strong desire for sex. 06:16:30

On waking I had a strong desire for sex. 07:08:00

I feel like I will kill someone if they try to upset me. 08:16:49

I am very cranky, (worried), feel that mucus going down back of the throat, quite noticeable. 08:14:49

I feel worried and anxious about losing my job and that I will not have enough money. 08:16:49

I was walking in my shop and I locked the door. Stretched my legs and took a chocolate, opened it and took a bite. Then everything felt better. I got my energy back and everything was alright. Now I feel better. 08:xx:xx

I feel that I will go unconscious in one hour. 08:17:18

My mind is rotating, spinning around in my head and as I swallow hard I hear a whistle in my ear. 08:17:56

I was fearful and shocked about my prostate gland and that I might be impotent. Something is wrong. I can't get back to sleep. I am very afraid. 09:xx:xx

When driving home after speaking to my supervisor I felt very proud and bold – bossy. A car was waiting on the left and I gave him a hand signal to go ahead and felt no fear. Usually very mild and obliging. I had the radio loud in the car and felt ok. 09:11:42

I feel cranky and worried about pain and don't want to write anything down. I feel like walking from room to room at the clinic. I am not happy. I hate the colour in the paintings hanging on the wall. The red is very irritating. I am very unhappy about this red colour. They are not supposed to put that there. Why do they put this near the Homeopathic clinic? They should not have put it there the colour is so bad. (sounds very defiant They should move it. haughty) 10:xx:xx

I do not feel happy or hungry today and I am worried about my headaches. It feels very bad. I am very worried. I don't want to talk to anyone today. It's not good. I even forgot my mobile phone and didn't care. (He sounds anxious and is sighing a lot. His tone is moaning and winging. He complains about his health and not feeling good) 10:xx:xx

While on the train tonight going home from college I was thinking about what I would do if a man asked me for money. I thought a big islander man (Tongan) will come when I get off



the train with a big knife and say "give me your money" I thought that I will give him my wallet and then I will kick him in the face and break all his teeth and smash his face and wound him. I won't kill him this time. This is only a warning. I have my umbrella in by bag and I will hold it ready to defend myself If someone comes to attack me. I will smash their face in or warn them or break their head. I don't want to fight. I don't know what is happening. (Sounds very agitated) Feels as if he will fight with someone if he doesn't hurry and get home. 10:xx:xx

I am worried about how I was last night when I wanted to kill someone. This is not like me. After talking to supervisor I felt better. 11:xx:xx

I feel something different will happen. Concerned about my heart. 12:xx:xx

I awoke feeling calm but not happy. 11:xx:xx

I do not want to talk to any one today. 12:xx:xx

I feel angry – why this pain again? 13:xx:xx

I am angry because I damaged my car while helping a lady start her car. Why did I do this? Now it has cost me money and I feel annoyed. I was helping someone so why did this happen? 13:xx:xx

I don't want to talk to anyone today. 13:xx:xx

I didn't want to talk to anyone. Why am I alone and no one is talking to me (at home) I wanted them to come and see what was wrong with me while I laid on the bed. I wanted to be on my own but I still wanted them to talk to me. They don't care. I laid down for 2 hrs and felt lonely. I later emailed my friend and asked him why he is not talking to me and feel like they don't care. 13:xx:xx

I feel depressed and not good because my roommates ignore me. 14:xx:xx

Feel good now because my friend came and we all talked and had lunch together and played music and sang songs. 14:xx:xx

Wake up with better sleep but mind was very tired. Like had a busy night. So tired. 14:xx:xx

I feel fearful when thinking about going home from college and I have palpitations. I called a friend to pick me up from the station and we had dinner, I was not comfortable to go home and my heart beat faster. (He sounds very anxious) 14:xx:xx

I am fearful of being alone in the house. I feel that something bad will happen. I feel better if I walk around the room or talk to a friend. 11.55am. Fear something going to happen to me, could be anything, I breath and start talking to my friend over the phone, at home, with 3 + + intensity 14:xx:xx

I feel cranky and have tension. I want to contact my father and talk to him. Bad things happen on Tuesdays and I am very concerned about this. 14:xx:xx

I feel uncomfortable at home these days. 15:xx:xx

I feel happy now because my car is fixed. 15:xx:xx

I feel lonely today and not happy. 15:xx:xx

Supervisor ring me up, happy to talk to him. > talking. 15:xx:xx

I am out driving at night (this is what I like to do) and then I started to get scared and I want to go home. I have palpitations in my chest. I feel scared to go home. I think someone has put a spell on me. My friend talks to me and stays with me and I feel better. 16:xx:xx

I can't sleep. My cousin is sitting with me and I told him to pray for me. I think someone has put a spell on me to stop my boldness and because I am talking a lot. I think I might be going crazy or getting psychic attack. Someone is trying to make me go crazy. I am very scared. I feel as if I might commit suicide. If this crazy feeling is me and not remedy then I will kill myself. (Calmed down after talking to supervisor) 16:xx:xx

I had very strong feeling of witchcraft, or may be psychological some is playing with me, want to zip my mouth because I am talking too much. 17:xx:xx

Still got same palpitation and bad feeling like I am ignored and people lie to me, thinking about suicide, if it is remedy its ok, otherwise I'll suicide, I don't like to be played by some one, same time I talked to my observer she says yes this is symptoms calm down. 17:xx:xx

I keep asking myself why? Why? It a big issue. I feel that every one is laughing at me and is jealous of me. I feel ignored by my friends. 18:xx:xx

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This morning I thought I might ring my supervisor but he rang me, Happy to talk to him, visited his place and was > talking. 19:xx:xx

I do not want to talk to anyone. I feel that something is going to happen next week on Tuesday and I don't know if it will be good or bad. I am worried and feel scared. Does not want to talk to any one. I had piece of cake feel active and happy. 20:xx:xx

I feel like talking after I just ate cake. 20:xx:xx

I had to leave the class during the lecture because I hate the teacher. When I came back I asked if any one is watching me or did teacher talk about me. (Lecture was on Tarantula and the feeling of being unloved, unhappy, unwanted. He seemed like he wanted attention). 21:xx:xx

Yellow colour is bad, disgusting colour. 21:xx:xx

I was irritated by a drawing with blue and red colours. It was not right. The table had red legs and a blue top. 21:xx:xx

Don't want to leave the bed until about 11:10am, thinking and being by my self, why I am not talking to my roommate? I e-mail him and came back to the bed. 20:xx:xx

**PROVER 18**

I felt like singing and dancing in the super market as I heard music played at 12 noon.

I felt good about myself and attracted to some men all day.

I feel like singing in the car with my radio louder than usual at 5pm.

I was singing in the car on the way home from college at 8.30pm.

I felt like wearing a thin strapped top that showed my breasts more than usual and felt sexy all day.

I feel very feminine today and happy in my self. Felt sexy today.

I felt like singing in car on way to work.

Singing in the car and music up louder than usual. 18:30c:02:35:xx

I had to talk to a man today to demand my money back on a faulty piece of clothing and I felt very intimidated and weak and nervous. 18:30c:02:20:xx

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Singing in the car on the way home from work with the music louder than usual.

18:30c:03:33:xx

I feel attracted to wearing blue colours.

18:30c:03:36:xx

I felt intimidated when I rang to talk to the man about my refund. 18:30c:04:xx:xx

I feel like wearing blue clothes. All day.

18:30c:05:xx:xx

I have a strong desire to wear blue clothing today. 9.30am 18:30c:06:xx:xx

I felt irritated at work. There were too many interruptions and sick people to look after. 2pm

18:30c:09:xx:xx

I felt sad while watching a mother elephant on TV. She was caressing her baby and I started to get tears in my eyes. 18:30c:09:xx:xx

I feel irritable at work. There is too much to do. I am feeling forgetful. There is 100 things to do at once. 18:30c:11:xx:xx

I was in the yard and it started to rain and I started to do some gardening. I really enjoyed this. 18:30c:13:xx:xx

I am having trouble concentrating and doing my assignments. I feel restless. 18:30c:19:xx:xx

I feel scared as if something bad is going to happen to my son and his friends. 11.00pm I am better walking around house and worse if lying in bed. 18:30c:20:xx:xx

Forget things in class. My mind feels confused.

18:30c:14:xx:xx

**PROVER 10**

Good mood all day (unusual when I have a headache). Happy, jovial, talked to people, even though tired and sluggish. So tired, didn't want to go to college, but still happy and talking to people. When occupied, didn't notice headache. Noticed it when alone.

Fear of intimacy. Must stay in control in my relationship (with boyfriend), because it's impossible to last forever. He'll leave and I'll be left high and dry. So must not change, but I feel so guilty because he is giving so much and I'm not.

I really wanted to steal a towel because it would

be so easy. Only didn't do so because I lost the opportunity. I could do this without any problems, and this is enough.

Would forget what I had just read. Had to keep checking and re-checking. This lasted all day.

Confidence increased. Had a disagreement with mother about returning home immediately and stood up for myself, when I normally would back down, and did not feel bad about this.

High energy, elated mood, bright. Extremely restless. Couldn't stop moving/dancing. Wanted to talk. I kept asking more questions than necessary, rambling speech, I talked faster than I could think, talking without really saying anything in particular. Giggly. Mischievous. Excitable. Knew it was annoying for others. I wanted others to be the same way and was irritated when they weren't. Loquacious, restless, energetic, increased intensity. Mischievous, excitable, wanting to talk and chatter, feeling silly, high, heaps of energy, wanting to dance to crazy, buzzy music. Wanted to party on, even though it was 3am by this time and others were dropping.

Bounced out of bed after very little sleep.

10am Restless and energetic. At work, annoyed that I had to be confined to the small space of the store. I wanted to be occupied, I wanted extra work, I was bored because I couldn't expend all this energy. Needed to dance and sing.

Compulsion to steal a carob bar, but I was able to stop myself by saying it was wrong. I wanted to steal because I could, no-one would know. I wanted it but I had no money.

Increased confidence at work and selling products, words were coming out of my mouth faster than I could think of them, impressing customers as well as myself. Confidence noticed by others.

Very confident all day. Knew the right thing to do and say. Performed well. I'm usually nervous and feel a little intimidated if boss is listening, even though I have the knowledge to perform my job, and I know more than he does. Now, I talked easily to customers, and I felt glad the boss was listening because he'll know I know a lot. Felt as if I was appearing confident and performing well.

9pm, feeling of relaxation (mind and body)

Happy disposition, no worries on mind.

3am – Much energy and hyperactivity after a party, wanting to dance long after everyone else has gone home.

Felt emotional, "down", overburdened, so many burdens on my shoulders, so many decisions to make, feel as if I have to please everyone. Worried about going to work, going out socially. Kept asking "what's best for me?" Felt as if I was letting everyone down. Felt very pressured, heavy, whingey, whiney, indecisive – I don't know what to do, what to eat.

Woke up late, and energy to bounce out of bed was gone.

Felt very indecisive. Felt everything was vitally important, especially to other people, so any decision I made would have a great impact on others. So I just gave up on making any sort of decision, because it was too hard.

Irritated with any sort of responsibility, so gave up writing in my proving journal. It is easier to talk, I'm just forgetting details.

All day, feeling down and sad. Really worried about issues that are not normally a concern. Feel pressured (by friends and family), feel faced with too many choices, it's like a heavy weight on my shoulders. I feel burdened by responsibility and by the effects my choices have on others. Others are relying on me to do the right thing. Can't decide what is best for myself.

I don't want to go dancing, which I normally love. Just felt sick, down, depressed, don't want to be around people and have to socialise. But not going dancing makes me even more depressed. Also feel tired, exhausted after finishing work for the day. Can't put up with people. Don't want to talk.

At work kept making mistakes, eg couldn't add up sums of money correctly. Had an overwhelming feeling of "couldn't be bothered", everything was "just too much". Was apathetic, didn't want to think. Went to bed early, which was very unusual. The previous night when I was still bouncing off the walls at 3am and elated and dancing now seemed like a final burst of energy before this complete swing today of lack of energy and sociability.

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Customers irritated me, had little patience at work. Made many careless mistakes.

An emotional phone call to supervisor, I was very emotional, can't talk, just silly stuff, nothing to do with the Rx. Laughing and crying at the same time, and told my supervisor I had no physical Sx. But, when the supervisor asked, I looked up my diary and found some Sx. Didn't want to write in the diary.

Mood started well in the morning, but became sluggish and lethargic when the headache started at 12.

Went to see a movie. It had absolutely no effect on me. I had no opinion about it, it neither affected me nor entertained me. I felt as if I was completely detached from it.

Emotional tension with boyfriend. I don't know whether I'm sad or happy. I feel scared and undecided. This feeling was probably no different from usual, but the emotions were more intense than usual.

I can't make choices. I don't know what to say or do. I don't know what is best for anyone, I feel confused and frustrated. Why isn't it easier? Is decision making this hard? I feel as if I am making it all up in my head, that the issue doesn't exist, and I'm causing it. No-one really cares what decision I make. I'm just making it harder for myself.

Emotional outburst after intense discussion with boyfriend, about their feelings for each other. Weeping, overcome by the intensity of it, without really understanding why. Could not speak to supervisor.

Good energy levels. Even though I am working long hours, I feel lively, happy, chirpy, confident, but it's less intense than before. Fell asleep on the bus at 5.30pm. I'm having extreme mood swings day to day and within the day, but they are becoming less intense.

Woke up from a short nap on the bus feeling bad. Went to my regular dancing class, but this time I kept losing my balance, and couldn't focus or concentrate, and was behind everyone else. My body knew what it had to do, but I couldn't do it properly. The music was too loud. People around me talking annoyed me. I was snappy with everyone, impatient, whiney, negative.

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Needed to sit down. I wasn't feeling like I normally do with a period, but with the period, I don't realise I'm doing it. Others noticed I wasn't my usual self.

Still wanted other people to make decisions for me, can't make decisions for myself.

Snappy and impatient with mother.

Not so much difficulty getting up in the morning. Didn't resent the fact that it was time to get up.

Mood even tempered in the morning that got better during the day and was best at night. I am usually at my best after 10pm and the Rx has exaggerated that. My usual pattern is flat in the morning until about 10 – 11, then energetic until 2pm, then flat until 5pm, then pick up and flat again at 6pm. Then pick up at 10pm.

I climbed the Harbour Bridge today and was surprised by my amazing confidence. Didn't find it challenging enough, I tried to make myself scared by forcing myself to look down, but I wasn't. Didn't get the rush I was hoping for, disappointed Couldn't be bothered to be excited about it. Didn't care.

Friends have noticed that I am not myself. I am not as excitable as usual (and I am usually a party person), nothing fazes me. I'm not reacting to anything. This is part of the extreme mood swings – really flat, then half way through the day really up, talkative, buzzy, then flat again.

Felt insecure, depressed, uncomfortable taking homeopathic case in clinic, worthless, didn't like myself, felt like a big piece of shit. This lasted until 10pm, then it went and I felt good.

Depressed, sad, insecure, low self-esteem (12pm). Intense feelings of sadness and insecurity about relationship. I feel as if I'm a burden (on boyfriend), even though he denies it but that doesn't make me feel any better. Feel insignificant, especially after student clinic, where I felt unconfident and ignorant (know this is untrue but still felt the same). These feelings came on after I took a homeopathic case of a patient I really identified with. Felt as though a mirror had been placed up to my face with this patient sitting in front of me. She told a story about disappointed love and it made me sad and I couldn't get it out of my mind. Feel obsessed by it.

Really good mood and happy, back to normal self by 11pm. All the intense feelings that I had had earlier are gone. Feel really good about myself, in happy, party mode, laughing, want to dance and have fun. Much energy until early hours.

Feel great, even though I was out all night and only got 5 hours sleep. Awoke easily with heaps of energy, Had a great day, was happy at work, possibly a little vague, until 6pm when I went dancing. Then I became irritated, annoyed, tired, my body wouldn't move the way I wanted it to. It felt as if there were no communication between body and head – no co-ordination, and I thought I was going to collapse. My muscles too relaxed and sloppy, couldn't move fast enough, keep up with rest of class. Feel this intense fatigue, overwhelming need to sit down, which makes me feel better. I got into the car but just sat there. Then I had a cup of coffee and felt much better. Upon returning home felt fine again (9pm).

Felt back to normal. No problem with decision making. Was no longer teary and sorry for myself when deciding not to spend time with my boyfriend. Now I'm feeling more comfortable and good.

Felt emotional all day, cried my eyes out all day at work (9am-9pm). Insecurities all came crowding in. Thinking of shit. Stuff kept building up in my head. Needed reassurance. Premenstrual. Feeling fragile.

## PROVER 12

Irritability, towards a class mate she talks too much, with narrow minded people about nothing important. [8.30pm] 12:30c:00:01:30

Much more alert than usual for this time of night. [10.00pm] 12:30c:00:03:00

More focus than I would normally have, while waiting for a client to arrive. I'm doing some study instead of time wasting. All day I was really focused. [3.30pm] 12:30c:00:20:30

Frustrated with everything all day. Frustration at the rain, the pool will be filthy and walking in the rain isn't much fun. [9.30am] 12:30c:01:14:30

So hurried, speedy, managed to out talk my sister at lunch. Also stood my ground on the issue of showering at the pool vs showering at

her place. I was aware of her in go slow mode and me in speedy action mode [12.30pm – 4.00pm] 12:30c:02:17:30

Alert, awake, chirpy, considering I've had a busy day. [10.30pm] 12:30c:03:03:30

Some irritability if my client wriggled too much, If when cutting a client's hair they don't sit still I'm usually very polite. On this occasion I observed the fact that I could have been quite rude, fortunately I wasn't. [3.00pm] 12:30c:03:20:00

Awareness of speediness and hurriedness in all situations, very impatient sitting in traffic on Friday evening, getting to Leichhardt from ours was almost torture. People in general seemed to be too slow in thought and action. General awareness that I am more speedy, sensation that everyone around her is slow. Getting irritable with them for it. 6.30pm 12:30c:03:23:30

Again this awareness that I was moving faster than others, we had Dinner with some friends and I had to be careful not hurry everyone in their choice of meal. [7.30pm] 12:30c:04:00:30

Impulsiveness, had to buy a C.D on the way to see the movie, a new album by a British Indian man who a girlfriend of mine in London knows well. [8.30pm] 12:30c:04:01:30

Such a long film "magnolia" found it very difficult to sit still towards the end wriggling and fidgeting [12.00am] 12:30c:04:05:00

Still quite alert and speedy. [12.00am] 12:30c:04:05:00

I am speedy, hurried and alertness, almost too much so. Speedy all day, too busy, really clumsy, others seem too slow. I'm really hurried and alert. [1.00pm] 12:30c:05:18:xx

Irritability, internally, need to be aware that others are not travelling at the same speed as me. [1.00pm] 12:30c:05:18:xx

Depression, down in the dumps for no particular reason. The depressed feeling stayed till about 1.00 o'clock. [9.00am] 12:30c:05:14:xx

Vague, spacey feeling could be from no breakfast or no coffee as it 11.30am and we haven't eaten yet. Vague, tired and spacey – I need to slow down, I feel annoyed with everyone for being so slow. I'm so alert and focused. 12:30c:05:16:xx

## EXPERIENCE OF MEDICINE I

Alertness came when I focused on my study, my speed increased, when I had study breaks and cleaned the house. The speediness increased as it became dark. Early evening I did lots of small jobs in the house and I did quite a lot of study as well. [1.00pm – 7.00pm] 12:30c:05:xx:xx

Some feelings of annoyance, directed at Grant for not doing his jobs. [9.30pm] 12:30c:06:02:xx

Irritable at bank staff for working so slowly and not being very helpful, so I cancelled my periodic payment, I'll B-pay instead. [9.00 – 10.00am] 12:30c:06:14:xx

Still alert awake couldn't sleep so easily wired from college. 12:30c:07:04:xx

Hurried – Speediness while discussing a work issue with G. 12:30c:07:02:xx

I'm alert – I keep cleaning, I'm restless and suffering sleeplessness. 12:30c:07:xx:xx

Woke up tired and did not want to socialise with anyone but I'm still hurried 12:30c:07:xx:xx

Speedy all day 12:30c:09:xx:xx

Some awareness of hurriedness, alertness, often during this lecture on Thursday, difficult. to stay awake. 12:30c:09:xx:xx

Tired, indifferent – I can't wait to go to bed. 12:30c:11:xx:xx

Aversion to company, quite tired all day, felt like the company of others was too exhausting. 12:30c:12:xx:xx

Some feelings of anti-socialness, once I'd sat for a few minutes I was ok. 12:30c:13:xx:xx

Lot of thoughts of the pending business changes going on around me. 12:30c:15:xx:xx

Difficulty in concentrating because so tired 12:30c:19:xx:xx

No desire to go to college as so tired – just want to lay down. 12:30c:20:xx:xx

Busy lots of cleaning to be done at the clinic and organising- Banking, Bill paying etc. 12:30c:20:xx:xx

First case this afternoon some nervousness couldn't write properly. Looking forward to the next one now. 12:30c:23:xx:xx

Good focus once I got into my work on the computer. [6.00pm] 12:30c:25:xx:xx

Concentration poor took a while to get into my study today once I got going I was ok. Could focus well. [12.00pm] 12:30c:27:xx:xx

**PROVER 6**

Appear vague and disconnected. My partner commented that I seem vague and distant this evening. I had not noticed., vague and distant, but felt good in self – comfortable, though slight sense of fatigue. 6:30c:00:08:30

Again my partner tells me that I seem disengaged and vague this evening. 6:30c:02:09:xx

Heightened sense of anxiety after a telephone conversation with my mother, which focused on the current difficulties of one of my brothers. 6:30c:13:xx:xx

A dull headache associated with a lack of motivation and energy. Awoke with these symptoms after a argument with partner last night. 6:30c:24:xx:xx

**PROVER 22**

T's movement appeared too fast although I don't think they are. I feel dopey. Hard to think and talk. Laughter. Intoxication. 22:30c:00:00:3x

Things look weird. I feel stoned. I feel going on a holiday. 22:30c:00:00:4x

I feel silly, frivolous. 22:30c:00:00:4x

Lost my pen. And my water bottle. 22:30c:00:00:5x

T's ashtray scared me. Strong feeling. 'Take it away. I don't want to look at it.' With the light it's less scary. 22:30c:00:00:5x

Now I feel relaxed again, no longer hyper/worked up. 22:30c:00:00:5x

Calmed down. 22:30c:00:00:5x

I just realised that I only half-finished writing a sentence.... again. 22:30c:00:01:0x

Just freaked out at T's restless leg and shaking her shoe. The fast movement. 22:30c:00:01:0x

I thought I'd come down off it, then I looked at T walking. I said, 'you look so long', like she appeared long to me. I feel squashed. 22:30c:00:01:xx

At 10:59pm, feel tired, sort of squashed, too. 22:30c:00:01:22

At 6pm on my way home I noticed qualitative visual changes, some confusion. Eg. Reaching for my bottle in my back pocket when I had no bottle with me – instead it was my hat I felt and had in my back pocket. This confusion also makes it 'harder to see', not literally but more like stuff moving too fast because my mind has slowed, less thoughts. Senses more acute. Visually, I saw a bird and it had greater impact, I could almost hear-feel its wings move. 22:30c:00:20:2x

At 6.20pm, Showering after my run, felt panicky, a bit nauseous. I've also noticed feeling bad about myself, quite contrary to my general disposition of late, both coming home from my run today and last night. 22:30c:00:20:4x

Let me describe the confusion more accurately. It is as if people are putting their hands in your face and that is why you can't see or think calmly or clearly. 22:30c:00:20:xx

At 6.45pm, I feel calmer again, though things still look qualitatively different (ie. Not frank hallucinations). The panic today came in a wave which passed. There is a type of quiet in my head due to the 'mind slowed, less thoughts' thing. 22:30c:00:21:08

## PROVER 20

I was really outspoken in college tonight. I didn't back down and continued for the remainder of the class to put in. I didn't shy like I normally would. 20:30c:00:xx:xx

2:30pm G shits me (work) – I am so F\*\*\*ING ANGRY. 20:30c:03:19:xx

My mind is active and I'm incredibly restless – for anything but study. I washed everything in the house; clothes, windows, blinds, I dusted, attempted to cut down a dead tree and I weeded the garden. 20:30c:05:xx:xx

I crying myself to sleep – weighing up the pros and cons as to why I am here. I did not have to many pros to why life was worth living. ROS. 20:30c:05:xx:xx

Feeling motivated to do something, anything but study. 20:30c:06:xx:xx

My partner is shitting me severely. What do I do? CRY. I cried all afternoon. Everything. 20:30c:06:xx:xx

Feeling motivated to do something, but what....so I cleaned. 20:30c:07:xx:xx

Feeling sad and I want to cry. I just feel so down. 20:30c:07:xx:xx

At 7:30pm I'm not feeling happy – feeling as if I am being sucked out of the present. I need to get out of the room. 20:30c:07:xx:xx

All day feeling withdrawn and my eyes keep watering. 20:30c:09:xx:xx

Great aversion to everything. I slept in and then climbed back into bed at 1:30pm and pulled the covers over my head. I just wanted to hide from the world. I cried most of the day. 20:30c:13:xx:xx

I could not sleep. I got home at 10:30pm to find dozens of baby spiders in my bedroom. I tried to kill them but more and more kept appearing. I slept on the lounge room floor with the light on. I kept thinking they were going to seek revenge on me. 20:30c:14:xx:xx

HOW F\*\*\*ING ANGRY AM I! B (boss) had the hide to ask me if I stole her pen – she lost it, (she later insisted that she was joking – after she found it of course). 20:30c:15:xx:xx

Either G & B are paranoid or I am. Now G insists on me leaving the office before him. He will not let me lock up. I feel like someone has turned my world upside down and everyone is pointing fingers at me. 20:30c:15:xx:xx

~ 11:30pm I keep crying – I'm not happy and have to make some changes. Can the problems my partner and I are having improve or not. Will anything turn back my way? Can't be in the same room, total aversion, makes my skin crawl, it repulsed me to be in the room with him. 20:30c:15:xx:xx

9:30pm my mind feels all spacey especially at occiput. Associated left arm spasms and major jerks, head also twitching. 20:30c:16:xx:xx

I AM SOOOOO ANGRY. G started at me in relation to B speech presentation. I told her what she wanted was not the best we could do, but she insisted. G flew off his nana at me because of it. It is her speak, if she wants to do it her way against my better judgement, then who am I to stand in the way. G obviously thinks I am. NEVER WORK WITH A MARRIED COUPLE. That coupled with the fact that B found her pen. THE ONE I SUPPOSEDLY STOLE. 20:30c:16:xx:xx

## EXPERIENCE OF MEDICINE I

I woke at 6:30, 7:30, 8:00, 9:00, 10:00, 11:30, 12:30 – I got up at 1:00pm – I am so tired and sick of the world. I have a strong need to get out of the house – away, escape from what is my dungeon. 20:30c:16:xx:xx

I went to work to collect my diary (this one). I spoke to B about the fact that I was not happy at work and why. This is the first time ever that I have done this, I usually just leave (I've had lots of jobs) 20:30c:16:xx:xx

My partner is sullen again – I want things back the way they used to be or not at all. I want passion, love, security – I want to know that I can grow old with someone and enjoy doing it. There must be more to life than what I have, I don't feel I have much. I love him so much though. 20:30c:17:xx:xx

~ 12:00am I feel that I am going insane – my mind is racing yet about absolutely nothing. Everything (hand, arms, legs, feet, shoulders, head etc) is spasming and twitching. I'm pulling my hair out, rubbing my face and forehead roughly like a mad woman. What is happening to me? I want it to stop. I want to drop everything and run away. I want to cry. I'm physically screaming in pain and anguish but no sound will come out.. PLEASE SOMEBODY HELP ME!!! MY LIFE IS NOT WORTH LIVING – SOMEBODY TAKE THE PAIN AWAY. I blubbered myself to sleep. 20:30c:17:xx:xx

I woke at 7:30, 8:30, 9:00, 10:00 I was still crying. All night I wailed like a grieving widow – screaming in anguish with no sound coming out. 20:30c:19:xx:xx

1:50pm waiting for supervisor I sat in the sun – just sat. I have not felt so at peace for some time. 20:30c:19:xx:xx

My meeting with supervisor at 2:10pm – I now know that I am not going insane – I'll be Ok. I feel better just knowing this. 20:30c:19:xx:xx

I woke at 9:00am feeling somewhat refreshed – this surprised me. The fact that I am going to lighten my load by dropping S&D and Clinical Studies has taken a weight off my shoulders. 20:30c:20:xx:xx

Straight after waking I started to clean – clothes, linen, shiatsu mat. 20:30c:20:xx:xx

Restless in college at 6:00pm – I could not sit still

– feet up, feet down, up, down, up, down. I must be sending everyone in class insane because I'm sending myself there. 20:30c:20:xx:xx

I'm so angry with someone in college. Every time I said anything they took it upon themselves to shoot me down in flames. It got to the stage where I wanted to jump the table and hit her. 20:30c:21:xx:xx

At 2:30pm my mind kept fading in and out. One moment alert, the next staring off to space without a thought in my head, totally unaware of my surroundings. 20:30c:21:xx:xx

At night I felt so awake I could not go to bed as my mind was buzzing. When I did climb into bed, I left three lights on – how awake was I really? 20:30c:23:xx:xx

At 12:30pm I became pedantic about cleaning. I started to clean my desk and rearranged my entire office. 20:30c:31:xx:xx

I'm really angry with B. She stuffed up her computer and lost some information because she did not do what I told her to do. She cried because she lost some info – I felt no sympathy, only anger that she was trying to get sympathy and because she did not back up her information as I had told her to do. 20:30c:37:xx:xx

I spoke to my mother re not going home over the break due to postponed exam for college and the fact that D (sister) made no attempt to contact me or return my calls with pathetic excuses for not doing so. It hurts me that J (18mth nephew) does not relate to me in the same way anymore because I don't see him very often. If I disappeared it would probably take at least a couple of months before my family even asked another family member if they'd heard from me. Most of the time I feel like an only child not one of three. I cried for a long time after speaking to my mother – I felt alone. 20:30c:40:xx:xx

**PROVER 2**

I feel so stoned, like when you smoke dope. Everything is intense, like a nervousness, like that I am in my own world and everything is surreal, like we are giggling, but nervy giggling and a numb and drunk giggling. I could feel energy bouncing off each other. In our own ball, whole state is altered. Quick doing things. I was throwing my body, fell down and got up and



bounced up again and throwing myself around. There were no worries or consequences, very in the present 2:30c:00:01:30

I feel like I am hallucinating, I saw a burning cigarette on the side of my ashtray and there wasn't one there, I saw it as I turned my head. My ashtray has two figurines on it and it scared S (the one man has these big white eyes), the more I looked at the more I got scared too. S is so scared of those staring eyes. S then walked into my sliding door and made a face print on it. 2:30c:00:01:30

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. 2:30c:00:01:46

At 11.12pm, S said, 'you look so long'. I said, 'Yeah, I feel so long, I feel too long.' 2:30c:00:02:12

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again which is extra early for me. Sounds were so loud, but there was very little rain. Sounds exaggerated. 2:30c:00:07:00

I went shopping and I feel confused, lost and disoriented. I bought food that I have never bought before. This confusion is made worse by driving. I parked my car in the wrong place at first and then after I parked it in the right parking station I lost it. It took me a long time to find my car. 2:30c:00:16:30

Feeling a bit lost. A bit the same as yesterday. I drove this guy to Chatswood. I didn't know where I was going. To get back I got a bit lost. Was getting tired really easily – working on college work with Irene. Lost feeling – feels a bit different from usual. Normally I'd be anxious. Now there is anxiety, but there's more frustration. Normally I'd avoid roads I don't know, but I've been going down them and getting lost. Before I had no sense of direction, now I'm getting it – 'oh, this road's going the same direction as the one I want to be on'. This is since the medicine. There's a sort of trust. 2:30c:01:xx:xx

