

A
HOMEOPATHIC PROVING
OF

Tea Tree
Melaleuca Alternifolia (Mel-alt)



The students of
The Sydney College of Homeopathic Medicine

Co-ordinated by
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OF**

**Tea Tree
Melaleuca Alternifolia (Mel-alt)**

THIS REMEDY

Researched by: Dr Carol Pederson
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SUBSTANCE PROVED: *Melaleuca alternifolia*; Medicinal Tea tree Oil
GENUS: Melaleuca alternifolia
SPECIES: Myrtaceae
COMMON NAMES: Tea tree, Paperbark

1. The choice of this remedy

The medicine for the proving of 2001 at the Sydney College of Homeopathic Medicine was double blind. Neither the principal of the college nor myself as co-ordinator of the proving were aware of what the proving substance was. It was chosen, selected, distributed and prepared by a third party.

2. Methodology of the trial

See the introduction of this book.

Blinding

The trial was truly double blind in that neither the participants, control group, coordinator, supervisor, or principal of the college knew the actual substance being proved. It was only unblinded after five weeks of trialing the medicine.

Pharmacy

The medicine selected for proving, Tea Tree, was prepared according to Hahnemannian guidelines as laid down in the Organon of Medicine. The whole plant was chosen not just the oil, which has the recognised toxicological effect.

Homeopathic Remedy

Julia Twohig and Brauers Biotherapeutics. Thanks to Julia Twohig for having the remedy made, and ensuring the pharmacy was impeccable. The medicine can be ordered from Brauers Biotherapeutics Tanunda South Australia 1300308108

Prover Population

There were a total of 23 participants. There were 17 women and 6 men ranging in age from 27 to 58 years. Twelve provers received verum and there were 11 supervisors for those provers.

1	m	6c
2	f	6c
3	f	6c
4	f	6c
5	m	30c
6	f	30c
7	f	30c
8	f	30c

9	m	30c
10	f	6c
11	m	6c
12	f	30c
13	m	s
14	f	s
15	f	s
16	f	s
17	f	s
18	f	s
19	f	s
20	f	s
21	m	s
22	f	s
23	f	s

There were no dropouts from this homeopathic drug proving.

3. Traditional and modern use of Tea Tree

- Aboriginal
- White European
- Wartime
- Medicinal and other
- Modern use
- What it's used for now in cosmetics
- Antiseptics

History

The Australian aborigines have used tea tree oil for thousands of years to cure headaches, pain, colds and also as an insect repellent.

It is generally thought botanist Sir Joseph Banks, on Captain James Cook's ship Endeavour, which landed in Sydney's Botany Bay in 1770, named the paperbark trees around the bay "tea trees"; he possibly even drank a brew made from the leaves.

In 1922 Technological Museum chemist Arthur Penfold documented the oil's antiseptic qualities in a paper presented to the Royal Society of New South Wales – rating it far stronger than any of the "medical" antiseptics of the time. In fact it was found to have a Reddealwalker co-efficient of 11-13, meaning tea tree oil is 11 to 13 times stronger than carbolic acid for killing bacteria and fungi. All this, and it didn't harm the skin!

Tea tree oil was standard Army-issue during World War II because of its antiseptic qualities, particularly in the presence of pus and fungi. Athlete's foot was rife in the damp, dark war conditions but tea tree oil healed many a soldier's tinea. During this time, all tea tree oil supplies were commandeered by the Australian Defence Force and people working within the tea tree industry were exempt from military service!

Not only was it helping heal the front-line wounded, but also the oil was added to machine cutting oils in munition factories to reduce injury infection rates.

It is generally thought the post-war introduction of new synthetic drugs brought about the demise in the use of the "medicine kit in a bottle". However, the Government had a large part to play essentially using up all available supplies. Hence, with the discovery of penicillin and other antibiotics, tea tree oil was largely forgotten and relegated to the folk medicine cabinets – until recently that is, with many people (both scientists and the general public) rediscovering the benefits of natural remedies.

Since the 1930s there have been many scientific documents presented by various research institutions to attest to the oil's efficacy in treating a wide range of conditions – from ringworm and thrush to tonsillitis and large diabetic ulcers.

In 1985, a study treating *Candida albicans*, proved the oil's ability rapidly and successfully to cure the leucorrhoea and vaginal infections.