I keep getting this impulse to smoke inside. Only since medicine. Normally I wouldn't want to – smell of it. I haven't done it but feel like lighting up inside. I feel less guilty about smoking. Before

always this guilt. Feel it's to do with what supervisor said – 'keep smoking during proving'. 2:30c:01:xx:xx

I feel elated, I feel the rising, moving upwards theme in my last few dreams. I am not affected by it as much. My vital force feels lifted up. G in the proving seems so happy too, he acts like he is drunk, big smiles, he used much more expression and body language. 2:30c:02:17:00

[Today in one incident] I was very abrupt, in saying, 'no, I don't want to talk about it' whereas normally I might say something, or make something up but I didn't give a shit. Afterwards I asked F, 'was that harsh?' She said no. 2:30c:02:xx:xx

1.30pm, I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. It felt like 3 seconds (normally a half hour walk). With no effort. And I was early! Then I was waiting, a bit impatient. 2:30c:02:16:30

6pm. Drove to college again. F and I walked to college from the car spot. F said, 'T, I notice you've been walking so quickly since you took that remedy'. 2:30c:02:21:00

I'm leaving things behind and losing things. eg. my wallet. Forgot and left my brace at home for my night lecture at college. When I went to Irene yesterday I left my jumper at home. 2:30c:02:xx:xx

Haven't been affected as much by people. [Instead] quite neutral. Been connecting a bit more intensely with people. I feel pretty switched on. I've been quite efficient. Normally it's hard to switch off and concentrate on one thing but that hasn't been difficult. More focussed. 2:30c:02:xx:xx

Haven't been getting as distracted as much. eg. by TV instead of working. Tonight, halfway through class which I'm normally exhausted through, fighting off sleep, well tonight halfway through I just switched, took in everything that was said. 2:30c:02:xx:xx

I'm also pretty aware of energies around me. 2:30c:02:xx:xx

Sound also increased, intensified. Today in meditation I heard raindrops on roof and I imagined this huge big white hail ball come

## EXPERIENCE OF MEDICINE I

flying through the window. (If that had happened I wouldn't have been shocked). When I told other people there they looked at me like I was crazy. 2:30c:02:xx:xx

At 9am, driving to work. Getting stressed and depressed about the wallet because I knew I hadn't lost it but I couldn't find it. Don't normally lose things, especially a wallet. 2:30c:03:12:00

I have a feeling of love. I had an impulse to place my hands on a man I saw in a wheel chair and send him healing. This was an unusual experience. Taking rubbish out at work. Saw old man in wheelchair. Normally that kind of thing would freak me out but I had this impulse to go up to him and put my hands on him and give him healing. And I looked at him and thought, 'he's not close to death'. I think if our society wasn't the way it was I would have done that. 2:30c:03:12:45

I got depressed at work and it feels better to talk about it. I don't like being told what to do because I can't say how I really feel like: "f\*\*k off". 2:30c:03:19:30

I am so hectic and frantic: in my dream a chicken was running around with it's head off, so frantic like the crazy guy in the other dream, also being impatient, being productive, walking faster, van not stopping, racing down a mountain in a car, F jogging, its all so hectic, authority, fear, confrontation and power. 2:30c:03:21:00

I am worried, nervous and stressed. I phoned W but he was sleeping. Maybe he has decided that he doesn't like me and that's why he hasn't called. I feel so nervous about clinic today (I am nervous to present my case this afternoon). I am anxious about completing clinical studies and I am nervous about going to D tonight. My dreams made me feel vulnerable, depressed and anxious. I feel so insecure. My body feels like it could have spots. Throughout the day I felt pretty depressed, insecure about W, vulnerable, anxious. My body still felt like it had spots on it in the day. Weird, sickly feeling, skin felt 'hot', well not hot, like the after effects of the itch and everything was still there. 2:30c:04:13:15

Felt a bit insecure again, a bit depressed. 2:30c:05:xx:xx

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Still can't decide between 1 or 2 pillows. Neck gets sore with 1. 2:30c:06:xx:xx

I feel really good about being on my own, doing my assignment, making myself dinner, excellent! Walking and buying things makes me feel elated. 2:30c:06:22:30

Elation. Stronger for walking. Went walking, shopping for 3 hours. Really good mood. Feels good doing stuff on own, positive, independent. At first felt vulnerable but once walking didn't care what others thought (unusual). Lasted 3 hours. While walking. In a really good mood for rest of night. 2:30c:06:21:00

I feel so guilty that I am smoking so much. I must stop soon. 2:30c:07:13:30

I feel depressed and bad that I have been smoking so much. When will I ever stop again. I feel so down and despondent today. 2:30c:08:11:30

Mood improved through day. 'Busy' through the day. Mind positive. Competent. I can do stuff! Focussed. 2:30c:08:xx:xx

9pm-10pm, Tired. Exhausted. Feel like I want to sleep. Stressed out, panicky (about assignments), but exhausted at same time. 2:30c:08:xx:xx

I think I am addicted to this remedy, I love it. It is 7:30am and I feel so awake and elated again. It feels good to move around and do work. I have already been to drop the video off this morning. I am full of energy. (I took three drops of the remedy this morning, lovely.) This morning I just woke up with an impulse to take the remedy. Hadn't thought of it before. So I just took it. The more I think about it the more I like it. It's so addictive. Since the remedy I've had an appetite, I've put on weight again. So it's just good. I'm still indecisive. I don't know why anyone would want remedy if they felt like this. 2:30c:09:10:30

I am on a mission, I want everything to be tidy, clean and ordered. I like cleaning up. I am very active and it feels good to vacuum (very unusual for me, normally my worst). Wow my flat is so clean and tidy, feels so good it is all done. Doing 1,000,000 things at once. Going backwards and forwards between all of them. Very into cleaning and tidying. 'Very efficient'. 2:30c:09:xx:xx

I feel really impatient and restless. I feel like I need to get on with things and giving Steve my symptoms is making me very impatient and irritable. 2:30c:09:17:00

Moods been quite good. Elated. I feel amazing. Phoned D. I was quite open with him. I thought, 'fuck it', and asked him stuff, talked. Spoke harshly. He said, 'what's wrong? You're so full on!' 2:30c:09:xx:xx

I want to be organised, get it all done. Quite impatient. 2:30c:09:xx:xx

I feel like something is about to happen, burst open, feel like the phone is going to ring even though it is off. I feel excited, good vibes. 2:30c:09:17:00

I feel depressed as D says he is not coming here anymore. I feel like I don't want to speak to him anymore. I had to have a whisky and a sleeping pill to help me fall asleep at 2am. Grief better for talking with someone. At 12 midnight, had a whisky and a sleeping tablet. I feel like such a drug addict. Fucked up. 2:30c:13:03:00

I keep getting 'pink' with this remedy – in dreams, etc. 2:30c:13:xx:xx

11.30am, Very tired, disoriented, > cleaning, < thinking. Woke up feeling very tired. Feel a bit depressed. Feel better for cleaning flat. Feel a bit disoriented. I keep mixing things up, e.g. taking fork instead of spoon. Depressed = not excited about anything. Angry and upset at D for not coming over last night. I feel if I just close my eyes I could go to sleep. Horrible. I feel exactly like a drooping, deflated balloon. 2:30c:13:14:30

4pm, Feeling sad, angry, lethargic and vulnerable. 2:30c:13:19:00

I feel depressed and down. It feels worse to think and better to work. I am not so elevated anymore. I am so tempted to take the remedy again but I don't want to go down again. I also know that I will get into trouble if I take it again. 2:30c:15:22:00

I feel weird, odd and strange. It feels better to walk even though my back aches. I had no cigarettes left and I couldn't wait until I went to work to get some so I decided to drive and get some but then I suddenly just started walking to the shops instead. I was looking really bad (wearing tracksuit pants, a hot (big and stuffy) jumper, slippers, my hair looking really messy –

basically straight from bed) and so I felt a bit self conscious but then I felt crazy so I didn't care too much. I went food shopping and after all that I forgot to get cigarettes. 2:30c:15:14:00

I am so enthusiastic to learn how to print at work – I haven't ever wanted to do that in the last 5 years – very odd. Normally I do as little as possible at work. 2:30c:15:14:00

8.50am, Smoked a few drags of cigarette this morning before clinic, got such a head rush, fell to ground so dizzy (not dizzy, just spinning), the ground spinning over and over. Took a few minutes to normalise. Worried about my mental and physical health. Feel like I'm doing too much. Yawning a lot. Unfocussed, depressive, basically fucked. 2:30c:18:11:50

2pm, Very stressed, racing. 2:30c:18:17:30

## THE RUBRICS

**B = BONNINGHAUSEN**

**C = COMPLETE**

**M = MURPHY**

**P = PHATAK**

**NR = NEW RUBRIC**

**S = SYNTHESIS**

### MIND

- abrupt
- alert
- anger
- anger music on hearing
- anger pain at the
- anger sound of water, from the NR
- anger, colours
- anger, colours, red, agg
- anger, crying from pain, with
- anger, himself, with
- anxiety
- anxiety, exaggerated
- anxiety, family about, his
- anxiety, health
- anxiety, palpitations with
- anxiety, throat, lump sensation with
- anxiety, walking amel
- busy
- calmness
- chocolate amel mental symptoms
- cleaning amel mental symptoms
- coffee amel mental symptoms
- colour, aversion to blue
- colour, aversion to red
- colour, aversion to yellow NR
- company, aversion to
- concentration difficult
- confidence want of self
- confusion, intoxicated, as after being
- confusion, intoxicated, as if
- confusion, of mind
- courageous
- dancing amel
- dancing behaviour
- death desires
- defiance
- delusion, alone he is
- delusion, animal in abdomen
- delusion, bitten, will be
- delusion, black, skin is
- delusion, die will
- delusion, floating in water NR
- delusion, grasped his neck someone did
- delusion, ignored is NR
- delusion, insane she will become
- delusion, long things seems too NR
- delusion, motion, things happen in slow
- delusion, neglected he is
- delusion, objects move to quickly NR
- delusion, poisoned of being
- delusion, rain he hears at night NR
- delusion, small, body is smaller
- delusion, spell someone has put on him NR
- delusion, squashed he is NR
- delusion, time passes too slowly
- delusion, time, passes too quickly
- delusion, under superhuman control
- delusion, time, seems earlier, passes quickly
- despair, (feelings), pains, with the
- despair, sexual craving from
- direction sense of improved. NR
- eating amel mental symptoms
- elation
- elation, from walking N
- estranged, family from her,
- estranged, friends and relatives ignores his
- fastidious
- fear alone
- fear, driving of NR
- fear, happen something bad will
- fear, happen something will
- fear, happen, something will unpleasant
- fear, home to go NR
- fear, insanity
- fear, noise of rushing water
- fear, panic attacks of
- fear, poisoned being
- fear, poverty
- fear, robbers of

- fight, wants to
- forgetful
- forgetful, streets, of well known
- forgetful, thinking of something
- forsaken feeling
- giggling
- heedless
- high spirited
- homesickness
- hurry
- hurry, everybody moves too slowly
- hurry, walking, while
- impatience, slowly, everything goes too
- impatient
- impulsive
- industrious, mania for work
- irresolution
- irritability
- irritability, water hearing or seeing
- irritability, headache, during
- irritability, slowly, everything goes too NR
- kill desire to
- kill, impulse or desire to
- kleptomania
- laughter
- laziness, morning
- loquacious
- loses way in well known streets
- memory wanting
- mistakes, calculating in
- mistakes, perception, of
- mistakes, perception, of
- misunderstands what has seen or heard
- mood, impatient, impulsive b
- music, agg
- music, ameliorates
- music, aversion to
- music, irritates
- music, sensitive to
- news, depressing or sad, after
- occupation amels
- perception, slow m
- praying
- premonition
- prophesying
- quiet, wants to be
- rash
- rest cannot until everything is on it rightful
- place
- restlessness.
- sadness
- senses, acute
- senses, acute, birds, for
- sensitive, noise to splashing of water
- sensitive, oversensitive music to
- sighing
- singing amel NR
- sounds exaggerated NR
- spaced out feeling
- speech, finish sentence, cannot
- steal, desire to
- suicidal disposition
- suicide, thoughts of
- superstitious
- sympathy compassion
- talking amel NR
- thinking, of pain, agg.
- time, passes too quickly
- time, passes too slowly, appears longer
- time, passes too quickly, appears shorter
- time, perception, slowly, moves too
- time, quickly, appears, shorter, passes too
- tranquillity
- walking amel all symptoms NR
- walking quickly NR

## VERTIGO

### HEAD

- band, constrictions P
- band, (62) M
- constriction, band or hoop
- constriction, band or hoop
- constriction, forehead
- constriction, forehead eyes, over the
- constriction, occiput
- constriction, tension
- constriction, tension
- constriction, tension
- constriction, tension
- constriction, tension, bending forward amel. N
- constriction, tension, bending forward agg. N
- cutting, temples left
- fornication, sensation M
- frozen occiput as if NR
- fuzzy
- grasping, pain

## EXPERIENCE OF MEDICINE I

- grasping, pain grasping, forehead M
- grasping, pain
- grasping, forehead, eating amel. M
- headache
- headache, boring, temples right M
- light headedness
- headache, pressing, band, as if by M
- headache, sharp, pain M
- heaviness
- heaviness
- heaviness, left temple NR
- heaviness, rising on
- heaviness, sensation
- heaviness, sensation, forehead
- heaviness, sensation, temples
- heaviness, sides M
- light headedness
- pain
- pain
- pain, ache
- pain, activity amel NR
- pain, as if pinched NR
- pain, constant, continued
- pain, cutting
- pain, dull
- pain, dull left
- pain, dullness
- pain, dull temple
- pain, eating amel
- pain, eating, after
- pain, extending to cheek
- pain, eye right above
- pain, forehead
- pain, grabbing NR
- pain, grasping
- pain, hard temples
- pain, heat, with
- pain, heaviness, sides, left
- pain, left
- pain, light agg
- pain, night
- pain, noise agg
- pain, noise, from M
- pain, occiput
- pain, pressing, band, as if by
- pain, sharp left
- pain, sharp after eating
- pain, sharp, temples M
- pain, sharp, temples extending to occiput, M

- pain, sharp temples left M
- pain, shooting, extending, to occiput, left NR
- pain, sides, left, cervical
- pain, sides, right
- pain, stabbing N
- pain, talking while
- pain, teeth touching < N
- pain, temple
- pain, temples, eating, after
- pain, temple, extending to cheek NR
- pain, temple extending neck
- pain, temple extending occiput
- pain, temple right
- pain, temple right
- pain, temples, extending to jaw
- pain, waking
- pain, waking
- pulsating, occiput, evening
- tension, drawing upward of skin of forehead
- tingling
- weakness

**EYE**

- burning
- discharges, morning
- discharges, mucus, pus
- discharges, mucus, pus canthi sticky
- discharges, mucus, pus white
- discolouration, red
- discolouration, red
- discolouration, red
- discolouration, yellow
- discolouration, yellow
- ecchymosis
- heat in
- heaviness
- heaviness, lids
- heaviness, sensation
- heaviness, sensation eyelids
- lachrymation, yawning, when M
- lids, puffy (1) P
- pain burning
- pain, closing, agg. closing, amel.
- pain, light
- pain, light artificial
- pain, light strong
- photophobia, artificial light agg.
- tension

**VISION**

- acute
- blurry
- cloudy
- focus, unable to
- hallucinogenic NS

**NOSE**

- crawling, sensation
- discharge, running
- discharge, thick
- discharge, white
- obstructed

**SMELL**

- acute
- sensitive

**EAR**

- noises, hammering sounds of
- noises, whistling
- pain, aching
- pain, right
- pain, left noise <
- pain, stitching

**HEARING**

- acute
- exaggerated

**FACE**

- congestion
- discolouration, bluish circles around eyes
- discolouration, purple NR
- discolouration, red flushes
- discolouration, spots
- discolouration, yellow
- dryness, lips
- eruption, acne
- eruption, pimples
- eruptions, dryness
- heat
- heat, flushes of
- lips, cracked
- pain, cheek
- Pain, neuralgic
- pain, touch <

**MOUTH**

- dryness
- discolouration, sides red

- discolouration, blueish tongue
- discolouration, redness tongue edges
- discolouration, tongue, red tip
- dryness, lips
- heat
- heat, sensation in
- pain, burning
- pain, burning air cold amel
- pain, burning palate
- pain, burning tongue left
- pain, burning tongue tip
- pain, tongue
- taste, acute
- taste, bitter
- taste, metallic
- taste, sour
- tongue, burning, cold air amel NR
- tongue, burning NR
- tongue, burning tip NR
- ulcer, tongue, tip
- ulcers, tongue
- wart
- wart, lip NR

**TEETH****THROAT**

- dryness, swallowing on agg
- mucous, detach difficult to
- mucous, difficult to detach
- mucous, red as blood
- mucous, sensation of
- mucous, taste metallic
- mucous, tenacious
- pain
- pain, burning
- pain, sides right
- pain, sore extending ears to
- pain, swallowing on
- pain, swallowing, when
- scratching, swallowing on
- swelling
- swelling, sensation

**EXTERNAL THROAT**

- grasped, sensation someone, his NR
- induration of glands
- pain, general cervical glands
- pain, general cervical glands touch agg
- swelling, cervical glands

## EXPERIENCE OF MEDICINE I

**STOMACH**

- alive, something as if
- appetite, diminished
- appetite, diminished
- appetite, increased
- appetite, increased, eating, after
- appetite, increased, morning in
- appetite, insatiable
- appetite, insatiable
- appetite, ravenous
- appetite ravenous, eating increases the hunger
- distention
- distention, eating agg
- emptiness
- emptiness, eructations amel
- emptiness, eating not amel by
- fullness
- fullness, sensation of
- heaviness
- heaviness, afternoon
- heaviness, morning
- itching
- nausea
- nausea, after
- nausea, coffee agg
- nausea, drinking after
- nausea, eating agg
- nausea, exercising from
- nausea, food thinking of
- nausea, menses during
- nausea, milk after agg
- nausea rising on
- nausea, sleep during
- nausea, stool amel after
- pain
- pain, aching
- pain, burning
- pain, cramping
- pain, gnawing
- pain, tearing
- painful
- thirst
- thirst

**ABDOMEN**

- alive, sensation of something
- distention
- distention, diarrhoea amel

- emptiness
- heaviness
- itching
- movements in
- movements in, sides left
- movement, walking while
- noise
- noises, crying of an animal like
- noises, rumbling
- pain
- pain
- pain, cramping flatus amel
- pain, iliac region
- pain, iliac region fossa
- pain, pressing
- pain, stitching
- pain, tearing
- rumbling
- stopped, sensation
- tension,

**RECTUM**

- constipation, difficult stool
- constipation, insufficient incomplete unsatisfactory stools
- diarrhoea
- flatus
- pain, burning stool agg during
- pain, burning, stool during
- urging

**STOOL**

- loose
- thin
- watery
- yellow

**BLADDER**

- urination, involuntary
- urination, involuntary, night incontinence in bed

**KIDNEY**

- pain, lying while amel knees and elbows
- pain, pressing
- pain, pressing region of kidneys

**URETHRA**

- pain, burning agg during
- pain, burning agg after



**URINE**

- colour, greenish
- colour, greenish dark

**MALE**

- pain, testes left
- pain, testes sitting on
- sexual desire, increased
- sexual desire, increased morning
- sexual desire, decreased

**FEMALE**

- fullness
- fullness, vagina
- menses, profuse night
- menses, clotted
- menses, milky
- menses, pale watery
- menses, stringy
- menses, scanty
- menses, tenacious
- sexual desire, increased

**LARYNX**

- larynx and trachea tickling

**RESPIRATION**

- difficult, daytime
- difficult, inspiration
- difficult, palpitation during
- difficult, suffocation with

**COUGH****EXPECTORATION**

- viscid

**CHEST**

- eruptions pimples
- grabbing, sensation heart NR
- itching, clavicle
- noises, crunching NR
- open, as if
- pain, aching mammae
- pain, burning lungs
- pain, dull heart region of
- pain, pressure agg
- pain, pressure amel
- pain, sides left
- pain, sides left extending to back

- pain, sides, left, extending to shoulder
- pain, sternum
- palpitation
- palpitation, heart anxiety with
- palpitation, heart inspiration deep during
- palpitations, heart
- palpitations, heart
- sinking, sensation heart NR
- tingling

**BACK**

- eruptions pimples cervical region
- pain
- pain, aching
- pain, cervical extending shoulders
- pain, cervical grasped as if NR
- pain, cervical region
- pain, cervical region, left
- pain, rheumatic left
- pain, cervical sides left
- pain, crushed lumbar region
- pain, extending lower extremities
- pain, lumbar left
- pain, lumbar
- pain, motion agg
- pain, sitting
- pain, sore
- pain, standing agg
- pain, stitching
- palpitation, neck NR
- perspiration, cervical region
- stiffness
- stiffness, cervical region
- tension, dorsal

**EXTREMITIES**

- cold, icy
- cramping, lower limbs
- discolouration, blue leg
- discolouration, blue lower limbs
- eruptions, pimples thigh
- foot, right
- hand, palm right
- itching, ankles
- itching, ankles
- itching, ankles
- itching, fingers between
- itching, fingers in between

## EXPERIENCE OF MEDICINE I

- itching, fingers scratching agg
- itching, foot
- itching, foot heel
- itching, lower limbs
- itching, scratching agg
- itching, scratching amel
- lower limbs
- lump forearm NR
- numbness
- numbness arms
- numbness, legs
- numbness, sitting while
- pain
- pain, aching feet
- pain, aching lower limbs
- pain, aching wrist
- pain, elbow
- pain, hand
- pain, lower limbs
- pain, shins
- pain, shooting elbow
- pain, shooting elbow L
- pain, shoulder
- pain, stretching must
- pain, thigh, twitching
- pain, touch agg
- perspiration, elbows flexure of
- restlessness, lower limbs
- stiffness
- swelling, ankles
- swelling, wrist
- tingling
- tingling, elbow
- weakness
- weakness, hands
- weakness, thighs
- weariness

**SLEEP**

- generals lassitude
- generals weakness
- restless
- sleepiness
- sleepiness, afternoon
- sleepiness, overpowering
- sleepiness, weariness with

- sleepiness, yawning
- sleeplessness, anxiety from
- sleeplessness, itching from
- sleeplessness, thoughts from
- unrefreshing
- waking
- waking, dreams from
- waking, frequent, noise
- waking, fright as from
- waking, midnight after
- waking, midnight after 3am
- waking, midnight after 4am
- waking, slept ones fill as if
- waking, urinate desire to
- waking, pain with
- yawning,

**DREAM**

- anger
- animals, birds large black
- animals, dogs
- anxious, morning
- clairvoyance
- concerned NR
- control out of NR
- country
- crime
- dancing
- danger
- devil
- disease
- driving car
- fever
- fights
- games playing NR
- happy
- high places
- hot weather
- houses, open NR
- intoxicated NR
- intoxicated NR
- invasion of her space NR
- lewd lascivious
- men black NR
- murder
- murdered, he will be

- mutilation
- nakedness
- open spaces NR
- pain
- plants NR
- pursued
- rescuing, those in need NR
- robbers
- romance
- rooms NR
- sand
- shocking
- spaceship
- stealing fruit
- stool
- swords
- theft committed of having
- theft NR
- thirsty being
- toilets NR
- urinating
- vertigo
- violence
- vulnerable is NR
- wedding
- weddings
- windows broken

#### **CHILL**

- generals heat vital lack of
- chill, coldness in general

#### **FEVER**

#### **PERSPIRATION**

#### **SKIN**

- coldness
- discolouration, blackish
- discolouration, dark
- discolouration, yellow
- eruptions, pimples
- eruptions, pimples scratching after white
- itching
- itching
- itching
- itching, bathing agg after
- pimples
- sensitive

#### **GENERALS**

- activity, desires
- activity, physical
- air open amel
- chocolate amel NR
- chocolate, desires
- clumsiness
- coldness body of the whole
- coldness, sensation icy
- energy lots of
- food alcohol agg
- food and drinks
- food chocolate desire
- food sweets desire
- food, tea <
- fullness internally
- general eating amel
- heat, flushes of
- heat, sensation of
- heat vital lack of
- heaviness, external
- heaviness, internal
- heaviness, sensation, tired legs
- lassitude
- lightness, sensation of
- motion amel rapid
- rubbing amel
- senses hyper acute
- sweet, desire
- sweets amel
- talking >
- thirst
- walking amel
- walking, desires
- wave-like sensations
- weakness
- weariness

#### **MURPHY**

- neck, pain M
- neck, tension M

EXPERIENCE OF MEDICINE I

## EPILOGUE

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To all the provers and supervisors a massive thanks.  
Judy, for this proving you were a legend of commitment  
and going beyond the call of duty. Thanks so much.

Alastair Gray  
Balmain 2003

# A HOMEOPATHIC PROVING OF

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## CHIRONEX FLECKERI (CH-FL) BOX JELLYFISH

EXPERIENCE OF MEDICINE I

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### THE PROVING

Condensed, edited, core, primary symptoms

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Primary and secondary symptoms

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Chronology of the major provers

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Acknowledgments and thanks

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The Irukandji Syndrome

## PROLOGUE

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### A WORD FROM BILL BRYSON

....these are nothing compared to the delicate and diaphanous box jellyfish, the most poisonous creature on earth. In 1992 a young man in Cairns, ignoring all the warning signs, went swimming... at Holloway's Beach. He swam and dived, taunting his friends on the beach for their prudent cowardice, and then began to scream with an inhuman sound. It is said there is no pain to compare with it. The young man staggered from the water, covered in livid whip like stripes wherever the jellyfish's tentacles had brushed across him, and collapsed in quivering shock. Soon afterwards emergency crews arrived, inflated him with morphine, and took him away for treatment. And here's the thing. Even unconscious and sedated he was still screaming.

*From Down Under (Doubleday 2000)*

- "The box jellyfish is the most deadly bastard in the world. It kills twice as many people per year as bastard sharks"
- Placed end to end, the tentacles of a Box Jellyfish would stretch 60 metres
- A gang of Jellyfish is called a 'smack'

In the Northern Territory deaths from jellyfish stings have been recorded in every month of the year except June

Up to 10,000 stings occur each summer in Australia from bluebottles alone."

*Ralph Magazine August 2001*

## INTRODUCTION

## THIS REMEDY

### 1. THE CHOICE OF THIS REMEDY

When it came to the Nature Care College proving for 2001 there were three choices of new remedy. MDMA, Blatta Orientalalis and Box Jellyfish. With the immediate nature of the outrageous toxicological symptoms experienced from contact with this jellyfish and the speediness of the death, I was, you could say, apprehensive as to the outcome.

### 2. METHODOLOGY OF THE PROVING OF BOX JELLYFISH

#### Collection of the substance

Prepared by the good folks at Simillimum Homeopathic Pharmacy, call them for details. +64 4 4999242

#### The Trial

Box Jellyfish was one of three remedies chosen for the 2001 proving. I did not know which remedy had been selected until 4 weeks into the proving. Supervisors were in daily or twice daily contact with their provers for up to four weeks. As coordinator I was in daily contact with both provers and supervisors.

#### The Provers

2 f	30	14 f	30	26 m	30
4 f	30	16 f	30	28 f	30
6 m	30	18 f	30	30 m	30
8 f	30	20 m	30	32 f	30
10 f	30	22 f	30		
12 f	30	24 f	30		

### 3. SEA REMEDIES IN HOMEOPATHIC MEDICINE

There are at least 28 other Sea Remedies that have been used homeopathically.

<i>Ambra Grisea</i>	whale secretion, solid product from the intestine of the Sperm Whale found on beaches or floating in the sea
<i>Asterias rubens</i>	starfish
<i>Ciguatera</i>	poison in an ocean fish
<i>Conchiolinum</i>	Mater perlarum, Perlarum mater; prepared from shell of <i>Avicula margaritifera</i>
<i>Corallium Rubrumred</i>	coral
<i>Elaterium</i>	squirting cucumber
<i>Eryngium maritimum</i>	Sea Holly; family Umbelliferae; prepared from tincture of whole plant, including root



<i>Erythrinus</i>	fish of South America; Red Mullet; family Erythrininae; prepared from tincture of the whole fish
<i>Fucus Vesiculosus</i>	sea kelp
<i>Gadus Morrhu</i>	cod, prepared from trituration of first cervical vertebra of the fish
<i>Guano australis</i>	from Patagonia; dung of several seabirds: guano
<i>Homarus</i>	lobster, prepared from triturations of the digesting fluid of the lobster, a thick, reddish, offensive liquid contained in a sac situated at the back of the mouth
<i>Hydrophis cyanocinctus</i>	venom of a sea serpent called Hydrophis cyanocinctus from the Pacific Islands, Australia, India and China
<i>Lac Dolphinum</i>	dolphins milk
<i>Limulus Cyclops</i>	king crab
<i>Medusa</i>	jellyfish
<i>Murex</i>	purple fish
<i>Oleum jecoris aselli</i>	Cod-liver oil; Oil obtained from the livers of <i>Gadus morrhua</i> and some other allied fishes; family Gadidae
<i>Oncorynchus tshawitcha</i>	salmon
<i>Pecten Jacobaeus</i>	scallop
<i>Physalia physalis</i>	Portuguese man-of-war
<i>Sal marinum</i>	sea salt
<i>Sepia</i>	cuttlefish
<i>Serum Anguillae</i>	eel serum
<i>Silica marina</i>	Sea sand; The preparation was taken from the beach, just as it was left by the tide, on a part of the coast many miles distant from a river estuary or a drained town
<i>Spongia</i>	sea sponge
<i>Squilla maritime</i>	Sea Onion; Red variety; family Liliaceae; prepared from tincture of fresh bulb
<i>Trachinus draco, radiatus</i>	The Great and Lesser Weever, Sting bull and Sting-fish; prepared from trituration of the poisonous fins
<i>Venus mercenaria</i>	American scallop; Family Pelecypoda; found on Atlantic coasts; prepared from tincture of the whole mollusc and of the shell
<i>Aqua Marina</i>	sea water from the coast of Dieppe
<i>Chironex Fleckeri</i>	Box Jellyfish
<i>Hippocampus Kuda</i>	sea horse
<i>Urolophus Halleri</i>	sting ray

Thanks to Rowe. Proving of Stingray Referenceworks

#### 4. SOME TENTATIVE CONCLUSIONS SEA REMEDIES

There is an interesting cluster of symptoms, a constellation of symptoms that all/most/some of the sea remedies share in common. Here is a sample.

Sneezing	astac, lim, pect, ch-fl
Mucous tenacious and/or clear	astac, lim, hom, pect, ch-fl
Flushing of face	astac, aster, lim, ch-fl
Nausea and vomiting	astac, ch-fl
Pain, stinging	hom, aster, astac, ch-fl
Burning sensations	astac, hom, lim, pect, ch-fl
Urticaria	astac, hom, lim, medus, elat, ch-fl
Male sexual desire increased	murex, astac, aster, salmon, ch-fl
Female sexual desire increased	murex, aster, sepia, astac, salmon, ch-fl
Female organs	aster, sep, salmon, ch-fl
Sensitive to noise and music	ambr, ch-fl
Anxiety in the chest	astac, ch-fl
Vertigo	ambr, aster, salmon, ch-fl
Nausea and constipation	aq-mar, sep, ch-fl
Affections of the breast	murx, medus, sep, ch-fl
Approaching misfortune	elat, aster, ambr, ch-fl
Melancholy	aster, astac, ambr, gad, lim, sep, ch-fl
Sexual desire resembling an irresistible power, giving rise to ideas of violence, despair	aster, ch-fl

For a fuller analysis of the sea remedies, see Rowe's excellent stingray proving in Referenceworks.

#### 5. JELLYFISH AS REMEDIES IN HOMEOPATHIC MEDICINE

##### MEDUSA

Medusa is the only other jellyfish remedy that we use in Homeopathic medicine. The information we have of it comes from a poisoning in 1842 and is listed in Allen's Encyclopedia.

Known for its use in the treatment of nettle rash, and urinary difficulties, it affects the speech, and creates anxiety, and there is also an effect on the urinary tract and the breasts. There is also an indication for prickling on the skin, numbness and burning sensations and odema. Close remedies are listed as astac, homar, murex, sepia and apis. It is not listed in Herring.

##### Allen writes,

The slightest touch of medusa causes a perceptible burning sensation, and this is more or less severe, according to the vigor of the animal; they only sting from parts of the body where the epidermis is preserved; he never experienced the sensation when he came in contact with portions in which the epidermis had been removed; in his case a burning sensation was felt from a few seconds a minute after contact; after five minutes a slight redness appeared in his case, and then a simple, lentil-shaped

elevation; but more frequently three or four near one another; the appearance sometimes resembles nettle-rash; the pain generally soon ceases, but it lasted half a day with one of the party (Dr. Wills), and after eight days a redness was still perceptible.

Clearly the jellyfish used in this proving had little of the impact of a box jellyfish sting. Medusa barely appears in the repertory. There are just two rubrics,

MENTALS – Anxiety, (in general), and

GENERALS – Food, fish < .

## 6. TOXICOLOGY

The toxic effects of the Box jellyfish are well known. See the prologue and the stories section of this introduction for details.

The Nerves, Brain, Throat, Heart and Respiration are the immediate areas of affinity.

The initial envenomation is usually a minor sting, which may not even be noticed. However, occasionally it may be more noticeable, causing local pain almost like that of a bee sting. Victims are often seen rubbing or scratching an area of skin, although unaware that they have received a jellyfish sting.

### PAIN

#### **Catecholamine effects;**

#### **Cardiopulmonary decompensation.**

A victim may have any combination of the following signs and symptoms, but always has severe pain.

#### **Pain**

Low back pain – a severe boring pain in the sacral area

Lower leg pain – although victims usually get the muscle cramping pain described above, many cases in the 1998-1999 season complained of severe burning, neurasthenic and somewhat intractable lower leg pain.

- Muscle pain or cramps – these move rapidly into all four limbs and the abdominal and chest wall muscles. The pain is described as severe, unbearable and coming in waves (similar to labour pains) although never fading completely.
- Chest pain or tightness – usually caused by spasm of the intercostal muscles. There has been no bronchospasm demonstrated. Cardiac muscle pain may also occur, especially in the more severe cases when cardiac specific enzyme levels rise, suggesting cardiac muscle damage. However, chest pains also occur without the enzyme levels rising.

#### **Catecholamine effects**

- Sweating – localised or generalised. In severe envenomation the sweating is usually profuse and drenching. If it is localised it may be at the site of envenomation, or in a body area that is totally unrelated to the sting site.
- Piloerection – localised or generalised. It may be at the original site of envenomation, or an area totally unrelated.
- Priapism (prolonged erection).
- Anxiety and wretchedness – the victim is over anxious. They feel absolutely dreadful and often have a feeling of impending doom.

## EXPERIENCE OF MEDICINE I

- Restlessness – victims are restless and move continuously, trying unsuccessfully to get comfortable.
- Headache – may be frontal or global; is often severe and incapacitating.
- Nausea – often with severe, intractable vomiting.
- Increased respiratory rate – respiration is often of a sighing nature, possibly due to the intercostal muscle pains.
- Tremor – fine tremor, or fasciculation of the small muscles of the limbs.
- Pallor, or peripheral cyanosis – due to intense peripheral vasoconstriction.
- Oliguria – a reduced urine output probably due to reduced renal perfusion and fluid loss from the sweating and/or vomiting.
- Tachycardia – the heart beat is often fast and may be irregular with ventricular extra systoles.
- Allergic reaction – reported in two cases in which the victim had periorbital oedema and an expiratory wheeze.
- Lassitude/tiredness/depression.
- Hypertension – the blood pressure may reach levels as high as 280/150.
- Cerebral oedema.

**Cardiopulmonary decompensation**

- Acute pulmonary oedema – sudden breathlessness may develop.

**Death****7. THIS JELLYFISH:**

Chironex Fleckeri; Box Jellyfish  
 Researched by: Sharon Walters

**ORDER:** Cubomedusae

**SPECIES:** Chironex Fleckeri

**COMMON NAMES:** Fire Medusa, Indringa, Sea Wasp

**DESCRIPTION**

The box jellyfish are very difficult to see in ocean waters as they are pale blue and transparent. They are shaped like a bell or cuboid with four distinct sides and can measure up to 20cm along each side. Pedaliums are projected from each of the four corners of the cube or bell and may contain up to as many as 15 tentacles each and be three metres in length (Australian Institute of Marine Science: 2001). Box jellyfish are strong and nimble swimmers and can zip along in bursts of up to five feet per second by alternatively filling the bell with water and expelling it (Hamner (1994:120).

According to Dupont (1999), the box jellyfish has eight eyes which consist of a compound pair of primitive eyes on each side of its cube like bell – one looking up, one looking down and looking inwards through its own transparent tissue and out the other side. But there is no brain to organise or interpret visual signals. There is no thought involved nor a central nervous system but there is a nerve net in their tissue which is a simple feedback loop, a reflex action. It is believed that swimming behaviour is changed when a shadow crosses the eye as the muscles on the particular side or the opposite start to contract and pulsate, causing the animal to turn.

Experiments of isolated groups of up to twelve box-jellyfish in tanks under controlled lighting

conditions have taken place with various sized black or white shapes at either end and outside the tanks. In every case the box jellyfish quickly retreated from the dark shapes and ignored the white ones and the larger the dark shape, the further and faster they swam away. The box jellyfish most likely avoid larger black shapes to escape from predators such as turtles or fish or to navigate around obstructions. As the box jellyfish consists of delicate tissue that is easily damaged by abrasion and prone to bacterial infections, it is assumed the box jellyfish manage to avoid people most of the time but those that are stung are usually running or jumping wildly into the water straight into a box jellyfish (Dupont:1999).

It is an extraordinary creature and much about it is not understood. It has enormous gonads inside the bell. It 'knows' storms, hurricanes and cyclones are coming long before they hit. Days before a cyclone the Box Jellyfish hugs the coast and swim deliberately into inland salt waterways and mangrove swamps in a massive migration. As soon as the cyclone is past they swim en masse back to the sea. They have no brain, yet how do they know?

### **NEMATOCYSTS (STINGING CELLS)**

According to Hamner (1994:118), the box jellyfish is the most venomous animal on earth as no other animal's venom can kill a human in four minutes or less. The box jellyfish has killed at least 65 people in the past century but it wasn't until 1956 that the species was described and identified as the creature that inflicted such excruciating pain often followed by death. According to the Australian Institute of Marine Science (2001), it was first thought to have been the Portuguese man-of-war but as sightings usually accompanied these stings, it became obvious that it was something else.

The box jellyfish possess batteries of stinging cells, or nematocysts, that are a double-walled structure containing a spirally folded hollow thread with a tiny barb at the end. Projecting from the outside of the nematocyst is a minute sensor which acts like a contact point. When this is stimulated by physical or chemical sensation, the cell explodes. The tiny thread is ejected with great speed and force of up to two metres a second and the barb penetrates the prey's or predator's skin, injecting a poison. One cell may have little effect but usually hundreds or thousands are activated simultaneously (Queensland Department of Environment and Heritage, 1995:2).

### **DISTRIBUTION**

The Box Jellyfish is restricted to the warm waters of the indo-Pacific region and can be found in the waters off northern Australia from November to April as well as other territories north of Australia including Papua New Guinea, Indonesia, the Philippines and Malaysia (Edmonds, 1989:82).

### **HABITAT**

The box jellyfish prey on small crustaceans and small fish and appear to travel towards the shore in calm weather on a rising tide and congregate near the mouths of creeks and rivers following rain. It is thought that food is washed down these water courses to the waiting box jellyfish after rain (Australian Institute of Marine Science:2001).

### **REPRODUCTION**

At the end of summer, the mature box jellyfish reproduce sexually by shedding eggs and sperm into the water which combine to form a larval stage called planula. The planula then swims into estuarine waters and attach themselves to the underside of scoured out rocks, and once settled, develop into a polyp. The polyp state lasts all winter during which the polyp may bud asexually to form new polyps. During spring polyps detach and develop into a free-swimming medusoid stage to begin their adult life (Great Barrier Reef Marine Park Manual (2000:30).

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**PREDATORS**

Although highly venomous, sea turtles such as the green leatherback and hawksbill have been observed eating box jellyfish. Scientists believe it could be due to the turtle's skin being too tough for the stinging cells to pierce and that the lining of their digestive system offers some protection (Marine Parks, 1995).

**CLINICAL FEATURES**

According to Edmonds (1989:82), the box jellyfish is not seen before the incident and the victim usually screams as result of the excruciating pain which occurs immediately on contact. The victim claws at the adherent tentacles and may become confused, act irrationally or lose consciousness and drown.

**LOCAL SYMPTOMS**

Red, purple or brown multiple interlacing whiplash lines about 5mm wide develop within seconds. These characteristic markings last for some hours and are a beaded or ladder pattern and may develop into large weals, fading if the victim dies. After 7-10 days, necrosis and ulceration develop over the area of contact and often takes on a whitish, frost-like appearance. The skin lesions may take many months to heal if deep ulceration occurs and itching may also constantly recur. Pigmentation and scarring at the site of these lesions may also be permanent (Edmonds (1989:84).

**GENERAL SYMPTOMS**

Excruciating pain dominates the clinical picture while impairment of consciousness leads to coma and death. The pain increases in intensity over the first 15 minutes, often coming in waves and diminishing in 4-12 hours. Amnesia occurs for most of the incident following the sting and if death occurs, it usually does so within the first ten minutes. Survival is likely if spontaneous cardio-respiratory activity is present after the first hour.

The victim may develop cardiac shock, appear cold and clammy with a rapid pulse and a disturbance of consciousness. It is also possible that the cardiac state may oscillate within minutes from episodes of hypertension, tachycardia, rapid respirations and normal venous pressure to hypotension, bradycardia, apnoea and elevated venous pressure. The oscillation may give a false impression of improvement just prior to the victim's death.

Respiratory distress, pulmonary congestion, oedema and cyanosis may be due to the cardia effects or to a direct mid-brain depression. Paralysis and abdominal pains may occur and malaise and restlessness may persist with physical convalescence required up to a week. Irritability and difficulty with psychological adjustment may take weeks or months to disappear (Edmonds, 1989:84).

**FIRST AID**

According to Hanmer (1994:127), an antivenom was developed in 1970 by scientists at Australia's Commonwealth Serum Laboratories. Sheep were injected with nonfatal doses of venom and produced antibodies that are used to manufacture antivenom. When injected into a Box Jellyfish victim, normal breathing often begins almost immediately, pain relief usually occurs within minutes and later scarring is frequently reduced.

According to Marine Medic.com (2001), first aid treatment of box jellyfish stings should be as follows:

- Retrieve the victim from the water and restrain them if necessary.
- If others available, send them for an ambulance.
- Check victims airway, breathing and circulation. Treat with EAR or CPR if necessary.
- If resuscitation not needed, pour vinegar over the stung area for a minimum of 30 seconds to inactivate remaining stinging cells on any adherent tentacles left on skin. Use tweezers if necessary.

- After vinegar application, apply compression bandages directly over major stings.
- If available, use CSL Chironex antivenom for all major cases.
- Cold packs may be used to help ease the skin pain in conscious victims.
- In severe envenomation, use oxygen if available.

## PREVENTION

Apart from checking with local authorities for advice before swimming in areas that the box jellyfish is found, it is important not to run or dive into the water. Apart from walking into the water slowly, overalls, wetsuits, body stockings made of pantyhose, lycra suits or any other adequate projective clothing should be worn so as to provide a physical barrier. (Edwards, 1989:86)

## CONCLUSION

The Box jellyfish is one of the most venomous creatures on the earth. It has killed over 70 people in northern Australia since 1900. It looks like a plastic bag with strings hanging off it but can grow as large as a two gallon bucket and weigh up to 6kg. It has four bundles of tentacles with up to 60 tentacles in total. Each tentacle is covered in millions of stinging capsules which inject venom through a tiny thread that pierces the skin. First the venom attacks the heart, sending some victims into cardiac arrest. It then paralyses the breathing. Finally it destroys red blood cells resulting in skin necrosis which causes severe scarring. Each box jellyfish contains enough venom to kill three men. If more than 10% of the victims skin is stung they will die within half an hour from respiratory failure. A child will die in minutes. Survive the sting without anti-venom and the skin will ulcerate and look like it has been lashed with a burning whip.

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## 8. THEMES FROM THE PROVING OF BOX JELLYFISH

### THE CREATURE

- the fish floats in water
- is tossed around by the tides
- can go very very deep
- in the proving there is a surprising ease in the world of feeling and the unconscious, ease in life, able to negotiate the subconscious; hovers in the water
- is a killer, absolutely deadly,
- but it does not hunt, only kills when something entangles it
- it is transparent
- is able to be seen through
- in the proving there is clairvoyance
- able to KNOW
- predict the future
- it survives through its transparency
- the Jellyfish moves through expiration
- in the proving deep expiration >
- animal compulsive sexuality
- in the proving there are no niceties around sex overwhelming powerful sexual drive
- responds to shadows
- in the proving shadows <

### THE SYMPTOMS

- nausea
- vomiting
- cleaning ordering
- compulsion to cook
- elaborate food preparation for the family
- > drinking water
- > ocean, seaside
- on the edge of flu
- throat pain
- burns
- chemical burns
- burning pains
- tongue
- calves
- forehead
- vertigo
- absent mindedness
- Sneezing
- Coryza
- Flushing of the face
- Roof of the mouth
- Ulcers
- Pain especially stinging and burning
- Sudden burning as if batteries have been pulled out.
- Anger at men who will not be decisive

It is often even more revealing what is not present than what is. In this proving there are no ear, urine, heart, neck, perspiration, chill symptoms, only two back, one eye symptom, surprising as the creature has eight and up to twelve of them, and one respiration symptom. There are strong mental, vertigo, throat, stomach, chest, and burning symptoms.



## 9. BOX JELLYFISH STORIES

### 1. FROM RALPH MAGAZINE AUGUST 2001

#### **Male, 21 swallowed a box Jellyfish tentacle stored in a coke bottle in a fridge**

'Then the pain hit I dropped the bottle and fell to the floor, grabbing my throat and screaming in agony. Imagine the pain from a broken arm but a million times worse. It felt as if someone had forced red hot razor blades down my throat. I was shitting myself. All I could think was I was going to die...I was struggling to breathe. Normally your airway is the size of a 20 cent piece, mine was 5 cents. First my chest went numb then my whole body....No body knew what to do with me. Some people thought I should drink vinegar, others thought I should have oxygen. Problem was no-one had ever swallowed a tentacle before.....the ambulance got to me in eight minutes and that was from Tully 28 kilometres away. The guys put me on oxygen set to 28L a minute to force my airways open. Normally people will go on 14L a minute but I needed more because I was blacking out and my breathing was packing up.....I woke up in intensive care two days later.....it was a miracle I survived.

I felt OK at first except my arms and legs wouldn't work properly. My brain was telling them what to do but they weren't listening. I had to have two days of physio before I was discharged.

### 2 (DOWNLOADED FROM THE INTERNET)

#### **Bad Day**

True Story: Brian is a commercial saturation diver for Global Divers out of Louisiana and performs underwater repairs on offshore drilling rigs. Below is an e-mail he sent to his sister. She sent it to Laughline and won the contest (he wasn't thrilled with her for that one). Anyway, anytime you think you have had a bad day at the office, remember this guy.

April 2000. Hi, Sue,

Just another note from your bottom dwelling brother. Last week I had a bad day at the office. I know you've been feeling down lately at work, so I thought I would share my dilemma with you to make you realise it's not so bad after all. Before I can tell you what happened to me, I first must bore you with a few technicalities of my job.

This time of year the water is quite cool, even with a wetsuit. So what we do to keep warm is this: We have a diesel powered industrial water heater. This \$20,000 piece of crap sucks the water out of the sea. It heats it to a delightful temp. It then pumps it down to the diver through a garden hose which is taped to the air hose. Now this sounds like a damn good plan, and I've used it several times with no complaints. What I do, when I get to the bottom and start working, is I take the hose and stuff it down the back of my neck. This floods my whole suit with warm water. It's like working in a Jacuzzi. Everything was going well until all of a sudden, my ass started to itch. So, of course, I scratched it.

This only made things worse. Within a few seconds my ass started to burn. I pulled the hose out from my back, but the damage was done. In agony I realised what had happened. The hot water machine had sucked up a jellyfish and pumped it into my suit. This is even worse than the poison ivy you once had under a cast. Now I had that hose down my back. I don't have any hair on my back, so the jellyfish couldn't get stuck to my back. My ass crack was not as fortunate. When I scratched what I thought was an itch, I was actually grinding the jellyfish into my ass.

I informed the dive supervisor of my dilemma over the communicator. His instructions were unclear due to the fact that he, along with 5 other divers, were laughing hysterically. Needless to say, I aborted the dive. It totalled 35 minutes before I could come to the surface for my chamber dry decompression. I got to the surface wearing nothing but my brass helmet. My suit and gear were tied to the bell. When I got on board the medic, with tears of laughter running down his face, handed me a tube of cream and told me to shove it "up my ass" when I get in the chamber. The cream put the fire out, but I couldn't shit for two days because my asshole was swollen shut.

Anyway, the next time you have a bad day at the office, think of me. Think about how much worse your day would be if you were to shove a jellyfish up your ass. I hope you have no bad days at the office. But if you do, I hope this will make it more tolerable.

## THE PROVING

### CONDENSED, EDITED, CORE, PRIMARY SYMPTOMS

#### MIND

##### Intuition

I had an appointment with one Justice of Peace at Woollahra Council at 12.00 noon. When I reached his office, I was told he had gone for lunch and that I should get back after one hour. I therefore went to the beach just near the council and thought of meditating there. While at the beach, I saw a person that sat not far from me and I had the net sensation that that person was the Justice of Peace I have to meet (though I have never seen him before). I felt like it was a prediction or a strange feeling like that. The important and odd thing is that when I went back to the office the Justice of Peace was the same person I saw at the beach. *06:30c:04:xx:xx*

##### Aggression and Anger

Sudden attack of anger with my ex-girlfriend. After a futile discussion about the washing machine, she really pissed me off because she was saying that I stained some towels. Despite that I did not feel really upset or out of control, I got really aggressive with her and I nearly hit her. I felt like I had to discharge something that was inside me for a while, like a strong tension. It took a while to calm down, I had to smoke a cigarette. > Smoking tobacco. *06:30c:04:xx:xx*

I feel very hurried need to drive aggressively I can't wait for people to park their cars – very very impatient. *30:30c:00:14:xx*

I have been very quick tempered in conversation with my wife over a very small issue, I couldn't shut the drawer, there was a spoon sticking out, I threw it across the room, had a tantrum. *30:30c:00:12:xx*

I am in the library do to some work, and when I finished one task I feel discontented for no apparent reasons. It is a discomfort as I would need to achieve something but I do not know what. I start feeling irritable, as I do not manage to do anything I just feel like staying in company and have a chat. Indeed when talking with somebody I feel fine, same when I manage to

concentrate on something, but this last one last for very short. I cannot keep focused on something for very long. I feel like I need reassurance and love. I feel sad if I am alone. > company, occupation. < alone.

*06:30c:05:xx:xx*

Just start feeling free of the previous uneasiness, that I start feeling slightly uneasy again but this time I am fidgeting in search of something, to eat or to do maybe. As I am walking toward the station, I see foods in the displays and I feel like I want them also if I am not hungry. I feel like I would like to have a coffee and some cigarettes, therefore I hurry to the train to go home. In half an hour once at home I have forgotten about it. No cravings or sadness, I feel perfectly fine. > home, inside. *06:30c:05:xx:xx*

Feel anxious and panicky making stomach churned up; which comes and goes, nothing is happening to create this feeling, feel calm. *12:30c:00:08:30 – 00:10:30*

I feel frustrated and angry at having to ask people over and over to do things. I feel like my head is going to explode. *12:30c:00:09:30 – 00:10:30*

##### Unrestrained sexual desire

I am back on the train, to see a friend of mine, and suddenly I start feeling strangely and very strongly excited at the sight of women. I feel compelled to approach one of them but I am strongly attracted by all of them. I am embarrassed because I realised that is not normal. Though I want really to talk to every girl that passes by on the train and at the station. I feel very strongly sexually driven, and I have to restrain myself really hard to avoid going and talking to them. I felt like an animal ready to mate. I wanted to jump at girls. Gradually after getting off the train and out of the station, I start feeling a bit more relaxed while walking in the open air. An hour after the beginning of this weird experience I was able to look at girls on the street without having any animal instinct towards them. > open air, walking. *06:30c:05:xx:xx*

Suddenly I start feeling like yesterday, very unstable emotionally, between sadness and excitement at the sight of women. The sensation is more confused this time. I feel weak as well. It is all mixed up like the sensations I had yesterday all coming up alternated and blending tighter for about half an hour. Then slowly, gradually feel fine again. *06:30c:06:xx:xx*

Am noticing a strong 'vibe' from a fellow prover – male – also in the clinic session. Hard to describe, but like a strong sexual energy that he seems to be experiencing, and since I am also feeling similar feelings, wonder if he is noticing it in me. (NS) *4:30c:02:10:xx*

#### **Cure of depression/elation/lightness**

Emotionally I have been very positive. There have been no thoughts of worthlessness or the pointlessness of life or of the life I lead. There have been no spells of depression resulting from these thoughts. *30:30c:04:xx:xx*

Wake up feeling happy. I have taken the day off work, the day is beautiful and I feel really good. Feel more in the present. More calm. I can now go and I'll make food to take. I feel more calm and in the present. Life feels good! I feel a momentum/shift has begun. It feels most welcome and exciting. Feels like some sudden shift has begun and heading in a way that I want to go. Synchronicity is working in my favour. *10:30c:00:06:30*

I feel lighter, more focused, more in the "now". I usually feel a bit detached, preoccupied, with music in my head and can't seem to plan ahead. Today life is flowing. I'm not stressed. *10:30c:00:10:00*

Go home – make soup, go to the school. Feel joyful, a sense of elation. Feel this in my chest as an uplifting feeling. Like butterflies lifting my chest and my spirits. *10:30c:00:11:30*

Approximately 1 hour 50 minutes after taking dose of remedy, I felt light headed and vague in my mind, and it was noted by a friend with me, I was saying 'silly things'. Their comment was that it was like I was 'hypoxic' (effects of reduced oxygen). Spent the next few hours with friends at the beach swimming. (NS) *04:30c:00:01:49*

I am laughing a lot more than usual, good belly laughs. Did I sound a bit over the top?  
*12:30c:00:03:30 – 00:13:00*

Energy levels increased, more motivated than normal. *12:30c:01:02:xx*

Energy levels fairly good today a bit higher than normal, feel up and motivated. A sensation of lightness – carefree. Mood felt a lot lighter, not weighed down. Carefree and happier in general. *12:30c:02:00:xx*

#### **Creating order**

A carpet cleaner rang and I arranged for them to come next week. I've never had a carpet cleaner before, although I wanted to, because it seemed too expensive and it's a daunting task to move the old furniture. Now, I feel that I can do it with the momentum going. Fixed the sagging bed by taking the legs away (the bed has been sagging for a while). *10:30c:00:14:30*

I have a sense of lightness of being. Again the lightness is felt in my chest. My mind feels ordered and I plan my coming weeks. I feel a calmness, light heartedness and joy of living 5/5. I'm feeling particularly good. I set down for 1/2 hour and planned about things in the coming couple of weeks, fit in all the appointments in each day. (I usually do that in the last minute.) *10:30c:01:09:30*

I seem to have a strong sense of wanting to achieve order and have lots of ideas to make things better (except for the relationship!) Frustrated by the lack of action in the last 2 days – of how things are moving – business, CD promotion, etc. *10:30c:05:xx:xx*

Since I took the remedy I have been doing a lot of cooking and cleaning. I have a compulsion to cook and order things and appear quite demanding. *10:30c:06:xx:xx*

#### **Unable to concentrate/indecisive**

I am starting to feel a little sleepy and find it really hard to concentrate. I am now at college and I don't have the mental effort to concentrate in class. I had a coffee one and half hours before, and wonder if it is a 'slump' after having that. *4:30c:01:05:xx*

I finally left the bed and sat down on my lounge to watch the morning news. Still feel really

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heavy and foggy, I want to get going, but it's a real effort. 4:30c:02:00:xx

I enjoyed myself at dancing this evening, and as I get used to some of the familiar faces am feeling more relaxed about being there by myself. 4:30c:02:13:xx

At 1.00pm as I was about to leave my friends, I was trying to work out how to spend my afternoon and what things I needed to do (shopping for groceries, returning phone calls, bills etc). I couldn't make any plans in my head at all and had overall feeling of indecisiveness. 4:30c:00:04:19

I am still feeling very vague and indecisive. Am trying to get going and do the things I need to do, the afternoon is slipping away. I need to buy groceries and have no idea what I want/need. Feel that hopefully I will work it out when I get to the shops. 4:30c:00:05:39

I notice that I am having difficulty concentrating on driving. In fact as I was trying to turn into a main road, I just sat in the car staring for a few moments feeling I was 'far away'. It was a real effort to 'pull myself together' to focus on driving and decide when to turn into the road. I have still not been able to make any decisions on the things I need to do, at this moment I am just driving in the direction of the shops. Would actually like to be lying down somewhere in the sunshine, and know that someone else was doing all the things I need to do for me. Still feel that when I get to the shops, I will 'magically' know what to buy. > lying down. 4:30c:00:06:04

As I am driving along in this 'state' I notice I want the radio turned off as it is annoying me, which is unusual, as I always love to have it on to sing along to or listen to. Also noted that I was glad I didn't have any company at that moment, as I wouldn't cope with having to talk to anyone. < sound, < music, < company, < talking. (NS) 4:30c:00:06:09

Took a phone call on my mobile, approximately one minute after previous feeling as I was driving, stopped to take phone call. During the conversation, noted I had been absent minded, completely forgetting this person had some books of mine. I coped quite well with talking,

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despite the previous feeling minutes before, and actually felt not unlike the feeling of 10.30am in the morning. Used some 'light and silly' expressions with this person I don't usually use - 'Come in spinner' - in regards to how I was feeling and things I was saying. 4:30c:00:06:14

Did the fruit and vegetable shopping I needed to do, and I just bought a whole mix of both sorts that I figured I would use - but there was no order to how I was shopping, as I would usually be more organised and plan a few days ahead. 4:30c:00:06:39

I noted the following into a tape recorder that I wrote down later, "To think I've got to go back and write this up doesn't impress me at all. I wish there was someone at home doing all the cooking and stuff, to get through this, try and find the energy to write it down. The indecisiveness is definitely a big thing that seems to be coming through.... it's a real effort to get the words out, get my thoughts out - driving around in a real vague state - really strange - there's another spider (on my windscreen) - I don't believe it - I feel I just have to go and hose them all away at the carwash." 4:30c:00:06:54

At lunch, couldn't decide on anything on the menu, in the end chose a salad yet couldn't eat it. 16:30c:02:00:00

**Beach Sea Ameliorates**

After eating the friand and coffee at the beach, I noticed that as I sat overlooking the sea with a beautiful wind blowing onshore in my face, I felt really good - calm, happy and enjoying the beautiful sunny day. > open air, > sun. 04:30c:00:06:59

After I had my coffee and took the car to an instant carwash, I felt much better than the previous feelings of vagueness and indecision. I was able to listen to music in the car again, and was enjoying driving along the coast enjoying being near the sea - in fact would say I had a very strong desire to be near the sea. 04:30c:00:07:14

I noted the following into the tape recorder, "Such a beautiful afternoon, can't get over it, so much nicer than any other sunny day I've

noticed before – really gorgeous" as I was driving past Manly Beach. *4:30c:00:07:27*

I had lunch with some close friends at their home, and afterwards my friend played some guitar and I sang – felt really happy and relaxed as I always enjoy playing music with him. It was nice not to think about the proving for a while. Whilst I am busy mentally and socially, I feel good. *4:30c:01:04:xx*

Am feeling really happy – went straight down to the beach and dove into the ocean and it felt great, despite all the seaweed. My good friend is back from holidays and saw her at the beach, this is adding to my feeling of happiness. She said how much she missed me and it felt really nice to hear, as I knew she meant it. > sunshine/warmth, > being near ocean. *04:30c:03:00:xx*

I took the ferry into the city to meet some friends for lunch – still feeling really great. Everyone is commenting on how well I look – I feel good, so guess its reflecting outwards. *04:30c:03:03:xx*

I have a commitment to catch up with old friend tonight, and would love to cancel since I feel so tired and my energy levels so low, but can't let him down or disappoint him – so feel a little resentment at the situation, not at him. *04:30c:03:09:xx*

#### **Bright and clear concentration**

Have found that my mind has been able to concentrate today and stay on focus for an extended period of time. Have been able to work on my assignment for college for four hours without being distracted. This is unusual for me. *16:30c:00:04:00*

Concentration is markedly better than usual and have been able to work for extended periods of time without distraction. *16:30c:01:00:00*

Feel positive and have a cheerful outlook today. *16:30c:01:19:xx*

Feel that I have been more talkative than usual, not sure how long this has been going on as have only just realised it. *16:30c:02:21:xx*

Went to lectures feeling good and was able to concentrate easily. *16:30c:03:04:xx*

Attitude is very positive and feel that I have done everything that I have been putting off lately. Have just got in there, got it done and sorted it out. *16:30c:03:01:xx*

Feel like I want to get things sorted a bit more. Generally feel quite good and have a positive outlook. *16:30c:03:23:xx*

At work all day today. Got a good amount done. Other peoples comments. You've had your head down today, have not heard much from you. Still feeling good and positive. *16:30c:05:xx:xx*

#### **VERTIGO**

Very odd sensation in my head, as falling backward. More precisely like something pulling my head from behind, starting from the forehead till the occipital head like a strong wave, moving backward. It lasted one or two seconds. It came back after approximately a quarter of an hour exactly the same and no other sensation left behind. *06:30c:01:05:30*

Light headed, spacey, faint feeling for 5 minutes (like on Mersyndol). Sensation as if it could get worse. A little out of control feeling. *12:30c:00:02:00*

Vertigo, light headed and dizzy getting up from seat. I may just need to eat. *12:30c:01:02:30*

I have been feeling very slightly light headed all morning. It is spacey and vertigo. I got to a lift – then rocked forward and backwards then got centred. Very wobbly on my feet. Proprioception not very good. *30:30c:00:15:xx*

Pressure in the head with the light headedness and vertigo. I can't put my finger on it but I feel a bit wobbly *30:30c:01:xx:xx*

A feeling of vertigo came over me for just a few moments while I was at the shopping centre. *16:30c:00:00:30*

Had the sensation of feeling a bit light headed just before I sat down to have dinner tonight. *16:30c:00:07:00*

Again noticed a feeling of light-headedness, but was still able to continue to work on my assignment all day. *16:30c:01:00:00*

Went to the bookshop, while I was there, experienced a feeling of vertigo for just a few seconds. *16:30c:01:01:xx*

## EXPERIENCE OF MEDICINE I

Have had the slightest sensation of a touch of vertigo. *16:30c:01:21:xx*

Again, have experienced a slight sensation of vertigo, which lasted only a short time.