A comparative study between tea tree oil (5%) and benzoyl peroxide (5%) to treat acne showed the tea tree oil significantly reduced the lesions and produced fewer unwanted side effects.

After it was discovered in the 1990s that tea tree oil – in concentrations as low as 1% - killed *Legionella* bacteria (responsible for causing a type of pneumonia) often transmitted through air conditioning units, tea tree oil is now dissolved in liquid carbon dioxide and used in these systems to control bacteria and fungi.

4. Toxicology of Tea Tree

- The properties of the oil
- Adverse reactions and poisonings
- Modern trials

Poisonings:

Several cases of melaleuca oil poisoning have been documented.

A 17-month-old boy ingested less than 10mls of oil and developed ataxia and drowsiness.

Confusion and inability to walk after ingesting less than 10mls of 100% oil was reported in a 23-month-old boy. He was asymptomatic within 5 hours of ingestion.

However, there have been several cases of melaleuca oil poisonings in animals when the oil was applied topically to cats and dogs. Typical physical signs were depression, weakness, difficulty in coordination and muscle tremors.

Interesting notes:

Since 1990 US Patents have been granted to more than 15 treatments containing melaleuca oil.

5. Tea Tree – the substance

Description

Melaleuca is of Greek origin: *mela* (black) and *leuca* (white), which refers to the flaky bark of some species, revealing blackened lower bark and white upper bark, probably resulting from fire. *Alternifolia* = alternating leaves; *ternifolia* = leaves in 3.

While a few melaleuca species are medium to large-sized trees, most are small to medium shrubs. Peak flowering time for most species is spring, with the occasional spasmodic flowering out-of-season.

The stamens make more of a visual impact than the small and inconspicuous petals, with the most common colours being red, pink, mauve, purple and yellow. The flower clusters occur either at branch terminals or in short spikes along the branches.

After flowering, woody seed capsules develop. These three-celled pods are usually tightly closed unless stimulated by fire or the plant dies, at which stage the capsules burst open, shedding the small seeds.

Tea tree oil itself is clear, colourless to pale yellow, and has more than 100 constituents, though the main 2 are Terpinen-4-ol (35-40%) and Cineole (2-15%). It is the presence of Terpinen-4-ol which gives the oil its nutmeg-like aroma.

Distribution:

Though Melaleuca species are found worldwide, the only place where *Melaleuca Alternifolia* is found naturally is in a small area of northern New South Wales. They are popular in landscape design in both Australia and

overseas. Range: Australia - New South Wales, Queensland. An evergreen shrub growing to 6m by 4m. It is hardy to zone 9. It is in leaf all year, in flower in June. The flowers are hermaphrodite (have both male and female organs) and are pollinated by insects.

Habitat;

Melaleuca are often found around swamps or along watercourse edges, and also found in open forest, woodlands or shrublands. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid and neutral soils. It cannot grow in the shade. It requires moist soil. Habitats and Possible Locations; Woodland, Sunny Edge.

Commercial Applications:

Melaleuca Alternafolia is the most common species in commercial enterprise and is used extensively in producing tea tree oil, with the last 10-15 years seeing a significant increase in both commercial operations and domestic usage. Large commercial plantations produce about 100 tonnes of tea tree oil annually.

It's been said that thousands of trees will be needed for future harvests, as they have just 1-2% yield by weight (leaves and branches) after distillation. At more than \$60 a kilogram, much of Australia's tea tree oil is sold to the United States.

Tea tree oil is used in a wide range of products, particularly personal grooming items, such as hair shampoos and conditioners, soap, creams, gels, lotions, toothpaste, liniments, balms, insect repellents and germicides. It's also hailed as an effective treatment for skin complaints such as acne, impetigo, psoriasis, dandruff and boils, and has been noted to relieve pain from haemorrhoids, scalds and burns. It is the predominant active ingredient in many natural head lice treatments and is also known to deter ticks and leeches.

Clinical Features

Tea tree oil has many unique properties. It is a broad-spectrum anti-microbial, killing many bacteria, including some strains of staphylococcus and streptococcus. It does this by damaging the bacteria's cellular membrane and subsequently denaturing the cell contents.

The oil has excellent solvent properties, deeply penetrating the skin into infected tissue, acting solely on the source of infection, and leaving the surface clean and healthy. It dissolves pus and still works effectively in its presence and also acts as a mild anti-inflammatory.