*16:30c:02:03:xx*

Had a sinus headache when I woke up during the night. Went to the toilet and felt a bit light-headed. *16:30c:02:10:xx*

I am still bloating, My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing.

*06:30c:08:xx:xx*

**HEAD**

Immediately after taking remedy, feel tension in forehead 2/5. This headache comes and goes for a few seconds 3/5. The tension is better for rubbing. *10:30c:00:00:01*

Some dull pain above the L upper eyelid. It comes surprisingly, unexpectedly. Lasts about 2 minutes. Dull pain, not sharp. (all my past symptoms tend to be L-sided.) *10:30c:02:xx:xx*

Have had a sinus-like headache for the past hour prior to going to bed. *16:30c:01:10:xx*

**EYES**

Feel very sleepy in the train especially while reading a book. My eyes feel very heavy and I cannot keep them open unless if I look around. I feel awake when I get up and walk but again when I sit down and read I felt very sleepy and tired. < For reading. *06:30c:00:00:50*

**VISION**

Vision – When driving I am aware that when I turn my head, the eyes have a hard time coming back into focus on the road when I turn back.

*10:30c:04:xx:xx*

**EARS****NOSE**

Unusual cold. I reporting this symptom because

unusual, indeed I never had a cold like this. In the morning after breakfast start having running nose only from the right nostril. It is oozing slowly but constantly for almost all day. The mucus is fluid clear and very bland. In fact despite it running all day no excoriation whatsoever around nose (usually I would have a bit acrid discharges with a bit of an excoriation). Generally I feel fine no flu or other cold symptoms. Discharges slow down and disappear before going to bed in the evening, so sleep is fine over night. < after food. < inside, in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:16:xx:xx*

It happens the same as yesterday, oozing bland and clear mucus from right nostril, starting after breakfast, (everything seems perfectly normally before that). It gets worse after meals and I feel slightly stuffed in the same side. I had some sneezing today but altogether the situation is more or less as the day before. Same modalities, before to go to bed no running nose, good sleep. *06:30c:17:xx:xx*

Again same manifestations as yesterday. Same modalities, no excoriation despite it is the third day of running nose, which is very unusual.

*06:30c:18:xx:xx*

Very strange, I felt very well this morning before breakfast, but again the nose start running after breakfast, but this time from the left nostril. The characteristics of the discharges are the same. The modalities as I will see during the day, are the same too. < after food. < inside in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:19:xx:xx*

The symptom has no changes, after breakfast the nose start oozing slowly from the left nostril. I have tried to change the diet a little, but there is no change at all. At least I can sleep well so it is not too much of an inconvenience. But I start feeling tired of cleaning my nose and after five days it is nearly a concern, also considered that in two days I have my birthday party to organise. *06:30c:20:xx:xx*

Have had a couple of 'cold' type sneezes in a row, but there are no other signs of a cold looming. *16:30c:02:08:xx*

**FACE**

In the last 45 minutes my face start feeling warmer and warmer especially in the cheeks. It feels warm at the touch. I am compelled to have a look in the mirror to see if they are red. The only part of my face, which is red, is actually the cheeks. *06:30c:01:12:00*

The heat in my face is more intense now. It is more intense in the right side and all my face is involved. < Right side. Quickly the heat spread downward to the all body. I feel feverish like, but I check the temperature and it is normal (36.3 C). The pulse is regular and not faster than usual. It is actually a pleasant sensation, I feel lighter and warmer all over like floating. I start listening some music, which makes me feel like dancing, more than usual. Duration of the episode approx. 10 minutes. > Music. *06:30c:01:12:35*

Some burning sensation on left forehead. It's better for rubbing. *10:30c:00:09:30*

Left-tightness and tension in the left forehead. > rubbing. Lasts a few seconds. Comes and goes. *10:30c:01:10:00*

Face; a chemical-like burning sensation eyebrow (left) descends to cheek, lasts for 30 sec – 1 min. Feels like something put on the skin from the outside-feels like an insect sting, eg caterpillar. *10:30c:02:xx:xx*

My face has a look of dark rings, skin muddy and pale, look off colour. *12:30c:00:07:00*

Acne on face, left hand side, lower cheek.

I noticed a new pimple – this was unusual for this time of my cycle, as I would only occasionally get the odd acne spot a few days prior to start of period. *4:30c:01:00:xx*

Acne on face below lips near chin, and on right hand side temple. I have noticed more new whiteheads on the above spots that again, are quite unusual for me. *4:30c:01:03:xx*

Face – acne, right hand side. I have noticed yet another pimple on exactly the same spot but the other side, to the pimple I noticed yesterday. There are a few more whiteheads on my lip, chin and temples, and one in the middle of my forehead. *4:30c:02:01:xx*

**MOUTH**

The feeling in the mouth that I have been describing as nausea is similar and the same to when you are or have taken, ecstasy or LSD. This matches the dehydration and constriction of the throat. *30:30c:01:xx:xx*

Tongue – left side, one spot, tingling and burning, felt like an ulcer developing. The sensation is similar to when you have scalded your tongue with hot liquid the day before. *12:30c:00:01:30*

The tip of my tongue is now tingling as if burnt. I think an ulcer may be developing on the left side, nothing unusual in the appearance. *12:30c:00:08:30*

My tongue is getting more annoying. I am conscious of it tingling all the time now. *12:30c:00:15:00*

My tongue is still tingling and burning, especially on the tip and left side. It doesn't look any different. The ulcer didn't develop. *12:30c:00:23:30*

Scalded tongue sensation > PM. Tingling increased on tip of tongue over 1/3 of tongue, lessened in the evening, conscious of it. *12:30c:01:23:xx*

Tongue scalded sensation *12:30c:02:23:xx*

An ulcer or some irritation is developing on the left side of the roof of my mouth.

Ulcers – 2 on the roof of the mouth can feel them developing more to the left hand side. Sensation of an injury. Not full blown, just sensation. *12:30c:03:00:xx*

Tongue strong, tingling sensation. Felt better in the PM (not much of a sensation, especially top/roof of mouth). *12:30c:04:xx:xx*

Tongue, decreased sensations of tingling. *12:30c:04:xx:xx*

Tip of tongue tingling/burning sensation. *12:30c:05:xx:xx*

Ulcers and sore patches are starting to develop on the right side of my tongue. *12:30c:05:xx:xx*

Tongue; tip feels scalded. Ulcers developing roof of mouth (right) but then fade away. *12:30c:06:xx:xx*

## EXPERIENCE OF MEDICINE I

Dry prickly thirst in the mouth, lips are dry and prickly too. Only slight relief from drinking lots of water. As if I have had a bowl of soup with too much pepper in it. *30:30c:05:xx:xx*

**TEETH****THROAT**

I have just noticed what seems to be mild sore throat pain associated with inner ear pain right hand side with swallowing. There is a sensation of fullness in the throat with occasional twinges of pain as with the start of a sore throat. This is < swallowing, < talking, < eating cold food. *04:30c:03:05:xx*

Throat pain not worse, but still there. Inner ear pain gone connected with swallowing. *04:30c:03:09:xx*

Post nasal drip; mucous running down the back of my throat, on and off. *12:30c:01:02:30-01:04:30*

I woke with slightly sore throat, mainly when I swallow. There is a bit of mucous running down the back of my throat. My sore throats are usually at night. *12:30c:01:23:00*

Post nasal drip all day thick sensation in throat which went after an hour. Doesn't feel like a cold. *12:30c:02:00:00*

Very very thirsty, dry constricted sensation at the back of the throat. *30:30c:01:xx:xx*

Constricted dehydrated throat with a lump sensation when swallowing, > water, also a similar nausea feeling like last night. *30:30c:01:xx:xx*

I feel as though there is something at the back of my throat, but no matter how much I swallow it won't go. *30:30c:01:xx:xx*

Woke up with a sore throat and I am drinking plenty of fluids, > water. *30:30c:04:xx:xx*

Noticed a slight soreness in my throat and also in my glands when I woke this morning. 8.30 *16:30c:03:20:xx*

**EXTERNAL THROAT**

On examination, there is swelling of my left cervical gland. *16:30c:02:01:xx*

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**STOMACH**

During the heat sensation in my face, the appetite is erratic. I feel very hungry one moment, like the gastric juice has been released and suddenly the appetite is completely gone. After few minutes the appetite is back again, but few minutes later is gone again, I do not know what to do about dinner, indeed I haven't eaten yet but I do not know what to do. *06:30c:01:12:00*

Suddenly as soon as I started eating a grapefruit, I feel extremely weak like I am having a hypoglycaemic attack. I cannot talk and reason properly. I feel sluggish when I try to concentrate and saying something. I cannot concentrate and I start feeling sick like vomiting but nothing happens. Of course I stopped eating immediately and the friend I was talking to told me that I did not look alright at all. She was a bit concerned. The nausea and weakness went on for about five minutes after that gradually disappeared as nothing happened and I had my lunch without problems. < concentration, mental effort. *06:30c:05:xx:xx*

Suddenly for no apparent reason I feel nauseated. I feel like I could easily vomit. I also start feeling very tired, but I do not want to go to bed with strange sensations. I feel cold all over and in my hands. In about half an hour gradually all the symptoms disappeared and I feel good. I feel like having something to eat. *06:30c:07:xx:xx*

This morning I felt really tired and achy and I could not get up easily. They are like flu symptoms. The aches and pain all over like bruised and heaviness in the back especially the spine and also empty-headed. After breakfast I feel 50% better physically but still sluggish. The aches and pains are strangely gone. > after breakfast. *06:30c:08:xx:xx*

A mild sensation as if nauseated persists since after breakfast. It comes and goes at intervals of about 20/30 minutes. It lasts a maximum of 5 minutes and gradually disappears. Another symptom that has been persisting is bloating. I have been passing foul wind quite regularly. I managed to pass stools and they are watery not very smelly and with undigested food in it. Come on suddenly and disappear gradually. *06:30c:08:xx:xx*



I haven't eaten since 10.30am and although I don't feel 'hungry in the mouth', my stomach is empty, but I don't know what I want. Again this indecision affecting simple choices. Eventually had a coffee and a friand as I felt like something sweet and took it to have on the edge of Dee Why beach. Desire sweet food. 4:30c:00:06:49

I was thinking about what I would have for dinner tonight – really had a strong desire for fish, and salad with – this is unusual for me, as I have only recently started eating fish again having been totally vegetarian for the past six years and still getting used to the idea of it in my diet. (NS) 4:30c:00:07:19

Increased pulse with breathlessness – < exertion. 4:30c:03:07:xx

Thinking back over the sort of foods I've been eating and craving, I have realised I haven't been going for fruit the way I usually do – usually 2-3 pieces with breakfast. I don't feel like in the later part of the day either. 4:30c:04:xx:xx

Nausea; on off all day, felt a bit queasy. Stronger sensation of stomach upset and diarrhoea feeling(2) Sensation stronger. 12:30c:00:00:30-00:14:00

Hunger less than usual/appetite down. No nausea like the day before. 12:30c:01:02:30

Really thirsty with a kind of lump sensation at the back of the glottis of my throat. > cold drink 30:30c:00:14:xx

I am generally very thirsty, having to drink while working. 30:30c:00:17:xx

I have a very nauseous feeling, more in my mouth than the stomach. It's a sensation that normally precedes vomiting, but there is no desire to vomit. There is a taste in my mouth, clammy and watery as if about to throw up. 30:30c:00:23:xx

Very very thirsty, must drink. 30:30c:01:xx:xx

Woke up in the night so thirsty. 30:30c:01:xx:xx

The same nausea feeling with a general weakness. 30:30c:01:xx:xx

Same feeling of nausea and dehydration, it comes in waves – feel pretty bad now, general weakness with it. Generally I get better from eating. 30:30c:01:xx:xx

I'm not feeling particularly hungry although I am eating the same amount. 30:30c:02:xx:xx

Almost vomiting. Funny watery sensation before vomiting. Eating something made it better. 30:30c:02:xx:xx

Said to my flatmate that I wanted chicken for lunch, but I don't like chicken. I don't even remember saying this but she assures me that I did. 16:30c:00:01:00

I had no real desire for anything in particular for my dinner tonight. In the end I settled for a pizza – because everyone else wanted one. I ate a lot of the meat lovers one, which is unusual for me. 16:30c:00:07:30

Again procrastinating about what it is that I feel like to eat. Couldn't think of anything I wanted to eat except for a sense of wanting strong flavours. 16:30c:01:07:xx

I was very hungry on waking this morning. (very unusual for me). 16:30c:02:19:xx

At lunch today, I cannot decide what to eat, nothing interests me, yet I desire something with a strong taste, eg bitty cheese or salami. I am very hungry. 16:30c:03:00:xx

Drinking coffee and hot chocolates twice as much as usual. 16:30c:03:23:xx

Still finding it difficult to eat as nothing seems appealing. Nothing I can think of makes me want to eat it, but I am very hungry. My appetite is large, but difficult to satiate. 16:30c:05:xx:xx

## ABDOMEN

I am still bloating, My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing. 06:30c:08:xx:xx

I went to a movie at 5.00pm and ate some popcorn, then had dinner at around 8.00pm. I am now feeling really bloated in the stomach and feel the need to pass wind to relieve it. 4:30c:04:xx:xx

I have a bit of wind. 12:30c:00:15:00

## EXPERIENCE OF MEDICINE I

**RECTUM**

Bowel movement has been better since taking the remedy. (past: tendency to constipation).

*10:30c:06:xx:xx*

This was the first stool of the day and it needed a little effort – normally this is in the morning and with no effort. However depending on how my diet and fluid intake has been, there can be occasional effort. *4:30c:00:05:19*

First stool of the day, normal bowel movement is one in the morning. There was a minimal amount of effort to pass. *4:30c:01:05:xx*

Passed stool – nothing unusual, no straining, yet still happening in the afternoon, not morning. *4:30c:03:05:xx*

Increased bowel movements three times a day: normally only once per day. Increased urging sensation to defecate, no change in consistency. *12:30c:03:xx:xx*

Decrease in amount of motions. *12:30c:04:xx:xx*

**STOOL**

Stools softer passed 2 motions 1.5 hours apart. *12:30c:00:06:45*

**URINE****MALE GENITALIA/SEX**

I am back on the train, to see a friend of mine, and suddenly I start feeling strangely and very strongly excited at the sight of women. I feel compelled to approach one of them but I am strongly attracted by all of them. I am embarrassed because I realised that is not normal. Though I want really to talk to every girl that passes by on the train and at the station. I feel very strongly sexually driven, and I have to restrain myself really hard to avoid going and talking to them. I felt like an animal ready to mate. I wanted to jump at girls. Gradually after getting off the train and out of the station, I start feeling a bit more relaxed while walking in the open air. An hour after the beginning of this weird experience I was able to look at girls on the street without having any animal instinct towards them. > open air, walking.

*06:30c:05:xx:xx*

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**FEMALE**

Libido- Energy lifting 3/5. I feel more alive. Thinking more sexual thoughts. Feel less angry with partner today. Prior to remedy felt angry with him. *10:30c:02:xx:xx*

**RESPIRATORY****NECK****BACK****CHEST**

I have just taken a dose of the remedy about fifteen minutes ago, and I feel like a blow at the solar plexus. It is like when one is anxious, but felt more physically. Similar to a stab of a knife, but softer, entering for a fraction of a second. I took immediately a deep breath in as a reaction and it disappeared. > For deep breaths. *06:30c:01:25:00*

Sensation around chest/heart of heaviness and oppression – I felt like I needed to take a deep, long breath to breathe it out, blow it out. It seems < for deep inhalation, and > sitting. *04:30c:00:05:39*

Again feel I want to breathe this feeling out from my chest. It's not painful, but I would rate the intensity now as (2). > deep expiration. *04:30c:00:06:04*

Thinking about the feeling around my chest/heart from the morning, it seems to have gone or is barely noticeable. *4:30c:00:07:25*

Occasionally feel I still have to breathe out sensation in chest, but definitely not as intense as before. *4:30c:00:10:19*

I haven't experienced the chest heaviness symptom since yesterday afternoon until now – I had walked up some stairs carrying backpack, and noticed this sensation as I was sitting down to make notes about morning symptoms. < walking, < exertion. *4:30c:01:03:xx*

Upon reflection of the afternoon's symptoms after college, I have not noticed the sensation around my chest. In fact everything feels quite normal. *4:30c:01:10:xx*

I have noticed that the feeling of oppression in my chest has come back and I feel I need to breathe out deeply once again. Noted the following in regards to mind symptom, "maybe I can blow her

away" (when I was in clinic observing patient that was annoying me). *4:30c:02:10:xx*

Very short of breath whilst playing rugby. This is unusual. Generally weaker. *30:30c:02:xx:xx*

## HEART

### SKIN

#### EXTREMITIES

My legs are aching with the sensation of being on feet all day, haven't been. Tired feeling that started below the knee and now the whole legs. Sensation of legs being tired, heavy and aching. *12:30c:03:xx:xx*

I have a strong burning sensation on my right calf; it's about the size of a tennis ball and feels as if it is very sunburnt. It feels as if would radiate heat but it doesn't. It is more noticeable if touched. *12:30c:11:xx:xx*

Calf; patch more to the back and lower on right side. The burning sensation continued for a week, lessening gradually. *12:30c:15:xx:xx-19:xx:xx*

#### PERSPIRATION

#### SLEEP

I woke up at 4.00am and it took about one hour to get back to sleep. Don't think it was by noise or from a dream. Was woken up by phone call at 8.15am and then felt unrefreshed.

*4:30c:00:19:19*

I woke at 8.15am feeling very mentally foggy and unrefreshed. It took a while to eventually open my eyes and get started. It's going to be another gorgeous sunny day, and I'm looking forward to getting some sun and salt water on me. *4:30c:02:00:xx*

It took me about 2 hours to wind down physically and mentally after dancing, and feeling quite 'switched on'. *4:30c:02:16:xx*

I woke up quite early considering only having 4-5 hours sleep, but don't feel as groggy or unrefreshed as yesterday. It is another beautiful day and I have to get out and into it. *4:30c:03:00:xx*

#### DREAMS

I woke up at 3.30am from a dream. I was going to see a play that was to start at 9.30pm and at

that time I was ordering some food to eat from a cafe, so was running late. I hurried to get to the play but was running in the wrong direction completely, and didn't know where I was.

*4:30c:01:19:xx*

The other dream I remember was about an ex-boyfriend from 15 years ago who I am still very close to. I took him to the dancing I've been doing, and while we were there I was trying to put on some lace up boots. I attempted to do this three times and each time I made a mistake or laced them up before putting my foot inside. I realised I hadn't brushed my teeth, combed out my just-washed hair and felt thirsty. Later in the dream, we left dancing and started kissing, hugging and getting sexually turned on. We were then going to go back to this place I was staying to have sex, but never got there.

*04:30c:02:00:xx*

I had a very vivid and sexual dream, I don't normally remember my dreams, but this one was very clear. There was me and two women, one black and one white, we were getting up to all sorts, it was a completely pornographic thing, (unprintable) *30:30c:00:06:xx*

Rare to remember dreams. Disturbed sleep, dreaming a lot. (3). Vivid/clear dream. Back in old high school although age 41 y.o. (same as now). Go to pick something up from office, still old head mistress there, old feeling of her being a nasty woman, still intimidated and scared by her. See her office everything in detail, head mistress came over and pushed me aside and out of the way and is rude to me. I am shocked because I am an adult now – "How can she still treat me like this?". Left there and went across the road to a huge media centre (like NBC). Went on a bus ride at first with the media guys and then people on the bus turned into teenagers and had a deep and meaningful with them. Still a 41 y.o. throughout the dream. Clear and strong feelings memories as if in trouble at the office. *12:30c:00:14:00*

Last night dreams were very sexual, with a lot of touching and exploring with both girls and guys – sometimes three or four people were involved. All friends. *16:30c:02:19:xx*

Have been daydreaming today about sexual or sensual encounters with work mates and fellow students. The daydreams include all people that I know. *16:30c:03:03:xx*

## EXPERIENCE OF MEDICINE I

Last night, dreamed in black and white outlines – alternating like a strobe light but faster. Initially flying and wings but don't recall the rest. Again I remembered the dream at the start of sleep rather than at the end. *16:30c:03:19:xx*

Dreamed that everywhere I went my tongue was hanging out and it was very enlarged and long. People don't seem to take much notice but I was mortified. *16:30c:06:xx:xx*

**SKIN**

Acne on face, left hand side, lower cheek I noticed a new pimple – this was unusual for this time of my cycle, as I would only occasionally get the odd acne spot a few days prior to start of period. (NS) *4:30c:01:00:xx*

Acne on face below lips near chin, and on right hand side temple. I have noticed more new whiteheads on the above spots that again, are quite unusual for me. *4:30c:01:03:xx*

Face – acne, right hand side. I have noticed yet another pimple on exactly the same spot but the other side, to the pimple I noticed yesterday. There are a few more whiteheads on my lip, chin and temples, and one in the middle of my forehead. *4:30c:02:01:xx*

**FEVER****CHILL****GENERALITIES**

Feel very sleepy in the train especially while reading a book. My eyes feel very heavy and I cannot keep them open unless if I look around. I feel awake when I get up and walk but again when I sit down and read I felt very sleepy and tired. < For reading. *06:30c:00:00:50*

The heat in my face is more intense now. It is more intense in the right side and all my face is involved. < Right side. Quickly the heat spread downward to the all body. I feel feverish like, but I check the temperature and it is normal (36.3 C). The pulse is regular and not faster than usual. It is actually a pleasant sensation, I feel lighter and warmer all over like floating. I start listening some music, which makes me feel like dancing, more than usual. Duration of the episode approx. 10 minutes. > Music. *06:30c:01:12:35*

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Suddenly as soon as I started eating a grapefruit, I feel extremely weak like I am having a hypoglycaemic attack. I cannot talk and reason properly. I feel sluggish when I try to concentrate and saying something. I cannot concentrate and I start feeling sick like vomiting but nothing happens. Of course I stopped eating immediately and the friend I was talking to told me that I did not look alright at all. She was a bit concerned. The nausea and weakness went on for about five minutes after that gradually disappeared as nothing happened and I had my lunch without problems. < concentration, mental effort. *06:30c:05:xx:xx*

Suddenly for no apparent reason I feel nauseated. I feel like I could easily vomit. I also start feeling very tired, but I do not want to go to bed with strange sensations. I feel cold all over and in my hands. In about half an hour gradually all the symptoms disappeared and I feel good. I feel like having something to eat. *06:30c:07:xx:xx*

This morning I felt really tired and achy and I could not get up easily. They are like flu symptoms. The aches and pain all over like bruised and heaviness in the back especially the spine and also empty-headed. After breakfast if feel 50 % better physically but still sluggish. The aches and pains are strangely gone. > after breakfast. *06:30c:08:xx:xx*

I am still bloating, My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing. *06:30c:08:xx:xx*

Body feels tired, then feels better after hot shower. *10:30c:03:xx:xx*

Clumsy, walking into things for a duration of 10 minutes. *12:30c:00:00:30*

Definite sensation as if pins and needles running down the left side of my body. I feel better for moving about, it tends to relieve it. Directly (15minutes or so) after taking remedy again. *16:30c:01:20:xx*

## THE FULL PROVING

### PRIMARY AND SECONDARY SYMPTOMS

#### MIND

- Clairvoyance/Intuition
- Creating Order
- Compulsive and unrestrained sexuality
- Aggression/anger
- Mistakes
- Guilt
- Immediate primary symptom – Life incredibly good and easy/lightness
- Focus and concentration > >
- Restless/Unable to focus
- Beach desires to go and amel
- Indecision/inability to concentrate
- Heavy foggy overwhelmed
- Frustrated/failure/alone/impatient
- House/home/family/livelihood/husband/children
- Moth

#### Clairvoyance/Intuition

I had an appointment with one Justice of Peace at Woollahra Council at 12.00 noon. When I reached his office, I was told he had gone for lunch and that I should get back after one hour. I therefore went to the beach just near the council and thought of meditating there. While at the beach, I saw a person that sat not far from me and I had the sensation that that person was the Justice of Peace I have to meet (though I have never seen him before). I felt like it was a prediction or a strange feeling like that. The important and odd thing is that when I went back to the office the Justice of Peace was the same person I saw at the beach. *06:30c:04:xx:xx*

#### Creating Order

Woke up in the middle of the night. Suddenly feeling terribly sick, I thought I might throw up but I ended up doing a whole series of the most awful farts and then had to run to the toilet. Runny stool disgusting, bad smell. My stomach

and abdomen were rumbling Burning pain on stool. This all took an hour or more in the middle of the night, but as I was trying to recover I suddenly decided I had to clean the bathroom, and I did, cleaned everything, at 3 in the morning. *26:30c:xx:xx:xx*

(Build up of tension and explosion) I am determined to move clutter which has long been a stress to my equilibrium. "The back room" – a repository of any and everything – becomes involved in the sorting my partner gets agitated (as he does when I want to get rid of things) and doesn't want to look at them now. I say it was now or never. A plastic bag of tapes (one of many) I asked him to put somewhere else, he put back where I was sorting. So I picked it up and dropped it out the window. He flew into a rage and was the most reactionary I'd seen him in a long time (I enjoyed this). I realise that I often do things to try to get a reaction out of him. I was non-reactional and ignored him and he stormed off to cool down. The whole thing felt ridiculously childish and out of control. When he returned we talked and apologised to each other. I let him know how this sorting and ordering of things was very important to me at the moment and that I needed a bit of co-operation, he said how he felt. I actually felt that we achieved some real resolution – unlike usual where a stalemate ensues. *10:30c:06:xx:xx*

Since I took the remedy I have been doing a lot of cooking and cleaning. I have a compulsion to cook and order things and appear quite demanding. *10:30c:06:xx:xx*

Feel calm and for once I feel prepared. The carpet cleaners are coming! This whole week I've only been concerned about my environment, nurturing the kids, pottering round the house and cooking – perhaps I'm going neurotic on focusing so much at home (4/5)!!! *10:30c:07:xx:xx*

I go and buy folders for my new filing cabinet. Getting sorted feels great! (4/5) I feel elated. At home that night I sort, file and throw out a lot of papers. *10:30c:20:xx:xx*

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Still sorting through drawers – this time in the childrens' room. I have been meaning to do it for a long time. Get rid of things they don't use anymore and only put back what they need. Much better. Sort filing cabinet. *10:30c:21:xx:xx*

After I had my coffee and took the car to an instant carwash, I felt much better than the previous feelings of vagueness and indecision. I was able to listen to music in the car again, and was enjoying driving along the coast enjoying being near the sea – in fact would say I had a very strong desire to be near the sea. *4:30c:00:07:14*

**Aggression/anger**

Sudden attack of anger with my ex-girlfriend. After a futile discussion about the washing machine, she really pissed me off because she was saying that I stained some towels. Despite I did not feel really upset or out of control, I got really aggressive with her and I nearly hit her. I felt like I had to discharge something that was inside me for a while, like a strong tension. It took a while to calm down, I had to smoke a cigarette. > Smoking tobacco. *06:30c:04:xx:xx*

I have been very quick tempered in conversation with my wife over a very small issue, I couldn't shut the drawer, there was a spoon sticking out, I threw it across the room, had a tantrum. *30:30c:00:12:xx*

I feel very hurried need to drive aggressively I can't wait for people to park their cars – very very impatient. *30:30c:00:14:xx*

Anger lots bottled up inside especially directed towards men. *22:08:xx:xx*

Crying, felt good to have a good cry and release some anger. *22:09:xx:xx – 10:xx:xx*

**Compulsive unrestrained sexuality**

I am back on the train, to see a friend of mine, and suddenly I start feeling strangely and very strongly excited at the sight of women. I feel compelled to approach one of them but I am strongly attracted by all of them. I am embarrassed because if realised that is not normal. Though I want really to talk to every girl that passes by on the train and at the station. I feel very strongly sexually driven, and I have to restrain myself really hard to avoid going and talking to them. I felt like an animal ready to mate.

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I wanted to jump at girls. There was the possibility of a sexual attack. Gradually after getting off the train and out of the station, I start feeling a bit more relaxed while walking in the open air. An hour after the beginning of this weird experience I was able to look at girls on the street without having any animal instinct towards them. > open air, walking. *06:30c:05:xx:xx*

Suddenly I start feeling like yesterday, very unstable emotionally, between sadness and excitement at the sight of women. The sensation is more confused this time. I feel weak as well. It is all mixed up like the sensations I had yesterday all coming up alternated and blending together for about half an hour. Than slowly, gradually feel fine again. *06:30c:06:xx:xx*

Am noticing a strong 'vibe' from a fellow prover – male – also in the clinic session. Hard to describe, but like a strong sexual energy that he seems to be experiencing, and since I am also feeling similar feelings, wonder if he is noticing it in me. (NS) *4:30c:02:10:xx*

I was in bed, and started feeling incredibly nauseous, burping and farting, I had to run to the bathroom and ended up squatting on the floor for a while, sweating and with vertigo. I tried to throw up. I ended up passing a stool but it was bad and burning and runny. I went straight back to bed with the most outrageous sexual desire, at the same time as being nauseous. This was so strange. I am embarrassed but I just grabbed my girlfriend, there was no niceties at all it was just an outrageous urge for sex. I just ravaged her. Nausea and sexual desire. Ferocious. She was bewildered, compliant but happy. *26:xx:xx;xx*

Ego/self esteem. I have been chatted up and pursued by men feels great. although guilt associated with this feeling. Motivation has increased with school work and a state of calmness. Feeling great. *22:30c:00:00:00*

Tiredness deep sleep not refreshed hard to get up. Bored and restless. Increased libido; seeing 2 men at the same time. *22:03:xx:xx*

Confused (men issues) and decreased energy levels, angry at self for not being more motivated. Depressed and alone and left out feeling. *22:04:xx:xx*

Sexual. Bus driver stopped his bus in the middle of the street to tell me how beautiful my feet were. Fear, feeling threatened and scared by ex-boyfriend. 22:05:xx:xx – 06:xx:xx

Libido high, fantasied about it all day. 22:07:xx:xx

Sexual, libido very high. 22:11:xx:xx

Libido, very high. Looking forward to baking and sewing in the next few days. 22:12:xx:xx

I had a very vivid and sexual dream, I don't normally remember my dreams, but this one was very clear. There was me and two women, one black and one white, we were getting up to all sorts, it was a completely pornographic thing, (unprintable). 30:30c:00:06:xx

#### **Guilt**

In the middle of the night I woke up with sweats. This has never happened to me before, bad sweating and the thought, God I have cancer, I felt incredibly guilty, about everything, all the bad things I have done. The thought was I will have to come clean about everything. 26:30c:xx:xx:xx

#### **Mistakes**

I have been very absent minded these last 10 days. I am getting numbers wrong. I missed the station I was supposed to get off the train. 06:30c:06:xx:xx

#### **Immediate primary symptom – Life incredibly good and easy/lightness**

Everything perfect and flowing. 4:30c:00:01:49

I feel great. Unbelievable. This is new and good. My whole life is easy. 26:30c:xx:xx:xx

I am feeling so good in myself. I had a bizarre reaction to some bad news, and did not get upset. This is new for me. I was strong, this is a strange response. 4:30c:00:01:49

Wake up feeling happy. I have taken the day off work, the day is beautiful and I feel really good. Feel more in the present. More calm. I can now go and I'll make food to take. I feel more calm and in the present. Life feels good! I feel a momentum /shift has begun. It feels most welcome and exciting. Feels like some sudden shift has begun and I'm heading the way that I

want to go. Synchronicity is working in my favour. (Cured symptom, sadness, depression) 10:30c:00:06:30

I feel lighter, more focused, more in the "now". I usually feel a bit detached, preoccupied, with music in my head and can't seem to plan ahead. Today life is flowing. I'm not stressed. (CS detached, unable to focus). 10:30c:00:10:00

Go home – make soup, go to the school. Feel joyful, a sense of elation. Feel this in my chest as an uplifting feeling. Like butterflies lifting my chest and my spirits. 10:30c:00:11:30

Feel spontaneous with the children. Want to do things for them. Planned to make dinner, they want to go to park, so we go instantly. come home and use my bread machine for the first time (I've had it for 4 months.) I think about how I can improve my home environment. A carpet cleaner rang and I arranged for them to come next week. I've never had a carpet cleaner before, although I wanted to, because it seemed too expensive and it's a daunting task to move the old furniture. Now, I feel that I can do it with the momentum going. Fixed the sagging bed by taking the legs away (the bed has been sagging for a while). 10:30c:00:14:30

Wake feeling really good, happy, positive. Great to see the children. No stress getting children ready for school – usually stressful. I felt like I had a lot to do today. I usually feel obstacles and heaviness of mind in getting things done, but not today. 10:30c:01:06:30

I have a sense of lightness of being. Again the lightness is felt in my chest. My mind feels ordered and I plan my coming weeks. I feel a calmness, light heartedness and joy of living. I'm feeling particularly good. I sat down for 1/2 hour and planned about things in the coming couple of weeks, fit in all the appointments in each day. (I usually do that in the last minute.) 10:30c:01:09:30

Feel elated when leaving work; this was felt in the chest, like joy and movement of energy. I have days off now looking forward to having a nap and going out tonight. 10:30c:03:14:xx

Feel positive and have a cheerful outlook today. 28:30c:01:19:xx

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Attitude is very positive and feel that I have done everything that I have been putting off lately. Have just got in there, got it done and sorted it out. 28:30c:03:01:xx

Feel like I want to get things sorted a bit more. Generally feel quite good and have a positive outlook. 28:30c:03:23:xx

My mood is so good, positive and light, more even, my low feelings which I have usually are cured. The first day I took the remedy I was laughing a lot. Full on laughing a lot, and the laughing was coming from deeper, belly laugh. My spirits are good, I feel light and happy and life is good. 12:30c:02:xx:xx

I had lunch with some close friends at their home, and afterwards my friend played some guitar and I sang – felt really happy and relaxed as I always enjoy playing music with him. It was nice not to think about the proving for a while. Whilst I am busy mentally and socially, I feel good. 4:30c:01:04:xx

I enjoyed myself at dancing this evening, and as I get used to some of the familiar faces am feeling more relaxed about being there by myself. 4:30c:02:13:xx

Am feeling really happy – went straight down to the beach and dove into the ocean and it felt great, despite all the seaweed. My good friend is back from holidays and saw her at the beach, this is adding to my feeling of happiness. She said how much she missed me and it felt really nice to hear, as I knew she meant it. > sunshine/warmth, > being near ocean. 04:30c:03:00:xx

I took the ferry into the city to meet some friends for lunch – still feeling really great. Everyone is commenting on how well I look – I feel good, so guess its reflecting outwards. 4:30c:03:03:xx

I feel intensely active in my mind. A feeling of integration of mind and body in a balanced way. I feel good. This feeling has lasted the whole day. 24:30c:14:xx:xx

Emotionally I have been very positive. There have been no thoughts of worthlessness or the pointlessness of life or of the life I lead. There have been no spells of depression resulting from these thoughts. 30:30c:04:xx:xx

At work today and my concentration would appear to be normal. 28:30c:01:21:xx

Feel that I have been more talkative than usual, not sure how long this has been going on as have only just realised it. 28:30c:02:21:xx

**Focus and concentration > >**

Have found that my mind has been able to concentrate today and stay on focus for an extended period of time. Have been able to work on my assignment for college for four hours without being distracted. This is unusual for me. 28:30c:00:04:xx

Concentration is markedly better than usual and have been able to work for extended periods of time without distraction. 28:30c:01:00:00

Went to lectures feeling good and was able to concentrate easily. 28:30c:03:04:xx

At work all day today. Got a good amount done. Other peoples comments. You've had your head down today, have not heard much from you. Still feeling good and positive. 28:30c:05:xx:xx

**Restless/Unable to focus**

I am in the library to do some work, and when I finished one task I feel discontented for no apparent reasons. It is a discomfort as I would need to achieve something but I do not know what. I start feeling irritable, as I do not manage to do anything I just feel like staying in company and have a chat. Indeed when talking with somebody I feel fine, same when I manage to concentrate on something, but this one lasted for very short time. I cannot keep focused on something for very long. I feel like I need reassurance and love. I feel sad if I am alone. > company, occupation. < alone. 06:30c:05:xx:xx

Just start feeling free of the previous uneasiness, that I start feeling slightly uneasy again but this time I am fidgeting in search of something, to eat or to do maybe. As I am walking toward the station, I see foods in the displays and I feel like I want them also if I am not hungry. I feel like I would like to have a coffee and some cigarettes, therefore I hurry to the train to go home. In half an hour once at home I have forgotten about it. No cravings or sadness, I feel perfectly fine. > home, inside. 06:30c:05:xx:xx



**Lightness**

Approximately 1 hour 50 minutes after taking dose of remedy, I felt light headed and vague in my mind, and it was noted by a friend with me, I was saying 'silly things'. Their comment was that it was like I was 'hypoxic' (effects of reduced oxygen). Spent the next few hours with friends at the beach swimming. (NS) 4:30c:00:01:49

**Beach; desire to go, and ameliorates (Prover 4)**

I feel there is change happening. I sense things shifting. I stop at the sea and watch the waves and changing scene. I feel calm and clarity and the opening up of new possibilities. 10:30c:20:xx:xx

I really need to be at the beach. I am better at the beach. 4:30c:00:01:49

After eating the friand and coffee at the beach, I noticed that as I sat overlooking the sea with a beautiful wind blowing onshore in my face, I felt really good – calm, happy and enjoying the beautiful sunny day. > open air, > sun. 04:30c:00:06:59

As I am driving along in this 'state' I notice I want the radio turned off as it is annoying me, which is unusual, as I always love to have it on to sing along to or listen to. Also noted that I was glad I didn't have any company at that moment, as I wouldn't cope with having to talk to anyone. < sound, < music, < company, < talking. 4:30c:00:06:09

Did the fruit and vegetable shopping I needed to do, and I just bought a whole mix of both sorts that I figured I would use – but there was no order to how I was shopping, as I would usually be more organised and plan a few days ahead. 4:30c:00:06:39

I noted the following into the tape recorder, "Such a beautiful afternoon, can't get over it, so much nicer than any other sunny day I've noticed before – really gorgeous" as I was driving past Manly Beach. 4:30c:00:07:27

Am feeling really happy – went straight down to the beach and dove into the ocean and it felt great, despite all the seaweed. My good friend is back from holidays and saw her at the beach, this is adding to my feeling of happiness. She said how much she missed me and it felt really nice to hear, as I knew she meant it. > sunshine/warmth, > being near ocean. 4:30c:03:00:xx

Desire to be alone and pamper myself. Went to the beach to read book. Normally don't give much time to myself, don't often stop and sit down. Lay on bed and read book when there were things I should be doing. 12:30c:04:xx:xx

**Indecision/inability to concentrate**

At 1.00pm as I was about to leave my friends, I was trying to work out how to spend my afternoon and what things I needed to do (shopping for groceries, returning phone calls, bills etc). I couldn't make any plans in my head at all and had overall feeling of indecisiveness. 4:30c:00:04:19

I am still feeling very vague and indecisive. Am trying to get going and do the things I need to do, the afternoon is slipping away. I need to buy groceries and have no idea what I want/need. Feel that hopefully I will work it out when I get to the shops. 4:30c:00:05:39

I notice that I am having difficulty concentrating on driving. In fact as I was trying to turn into a main road, I just sat in the car staring for a few moments feeling I was 'far away'. It was a real effort to 'pull myself together' to focus on driving and decide when to turn into the road. I have still not been able to make any decisions on the things I need to do, at this moment I am just driving in the direction of the shops. Would actually like to be lying down somewhere in the sunshine, and know that someone else was doing all the things I need to do for me. Still feel that when I get to the shops, I will 'magically' know what to buy. > lying down. 4:30c:00:06:04

Took a phone call on my mobile, approximately one minute after previous feeling as I was driving, stopped to take phone call. During the conversation, noted I had been absent minded, completely forgetting this person had some books of mine. I coped quite well with talking, despite the previous feeling minutes before, and actually felt not unlike the feeling of 10.30am in the morning. Used some 'light and silly' expressions with this person I don't usually use – 'Come in spinner' – in regards to how I was feeling and things I was saying. 4:30c:00:06:14

At lunch, couldn't decide on anything on the menu, in the end chose a salad yet couldn't eat it. 28:30c:02:00:00

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I noted the following into a tape recorder that I wrote down later, "To think I've got to go back and write this up doesn't impress me at all. I wish there was someone at home doing all the cooking and stuff, to get through this, try and find the energy to write it down. The indecisiveness is definitely a big thing that seems to be coming through.... it's a real effort to get the words out, get my thoughts out – driving around in a real vague state – really strange – there's another spider (on my windscreen) – I don't believe it – I feel I just have to go and hose them all away at the carwash." 04:30c:00:06:54

After I had my coffee and took the car to an instant carwash, I felt much better than the previous feelings of vagueness and indecision. I was able to listen to music in the car again, and was enjoying driving along the coast enjoying being near the sea – in fact would say I had a very strong desire to be near the sea.

04:30c:00:07:14

**Heavy foggy overwhelmed**

I am starting to feel a little sleepy and find it really hard to concentrate. I am now at college and I don't have the mental effort to concentrate in class. I had a coffee one and half hours before, and wonder if it is a 'slump' after having that.

4:30c:01:05:xx

I finally left the bed and sat down on my lounge to watch the morning news. Still feel really heavy and foggy, I want to get going, but it's a real effort. 04:30c:02:00:xx

I've been in student clinic since 3.00pm, and now observing a case with a woman who I find very annoying. Her regular sessions in clinic have become more like 'therapy' and I find it very hard to be interested in her 'whining and self indulgent' problems. I just want to leave the room and be away from her. I am quite amazed that the student practitioner taking her case is so patient and interested. 4:30c:02:10:xx

I have a commitment to catch up with old friend tonight, and would love to cancel since I feel so tired and my energy levels so low, but can't let him down or disappoint him – so feel a little resentment at the situation, not at him.

04:30c:03:09:xx

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I am starting to feel a little overwhelmed with having to catch up with some people and do College work – the house needs a good clean and there are some jobs I want to do around the place, and I'm just not getting anything done.

04:30c:03:09:xx

I was thinking as I was lying down that there are some things I have forgotten to do – small things – can't recall them but feel I need to remember them. 4:30c:03:09:xx

I managed to pick up some energy for my night out with friend – did lots of talking and drank too much alcohol. Later in the night we looked at some old photos of his sister who died recently, so it was quite emotional. After he left, I continued looking at photos of old family and friends and it made me quite weepy as I went to sleep. 4:30c:03:12:xx

I met up with my supervisor today to discuss the past week – all the main symptoms experienced seemed to have stopped – everything seems back to normal. I am due for a period in about one week. 4:30c:06:xx:xx

**Frustrated Failure Alone Impatient (Prover 12)**

Feel anxious and panicky, making stomach churned up; which comes and goes, nothing is happening to create this feeling, I feel calm.

12:30c:00:08:30 – 00:10:30

I feel frustrated and angry at having to ask people over and over to do things. I feel like my head is going to explode.

12:30c:00:09:30 – 00:10:30

I am laughing a lot more than usual, good belly laughs. Did I sound a bit over the top?

12:30c:00:03:30 – 00:13:00

Energy levels increased, more motivated than normal. 12:30c:01:02:xx

I am snappy and agitated. Irritable and anxious. Hassled with son's stitches, I was rushed.

12:30c:01:02:xx

Energy levels fairly good today a bit higher than normal, feel up and motivated. A sensation of lightness – carefree. Mood felt a lot lighter, not weighed down. Carefree and happier in general.

12:30c:02:00:xx

My mood is still up. 12:30c:03:xx:xx and 4:xx:xx

Energy low, not talkative. Cranky and snappish mainly due to my headache. *12:30c:06:xx:xx*

Depressed > PM. Radio triggered an alone feeling not having a partner, can get into it occasionally. A 40 y.o. woman on radio diagnosed with Alzheimer's, she used a dating service and it triggered thoughts of "even this woman with Alzheimer's can find someone". Mood, sat there and came out again on the drive home. Feeling a failure, must be something wrong with me. Unusual to put it all on myself. Failure as a parent and partner. Not a normal feeling. I feel a bit low and alone today. Lots of "why me?" thoughts. I'm feeling a bit resentful and jealous of others.N.S. *12:30c:08:xx:xx*

I feel like a failure in all areas of my life. I can't do anything right. Feelings of despair. *12:30c:08:xx:xx*

Low energy. Dead feeling as though something not quite right. *12:30c:10:xx:xx*

Desire to be alone and feel like I need space from others right now. *28:30c:04:xx:xx*

#### **Impatience (and prover 24)**

Sensation of impatience. I took one dose of the remedy at 9am. Soon after, I started feeling intensely impatient. The feeling lasted the whole day. I am usually a fairly patient person. *24:30c:00:00:10*

I am feeling very tired, exhausted, irritated and agitated. I have been watching the cricket match since 4pm at the Leagues. A man bothered me continuously, trying to engage me in conversation. I could not get rid of him. I could not ask him to go away for reasons I do not know. This is unusual as I am a strong person. I have travelled all over the world and can be very firm with unwanted people bothering me. I usually do not get disturbed by such people. I felt too disturbed by him. At the end of the match, I had to request one friend to walk me to the car which is unusual for me. The incident bothered me a lot. I slept very late and felt yucky. I kept thinking about the man whole night and could not sleep. *24:30c:05:xx:xx*

Extremely exhausted and tired. Don't feel like thinking. Have to drag myself to start my day. *24:30c:12:xx:xx*

I feel intensely impatient. I felt bored and impatient in the clinic as I had to only observe patients. *24:30c:12:xx:xx*

Feeling weird and slightly out of balance. As if something is not right. Slightly dreamy but not feeling negative. *24:30c:15:xx:xx*

Feeling intensely preoccupied and feel like pondering and re-assessing my personal situation. Also feeling extremely lonely. *24:30c:15:xx:xx*

I feel intensely sociable. I am making plans to meet friends. *24:30c:16:xx:xx*

I feel extremely creative and want to be active. I decided to cook Indian dinner for friends. I bought a new Indian cook book and made four quite complicated Indian pastes for dinner. *24:30c:16:xx:xx*

I feel extremely tired and exhausted, yet happy. I spent 7 hours in the kitchen to cook yummy Indian dinner for friends. *24:30c:16:xx:xx*

Feeling intensely foggy and unsettled in mind. Feeling better after shower. Feel a bit annoyed for not getting enough sleep and waking up suddenly. This feeling has continued the whole day and got worse after dinner with my sister and her boyfriend. *24:30c:17:xx:xx*

Feeling extremely impatient and annoyed. Met few friends for brunch today. One of them, a girl by the name L, who annoyed me. Usually I don't get annoyed by people. *24:30c:18:xx:xx*

I am feeling extremely relaxed. I am looking forward to a big family night at my cousins. *24:30c:18:xx:xx*

I feel intensely creative and feel like baking a cake for tomorrow night. *24:30c:18:xx:xx*

I feel extremely rebellious. Haven't felt like this for last 10 years. Don't feel like complying. *24:30c:19:xx:xx*

I got an extremely intense desire to be with my mother and brother at the cemetery. I was driving my car while I got this feeling. It started to rain. I decided not to go. *24:30c:06:xx:xx*

#### **Moth**

When I went to sleep last night a strange thing happened. There was a huge moth in my room,

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like a stealth bomber, enormous and making such a racket as it banged around the room. Then I must have dreamed it, at one point I woke up and had this fluttering thing under my chin, I woke myself up hitting myself under my chin trying to get the thing away. I woke and it was not there. 26:30c:xx:xx:xx

### House Home Family Livelihood Husband Children (Prover 10 female)

When my partner wakes me after the nap my mood is heavy. The children are staying with friends. I feel totally unmotivated, don't feel like going and take a while to get ready. Partner asks me how am I, did I wake in a heavy state? I don't want to answer him. I don't want to give him the satisfaction of knowing how I'm feeling. He hasn't asked me with any conviction all week. So I'm not about to tell him now. I feel myself looking at him contemptuously. I enjoy the fact that he is feeling annoyed. 10:30c:03:17:xx

Relationship – my partner says that he realises (at 40) he has psychological blocks in place that keep him from fulfilling his full potential. He now realises he can do the things he wants to do. This is my feeling also. What is stopping me from having a new guitar – I can sell old instruments and get a new one. I see that I can achieve that! 10:30c:01:xx:xx

Partner is unwell. Fluey, achy – took the day off, cancelled work then felt O.K. in afternoon. I don't feel overly sympathetic. 10:30c:01:xx:xx

More patient with the children. More centred in myself. Feel more present when listening to them. Working with a new graduate – previously very trying on my patience, but today I realise I need to direct him and check on him a lot more. Find myself grateful that he at least lightens my load somewhat. 10:30c:02:xx:xx

At work I feel a bit lazy and delegate the things I don't want to do. I'm told I look tired. Feel even tempered. 10:30c:03:xx:xx

Still feel annoyed with partner. He makes breakfast but then starts on with a conversation that makes me furious – to do with our future according to him – to me it seems naive and with no sense of reality or planning. We argue until I drop him at his course. My daughter and I will go to the mountains to visit my cousin. I

am glad to be going and relieved it's just us two. In spite of the argument in the morning, I enjoy the day and return to Sydney for meal with my family. 10:30c:04:xx:xx

Annoyed with partner – discussing his business (our livelihood). I am very annoyed at his nonchalant response. Who is running this business anyway? I feel like slapping his face – I don't. I feel strong, energetic, motivated and annoyed by his lethargy, various frequent ills and his ambivalence towards what I feel is a very important topic. I feel stressed over money issues, and feel like we need to work together and we're not. The annoyance with partner is relieved by getting out of the house and the fresh air. 10:30c:05:xx:xx

Go shopping for son's birthday presents and am surprisingly decisive and quick. (NS) 10:30c:05:xx:xx

I am supposed to be doing a musical performance tonight with partner. Once again, despite me asking, we have not practiced and I have no time to run through what I'm to do. I tell him he will have to do it himself. I ask him if he does this on purpose (this has happened before) because he doesn't want me to play. He says no, but doesn't seem worried. I am relieved but disappointed. I had wanted to do it but not without some preparation. 10:30c:05:xx:xx

I talk to friend about how I feel like moving forward and changing the way things are done, but come up against resistance all the time with my partner. 10:30c:05:xx:xx

I seem to have a strong sense of wanting to achieve order and have lots of ideas to make things better (except for the relationship!) Frustrated by the lack of action in the last 2 days – of how things are moving – business, CD promotion, etc. 10:30c:05:xx:xx

(Build up of tension and explosion) I am determined to move clutter which has long been a stress to my equilibrium. "The back room" – a repository of any and everything – becomes involved in the sorting my partner gets agitated (as he does when I want to get rid of things) and doesn't want to look at them now. I say – it was now or never. A plastic bag of tapes (one of many) I asked him to put somewhere else, he put back where I was sorting. So I picked it up and

dropped it out the window. He flew into a rage and was the most reactionary I'd seen him in a long time. I realise that I often do things to try to get a reaction out of him. I was non-reactional and ignored him and he stormed off to cool down. The whole thing felt ridiculously childish and out of control. When he returned we talked and apologised to each other. I let him know how this sorting and ordering of things was very important to me at the moment and that I needed a bit of co-operation, he said how he felt. I actually felt that we achieved some real resolution – unlike usual where a stalemate ensues. 10:30c:06:xx:xx

There has been a different mind set after the nap on Sat afternoon. Intolerance of husband as he's not in the same pace. He doesn't like me moving his things. Heated, major argument today with husband today mid-day. Brought everything to bubbling. Then I feel that I have been over-reactional in the last days. It was inappropriate. I have been over-demanding. 10:30c:06:xx:xx

Since I took the remedy I have been doing a lot of cooking and cleaning. I have a compulsion to cook and order things and appear quite demanding. 10:30c:06:xx:xx

My partner and I talk and things feel calm. After argument mid-day, working together at night. Good news come up about the CD. 10:30c:06:xx:xx

The lead up to the argument is the same as before, but the outcome is different. In the past, the argument would usually left up in the air with no resolution. This time, we come up with a resolution and find a common ground and talk about things we can do to get through it. Also, he now reacts and I don't react, just see how he reacts and have some space. 10:30c:06:xx:xx

Feel calm and for once I feel prepared. The carpet cleaners are coming! This whole week I've only been concerned about my environment, nurturing the kids, pottering round the house and cooking – perhaps I'm going neurotic on focusing so much at home!!! 10:30c:07:xx:xx

Mind – feel anxious – my mind runs through a very long list of worries – money, future, children's education, college work. Feels better

by keeping busy putting everything back in order. 10:30c:07:xx:xx

Too much cooking!! I feel surrounded by washing up! I want to lie down and sleep, but don't. I haven't enough time before picking up the kids. Busy, busy. 10:30c:07:xx:xx

Things slow down – feel exhausted. > lying down. (Have been in a frenzy of doing things. Feel really tired at the end.) 10:30c:07:xx:xx

Went to bed. I thought I heard a whisper – it makes me feel a bit spooked. Don't want to turn off light. Read for a while to get over it and fall asleep. 10:30c:07:xx:xx

He was sick at home and I tried to call my partner from work. He's been in bed all day, but then up on internet till 3:00am. I have no sympathy with him. Though his sickness is self-inflicted. His sickness is often vague. I feel angry, don't like doing anything at all. The mess at home made me feel tired and can't be bothered. 10:30c:08:xx:xx

Looking at the bank balance, the mind goes into a downward spiral. It lasted for a few hours. My daughter asked me, "Why do you look so cross?" 10:30c:08:xx:xx

Busy work day-feel more on top of things there. More in order in mind. I can delegate work better. 10:30c:09:xx:xx

At work – Really busy. I'm in charge but feel like I keep it under control. A good feeling. 10:30c:10:xx:xx

Hear our C.D. on the radio – feel elated – Very exciting. Ring my partner to congratulate him. Look forward to having a family day tomorrow. 10:30c:10:xx:xx

Wake up thinking I have to go to work, but realise I don't have to. Feel cross with my partner – off sick on Friday, out drinking on Saturday. He can't see my point. 10:30c:11:xx:xx

Feel a bit grumpy in the morning (tired). I don't want to spoil the day so try to push past that and spend it out with the whole family. Grumpy > being with the children. 10:30c:11:xx:xx

The whole family plays music together – feels great, very cohesive. 10:30c:11:xx:xx

## EXPERIENCE OF MEDICINE I

We all have dinner and children go to bed. Their bedroom and mine feels so much better since the carpet was cleaned and I cleared out the clutter. The front of the house is starting to feel good.

*10:30c:11:xx:xx*

Again I go over in my mind the list of stressors – bills due, college work, high schools, going to work in the morning is only a minor stress.

*10:30c:11:xx:xx*

Awake, feel really tired and don't want to get up – like someone has taken the battery out or pulled from the power source. *10:30c:16:xx:xx*

Phone keeps ringing and I don't want to speak to anyone. But it's my son's birthday party tomorrow and I haven't even finalised the food or anything. 8 boys and 2 girls to sleep over! How was I talked into that! I must be mad. Don't feel inspired to think. > warm feet. Today I really felt excited about playing music. Playing music – having gig withdrawal. Even though they are stressful they are exciting! *10:30c:16:xx:xx*

Feel a bit stressed when shopping for party. What to have? How to keep the cost down. My daughter helps me and I feel we've done well. A bit of pre party aggravation. The party goes well. My sister helps and it is surprisingly stress-free. I usually say – I'll keep it simple and then don't. This time I did and it was great. (Past: tend to go overboard) *10:30c:17:xx:xx*

Mind feels clearer after stool. Mood lifts. (Before: sluggish and unclear mind.)

*10:30c:17:xx:xx*

I feel there is change happening. I sense things shifting. I stop at the sea and watch the waves and changing scene. I feel calm and clarity and the opening up of new possibilities. *10:30c:20:xx:xx*

I go and buy folders for my new filing cabinet. Getting sorted feels great! I feel elated. At home that night I sort, file and throw out a lot of papers. *10:30c:20:xx:xx*

I have been anxious about our future, where to live, good schools, work and study opportunities. My great friend is waiting for me when I get home and I've asked her to do a tarot card reading for me. I don't usually have this done (as I feel nervous in case it's bad news) but I feel I need clarification at this point. The

reading is very positive. She says obstacles will be removed and to stop worrying about things, it will turn out fine. It (life) has been difficult for a long time with many set backs but several ventures will come to fruition. *10:30c:20:xx:xx*

Still sorting through drawers – this time in the children's room. I have been meaning to do it for a long time. Get rid of things they don't use anymore and only put back what they need. Much better. Sort filing cabinet. *10:30c:21:xx:xx*

Feel elated when I go outside due to beautiful day. Looking forward to music practice tonight. (periods nearly finished). *10:30c:21:xx:xx*

Money problems still make me feel worried. The finances are not working out. Rent late again.

*10:30c:21:xx:xx*

Visit a friend and really enjoy myself laughing and singing till late at night. I realise how infrequently I do that – usually only at music practice. *10:30c:22:xx:xx*

At work, started out feeling in control but then it became very busy with multiple problems needing to be addressed simultaneously and everybody wanting me instantly. I started feeling stressed, muttering curses under my breath. At this point I always feel as though I have a mountain of work to get through and I lose my sense of flow and being in control of things. I leave work feeling that I'd probably forgotten something really important and hoping I hadn't done anything stupid or dangerous. I don't quite trust my handling of the situation or mind. *10:30c:23:xx:xx*

Feel antisocial and self conscious at work today. Just get through friends this afternoon I am ambivalent and still feel antisocial but we go and the visit is pleasant. *10:30c:24:xx:xx*

Going on a picnic with family and friends but again feel strangely antisocial. Feeling self conscious but spirits lift as day progresses. Visit friends and I feel drawn into a conversation where I don't really know what I'm saying. Everyone is listening and I don't know how to exit. I feel like I am going into a spiral. The self consciousness is uncomfortable. *10:30c:25:xx:xx*

Decision making skills not good today. The dilemma of choice I find stressful. *10:30c:26:xx:xx*

Feel as if I don't know my own mind. Feel as if in two minds today. I have time off with the children and feel stress about what to do. Again dilemma of choice. My life is usually so busy and circumscribed that this time feels precious and I feel anxiety about not wanting to waste it.

*10:30c:27:xx:xx*

Feel stress due to imminent exams. I don't trust my mind to be able to remember all the details. I feel panicky that I might fail the exam. This feeling stops me fully embracing the time off I have. (I'm on holidays.) *10:30c:27:xx:xx*

Taking children and friends to Easter Show. Today I feel organised. I have a mental list of things to do and we do them all. It is a good day.

*10:30c:28:xx:xx*

We have a whole day to do what we want! I can think many things I'd like to do. I give the children the choice and they choose going to the park. After searching the house in vain for the keys I realise my son has locked them in the car. I feel really cross, frustrated and he cries. My daughter suggests NRMA and they come quickly and open the car. I feel sad for my son and that I couldn't handle my temper a bit better. We all make up and enjoy the rest of the day. I attempt a practice exam – encouraged by my daughter. At least now I've started which makes me feel more at ease. *10:30c:29:xx:xx*

My plans for today have changed due to a very expensive car problem. Sends my mind into worry mode. Spending money we don't have.

*10:30c:30:xx:xx*

Discussion with partner turns into argument. I have anxiety about the apparent lack of change and want some resolution and for him to take on some financial responsibility. Some admissions are made eventually. *10:30c:33:xx:xx*

Good day for study. Mind feels focused and calm. *10:30c:34:xx:xx*

Intended to study but the beautiful day made me feel restless and I had to go out. *10:30c:35:xx:xx*

Feeling really good today. Doing things for me. Dentist, haircut. Go to a café. I feel less stressed due to being on holidays. *10:30c:36:xx:xx*

It is an effort to begin a conversation but once I begin it is OK. *06:30c:06:xx:xx*

## VERTIGO

Very odd sensation in my head, as if falling backward. More precisely like something pulling my head from behind, starting from the forehead to the occipital, like a strong wave, moving backward. It lasted one or two seconds. It came back after approximately a quarter of an hour exactly the same and no other sensation left behind. *06:30c:01:05:30*

I have been feeling very slightly light headed all morning. It is spacey and vertigo. I got to a lift – then rocked forward and backwards then got centred. Very wobbly on my feet. Proprioception not very good. *30:30c:00:15:xx*

Light headed, spacey, faint feeling for 5 minutes (like on Mersyndol). Sensation as if it could get worse. A little out of control feeling.

*12:30c:00:02:00*

Vertigo, light headed and dizzy getting up from seat. I may just need to eat. *12:30c:01:02:30*

Pressure in the head with light headedness and vertigo. I can't put my finger on it but I feel a bit wobbly. *30:30c:01:xx:xx*

Light headed. Headache probably from lack of sleep. *22:02:00:xx*

Had the sensation of feeling a bit light headed just before I sat down to have dinner tonight. *28:30c:00:07:00*

Again noticed a feeling of light-headedness, but was still able to continue to work on my assignment all day. *28:30c:01:00:00*

Had a sinus headache when I woke up during the night. Went to the toilet and felt a bit light-headed. *28:30c:02:10:xx*

A feeling of vertigo came over me for just a few moments while I was at the shopping centre. *28:30c:00:00:30*

Went to the bookshop, while I was there, experienced a feeling of vertigo for just a few seconds. *28:30c:01:01:xx*

Have had the slightest sensation of a touch of vertigo. *28:30c:01:21:xx*

Again, have experienced a slight sensation of vertigo, which lasted only a short time. *28:30c:02:03:xx*

## EXPERIENCE OF MEDICINE I

I am still bloating. My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing. 06:30c:08:xx:xx

**HEAD**

Immediately after taking remedy, feel tension in forehead. This headache comes and goes for a few seconds. The tension is better for rubbing. 10:30c:00:00:01

Some dull pain above the L upper eyelid. It comes surprisingly, unexpectedly. Lasts about 2 minutes. Dull pain, not sharp. 10:30c:02:xx:xx

Intensely dull headache over left eye. I got this sensation for few minutes only. 24:30c:06:xx:xx

I woke up feeling hungover and foggy headed after too much too drink last night, and being in a smoke filled bar which doesn't agree with me. 04:30c:04:xx:xx

I feel extremely foggy in head. I did not sleep well last night. I got just about five hours of sleep. Sensation of foggy. 24:30c:06:xx:xx

Headache, pressing pain and nausea worse for movement. 12:30c:06:xx:xx

I feel like I have a cold, heavy and congested. Right sided head ache and right side of back of neck, and to shoulder, right sided headache. > pressure. It is a pressing pain. Hot flushes, feeling really hot when shouldn't over the last couple of days. 12:30c:06:xx:xx

Pressure in the head with the light headedness and vertigo. I can't put my finger on it but I feel a bit wobbly 30:30c:01:xx:xx

Headache – top, front of head. This remains constant all day. Tightness of the frontal. Nothing relieves it. (Don't usually get headaches. Uncomfortable, but doesn't stop me from doing things.) 10:30c:16:xx:xx

Lie down – still have headache. lying down. 10:30c:16:xx:xx

Headache still persisting since yesterday. I rarely

get them. Full moon (tomorrow) lifts my spirits. 10:30c:17:xx:xx

Have had frequent headaches since last period and since taking the remedy. 10:30c:27:xx:xx

Headache forehead and right back of head. I notice it is worse when I use the mobile phone. 10:30c:30:xx:xx

I feel a bit coldy and congested in the head. It feels dull and achy. 12:30c:06:xx:xx

Headache left temple and on left side of neck, and a heavy head. 12:30c:10:xx:xx

Headache left side of neck. Wondered if it would get worse, went to work and had a headache pill. Headache improved over the day although not 100%. 12:30c:10:xx:xx

Light headed. Headache probably from lack of sleep. 22:02:00:xx

Had the sensation of feeling a bit light headed just before I sat down to have dinner tonight. 28:30c:00:07:00

Again noticed a feeling of light-headedness, but was still able to continue to work on my assignment all day. 28:30c:01:00:00

Have had a sinus-like headache for the past hour prior to going to bed. 28:30c:01:10:xx

Had a sinus headache when I woke up during the night. Went to the toilet and felt a bit light-headed. 28:30c:02:10:xx

I am getting intense headache on top of my left eye. The top of my left head is also slightly warm. 24:30c:03:xx:xx

Some burning sensation on left forehead. It's better for rubbing. 10:30c:00:09:30

Left-tightness and tension in the left forehead. > rubbing. Lasts a few seconds. Comes and goes. 10:30c:01:10:00

**EYES**

Feel very sleepy in the train especially while reading a book. My eyes feel very heavy and I cannot keep them open unless if I look around. I feel awake when I get up and walk but again when I sit down and read I felt very sleepy and tired. < For reading. 06:30c:00:00:50

Heaviness of eyelids 24:30c:00:00:35



**EAR****NOSE**

Unusual cold. I'm reporting this symptom because its unusual, indeed I never had a cold like this. In the morning after breakfast start having running nose only from the right nostril. It is oozing slowly but constantly for almost all day. The mucus is fluid clear and very bland. In fact despite it running all day no excoriation whatsoever around nose (usually I would have a bit acrid discharges with a bit of an excoriation). Generally I feel fine no flu or other cold symptoms. Discharges slow down and disappear before going to bed in the evening, so sleep is fine over night. < after food. < inside, in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:16:xx:xx*

It happens the same as yesterday, oozing bland and clear mucus from right nostril, starting after breakfast, (everything seems perfectly normally before that). It gets worse after meals and I feel slightly stuffed in the same side. I had some sneezing today but altogether the situation is more or less as the day before. Same modalities, before to go to bed no running nose, good sleep. *06:30c:17:xx:xx*

Again same manifestations as yesterday. Same modalities, no excoriation despite it is the third day of running nose, which is very unusual. *06:30c:18:xx:xx*

Very strange, I felt very well this morning before breakfast, but again the nose start running after breakfast, but this time from the left nostril. The characteristics of the discharges are the same. The modalities as I will see during the day, are the same too. < after food. < inside in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:19:xx:xx*

The symptom has no changes, after breakfast the nose start oozing slowly from the left nostril. I have tried to change the diet a little, but there is no change at all. At least I can sleep well so it is not too much of an inconvenience. But I start feeling tired of cleaning my nose and after five days it is nearly a concern, also considered that in two days I have my birthday party to organise. *06:30c:20:xx:xx*

The symptoms are present after breakfast. I am quite concerned also because I also start feeling

a bit tired of blowing and cleaning the nose all day. I feel a bit exhausted and I have to organise a party for the next day from scratch.

*06:30c:21:xx:xx*

Have had a couple of 'cold' type sneezes in a row, but there are no other signs of a cold looming. *28:30c:02:08:xx*

Post nasal drip all day thick sensation in throat which went after an hour. Doesn't feel like a cold. *12:30c:02:00:00*

**FACE**

In the last 45 minutes my face start feeling warmer and warmer especially in the cheeks. It feels warm at the touch. I am compelled to have a look in the mirror to see if they are red. The only part of my face, which is red, is actually the cheeks. *06:30c:01:12:00*

The heat in my face is more intense now. It is more intense in the right side and all my face is involved. < Right side. Quickly the heat spread downward to the all body. I feel feverish like, but I check the temperature and it is normal (36.3 C). The pulse is regular and not faster than usual. It is actually a pleasant sensation, I feel lighter and warmer all over like floating. I start listening some music, which makes me feel like dancing, more than usual. Duration of the episode approx. 10 minutes. > Music. *06:30c:01:12:35*

A chemical-like burning sensation eyebrow (left) descends to cheek, lasts for 30 sec – 1 min. Feels like something put on the skin from the outside – feels like an insect sting, eg caterpillar. *10:30c:02:xx:xx*

My face has a look of dark rings, skin muddy and pale, look off colour. *12:30c:00:07:00*

Flushed and burning, red face and cheeks duration for 2+ hours. Clammy and hot to touch. *22:07:xx:xx*

Face hot flushed and red duration 1+ Hours. *22:08:xx:xx*

Flushing. *22:09:xx:xx – 10:xx:xx*

Bruising jaw for past 2 days (stress). *22:08:xx:xx*

Acne on face, left hand side, lower cheek. I noticed a new pimple – this was unusual for this time of my cycle, as I would only occasionally

## EXPERIENCE OF MEDICINE I

get the odd acne spot a few days prior to start of period. 4:30c:01:00:xx

Acne on face below lips near chin, and on right hand side temple. I have noticed more new whiteheads on the above spots that again, are quite unusual for me. 4:30c:01:03:xx

Face – acne, right hand side. I have noticed yet another pimple on exactly the same spot but the other side, to the pimple I noticed yesterday. There are a few more whiteheads on my lip, chin and temples, and one in the middle of my forehead. 4:30c:02:01:xx

**MOUTH**

My tongue this morning was burnt or bruised, like an acid, as if I have taken too much candy. 06:30c:06:xx:xx

Tongue – left side, one spot, tingling and burning, felt like an ulcer developing. The sensation is similar to when you have scalded your tongue with hot liquid the day before. 12:30c:00:01:30

The tip of my tongue is now tingling as if burnt. I think an ulcer may be developing on the left side, nothing unusual in the appearance. 12:30c:00:08:30

My tongue is getting more annoying. I am conscious of it tingling all the time now. 12:30c:00:15:00

My tongue is still tingling and burning, especially on the tip and left side. It doesn't look any different. The ulcer didn't develop. 12:30c:00:23:30

Scalded tongue sensation > PM. Tingling increased on tip of tongue over 1/3 of tongue, lessened in the evening, conscious of it. 12:30c:01:23:xx

Tongue scalded sensation. 12:30c:02:23:xx

An ulcer or some irritation is developing on the left side of the roof of my mouth. Ulcers – 2 on the roof of the mouth can feel them developing more to the left hand side. Sensation of an injury. Not full blown, just sensation. 12:30c:03:00:xx

Tongue strong, tingling sensation. Felt better in the PM (not much of a sensation, especially top/roof of mouth) 12:30c:04:xx:xx

Tongue, decreased sensations of tingling. 12:30c:04:xx:xx

Tip of tongue tingling/burning sensation. 12:30c:05:xx:xx

Ulcers and sore patches are starting to develop on the right side of my tongue. 12:30c:05:xx:xx

Tongue; tip feels scalded. Ulcers developing roof of mouth (right) but then fade away. 12:30c:06:xx:xx

Tongue tingling. 12:30c:08:xx:xx

My tongue is still burning on the tip. 12:30c:09:xx:xx

Tongue still tingles and burns. 12:30c:11:xx:xx

Lips burning and tingling on and off all day. 12:30c:xx:xx

Tongue the same. < mornings and after eating. 12:30c:15:xx:xx

Tongue gradually improving but still feels a little scalded. 12:30c:20:xx:xx

I have a very nauseous feeling, more in my mouth than the stomach. It's a sensation that normally precedes vomiting, but there is no desire to vomit. There is a taste in my mouth, clammy and watery as if about to throw up. 30:30c:00:23:xx

The feeling in the mouth that I have been describing as nausea is similar and the same to when you are or have taken, ecstasy or LSD. This matches the dehydration and constriction of the throat. 30:30c:01:xx:xx

Dry prickly thirst in the mouth, lips are dry and prickly too. Only slight relief from drinking lots of water. As if I have had a bowl of soup with too much pepper in it. 30:30c:05:xx:xx

**TEETH**

Aching in back, right molars. 10:30c:02:xx:xx

Sore right upper molar, aggravated by eating hot porridge. Pain lasts 2 hrs. (old symptom, but lasting much longer this time) 10:30c:06:xx:xx

Teeth sore. < hot/cold drinks > cleaning teeth. All day. 10:30c:10:xx:xx

All day – Teeth right-upper + lower-sore. < hot /cold, > relax. My jaw feels tight. 10:30c:11:xx:xx

Dull ache right upper and lower molars. Make appointment with dentist. Hole in my tooth.

*10:30c:30:xx:xx*

## THROAT

### Lump

Sensation of a lump in the centre of throat, mucous feels thick > swallowing, and urge to swallow. *12:30c:10:xx:xx*

Sore. Lump sensation in centre of throat > swallowing although lump doesn't go.

*22:09:xx:xx - 10:xx:xx*

Constricted dehydrated throat with a lump sensation when swallowing, > water, also a similar nausea feeling like last night.

*30:30c:01:xx:xx*

### Dry

Throat dry and raspy. *22:07:xx:xx*

I am getting a sensation of mild dryness in my nose and throat. *24:30c:11:xx:xx*

Dry sore throat on waking, drank juice and green tea felt a lot better. *30:30c:05:xx:xx*

I am constantly on the edge of a throat infection. Its been there for the last 5 days. But I am keeping it under control with drinking a lot of water. Today I drank 5 litres of water.

*26:30c:xx:xx:xx*

Woke up with a sore throat and I am drinking plenty of fluids, > water *30:30c:04:xx:xx*

Very very thirsty, dry constricted sensation at the back of the throat *30:30c:01:xx:xx*

I have just noticed what seems to be mild sore throat pain associated with inner ear pain right hand side with swallowing. There is a sensation of fullness in the throat with occasional twinges of pain as with the start of a sore throat. This is < swallowing, < talking, < eating cold food.

*04:30c:03:05:xx*

Right side throat pain, like a fullness.

*4:30c:00:01:49*

Throat pain not worse, but still there. Inner ear pain gone connected with swallowing.

*04:30c:03:09:xx*

My throat doesn't seem to any worse than yesterday – interesting considering the environment I was in last night, and the lethargic feeling I had all of yesterday afternoon and early evening before going out. *4:30c:04:xx:xx*

Post nasal drip; mucous running down the back of my throat, on and off.

*12:30c:01:02:30 - 01:04:30*

I woke with slightly sore throat, mainly when I swallow. There is a bit of mucous running down the back of my throat. My sore throats are usually at night. *12:30c:01:23:00*

Post nasal drip all day thick sensation in throat which went after an hour. Doesn't feel like a cold. *12:30c:02:00:00*

My throat is sore and feels quite raw with mucous down the back of it. *12:30c:05:xx:xx*

Throat raw and sore sensation. *12:30c:08:xx:xx*

Sore throat left sided feels like a spot. Post nasal drip. *22:03:xx:xx*

Aching throat, feel like a good cry. *22:08:xx:xx*

Throat has improved. *22:12:xx:xx*

Noticed a slight soreness in my throat and also in my glands when I woke this morning.

*28:30c:03:20:xx*

I feel as though there is something at the back of my throat, but no matter how much I swallow it won't go. *30:30c:01:xx:xx*

## EXTERNAL THROAT

On examination, there is swelling of my left cervical gland. *16:30c:02:01:xx*

Left cervical gland still feels swollen.

*16:30c:02:21:xx*

## STOMACH

### Appetite

During the heat sensation in my face, the appetite is erratic. I feel very hungry one moment, like the gastric juice has been released and suddenly the appetite is completely gone. After few minutes the appetite is back again, but few minutes later is gone again, I do not know what to do about dinner, indeed I haven't eaten yet but I do not know what to do. *06:30c:01:12:00*

## EXPERIENCE OF MEDICINE I

Suddenly as soon as I started eating a grapefruit, I feel extremely weak like I am having a hypoglycaemic attack. I cannot talk and reason properly. I feel sluggish when I try to concentrate and saying something. I cannot concentrate and I start feeling sick like vomiting but nothing happens. Of course I stopped eating immediately and the friend I was talking to told me that I did not look alright at all. She was a bit concerned. The nausea and weakness went on for about five minutes after that gradually disappeared as nothing happened and I had my lunch without problems. < concentration, mental effort. 06:30c:05:xx:xx

I'm not feeling particularly hungry although I am eating the same amount 30:30c:02:xx:xx

Still finding it difficult to eat as nothing seems appealing. Nothing I can think of makes me want to eat it, but I am very hungry. My appetite is large, but difficult to satiate. 28:30c:05:xx:xx

**Nausea**

Suddenly for no apparent reason I feel nauseated. I feel like I could easily vomit. I also start feeling very tired, but I do not want to go to bed with strange sensations. I feel cold all over and in my hands. In about half an hour gradually all the symptoms disappeared and I feel good. I feel like having something to eat. 06:30c:07:xx:xx

This morning I felt really tired and achy and I could not get up easily. They are like flu symptoms. The aches and pain all over like bruised and heaviness in the back especially the spine and also empty-headed. After breakfast if feel 50 % better physically but still sluggish. The aches and pains are strangely gone. > after breakfast. 06:30c:08:xx:xx

A mild sensation of nausea persists since after breakfast. It comes and goes at intervals of about 20/30 minutes. It lasts a maximum of 5 minutes and gradually disappears. Another symptom that has been persisting is bloating. I have been passing foul wind quite regularly. I managed to pass stools and they are watery not very smelly and with undigested food in it. Come on suddenly and disappear gradually. 06:30c:08:xx:xx

I was in bed, and started feeling incredibly nauseous, burping and farting, I had to run to the

bathroom and ended up squatting on the floor for a while, sweating and with vertigo. I tried to throw up. I ended up passing a stool but it was bad and burning and runny. I went straight back to bed with the most outrageous sexual desire, at the same time as being nauseous. This was so strange. I am embarrassed but I just grabbed my girlfriend, there was no niceties at all it was just an outrageous urge for sex. I just ravaged her. Nausea and sexual desire. She was bewildered but compliant. 06:30c:xx:xx:xx

Acid feeling, rising up to the throat. Thinks that it's related to the confrontation yesterday.

10:30c:05:xx:xx

Stomach feels queasy - > green tea. Getting birthday dinner organised - my sister coming over for it. 10:30c:07:xx:xx

Nausea; on off all day, felt a bit queasy. Stronger sensation of stomach upset and diarrhoea feeling(2). Sensation stronger.

12:30c:00:00:30 - 00:14:00

Hunger less than usual - appetite down. No nausea like the day before. 12:30c:01:02:30

Nausea, colic and wind pain, 12:30c:06 - 10:xx:xx

Colic > going to a toilet. Nausea. 12:30c:10:xx:xx

Loss of appetite, having to make myself eat. Nausea. 22:01:00:00

Nausea constant. > eating. Have to constantly graze, 0.5 hours after eating nausea returns.

22:01:00:00

Colic/pain, flatulence foul smell. Nausea increasing. 22:01:03:xx

Nausea, starts in stomach and ascends to mouth and a light headed feeling. 22:02:00:xx

Thirst has increased. Nausea abated. Appetite returned. 22:03:xx:xx

The same nausea feeling with a general weakness. 30:30c:01:xx:xx

Same feeling of nausea and dehydration, it comes in waves - feel pretty bad now, general weakness with it. Generally I feel a bit better from eating. 30:30c:01:xx:xx

Almost vomiting. Funny watery sensation before vomiting. Eating something made it better. 30:30c:02:xx:xx

**FOOD**

Coffee craving cured completely. *10:30c:xx:xx:xx*

Crave coffee – need an energy boost. Feeling really tired. Dragging myself around.  
*10:30c:16:xx:xx*

Don't feel the need to drink coffee. (Have been drinking 1 cup/day, and 3 cups on 20/3 – the day before taking the remedy). *10:30c:02:xx:xx*

Drinking coffee and hot chocolates twice as much as usual. *28:30c:03:23:xx*

Not wanting fruit. This is new. *4:30c:05:xx:xx*

Craving bread and bagels and wheaty things.  
*4:30c:05:xx:xx*

Craving fish today. *4:30c:05:xx:xx*

Food – craving sweet food. There have been no craving for a few days. The craving suddenly comes up strongly. *10:30c:05:xx:xx*

**THIRST**

I woke at 4am very very thirsty. This is new for me. *4:30c:05:xx:xx*

Really thirsty with a kind of lump sensation at the back of the glottis of my throat. > cold drink  
*30:30c:00:14:xx*

I am generally very thirsty, having to drink while working *30:30c:00:17:xx*

I have a very nauseous feeling, more in my mouth than the stomach. It's a sensation that normally precedes vomiting, but there is no desire to vomit. There is a taste in my mouth, clammy and watery as if about to throw up.  
*30:30c:00:23:xx*

Very very thirsty, must drink *30:30c:01:xx:xx*

Woke up in the night so thirsty *30:30c:01:xx:xx*

**ABDOMEN**

I have just taken a dose of the remedy about fifteen minutes ago, and I feel like a blow at the solar plexus. It is like when one is anxious, but felt more physically. Similar to a stab of a knife, but softer, entering for a fraction of a second. I took immediately a deep breath in as a reaction and it disappeared. > For deep breaths.  
*06:30c:00:00:15*

I am still bloating, My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing.  
*06:30c:08:xx:xx*

I am getting intensely painful cramps and discomfort in the lower abdomen. The pain is better for pressure and heat. I am expecting my periods to start soon. I usually get diarrhoea along with such pains. This time I have not got it. Pre-menstrual cramps. *24:30c:03:xx:xx*

I am still getting intense cramping pain in my lower abdomen. My periods have not started as yet. Pre-menstrual cramping pains.  
*24:30c:04:xx:xx*

I have a bit of wind. *12:30c:00:15:0*

Intense abdominal pain, 1000hrs – 2000 hrs, rumbling, feels uncomfortable. Feels as if air was moving around > stool. Feels better after food, hot bath and lying down. The noise is more on the left around the side of the abdominal area.  
*10:30c:10:xx:xx*

From 10:00 onwards, abdomen is rumbling, bloated feeling Left sided feeling. Diarrhoea > toilet. *10:30c:11:xx:xx*

I have had a lot of wind and bloating since taking remedy. Makes me feel uncomfortable. < afternoon > stool. *10:30c:17:xx:xx*

Feels uncomfortable with wind and bloating all day. unable to use the toilet at work or public toilets. This aversion to public toilets had gone following the taking of a previous remedy but has returned since taking this remedy. Feel uncomfortable until we get home and I go to toilet. *10:30c:24:xx:xx*

Feeling bloated again. Abdomen making high pitched noises. *10:30c:31:xx:xx*

Feel uncomfortable with wind and bloating.  
*10:30c:32:xx:xx*

I went to a movie at 5.00pm and ate some popcorn, then had dinner at around 8.00pm. I

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am now feeling really bloated in the stomach and feel the need to pass wind to relieve it.

*04:30c:04:xx:xx*

Woke up in the middle of the night. Suddenly feeling terribly sick, I thought I might throw up but I ended up doing a whole series of the most awful farts and then had to run to the toilet. Runny stool disgusting, bad smell. My stomach and abdomen were rumbling Burning pain on stool. This all took an hour or more in the middle of the night, but as I was trying to recover I suddenly decided I had to clean the bathroom, and I did, cleaned everything, at 3 in the morning. *26:30c:xx:xx:xx*

**RECTUM**

Bowel movement has been better since taking the remedy. (past: tendency to constipation.)

*10:30c:06:xx:xx*

I have been constipated for the last week and have finally gone well today. *10:30c:30:xx:xx*

Improved – previously sluggish. *22:30c:00:00:00*

My bowels have slowed down. *22:30c:01:00:xx*

Woke up in the middle of the night. Suddenly feeling terribly sick, I thought I might throw up but I ended up doing a whole series of the most awful farts and then had to run to the toilet. Runny stool disgusting, bad smell. My stomach and abdomen were rumbling. Burning pain on stool. This all took an hour or more in the middle of the night, but as I was trying to recover I suddenly decided I had to clean the bathroom, and I did, cleaned everything, at 3 in the morning. *26:30c:xx:xx:xx*

Decrease in amount of motions. *12:30c:04:xx:xx*

Motions are back to normal. *12:30c:05:xx:xx*

This was the first stool of the day and it needed a little effort – normally this is in the morning and with no effort. However depending on how my diet and fluid intake has been, there can be occasional effort. *4:30c:00:05:19*

First stool of the day, normal bowel movement is one in the morning. There was a minimal amount of effort to pass. *4:30c:01:05:xx*

Passed stool – nothing unusual, no straining, yet still happening in the afternoon, not morning.

*04:30c:03:05:xx*

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**STOOL**

Stools softer passed 2 motions 1.5 hours apart. *12:30c:00:06:45*

Increased bowel movements three times a day; normally only once per day. Increased urging sensation to defecate, no change in consistency. *12:30c:03:xx:xx*

A mild sensation as nauseated persists since after breakfast. It comes and goes at intervals of about 20/30 minutes. It lasts a maximum of 5 minutes and gradually disappears. Another symptom that has been persisting is bloating. I have been passing foul wind quite regularly. I managed to pass stools and they are watery not very smelly and with undigested food in it. Come on suddenly and disappear gradually. *6:30c:08:xx:xx*

Stools loose. *12:30c:10:xx:xx*

**URINE****MALE GENITALIA/SEX**

I am back on the train, to see a friend of mine, and suddenly I start feeling strangely and very strongly excited at the sight of women. I feel compelled to approach one of them but I am strongly attracted by all of them. I am embarrassed because I realised that is not normal. Though I want really to talk to every girl that passes by on the train and at the station. I feel very strongly sexually driven, and I have to restrain myself really hard to avoid going and talking to them. I felt like an animal ready to mate. I wanted to jump at girls. Gradually after getting off the train and out of the station, I start feeling a bit more relaxed while walking in the open air. An hour after the beginning of this weird experience I was able to look at girls on the street without having any animal instinct towards them. > open air, walking. *06:30c:05:xx:xx*

Waking up having very sexual dreams.

*26:30c:xx:xx:xx*

I was in bed, and started feeling incredibly nauseous, burping and farting, I had to run to the bathroom and ended up squatting on the floor for a while, sweating and with vertigo. I tried to throw up. I ended up passing a stool but it was bad and burning and runny. I went straight back to bed with the most outrageous sexual desire, at the same time as being nauseous. This was so

strange. I am embarrassed but I just grabbed my girlfriend, there was no niceties at all it was just an outrageous urge for sex. I just ravaged her. Nausea and sexual desire. Ferocious. She was bewildered, compliant but happy. 26:30c:xx:xx:xx

I had a very vivid and sexual dream, I don't normally remember my dreams, but this one was very clear. There was me and two women, one black and one white, we were getting up to all sorts, it was a completely pornographic thing, (unprintable). 30:30c:00:06:xx

## FEMALE

### Desire

Libido – energy lifting 3/5. I feel more alive. Thinking more sexual thoughts. Feel less angry with partner today. Prior to remedy felt angry with him. 10:30c:02:xx:xx

My general energy and libido are up. 10:30c:06:xx:xx

I got this mild sensation in my genitals, started thinking about my ex. I haven't thought of him in a long time. Lots of energy. 4:30c:00:01:49

Libido for the past few days this has been strong which is strange as I have my periods. 10:30c:17:xx:xx

My sexual energy is down, way down. 4:30c:00:01:49

Am noticing a strong 'vibe' from a fellow prover – male – also in the clinic session. Hard to describe, but like a strong sexual energy that he seems to be experiencing, and since I am also feeling similar feelings, wonder if he is noticing it in me. 4:30c:02:10:xx

Ego/self esteem. Have been chatted up and pursued by men feels great, although guilt associated with this feeling. Motivation has increased with school work and a state of calmness. Feeling great. 22:00:00:00

Tiredness deep sleep not refreshed hard to get up. Bored and restless. Increased libido; seeing 2 men at the same time. 22:03:xx:xx

Sexual, libido very high. 22:11:xx:xx

Libido, very high. Looking forward to baking and sewing in the next few days. 22:12:xx:xx

Sexual feelings. Bus driver stopped his bus in

the middle of the street to tell me how beautiful my feet were. Fear, feeling threatened and scared by ex-boyfriend. 22:05:xx:xx – 06:xx:xx

Libido high, fantasied about it all day. 22:07:xx:xx

### Menses

When walking to station feel that perhaps my periods are due. Didn't feel "premenstrual" in last few days, except feeling more tired this morning. 10:30c:16:xx:xx

I realise my periods have begun. On time, as has been usually 2 days before full moon. I feel like I have a "million things to do " at work. 10:30c:16:xx:xx

My period arrived today when I was at work on the plane. Unfortunately it was quite painful with the usual cramps associated with the first day flow. I needed to take a Naprogesic to function for work, otherwise I would have been able to try different modalities to see what made it better or worse. There was the usual low back pain, but not any pre-period breast tenderness. The flow was heavy with clots, and the pain being better for passing the clots. It is interesting to note that it arrived 27 days, which is about 3 days earlier than usual. I also usually suffer from some premenstrual symptoms of some weepiness or sadness for a few hours about one week before the period – this could account for my state last Friday. 04:30c:09:xx:xx

I went back to my Homeopath to attempt to get 'back on track' pre the proving. I have been back on Lachesis 1M and was to take 2 doses of Lachesis 10M if there was no improvement. The following period arrived today and yet again, I was getting ready to go to work and needed a Naprogesic as the pain was getting worse. I also experienced strong nausea for about half an hour as the tablet was being absorbed, with a desire to vomit that passed in about five minutes. I didn't feel like talking to my fellow crew members on the bus to the airport, and it was noticed I wasn't feeling well. There was a heaviness, and cramping that was better for passing clots and low back pain. This period arrived 31 days after my last one. 04:30c:40:xx:xx

My next period arrived today 30 days after last one. There was about 5 days of breast tenderness prior, and some premenstrual weepiness. About 4 days prior to commencement, there was a fair bit of old blood that was passing away – each time I was

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thinking it was the period starting, and it was more like spotting. This is something that often happens in my cycle, but not to such an intensity. I had been experimenting still with the Lachesis 1M and 10M one week prior to period due, but recognise it is time for a different remedy. I was able to go a few hours before taking Naprogesic this period to ascertain some modalities – better for lying on back with knees bent; better for not talking to anyone; aversion to company (all of which are quite normal for me). However eventually I needed to take some pain relief. This period wasn't as heavy or clotted as normal. 4:30c:68:xx:xx

**Discharge**

Thrush, awoken at 5:20am. Itching, oozing and burning feeling. Increased urge to urinate. 22:03:xx:xx

Thrush tried Tea Tree Oil. Allergic reaction. Burning; bath water and cold pack. Following morning. 22:05:xx:xx

Thrush only slight. 22:08:xx:xx

**LARYNX**

The first person I spoke to on the telephone, noticed how husky my voice was and commented on it. 4:30c:04:xx:xx

Voice much better now, back to normal. 04:30c:04:xx:xx

**RESPIRATORY**

I have just taken a dose of the remedy about fifteen minutes ago, and I feel like a blow at the solar plexus. It is like when one is anxious, but felt more physically. Similar to a stab of a knife, but softer, entering for a fraction of a second. I took immediately a deep breath in as a reaction and it disappeared. > For deep breaths. 6:30c:00:00:15

**NECK****BACK**

Sore lumbar spine < lying down. 10:30c:16:xx:xx

Pain in lower back, increasing pain stomach and back. 22:01:03:xx

**CHEST**

Sensation around chest/heart of heaviness and oppression – I felt like I needed to take a deep, long breath to breathe it out, blow it out. The intensity is about (1). It seems < for deep inhalation, and > sitting. 4:30c:00:05:39

Again feel I want to breathe this feeling out from my chest. It's not painful, but I would rate the intensity now as. > deep expiration. 4:30c:00:06:04

Thinking about the feeling around my chest/heart from the morning, it seems to have gone or is barely noticeable. 4:30c:00:07:25

Occasionally feel I still have to breathe out sensation in chest, but definitely not as intense as before. 4:30c:00:10:19

I haven't experienced the chest heaviness symptom since yesterday afternoon until now – I had walked up some stairs carrying backpack, and noticed this sensation as I was sitting down to make notes about morning symptoms. < walking. < exertion. 4:30c:01:03:xx

Upon reflection of the afternoon's symptoms after college, I have not noticed the sensation around my chest. In fact everything feels quite normal. 4:30c:01:10:xx

I have noticed that the feeling of oppression in my chest has come back and I feel I need to breathe out deeply once again. Noted the following in regards to mind symptom, "maybe I can blow her away" (when I was in clinic observing patient that was annoying me). 4:30c:02:10:xx

Breast tender especially nipples. 22:09:xx:xx

Very tender breasts. 22:12:xx:xx

Tender breasts. 22:13:xx:xx

**HEART****SKIN**

Skin feels hot but I'm chilly. 30:30c:04:xx:xx

**EXTREMITIES**

An old pain in right knee, probably due to cartilage or ligament deterioration (I have played basketball professionally for about 11 years when younger), shifted to the same location of the left knee. I have taken glucosamine and chondroitine, which is making it better. The pain is dull and < squatting. 06:30c:05:xx:xx

Wake up with pins and needles in the left fingers. So I changed the sleeping position and it is relieved. Then there is numbness in the right fingers. 10:30c:09:xx:xx

Hands (left) feels pins + needles > rubbing, then (right) hand. Passed quickly on moving hand. 10:30c:10:xx:xx



Knees feel achy today from sitting in clinic. > movement. *10:30c:10:xx:xx*

My legs are aching with the sensation of being on feet all day, haven't been. Tired feeling that started below the knee and now the whole legs. Sensation of legs being tired, heavy and aching. *12:30c:03:xx:xx*

Legs aching ceased in the morning. *12:30c:04:xx:xx*

I have a strong burning sensation on my right calf; it's about the size of a tennis ball and feels as if it is very sunburnt. It feels as if would radiate heat but it doesn't. It is more noticeable if touched. *12:30c:11:xx:xx*

Calf; patch more to the back and lower on right side. The burning sensation continued for a week, lessening gradually till 7/4/01. *12:30c:15:xx:xx - 19:xx:xx*

Calf sensation almost gone. *12:30c:19:xx:xx*

Tingling down left arm and left leg – like pins and needles just before it gets painful. Giving a kind of tickley sensation. *28:30c:04:xx:xx*

## PERSPIRATION

### SLEEP

Go to bed earlier than usual. Feel really tired. Sleep well. I dream but I can't remember them. *10:30c:00:22:00*

I woke up at 4.00am and it took about one hour to get back to sleep. Don't think it was by noise or from a dream. Was woken up by phone call at 8.15am and then felt unrefreshed. *4:30c:00:19:19*

I woke at 8.15am feeling very mentally foggy and unrefreshed. It took a while to eventually open my eyes and get started. It's going to be another gorgeous sunny day, and I'm looking forward to getting some sun and salt water on me. *4:30c:02:00:xx*

It took me about 2 hours to wind down physically and mentally after dancing, and feeling quite 'switched on'. *04:30c:02:16:xx*

I woke up quite early considering only having 4-5 hours sleep, but don't feel as groggy or unrefreshed as yesterday. It is another beautiful day and I have to get out and into it. *4:30c:03:00:xx*

My energy levels have dropped after walk home from ferry. Climbing the stairs to home was a big

effort, and I am yawning lots. Desire to lie down and just be still so take myself to bed for a couple of hours > lying down, > being still.

*4:30c:03:05:xx*

I keep getting interrupted by phone calls, but just want to lie down and have a good "power nap" before going out tonight. *04:30c:03:09:xx*

My sleep was quite disturbed. I felt like I was dreaming a lot but couldn't remember most.

*12:30c:00:14:00*

No sleep problems or dreams. *12:30c:01:00*

Completely dead, but woke feeling exhausted still. *22:03:xx:xx*

Don't feel tired, yet am able to go to sleep very easily for me. *28:30c:05:xx:xx*

### DREAMS

After half an hour from waking I suddenly remember of a dream I had last night. The dream is simply a "girl friend of mine, who I fancy, at the college while entering the shop." Something I have seen the previous day at college and I did not go and say hi to her. I do not feel any anxiety about it though. *06:30c:01:24:15*

When awake I recall a dream (I have not been dreaming for a long time). It was very long and very interesting. Strange thing was that toward the morning I had to get up to go to the toilet and when back asleep the dream continued from where it left. It was not very vivid but quite intense in terms of sensation. The images were like out of focus so I cannot remember faces and places distinctively. I was wandering around with another person, who was probably older or more experienced than I was; (he could have been my father for some reason but not sure 100%). We were in a kind of competition, but I cannot recall what kind of game it was. We were going around in a sort of village or a suburb, and the surroundings were yellow and orange and maybe also green, but surely were very soft colours slightly blurred. In our roaming we were meeting different people at different stages. When meeting people there was a sort of competition happening. As I said I can remember what was all about, but I can recall the distinct sensation of loosing and winning. And I remember losing most of the time. *06:30c:04:xx:xx*

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I was at home. Several of my friends and relatives came into the house and all greeted me very warmly. They then stated "you're lucky you didn't see the scene outside." – indicating there had been a "tense situation" between my brother in law and his partner. I was also glad I had not witnessed it.  
*10:30c:00:04:00*

Prior to this, (last six weeks), I had been drawn into their relationship crisis. I had been feeling compromised due to the sensitive nature of some of the information, and didn't want to be so involved. In fact I had found the whole situation draining and I wanted to bow out. The girlfriend appeared unstable and had a small child who she also involved in her crisis. I resented having my emotional time and energy hijacked and my household and family disturbed as well as feeling for the little girl, sometimes with yelling and slamming doors at 3am – I felt exhausted by it all – that was a few weeks ago. The dream to me, symbolised how much it had affected me and subsequently my friends and family – many of whom didn't need to be involved. The girlfriend involved everyone! I was burning the candle at both ends for that 6-8wks and I was glad to get MY life back. I haven't let myself be involved since – even though they want me to be.

Unpleasant dream. A person I never want to see again turned up at my local shops. I tried to avoid him but he turned up where I was. I said a surprised "hello", then left with the children. I was afraid for the children as he had not changed – devious. Reality: Two days before, I'd thought I saw him but it was a woman. *10:30c:08:xx:xx*

In a big interesting house near the sea. Decide to go to the beach with children. My son quickly runs down to jump into the sea. I look up and realise the seas are huge with enormous waves. I run after him yelling – stop! I grab him and pull him away from where the waves are crashing. The sky turns grey and cloudy. I'm frightened by the power of the sea. My interpretation: fearful for my children about what's out there that I cannot control or don't know about. Can I protect them well enough, and do the right thing for them? *10:30c:10:xx:xx*

New violinist in group shows me around her interesting house.(from the previous dream) I'm trying to sense whether she wants to stay with us.- I sense she can't commit. I don't want to scare her

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off, and I don't want to know if it's no.  
*10:30c:10:xx:xx*

In the city. A parade is happening. Soldiers in old style costumes, stone buildings, cobblestones. I'm with a man, he has his arm around me. It feels nice but strange. I bury my head in his shoulder. It feels intimate and tender. My son is with me. We go into a building and I awake. In real life, I don't have any feeling for this man. *10:30c:17:xx:xx*

I am at a college social event. My class mates were there. I talk to one about dream interpretation from a homeopathic view point. An old friend/ lecturer was there being nice and fascinating my children. At this point we were standing outside, A creek ran through the backyard and recent heavy rain had eroded the bank quite heavily. The sides went straight down, about six foot deep and I saw the sides were crumbling. A beautiful little tree was trying to grow there and it's roots were intertwined with a small spiky plant which it was using for support. I mentioned to my friend that I should move it as it wouldn't survive here. He showed me a small shovel and I dug out the tree and replanted it on stable ground on the other side of the bank. We agreed on the site. The feeling in the dream was resolving. In life this friend and my partner have many unresolved issues causing a rift in the friendship. I have spoken to them both about trying to deal with it but so far nothing. *10:30c:31:xx:xx*

I was in an overgrown garden, big trees, flowering shrubs, moss covered stone path and an ornate wrought iron gate. I looked up. The building was a very tall Art Deco apartment like the Empire state building, very ornate on the outside. An older woman in 1920's style clothes and hat walked through the garden. She was an artist. I was very impressed with her and the building. The artist had drawn pencil sketches on paper.  
*10:30c:32:xx:xx*

I dreamt about people I was with or spoke to previous day. Nothing too strange or noticeable and there was no strong emotion attached.  
*4:30c:00:23:40*

I woke up at 3.30am from a dream. I was going to see a play that was to start at 9.30pm and at that time I was ordering some food to eat from a cafe, so was running late. I hurried to get to the play but was running in the wrong direction completely, and didn't know where I was. *4:30c:01:19:xx*

The other dream I remember was about an ex-boyfriend from 15 years ago who I am still very close to. I took him to the dancing I've been doing, and while we were there I was trying to put on some lace up boots. I attempted to do this three times and each time I made a mistake or laced them up before putting my foot inside. I realised I hadn't brushed my teeth, combed out my just-washed hair and felt thirsty. Later in the dream, we left dancing and started kissing, hugging and getting sexually turned on. We were then going to go back to this place I was staying to have sex, but never got there. 4:30c:02:00:xx

I dreamt I was lost in a large hotel in Honolulu, trying to find my room and taking the wrong direction all the time. I took the wrong direction. There was a definite feeling of anxiety coming through in this dream. 4:30c:03:00:xx

Another dream where I am still in Honolulu and feeling anxious that I won't get up in time, worried I will be late. 4:30c:03:00:xx

Another dream about a girlfriend and her newborn baby, and people I've interacted with – no emotion attached to it. 4:30c:03:00:xx

I dreamt I was trying to lock a bike chain on a bike – I kept doing it wrong, and the whole task seemed really difficult. It was a friend's bike and I had about 30 keys on a chain to choose from. It was frustrating me, as I only had to run into the supermarket to buy one or two things – so I nearly didn't lock it up, but knew if I didn't the bike would be stolen. 4:30c:04:xx:xx

Rare to remember dreams. Disturbed sleep, dreaming a lot. (3). Vivid/clear dream. Back in old high school although age 41 y.o. (same as now). Go to pick something up from office, still old head mistress there, old feeling of her being a nasty woman, still intimidated and scared by her. See her office everything in detail, head mistress came over and pushed me aside and out of the way and is rude to me. I am shocked because I am an adult now – "How can she still treat me like this?". Left there and went across the road to a huge media centre (like NBC). Went on a bus ride at first with the media guys and then people on the bus turned into teenagers and had a deep and meaningful (conversation) with them. Still a 41 y.o. throughout the dream. Clear and strong feelings memories as if in trouble at the office. 12:30c:00:14:00

Playing tennis with girlfriend in a room with low ceilings, laughing and mucking around. 12:30c:11:xx:xx

Old feelings. Going to hockey training hadn't played in years (current age) all the old faces and old feelings towards them (dislike). Getting ready to go for a run. 22:05:xx:xx – 06:xx:xx

Dream of gun's, pursuit, sex and survival; I was a man in the dream, searching for something? 22:07:xx:xx

Old faces, tried to keep past boyfriend and a current female friend apart; tried to separate them physically. She was driven by desire to be with him. Trying to protect her. 22:13:xx:xx

Last night dreamed in flashes, like still pictures in a movie format. I remembered the dreams as I went to sleep rather than just before I woke up which is more usual for me. 28:30c:01:19:xx

Last night dreams were very sexual, with a lot of touching and exploring with both girls and guys – sometimes three or four people were involved. All friends. 28:30c:02:19:xx

Have been daydreaming today about sexual or sensual encounters with work mates and fellow students. The daydreams include all people that I know. 28:30c:03:03:xx

Last night, dreamed in black and white outlines – alternating like a strobe light but faster. Initially flying and wings but don't recall the rest. Again I remembered the dream at the start of sleep rather than at the end. 28:30c:03:19:xx

Dreamed that everywhere I went my tongue was hanging out and it was very enlarged and long. People don't seem to take much notice but I was mortified. 28:30c:06:xx:xx

When I went to sleep last night a strange thing happened. There was a huge moth in my room, like a stealth bomber, enormous and making such a racket as it banged around the room. Then I must have dreamed it, at one point I woke up and had this fluttering thing under my chin, I woke myself up hitting myself under my chin trying to get the thing away. 26:30c:xx:xx:xx

I had a very vivid and sexual dream, I don't normally remember my dreams, but this one was very clear. There was me and two women, one

## EXPERIENCE OF MEDICINE I

black and one white, we were getting up to all sorts, it was a completely pornographic thing, (unprintable). 30:30c:00:06:xx

**FEVER**

In the middle of the night I woke up with sweats. This has never happened to me before, bad sweating and the thought, God I have cancer, I felt incredibly guilty, about everything, all the bad things I have done. The thought was I will have to come clean about everything.

26:30c xx:xx:xx

Skin feels hot but I'm chilly. 30:30c:04:xx:xx

**CHILL**

Skin feels hot but I'm chilly. 30:30c:04:xx:xx

**GENERALITIES**

I am still bloating, My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing.

06:30c:08:xx:xx

Feel very sleepy in the train especially while reading a book. My eyes feel very heavy and I cannot keep them open unless if I look around. I feel awake when I get up and walk but again when I sit down and read I felt very sleepy and tired. < For reading. 06:30c:00:00:50

The heat in my face is more intense now. It is more intense in the right side and all my face is involved. < Right side. Quickly the heat spread downward to all the body. I feel feverish like, but I check the temperature and it is normal (36.3 C). The pulse is regular and not faster than usual. It is actually a pleasant sensation, I feel lighter and warmer all over like floating. I start listening some music, which makes me feel like dancing, more than usual. Duration of the episode approx. 10 minutes. > Music.

06:30c:01:12:35

Suddenly as soon as I started eating a grapefruit, I feel extremely weak like I am having a hypoglycaemic attack. I cannot talk and reason properly. I feel sluggish when I try to concentrate

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and saying something. I cannot concentrate and I start feeling sick like vomiting but nothing happens. Of course I stopped eating immediately and the friend I was talking to told me that I did not look alright at all. She was a bit concerned. The nausea and weakness went on for about five minutes after that gradually disappeared as nothing happened and I had my lunch without problems. < concentration, mental effort. 06:30c:05:xx:xx

Suddenly for no apparent reason I feel nauseated. I feel like I could easily vomit. I also start feeling very tired, but I do not want to go to bed with strange sensations. I feel cold all over and in my hands. In about half an hour gradually all the symptoms disappeared and I feel good. I feel like having something to eat.

06:30c:07:xx:xx

This morning I felt really tired and achy and I could not get up easily. They are like flu symptoms. The aches and pain all over like bruised and heaviness in the back especially the spine and also empty-headed. After breakfast I feel 50% better physically but still sluggish. The aches and pains are strangely gone. > after breakfast. 06:30c:08:xx:xx

Body feels tired, then feels better after hot shower. 10:30c:03:xx:xx

Body feels really tired. Lie down. > for being horizontal. I don't feel like doing anything.

10:30c:16:xx:xx

Great weariness on waking which continues throughout the day. Better for food and rest.

10:30c:19:xx:xx

After work I feel absolutely exhausted. I don't know how I can possibly go on without a sleep, but we go to the sea for a walk and I feel considerably better. 10:30c:24:xx:xx

I haven't eaten since 10.30am and although I don't feel 'hungry in the mouth', my stomach is empty, but I don't know what I want. Again this indecision affecting simple choices. Eventually had a coffee and a friand as I felt like something sweet and took it to have on the edge of Dee Why beach. Desire sweet food. 4:30c:00:06:49

I was thinking about what I would have for dinner tonight – really had a strong desire for fish, and salad– this is unusual for me, as I have only recently started eating fish again having

been totally vegetarian for the past six years and still getting used to the idea of it in my diet. 4:30c:00:07:19

Increased pulse with breathlessness, < exertion. 4:30c:03:07:xx

Thinking back over the sort of foods I've been eating and craving, I have realised I haven't been going for fruit the way I usually do – usually 2-3 pieces with breakfast. I don't feel like in the later part of the day either. 4:30c:04:xx:xx

I wish it was a gorgeous sunny day as I really feel like being at the beach and swimming and laying in the sun, but it isn't and I am quite disappointed. 4:30c:05:xx:xx

Clumsy, walking into things for a duration of 10 minutes. 12:30c:00:00:30

Arthralgic sensation in joints which is ongoing. 12:30c:00:00:00

All sitting around and dog picked me out in the crowd and ignored the others in the room and made a beeline for me jumped on my lap and licked my face, really weird that it picked me out. 12:30c:00:12:30

My energy is a little low and I feel tired. 12:30c:01:01:30

Went down to the shops to buy the cat food. I had been putting this off all weekend. 28:30c:00:00:30

Said to my flatmate that I wanted chicken for lunch, but I don't like chicken. I don't even remember saying this but she assures me that I did. 28:30c:00:01:00

I had no real desire for anything in particular for my dinner tonight. In the end I settled for a pizza – because everyone else wanted one. I ate a lot of the meat lovers one, which is unusual for me. 28:30c:00:07:30

Again procrastinating about what it is that I feel like to eat. Couldn't think of anything I wanted to eat except for a sense of wanting strong flavours. 28:30c:01:07:xx

I felt remarkably good this morning on rising and not the least bit tired. 28:30c:01:19:xx

Definite sensation as if pins and needles running down the left side of my body. I feel

better for moving about, it tends to relieve it. Directly (15minutes or so) after taking remedy again. 28:30c:01:20:xx

I was very hungry on waking this morning. (very unusual for me). 28:30c:02:19:xx

At lunch today, I cannot decide what to eat, nothing interests me, yet I desire something with a strong taste, eg bitty cheese or salami. I am very hungry. 28:30c:03:00:xx

Lost my proving book with fax number and every bit of information that I needed. I can't find it anywhere. 28:30c:07:xx:xx

I am feeling intensely lethargic and sleepy. I feel very tired and exhausted. Many of my friends have commented also that I look extremely exhausted that is pretty unusual. Feeling of lethargy. 24:30c:02:48:xx

I feel intensely tired. I returned home just about five minutes back and my flat mate has commented that I look extremely tired and exhausted. I want to sleep. Prostration. 24:30c:03:xx:xx

I have been so tired that I slept till 10.30am. This is unusual. Prostration. 24:30c:04:xx:xx

Feeling intensely tired, exhausted and lethargic. 24:30c:06:xx:xx

Feel extremely tired. Feel like staying in bed. 24:30c:11:xx:xx

Extremely exhausted and tired. Don't feel like getting out of bed. I had too little sleep. Slept only around 1.30am. I am not sure why I got up at this time. 24:30c:12:xx:xx

Same feeling of nausea and dehydration, it comes in waves – feel pretty bad now, general weakness with it. Generally I feel a bit better from eating. 30:30c:01:xx:xx

Very short of breath whilst playing rugby. This is unusual. Generally weaker. 30:30c:02:xx:xx

I'm feeling weak and fluey although my mind is really active and still, I know I need to rest but I can't – I get bored. 30:30c:04:xx:xx

Skin feels hot but I'm chilly. 30:30c:04:xx:xx

I woke feeling disgusting, no energy, sick. 12:30c:09:xx:xx

## THE CHRONOLOGY

### CHRONOLOGY OF THE MAJOR PROVERS

#### PROVER 6

Feel very sleepy in the train especially while reading a book. My eyes feel very heavy and I cannot keep them open unless if I look around. I feel awake when I get up and walk but again when I sit down and read I felt very sleepy and tired. < For reading. *06:30c:00:00:50*

After half an hour from waking I suddenly remember of a dream I had last night. The dream is simply a "girl friend of mine, who I fancy, at the college while entering the shop." Something I have seen the previous day at college and I did not go and say hi to her. I do not feel any anxiety about it though.

*06:30c:01:00:15*

I have just taken a dose of the remedy about fifteen minutes ago, and I feel like a blow at the solar plexus. It is like when one is anxious, but felt more physically. Similar to a stab of a knife, but softer, entering for a fraction of a second. I took immediately a deep breath in as a reaction and it disappeared. > For deep breaths. *06:30c:01:01:00*

Very odd sensation in my head, as falling backward. More precisely like something pulling my head from behind, starting from the forehead till the occipital head like a strong wave, moving backward. It lasted one or two seconds. It came back after approximately a quarter of an hour exactly the same and no other sensation left behind. *06:30c:01:05:30*

In the last 45 minutes my face start feeling warmer and warmer especially in the cheeks. It feels warm at the touch. I am compelled to have a look in the mirror to see if they are red. The only part of my face, which is red, is actually the cheeks. *06:30c:01:12:00*

During the heat sensation in my face, the appetite is erratic. I feel very hungry one moment, like the gastric juice has been released and suddenly the appetite is completely gone. After few minutes the appetite is back again, but few minutes later is gone again, I do not know what to do about dinner, indeed I haven't eaten yet but I do not know what to do. *06:30c:01:12:00*

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The heat in my face is more intense now. It is more intense in the right side and all my face is involved. < Right side. Quickly the heat spread downward to all the body. I feel feverish like, but I check the temperature and it is normal (36.3 C). The pulse is regular and not faster than usual. It is actually a pleasant sensation, I feel lighter and warmer all over like floating. I start listening some music, which makes me feel like dancing, more than usual. Duration of the episode approx. 10 minutes. > Music. *06:30c:01:12:35*

When awake I recall a dream (I have not been dreaming for a long time). It was very long and very interesting. Strange thing was that toward the morning I had to get up to go to the toilet and when back asleep the dream continued from where it left. It was not very vivid but quite intense in terms of sensation. The images were like out of focused so I cannot remember faces and places distinctively. I was wandering around with another person, who was probably older or more experienced than I was; (he could have been my father for some reason but not sure 100%). We were in a kind of competition, but I cannot recall what kind of game it was. We were going around in a sort of village or a suburb, and the surroundings were yellow and orange and maybe also green, but surely were very soft colours slightly blurred. In our roaming we were meeting different people at different stages. When meeting people there was a sort of competition happening. As I said I can remember what was all about, but I can recall the distinct sensation of loosing and winning. And I remember loosing most of the time. *06:30c:04:xx:xx*

I had an appointment with one Justice of Peace at Woollahra Council at 12.00 noon. When I reached his office, I was told he had gone for lunch and that I should get back after one hour. I therefore went to the beach just near the council and thought of meditating there. While at the beach, I saw a person that sat not far from me and I had the net sensation that that person was the Justice of Peace I have to meet (though I have never seen him before). I felt like it was a prediction or a strange feeling like that. The

important and odd thing is that when I went back to the office the Justice of Peace was the same person I saw at the beach. *06:30c:04:xx:xx*

Sudden attack of anger with my ex-girlfriend. After a futile discussion about the washing machine, she really pissed me off because she was saying that I stained some towels. Despite I did not feel really upset or out of control, I got really aggressive with her and I nearly hit her. I felt like I had to discharge something that was inside me for a while, like a strong tension. It took a while to calm down, I had to smoke a cigarette. > Smoking tobacco. *06:30c:04:xx:xx*

An old pain in right knee, probably due to cartilage or ligament deterioration (I have played basketball professionally for about 11 years when younger), shifted to the same location of the left knee. I have taken glucosamine and chondroitine, which is making it better. The pain is dull and < squatting. *06:30c:05:xx:xx*

Suddenly as soon as I started eating a grapefruit, I feel extremely weak like I am having a hypoglycaemic attack. I cannot talk and reason properly. I feel sluggish when I try to concentrate and saying something. I cannot concentrate and I start feeling sick like vomiting but nothing happens. Of course I stopped eating immediately and the friend I was talking to told me that I did not look alright at all. She was a bit concerned. The nausea and weakness went on for about five minutes after that gradually disappeared as nothing happened and I had my lunch without problems. < concentration, mental effort. *06:30c:05:xx:xx*

I am in the library do to some work, and when I finished one task I feel discontented for no apparent reasons. It is a discomfort as I would need to achieve something but I do not know what. I start feeling irritable, as I do not manage to do anything I just feel like staying in company and have a chat. Indeed when talking with somebody I feel fine, same when I manage to concentrate on something, but this last one last for very short. I cannot keep focused on something for very long. I feel like I need reassurance and love. I feel sad if I am alone. > company, occupation. < alone. *6:30c:05:xx:xx*

Just start feeling free of the previous uneasiness, that I start feeling slightly uneasy again but this

time I am fidgeting in search of something, to eat or to do maybe. As I am walking toward the station, I see foods in the displays and I feel like I want them also if I am not hungry. I feel like I would like to have a coffee and some cigarettes, therefore I hurry to the train to go home. In half an hour once at home I have forgotten about it. No cravings or sadness, I feel perfectly fine. > home, inside. *06:30c:05:xx:xx*

I am back on the train, to see a friend of mine, and suddenly I start feeling strangely and very strongly excited at the sight of women. I feel compelled to approach one of them but I am strongly attracted by all of them. I am embarrassed because I realised that is not normal. Though I want really to talk to every girl that passes by on the train and at the station. I feel very strongly sexually driven, and I have to restrain myself really hard to avoid going and talking to them. I felt like an animal ready to mate. I wanted to jump at girls. Gradually after getting off the train and out of the station, I start feeling a bit more relaxed while walking in the open air. An hour after the beginning of this weird experience I was able to look at girls on the street without having any animal instinct towards them. > open air, walking. *06:30c:05:xx:xx*

Suddenly I start feeling like yesterday, very unstable emotionally, between sadness and excitement at the sight of women. The sensation is more confused this time. I feel weak as well. It is all mixed up like the sensations I had yesterday all coming up alternated and blending tighter for about half an hour. Than slowly, gradually feel fine again. *06:30c:06:xx:xx*

Suddenly for no apparent reason I feel nauseated. I feel like I could easily vomit. I also start feeling very tired, but I do not want to go to bed with strange sensations. I feel cold all over and in my hands. In about half an hour gradually all the symptoms disappeared and I feel good. I feel like having something to eat. *06:30c:07:xx:xx*

This morning I felt really tired and achy and I could not get up easily. They are like flu symptoms. The aches and pain all over like bruised and heaviness in the back especially the spine and also empty-headed. After breakfast I feel 50% better physically but still sluggish. The aches and pains are strangely gone. > after breakfast. *06:30c:08:xx:xx*

## EXPERIENCE OF MEDICINE I

A mild sensation as nauseated persists since after breakfast. It comes and goes at intervals of about 20/30 minutes. It lasts a maximum of 5 minutes and gradually disappears. Another symptom that has been persisting is bloating. I have been passing foul wind quite regularly. I managed to pass stools and they are watery not very smelly and with undigested food in it. Come on suddenly and disappear gradually.

*06:30c:08:xx:xx*

I am still bloating. My abdomen is slightly achy but after I massaged it for few minutes and after the initial discomfort at the touch, it relaxes and feels much better. The ache is almost completely gone, after I pass stools again. These are quite normal now light brown, the bloating is nearly gone and also mentally I feel completely better no light headed. > gentle touch and rubbing.

*06:30c:08:xx:xx*

Unusual cold. I reporting this symptom because unusual, indeed I never had a cold like this. In the morning after breakfast start having running nose only from the right nostril. It is oozing slowly but constantly for almost all day. The mucus is fluid clear and very bland. In fact despite it running all day no excoriation whatsoever around nose (usually I would have a bit acrid discharges with a bit of an excoriation). Generally I feel fine no flu or other cold symptoms. Discharges slow down and disappear before going to bed in the evening, so sleep is fine over night. < after food. < inside, in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:16:xx:xx*

It happens the same as yesterday, oozing bland and clear mucus from right nostril, starting after breakfast, (everything seems perfectly normally before that). It gets worse after meals and I feel slightly stuffed in the same side. I had some sneezing today but altogether the situation is more or less as the day before. Same modalities, before to go to bed no running nose, good sleep.

*06:30c:17:xx:xx*

Again same manifestations as yesterday. Same modalities, no excoriation despite it is the third day of running nose, which is very unusual.

*06:30c:18:xx:xx*

Very strange, I felt very well this morning before breakfast, but again the nose start running after breakfast, but this time from the left nostril. The

characteristics of the discharges are the same. The modalities as I will see during the day, are the same too. < after food. < inside in a room. < after breakfast. > open air, before sleep and during sleep. *06:30c:19:xx:xx*

The symptom has no changes, after breakfast the nose start oozing slowly from the left nostril. I have tried to change the diet a little, but there is no change at all. At least I can sleep well so it is not too much of an inconvenience. But I start feeling tired of cleaning my nose and after five days it is nearly a concern, also considered that in two days I have my birthday party to organise.

*06:30c:20:xx:xx*

The symptoms are present after breakfast. I am quite concerned also because I also start feeling a bit tired of blowing and cleaning the nose all day. I feel a bit exhausted and I have to organise a party for the next day from scratch. I decide to ask for help to a college student homeopath, and he repertorises the symptoms. Together we agree to chose lycopodium and later on a take one dose of 30c in liquid form at 13.00. One hour later the symptoms are easing off slowly but consistently, such as that in two hours I am happy and clear of running nose and organising my party. I have nearly forgotten about it. *06:30c:21:xx:xx*

**PROVER 30**

I have been feeling very slightly light headed all morning. It is spacey and vertigo. I got to a lift – then rocked forward and backwards then got centred. Very wobbly on my feet. Proprioception not very good. *30:30c:00:15:xx*

Pressure in the head with the light headedness and vertigo. I can't put my finger on it but I feel a bit wobbly. *30:30c:01:xx:xx*

I had a very vivid and sexual dream, I don't normally remember my dreams, but this one was very clear. There was me and two women, one black and one white, we were getting up to all sorts, it was a completely pornographic thing. *30:30c:00:06:xx*

I feel very hurried need to drive aggressively I can't wait for people to park their cars – very very impatient. *30:30c:00:14:xx*

I have been very quick tempered in conversation with my wife over a very small issue, I couldn't shut the drawer, there was a spoon sticking out,



I threw it across the room, had a tantrum.  
30:30c:00:12:xx

Really thirsty with a kind of lump sensation at the back of the glottis of my throat. > cold drink  
30:30c:00:14:xx

I am generally very thirsty, having to drink while working 30:30c:00:17:xx

I have a very nauseous feeling, more in my mouth than the stomach. It's a sensation that normally precedes vomiting, but there is no desire to vomit. There is a taste in my mouth, clammy and watery as if about to throw up.  
30:30c:00:23:xx

Very very thirsty, must drink. 30:30c:01:xx:xx

Woke up in the night so thirsty. 30:30c:01:xx:xx

Very very thirsty, dry constricted sensation at the back of the throat. 30:30c:01:xx:xx

Constricted dehydrated throat with a lump sensation when swallowing, > water, also a similar nausea feeling like last night. 30:30c:01:xx:xx

The feeling in the mouth that I have been describing as nausea is similar and the same to when you are or have taken, ecstasy or LSD. This matches the dehydration and constriction of the throat. 30:30c:01:xx:xx

The same nausea feeling with a general weakness. 30:30c:01:xx:xx

Pressure in the head with the light headedness and vertigo. I can't put my finger on it but I feel a bit wobbly. 30:30c:01:xx:xx

I feel as though there is something at the back of my throat, but no matter how much I swallow it won't go. 30:30c:01:xx:xx

Same feeling of nausea and dehydration, it comes in waves – feel pretty bad now, general weakness with it. Generally I feel a bit better from eating. 30:30c:01:xx:xx

I'm not feeling particularly hungry although I am eating the same amount. 30:30c:02:xx:xx

Almost vomiting. Funny watery sensation before vomiting. Eating something made it better. 30:30c:02:xx:xx

Very short of breath whilst playing rugby. This is unusual. Generally weaker. 30:30c:02:xx:xx

Emotionally I have been very positive. There

have been no thoughts of worthlessness or the pointlessness of life or of the life I lead. There have been no spells of depression resulting from these thoughts. 30:30c:04:xx:xx

Woke up with a sore throat and I am drinking plenty of fluids, > water. 30:30c:04:xx:xx

I'm feeling weak and fluey although my mind is really active and still, I know I need to rest but I can't – I get bored. 30:30c:04:xx:xx

Skin feels hot but I'm chilly. 30:30c:04:xx:xx

Dry sore throat on waking, drank juice and green tea felt a lot better. 30:30c:05:xx:xx

Dry prickly thirst in the mouth, lips are dry and prickly too. Only slight relief from drinking lots of water. As if I have had a bowl of soup with too much pepper in it. 30:30c:05:xx:xx

## PROVER 28

Went down to the shops to buy the cat food. I had been putting this off all weekend.

A feeling of vertigo came over me for just a few moments while I was at the shopping centre.

Said to my flatmate that I wanted chicken for lunch, but I don't like chicken. I don't even remember saying this but she assures me that I did. I have found that my mind has been able to concentrate today and stay on focus for an extended period of time. I have been able to work on my assignment for college for four hours without being distracted. This is unusual for me.

I had the sensation of feeling a bit light headed just before I sat down to have dinner tonight.

I had no real desire for anything in particular for my dinner tonight. In the end I settled for a pizza – because everyone else wanted one. I ate a lot of the meat lovers one, which is unusual for me.

I again noticed a feeling of light-headedness, but I was still able to continue to work on my assignment all day.

My concentration is markedly better than usual and I have been able to work for extended periods of time without distraction.

Went to the bookshop, while I was there, I experienced a feeling of vertigo for just a few seconds.

## EXPERIENCE OF MEDICINE I

Again procrastinating about what it is that I feel like to eat. Couldn't think of anything I wanted to eat except for a sense of wanting strong flavours.

I have had a sinus-like headache for the past hour prior to going to bed.

I felt remarkably good this morning on rising and not the least bit tired.

I feel positive and have a cheerful outlook today.

Last night I dreamed in flashes, like still pictures in a movie format. I remembered the dreams as I went to sleep rather than just before I woke up which is more usual for me.

Definite sensation as if pins and needles running down the left side of my body. I feel better for moving about, it tends to relieve it. Directly (15minutes or so) after taking the remedy again.

I am at work today and my concentration would appear to be normal.

I have had the slightest sensation of a touch of vertigo.

At lunch, I couldn't decide on anything on the menu, in the end I chose a salad yet I couldn't eat it.

On examination, there is a swelling of my left cervical gland.

Again, I have experienced a slight sensation of vertigo, which lasted only a short time.

I have had a couple of 'cold' type sneezes in a row, but there are no other signs of a cold looming.

I had a sinus headache when I woke up during the night. I went to the toilet and felt a bit light-headed.

I was very hungry on waking this morning. (very unusual for me).

Last night dreams were very sexual, with a lot of touching and exploring with both girls and guys – sometimes three or four people were involved. All friends.

I feel that I have been more talkative than usual, I'm not sure how long this has been going on as I have only just realised it.

My left cervical gland still feels swollen. At  
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lunch today, I cannot decide what to eat, nothing interests me, yet I desire something with a strong taste, eg. Bitty cheese or salami. I am very hungry.

Went to lectures feeling good and I was able to concentrate easily. My attitude is very positive and I feel that I have done everything that I have been putting off lately. I have just got in there, got it done and sorted it out.

I have been daydreaming today about sexual or sensual encounters with work mates and fellow students. The daydreams include all people that I know.

Last night, I dreamed in black and white outlines – alternating like a strobe light but faster. Initially flying and wings but don't recall the rest. Again I remembered the dream at the start of sleep rather than at the end.

I noticed a slight soreness in my throat and also in my glands when I woke this morning.

Drinking coffee and hot chocolates – twice as much as usual.

I feel like I want to get things sorted a bit more. Generally I feel quite good and have a positive outlook.

Desire to be alone and I feel like I need space from others right now.

Tingling down left arm and left leg – like pins and needles just before it gets painful. Giving a kind of tickley sensation.

Still finding it difficult to eat as nothing seems appealing. Nothing I can think of makes me want to eat it, but I am very hungry. My appetite is large, but difficult to satiate.

At work all day today. Got a good amount done. Other peoples comments: "You've had your head down today, have not heard much from you". I'm still feeling good and positive.

I don't feel tired, yet I am able to go to sleep very easily for me.

Dreamed that everywhere I went my tongue was hanging out and it was very enlarged and long. People didn't seem to take much notice but I was mortified.

Lost my proving book with fax number and every bit of information that I needed. I can't find it anywhere.

**PROVER 24**

Sensation of impatience. Soon after, I started feeling intensely impatient. The feeling lasted the whole day. I am usually a fairly patient person.

Heaviness of Eyelid.

Feeling of lethargy.

I am feeling intensely lethargic and sleepy. I feel very tired and exhausted. Many of my friends have commented also that I look extremely exhausted that is pretty unusual.

**PROVER 10**

Immediately after taking the remedy, I feel there is a little tightness in the head. It lasted for only a couple of seconds. Don't often get headache in the past.

Wake up and feel more connected this morning, though I'm tired. More calm. More in the presence. May be related to finishing the performance last night. Have been disconnected from myself, related to the stress from the performance of folk song group last Sat and Tue.

Burning sensations on cheek (L side). Lasts about 30 seconds. Like something put on the skin from outside. (The sensation were at above the eyebrow, then eyelid and now on the cheek.) Intensity 3/5.

Have not been craving coffee since taking the remedy.

Libido is lifted in the last couple of days.

More patient with children. Have more love and compassion for children. Now more centre in myself and more present in listening to them. Having more rapport.

Feels much less angry. (Have been feeling angry and mixed up for the days leading up to the remedy.) Just deal with the work. Have been working with a new graduate recently who does not even know the basic things. That made me angry because I often had to do the things all over again. I am now more tolerant of him and his way of learning. He is not affecting me so much. Now, I feel that he can at least do some of the work. Feeling that I was not directing him enough. He's a little bit slower, but at least he is doing something.

Unexplained annoyance to husband – nothing really set it off.

Slept for about one hour and woke up feeling the mood is down. Husband came back while I was sleeping and I don't want to tell him my feeling. I look at him contemptuously. Don't want to let him know my feelings. Don't want to go out (there was a plan.) Take a long time to get organised and eventually do so. While driving up to the friend's place, the beautiful sunset uplift my mood a bit. My state is heavier. Enjoy the feeling that he is annoyed.

[My birthday today]. Wake up still feeling annoyed. Went to Blue Mountains by myself to see my cousin and her newborn baby. Glad that I've done so.

Husband made the breakfast and talked about the going overseas and buying a house on loan. Feels that he's impinging on my sense of well-being and annoyed by his lack of planning.

Acid feeling, rising up to the throat. (thinks that it's related to the confrontation yesterday.)

Have not gone to the performance tonight, because of lack of rehearsal together. Chris played it by himself.

Wake up feeling anxious.

Moved all the furniture to prepare for the carpet cleaning tomorrow. Fulfilling my wish to get more order in life. More of in action phase. Feels like getting thing moving.

Frustrated by the lack of action in the last 2 days – of how things are moving – business, CD promotion, etc. (Has published a music CD recently.)

There has been a different mindset after the nap on Sat afternoon (24/3). Intolerance of husband as he's not in the same pace. He doesn't like me moving his things. Heated, major argument today with husband today mid-day. Brought everything to bubbling. Then I feel that I have been over-reactional in the last days. It was inappropriate. I have been over-demanding.

After argument mid-day, working together at night. Good news come up about the CD. Feels calm and justifiable for what I've said.

Reflections for the day: The lead to argument is the same as before, but the outcome is different.

## EXPERIENCE OF MEDICINE I

In the past, the argument would usually left up in the air with no resolution. This time, we come up with a resolution and find a common ground and talk about things we can do to get through it. Also, he now reacts and I don't react, just see how he reacts and have some space.}

Libido is still higher than before taking the remedy.

Bowel movement has been better since taking the remedy. (Past: tendency to constipation.)

Things and work are more in order in mind. I can delegate work better.

Feels like I'm on top of things.

I feel like hitting him (violent). The more I'm angry with him, the less likely he'd compromise or whatever I want him to do.

He was sick at home and I tried to call him from work. He's been in bed all day, but then up on internet till 3:00am. I have no sympathy with him. Though his sickness is self-inflicted. His sickness is often vague. I feel angry, don't like doing anything at all. The mess at home made me feel tired and can't be bothered.

Looking at the bank balance, the mind goes into a downward spiral. It lasted for a few hours. My daughter asked me, "Why do you look so cross?"

## RUBRICS

**B = BONNINGHAUSEN**

**C = COMPLETE**

**M = MURPHY**

**P = PHATAK**

**NR = NEW RUBRIC**

**S = SYNTHESIS**

### MIND

- abrupt, harsh
- absent minded
- absent minded, conversing when
- ailments, sexual excesses
- amorous
- anger
- anger, business about
- anger, conversation from
- anger, easily
- anger, former vexations about
- anger, sudden
- anger, trifles at
- anxiety
- anxiety, anticipation from
- anxiety, calmness with. NR
- anxiety, causeless
- anxiety, future about
- anxiety, household matters about
- anxiety, stomach in
- argumentative
- aversion, husband to
- awkward, strikes against things
- blissful feeling
- busy
- cares, worries full of
- carefree (Boenninghausen)
- censorious
- censorious, dearest friends with
- chaotic
- cheerful
- cheerful, air, in open
- cheerful company in
- cheerful, dancing, laughing, singing, with
- cheerful, morning
- cheerful, music from
- clairvoyance
- cleaning, mania for
- company amel
- company, aversion to
- company > alone.
- company, desires, fear alone
- concentration, active
- concentration, difficult
- concentration, difficult, conversation during
- concentration, difficult, driving, while
- concentration, difficult, studying, while
- concentration difficult, talking
- concentration, has a vacant feeling
- confidence, want of self, failure feels
- confusion, concentrate the mind, on attempting to
- confusion, about daily affairs
- conscientious about trifles
- contemptuous
- content
- content, forgets all his ailments
- content, himself with.
- cruelty
- dancing, desires
- defiant
- delusion, alone, she is always
- delusion, failure
- delusion, floating in air
- delusion, head falling backwards NS
- delusion, hears voices, night.
- delusion, head pulled backwards
- delusion, light, he is
- delusion, light incorporeal, he is
- delusion, someone is whispering him
- delusions, of butterflies
- demanding exacting
- despair
- desires creative activity
- dictatorial
- discontented, himself with
- dullness, waking on
- elated
- exhilaration
- exhilaration, blissful
- exhilaration, walking in open air while
- fastidiousness

## EXPERIENCE OF MEDICINE I

- fear, before going to sleep
- fear, of dark
- fear, poverty
- fight, wants to
- foggy
- forgetful
- forsaken feeling
- fresh air, exhilaration
- gay, mirthful
- haughty
- helplessness, feeling of
- husband, aversion to
- impatience
- indifference, to suffering
- indifference, to domestic duties
- industrious mania for work
- irresolution, indecision
- irritability
- irritability, alternating with, indifference
- irritability, headache during
- irritability, anxiety with
- irritability, family to her
- irritability, trifles from
- irritability, when questioned
- irresolution, in choosing things
- jealousy, people around of
- jealousy with sadness
- joy
- lasciviousness
- lasciviousness, lustful watching, women on street
- laughing
- laziness
- longing, sun and salt water NS
- loquacity
- loquacity, cheerful, exuberant
- mania, sexual in men
- mental exertion, agg
- mental. symptoms stool after
- mood. agreeable
- mood. changeable
- music agg
- music amel
- nymphomania
- noise agg occupation, amel
- order, desires
- order, desire everything in
- order. in one's life, desire for
- perseverance
- perseverance, in performing irksome duties
- pities herself
- planning
- plans making many carry out insists on
- positiveness
- predicting future events
- procrastinate
- prophesising
- prostration of mind
- quarrelsome
- quiet, wants to be.
- quiet, wants to be, repose tranquillity.
- remorse
- rest, cannot when things not in the right place
- restlessness
- restlessness, alternating with sleepiness
- restlessness busy
- satyriasis
- sadness alone when
- seashore air amel M
- seaside, amel. mental symptoms S
- self control, increased
- senses confused
- sensual
- speech, foolish
- solitude, desire for
- strike, desires to
- sympathetic
- talk indisposed to, desire to be silent, taciturn
- talking amel
- talking, agg. the complaints
- thoughts, of the future
- thoughts, sexual
- thoughts, vagueness of
- tobacco > NR
- tranquillity
- tranquillity, (calmness) in morning
- unsympathetic
- unsympathetic, friends & family, even to closest
- washing, mania for
- weeping, sad, thoughts, at
- work, averse to
- work, inclination to work, anxiety with, undertake anything, but cannot
- work, indifferent to

**VERTIGO**

- vertigo
- vertigo, evening
- vertigo, floating as if
- vertigo, rising from a seat on after
- vertigo, rising on
- vertigo, rocking as if
- vertigo, walking
- vertigo, walking, across an open place
- vertigo, waves in

**HEAD**

- backward, pulled as if (Phatak)
- constriction (tension)
- constriction tension constriction forehead above M
- lightness sensation of M
- lightness, sensation of, contents had greatly diminished in weight, as if the whole
- pain accompanied by nose obstruction of
- pain burning forehead left
- pain, congestion, as from
- pain, dull
- pain, dull forehead eye over
- pain, occiput forehead
- pain, pressing
- pain, pressing, motion on.
- pain, pressing pressure amel
- pain, pressing, temples, left
- pain, right
- pain, rubbing >
- pain, on side extending to neck, shoulder
- pain, sore, temples, left.
- waving, sensation forehead

**EYE**

- burning, sensation eyebrow NR
- heaviness
- heaviness, lids
- heaviness, lids, open; as if could not be held, NR

**VISION**

- loss of, head on turning

**NOSE**

- coryza, eating <
- coryza, right
- discharge, air, open in, amel
- discharge, bland
- discharge, clear

- discharge, left
- discharge, right
- sneezing

**EAR****FACE**

- burning, chemical like NR
- discolouration, bluish, eyes, circles around
- discolouration, pale
- discolouration, red NR
- eruptions, acne
- eruptions, acne forehead
- eruptions, acne chin
- heat
- heat, extending, body rest of NR
- heat, right
- heat, cheeks NR
- heat, flushes
- heat, sensation
- pain sore bruised
- tingling, lips

**MOUTH**

- pain, burning, tongue.
- pain, burning, tongue, anterior half.
- pain, burning, tongue, edges.
- pain, burning, tongue, left side.
- pain, tongue, burning, edges, left.
- pain, burnt, as if, tongue, tip.
- pain, burning, tongue, eating after.
- pain, excoriated, as if, tongue, tip
- pain, burning, tongue, tip.
- sensitive, tongue, tip.
- ulcers, tongue.
- ulcers, tongue, edges.
- ulcers, palate.
- ulcers, tongue, edges, left then right.
- ulcers, tongue, edges, right side.
- taste, bad
- taste, stale
- taste, nauseous
- taste, clammy
- tingling, tongue NR
- tingling, burning scalding tongue NR

**TEETH**

- pain, drawing M
- pain, drawing molars right M
- pain, teeth toothaches M

## EXPERIENCE OF MEDICINE I

- pain, teeth toothaches drinking from M
- pain, teeth sore
- pain, teeth sore molars right upper

**THROAT**

- constriction M
- dryness
- dryness waking on
- dryness drinking water amel NR
- fullness
- inflammation
- irritation
- lump
- lump swallowing on
- mucous
- mucous, sensation of
- mucous, thick.
- pain
- pain, cold things, from;
- pain, extending to neck, glands of
- pain night
- pain, sore
- pain, sore, extending to ears;
- pain, sore right
- pain, swallowing;
- pain, right
- pain, talking;
- pain, rawness.
- swallow, lump in throat, from.
- swallow, mucous, from thick.
- swelling, sensation of;

**EXTERNAL THROAT**

- induration of glands
- swelling cervical glands

**STOMACH**

- appetite, changeable
- appetite, diminished.
- appetite, increased, morning
- appetite, ravenous
- appetite wanting
- anxiety
- craving for, thinks she hates NR
- diarrhoea, would come on, as if diarrhoea.
- eructation, foul, fat or rich food after
- eructation, foul, large quantities of wind
- fullness, sensation of
- fullness, sensation of, flatulence amel NR

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- fullness, eating
- nausea
- nausea, sudden
- nausea, eating after >
- nausea, weakness with
- nausea, alternating with hunger
- nausea, inability to vomit

**ABDOMEN**

- alow as if in solar plexus NR
- distension
- distension, stools amel
- distention, flatus with passing >
- distension, flatus with
- distension, left
- distension, rubbing amel
- flatulence
- flatulence, after eating
- noises
- pain, cramping.
- pain, cramping, stool, after, amel.
- pain, heat >
- pain, inspiration deep >
- pain, pressure >
- rumbling
- stabbing as with a knife M

**RECTUM**

- constipation, difficult stool
- flatus
- pain, burning stool during
- urging

**STOOL**

- frequent
- odour offensive
- soft

**URINE****MALE**

- sexual desire increased
- sexual desire increased, erection without
- sexual desire increased, nausea with NR
- sexual desire increased, touching a woman
- sexual desire increased, women in the company of
- sexual desire, violent
- sexual desire, violent, sexual mania in
- sexual passion, excessive



- sexual passion, excessive complaints from
- sexual passion, violent

#### **FEMALE**

- itching
- pain, cramping menses during
- menses, painful
- sexual desire, increased
- sexual desire menses during

#### **LARYNX**

- larynx and trachea, voice husky, morning

#### **RESPIRATION**

- deep desire to breathe

#### **COUGH**

#### **BACK**

- pain, sore lumbar region

#### **CHEST**

- anxiety S
- lightness, expansive NR
- mammae, pain menses before
- mammae, tenderness
- oppression, inspiration on, amel. deep expiration N
- oppression, inspiration on
- pain S
- pain, inspiration, amel S
- pain, sternum S

#### **EXTREMITIES**

- numb, fingers
- pain, aching, leg.
- pain, aching, leg, calf.
- pain, burning, leg.
- pain, burning, leg, calf, right.
- pain, burning, leg, touch <
- pain, knee, left
- pain, knee, squatting when
- stiffness
- tingling
- tingling fingers
- tingling, upper limbs

#### **SLEEP**

- disturbed, dreams by
- sleep though not tired (NR)
- unrefreshing, morning

- waking, 4am
- waking perspiration from

#### **DREAMS**

- abused yelled at by old teacher
- amorous
- amorous sexual M
- alack and white outlines
- dreams, anxious
- children
- coition
- confused
- competitions
- coloured, orange,
- coloured, yellow
- continuation, dreams, of sleep; former dreams is continued on going to
- cannot accomplish
- dancing shoes cannot get on
- embarrassment
- flashes, like still pictures in a movie format NR
- flying
- flying, people
- friends seeing friends
- garden overgrown
- houses
- humiliation
- insults.
- long
- lost wrong direction
- moth
- prolonged
- provocative (NR)
- remembered, morning, which was very unusual to him; in the
- river banks crumbling
- school goes back to old
- sea
- tongue too big for mouth (NR)
- tree removing and replanting
- unpleasant
- visits, making visits
- wandering
- waves

#### **CHILL**

- coldness in general
- heated overheated
- perspiration with

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**FEVER**

- night

**PERSPIRATION****SKIN****GENERALS**

- air open air >
- air indoor air, amel.
- areathing deep amel
- areathing deep desire to
- areathing inspiration >
- collapse sudden weakness rapid
- comfortable feeling
- eating after
- energy, much energy
- exposure to the sun, amel
- food alcoholic drinks, agg
- food cheese, desire
- food coffee, amel
- food coffee desires
- food coffee, overuse
- food farinaceous desire
- food fish desires
- food fruit aversion
- food grapes, agg
- food indistinct desire
- food pungent things desire
- food salad desires
- food sugar desires
- food thirst
- food thirst night
- food tobacco desires
- heat flushes of
- heat flushed downward
- heaviness, accompanied by bruised feeling
- indoor air agg
- induration of glands
- lassitude
- lightness sensation of
- lying amel
- motion affected part of, amel
- pain sore, bruised, waking on, body all over
- pain sore, bruised, bones
- pulse frequent
- pulse frequent motion <
- right side

- Rubbing >
- sea, bathing in the, amel
- seaside, air at the, amel
- sleepiness sudden
- sluggishness of the body
- tickling internal
- weariness
- weariness waking on
- generals, weakness
- generals, weakness, accompanied with nausea
- generals, weakness, eating after
- weakness sudden
- aggravation, breakfast after (Boericke)
- complaints; lie down inclined to lethargy, listless (B)
- modalities, amel, motion (Boericke)

## EPILOGUE

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Alastair Gray 2001  
Sydney

## APPENDIX 1

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The toxic effects of the Box Jellyfish are well known. See the prologue and the stories section of this introduction for details.

The Nerves, Brain, Throat, Heart and Respiration are the immediate areas of affinity.

While we know what happens to the victims of Box Jellyfish, much more is known, and medical science has vastly more information on a related jellyfish, the Irukandji. What follows are excerpts from a report from the Australian Family Physician on the Irukandji syndrome; a condition experienced after being stung by a jellyfish. It is included in the notes here because of the startling consistencies shown between the toxicological symptoms experienced from stings from the jellyfish and the symptoms of the provers in the trial of Box Jellyfish.

## APPENDIX 2

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Hi Alastair, When we were at Fraser Island last Christmas the kids all went swimming in the Champagne Pools – don't know if you know them? – like a natural rock ocean pool and everyone got these stings that felt like fire, but we couldn't see anything in the water and no marks on the skin, we ended up treating them with freshwater and vinegar and time...sounds like these little nasties hey, Bye, Jude

## APPENDIX 3

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### THE IRUKRANDJI SYNDROME

A devastating syndrome caused by a north Australian jellyfish.

### THE IRUKANDJI SYNDROME – HISTORICAL PERSPECTIVE

“In 1943, Dr Ron Southcott described a strange syndrome occurring among troops who went swimming in the tropical seas at Cairns, North Queensland. This syndrome involved a minor skin sting followed approximately 30 minutes later by a bizarre set of distressing systemic symptoms. He called these type 'A' stings to distinguish them from the severe and instant local skin pain resulting from other jellyfish stings (type CEB stings, later identified as due to the Chironex fleckeri box jellyfish).

Still unaware of the cause, in 1952 Flecker named this set of delayed systemic symptoms the Irukandji syndrome, after a local aboriginal tribe in the Palm Cove, Cairns area, where most of these envenomations occurred. However, it was not until 1966 that Dr Jack Barnes, using some amazing detective work, captured a small (1.5-2.0 cm bell diameter) carybdeid (box jellyfish with just one tentacle in each corner). He then stung himself, his son and a volunteer lifesaver to see if it caused the Irukandji syndrome. All three ended up in Cairns base hospital intensive care unit with the typical severe systemic symptoms of the Irukandji syndrome (this is not a recommended procedure!). Southcott later named the jellyfish *Carukia barnesi* after its intrepid discoverer.

The slang name of Irukandji, previously reserved for *Carukia barnesi*, is now increasingly used to refer to any jellyfish causing this bizarre syndrome. In this article the term Irukandji is used for any small carybdeid (small box jellyfish) causing the set of systemic symptoms known as the Irukandji syndrome. However, it must be remembered that no other small carybdeid jellyfish has been proven to cause this syndrome.”

### A CHANGING PRESENTATION

Severe systemic symptoms including cases of toxic heart failure have been described in relation to Irukandji syndrome. From November 1998 to May 1999, 30% of cases reported to the author's sting database had some degree of heart failure, with some cases being severe enough to warrant admission

and complex treatment. Other bizarre symptoms were also reported and are inexplicable at the current time.

A 1998 report of 60 Irukandji stings from Cairns suggested that the Irukandji syndrome was mild and had few severe systemic effects, with the majority of patients being discharged home after several hours monitoring in a specialised observation ward, and without the need for admission. The data in that article came from the Cairns region where most of the stings occurred inside stinger resistant enclosures, which are nets of small mesh (approximately 20 mm diagonally), suspended from floating pontoons. Stinger resistant enclosures provide an area for swimming in the sea that effectively precludes Chironex box jellyfish. However, the small mesh nets do allow the entry of smaller jellyfish, including the Irukandji. Interestingly most cases in Cairns are not admitted to intensive care facilities, with the majority of patients sent home. Other regions, however, describe more serious stings and complications. One possible explanation is that a proportion of Cairns Irukandji stings occur from smaller, less mature (and less toxic?) Irukandji, which penetrate the small mesh size of the stinger resistant nets. Another possibility is that a different species of carybdeid causing the severe syndrome has become more common this year in the central Queensland Region. Research in this area is ongoing. Irukandji sting numbers and intensities do vary considerably each year. Some seasons there are 100-200 reported cases, whereas in others there may be very few. This may reflect variations in the ecology of species of jellyfish causing the Irukandji syndrome, and/or any unknown environmental factors influencing their ecology.

### THE CULPRIT

Carukia barnesi, the only jellyfish proven to cause this syndrome in tropical Australian waters, has a transparent bell, 1.5-2.5 cm in diameter, which makes it almost impossible to see in the water. Victims rarely report seeing the jellyfish. This small carybdeid jellyfish has just four tentacles, one in each corner, which are 5-7 cm when contracted but extend to some 60-70 cm when the Irukandji is fishing for its prey of small fish.

Although the original Irukandji syndrome was attributed to the jellyfish species Carukia barnesi, there is now mounting evidence to suggest there may be more than one species of small carybdeid causing this syndrome.

### WHERE IS IT FOUND?

The distribution of Irukandji stings is confirmed from the Rockhampton area in central Queensland, northwards around the north Australian coast, and then as far south as Broome in Western Australia. However, occasionally, some cases of Irukandji syndrome have been reported in Queensland further south to Agnes Water and even as far south as Moore Park, Bundaberg. Such reports from southern waters may be confusing, as a large (up to 15 cm bell length) carybdeid jellyfish (box jellyfish with just one tentacle in each corner) also causes a minor Irukandji like syndrome in about 10% of cases of envenomation. These large carybdeids (Tamoya spp) are commonly seen in the waters of Moreton Bay, where they are known as the Moreton Bay carybdeid, morbakka, or firejelly. Its milder Irukandji like syndrome includes several symptoms of the syndrome described below, but they are not as severe, although victims frequently get somewhat distraught with the symptoms. This Irukandji-like syndrome occasionally occurs as far south as Sydney.

Although Irukandji stings often occur in deep water, including the offshore islands of north Queensland and the outer Barrier Reef, swarms may be brought to the surface at coastal swimming beaches, by underwater currents resulting in multiple stings in summer months in the shallow waters off the coastal beaches.”

### ENVENOMATION

#### The Initial sting

The initial envenomation is usually a minor sting, which may not even be noticed. However, occasionally it may be more noticeable, causing local pain almost like that of a bee sting. Victims are

## EXPERIENCE OF MEDICINE I

often seen rubbing or scratching an area of skin, although unaware that they have received a jellyfish sting (Bernstone 1998, personal communication). The mark left on the skin with this envenomation is usually the imprint of the small jellyfish bell, making it very difficult to see. Less often, tentacle marks may be seen. Within minutes of the usual sting mark caused by the jellyfish bell, the skin may develop a mild blotchy redness and goose-pimple effect (piloerection), which may last for 30 minutes or more – in some cases this initial sting may be totally missed. The reddish imprint, if visible, may last several days.

After the initial skin envenomation there is a characteristic time delay before the onset of the severe systemic symptoms which comprise the Irukandji syndrome. The delay varies between 5 and 50 minutes, but is characteristically 30 minutes.

**Irukandji syndrome**

After the initial time delay, a bizarre set of distressing systemic symptoms occurs. The syndrome has always two recognised clinical sequelae, with a third present in some cases:

- pain;
- catecholamine effects;
- cardiopulmonary decompensation.

A victim may have any combination of these signs and symptoms, but always has severe pain.

The 1998-1999 summer season has produced reports of previously undescribed symptoms and signs. It was also noted that these symptoms occurred within a few minutes of the initial skin sting, rather than the usual 30 minutes later:

- Lower leg pain – although victims usually get the muscle cramping pain described above, many cases in the 1998-1999 season complained of severe burning, neurasthenic and somewhat intractable lower leg pain. This has not been previously reported in the literature.
- Priapism (prolonged erection) – this was reported in two recent cases (Ross 1999, personal communication). One case had been treated with phentolamine before helicopter evacuation. Phentolamine is an alpha adrenergic blocker that could theoretically have caused priapism. However, the second case did not have any alpha blocking agents. Both cases also had most of the severe symptoms of the Irukandji syndrome, including the severe intractable muscle pains.
- Allergic reaction – reported in two cases in which the victim had periorbital oedema and an expiratory wheeze.
- Lassitude/tiredness/depression – although no research or follow up has occurred in this area, in the author's experience many victims have a severe lethargy after envenomation. This may last anything from a few days to a few months in rare cases. Further research is necessary.

In our experience, recent severe cases who developed cardiopulmonary decompensation and had echocardiography have demonstrated marked global cardiac dilatation and/or left ventricular dysfunction. Abnormal echo cardiograph measurements include left ventricular systolic dimensions of up to 50 mm (NR 20-40 mm) with diastolic measurements usually around the upper limit of normal (NR 35-55 mm) and fractional shortening as low as 9% (NR 25-45%). Blood tests can also be abnormal with increased cardiac enzymes, including the creatine phosphokinase (CK-MB) fraction. No statistical long term follow up studies have been undertaken but it seems that cardiac function returns to normal fairly rapidly, once the other signs and symptoms have abated. However, the authors are aware of one case where ECG changes (demonstrated on an exercise stress test as mild ST depression at maximal exertion) persisted for at least 6 months.

Further studies using echocardiography and even Swan-Ganz catheter to measure right atrial, pulmonary artery and pulmonary wedge pressures should provide more information.

**Decompression sickness**

The Irukandji syndrome also resembles decompression sickness, and may present a difficult differential diagnostic problem. There have now been a number of cases where the DES (Diving Emergency Services) have been phoned when, a short time after surfacing, a diver suddenly develops severe low back pain, chest pain (trouble breathing) and is distressed and restless. A high index of suspicion and careful questioning is needed. A history or a minor sting (often on the back of the neck when surfacing), a small mark, often difficult to see, and/or careful differentiation of the symptoms is necessary.

**First aid treatment**

At present there is no confirmed first aid treatment for Irukandji stings. However, Surf Life Saving Queensland is currently funded by the Australian Rotary Health Fund to conduct a randomised controlled trial testing the following two treatments:

- Douse the area with vinegar, remain with the victim, reassure and encourage rest (muscle activity increases the heart rate and absorption and systemic dissipation of the venom).
- Douse the area with vinegar, apply a vinegar soaked pad, a compression bandage, then immobilise the area (if the sting is on a limb).

If symptoms of the Irukandji syndrome occur, the victim is transported to hospital by ambulance. Inhaled gases such as Entonox or Penthrane provide some pain relief, but further assessment in hospital is still advisable.

**Medical management**

There is no anti venom available. Treatment is symptomatic but vigorous.

**Pain relief**

There are two options for pain relief:

- Morphine. An intravenous (IV) dose of 0.025-0.05 mg/kg and repeated as necessary every 5 minutes, or as a continuous intravenous infusion.
- Pethidine. An immediate intravenous bolus dose of 0.25-0.5 mg/kg and repeated every 5 minutes, as necessary, or as a continuous infusion with appropriate monitoring.

As respiratory depression may occur, the above regimen should only be carried out where respiratory resuscitation skills and facilities are immediately available. Barnes suggested that pethidine was more effective than morphine but there is concern about accumulation of pethidine metabolites when frequent doses are used. There has been no trial comparing the efficacy of these agents in relieving the pain of the Irukandji syndrome, and both have been used effectively. After the severe pain has settled, Barnes advocated aspirin 600 mg orally every 4 hours for adults as the most effective analgesic until the muscle pains settle. The neurasthenic-like pains in the lower legs do not appear to be controlled by the above medication.

**SIGNS AND SYMPTOMS OF IRUKANDJI SYNDROME****Pain**

The syndrome characteristically starts with:

- Low back pain – a severe boring pain in the sacral area;
- Muscle pain or cramps – these move rapidly into all four limbs and the abdominal and chest wall muscles. The pain is described as severe, unbearable and coming in waves\_ (similar to labour pains) although never fading completely;

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- Chest pain or tightness – usually caused by spasm of the intercostal muscles. There has been no bronchospasm demonstrated. Cardiac muscle pain may also occur, especially in the more severe cases when cardiac specific enzyme levels rise, suggesting cardiac muscle damage. However, chest pains also occur without the enzyme levels rising.

**Catecholamine excess**

Many of the signs and symptoms associated with the Irukandji syndrome resemble those of an adrenal medullary tumour (phaeochromocytoma), funnel web spider or scorpion envenomation, with excessive release of catecholamines into the bloodstream:

- Sweating – localised or generalised. In severe envenomation the sweating is usually profuse and drenching. If it is localised it may be at the site of envenomation, or in a body area that is totally unrelated to the sting site.
- Piloerection – localised or generalised. It may be at the original site of envenomation, or an area totally unrelated.
- Anxiety and wretchedness – victims are over anxious. They feel absolutely dreadful and often have a feeling of impending doom – a thought often shared by the treating first aider!
- Restlessness – victims are restless and move continuously, trying unsuccessfully to get comfortable. This is both part of the general syndrome, and aggravated by the severe muscles pains.
- Headache – may be frontal or global; is often severe and incapacitating.
- Nausea – often with severe, intractable vomiting.
- Increased respiratory rate – respiration is often of a sighing nature, possibly due to the intercostal muscle pains.
- Tremor – fine tremor, or fasciculation of the small muscles of the limbs.
- Pallor, or peripheral cyanosis – due to intense peripheral vasoconstriction.
- Oliguria – a reduced urine output probably due to reduced renal perfusion and fluid loss from the sweating and/or vomiting.
- Tachycardia – the heart beat is often fast and may be irregular with ventricular extra systoles.
- Hypertension – the blood pressure may reach levels as high as 280/150 mm Hg in previously normotensive victims.
- Cerebral oedema – a case has recently come to light in which cerebral oedema occurred. This was characterised by unconsciousness and papilloedema followed by arousal after intravenous dexamentasone and amnitol. There has only been one reported case.

**LATER COMPLICATIONS****Cardiopulmonary decompensation**

- Acute pulmonary oedema – sudden breathlessness may develop in victims with the Irukandji syndrome, ranging from 8-18 hours post envenomation (occasionally less). This has proved to be acute pulmonary oedema.
- Toxic global dilation of the heart – Fenner et al demonstrated a (toxic) global cardiac dilatin, whereas Martin and Audley felt the oedema may be due to massive alpha adrenergic stimulation.

*Source: www.tropmed.org and /www.marine-medic.com  
from the original book Fenner P, Carney I. The Irukandji syndrome.*