According to microbiologist Professor Tom Riley and PhD student Christina Carson of the University of Western Australia, tea tree oil is an extremely effective antiseptic and disinfectant and is useful in treating acne. There is also limited clinical evidence about its effectiveness at treating vaginal infections.

The other area of growing interest is the oil's apparent effectiveness in treating the increasing numbers of hospital-acquired infections due to methicillin-resistant strains of *S. aureus* (MRSA).

Professor Riley says despite increasing interest in using tea tree oil therapeutically, the industry suffers because of a "*paucity of information in appropriate peer-reviewed journals*". He says this is the main reason why the US Government has knocked backed industry submissions to the FDA to register tea tree oil for over-the-counter sales. He cites one of the main reasons was due to lack of published *in vitro* efficacy data.

However, the conclusions drawn from published research to date all point to the oil as having significant antimicrobial activity – albeit in a laboratory setting. Riley points out the next step is to conduct randomized clinical trials - which though expensive - "*the potential benefits to the industry should justify the expense*".

"*It has a good future, if managed properly,*" Riley says. "*Some manufacturers claim it is useful for every type of complaint, making it sound a bit like snake oil. But with proper research we can confirm its great value for specific treatments.*"

Dr James Rowe, of Technical Consultancy Services says "*unlike antibiotics there is no evidence of genetically-acquired immunity and the oil is effective in the presence of blood, pus, necrotic tissue and mucous discharge*"

It is interesting to note the oil's beneficial components vary considerably between batches, creating difficulties for scientists to determine its full application potential.

A complex mixture of more than 100 identified components, tea tree oil consists predominately of monoterpenes, sesquiterpenes and terpene alcohols; germicidal effects are mainly due to terpinene-4-ol. Antimicrobial action increases in line with increased concentrations of terpinene-4-ol; however above 40%, there appears to be no further measurable increase in antimicrobial activity.

Also important is the oil's cineole levels, with human skin testing studies showing high levels of cineole which seem to point to increased skin irritation incidences. The conclusions drawn from these data have major implications for the industry, says Dr Ian Southwell, who headed this research project.

Dr Southwell says previously oils with a 5-10% cineole component were acceptable, but now buyers want these levels as low as 5% or even 3%, as the increased levels are associated with increased irritancy.

Oil quality is of great concern, as the varying concentrations of terpinene-4-ol make it difficult to monitor each batch during production. Other factors to consider include the leaves' age and time of extraction, the extraction method itself and the storage conditions.

Pure tea tree oil is a clear, mobile liquid, relatively stable at room temperature, making it easy to determine whether impurities are present, or the oil has been contaminated by weeds during harvest or during the distillation process.

It is highly concentrated oil and may cause irritation if used directly on skin undiluted. However, it may be diluted up to approximately 200-1 and still be effective. As well, there is a low incidence of allergic skin reactions to tea tree oil. To investigate this further, 200 healthy individuals underwent two different tests (prick and patch) using 10 tea tree oils to determine the type, ratio and significance of any reactions. The volunteers were also exposed to other allergens – such as grass and dust-mite - to determine their general overall allergic response.

Some research conclusions suggest that oxidation of the oil, not the fresh tea tree oil itself, is responsible for allergic reactions. Oils stored in clear bottles (as opposed to brown bottles) showed marked changes; while other factors include exposure to heat, light and air.

Edible Uses; None known.

Medicinal Uses: Alterative; Antibacterial; Antiseptic; Aromatherapy; Diaphoretic; Expectorant.

Tea tree, and in particular its essential oil, is one of the most important natural antiseptics and it merits a place in every medicine chest. It is useful for treating stings, burns, wounds and skin infections of all kinds.

An essential oil obtained from the leaves and twigs is strongly antiseptic, diaphoretic and expectorant. It stimulates the immune system and is effective against a broad range of bacterial and fungal infections. Internally, it is used in the treatment of chronic and some acute infections, notably cystitis, glandular fever and chronic fatigue syndrome. It is used externally in the treatment of thrush, vaginal infections, acne, athlete's foot, verrucas, warts, insect bites, cold sores and nits. It is applied neat to verrucas, warts and nits, but is diluted with a carrier oil such as almond for other uses.

The oil is non-irritant. Another report says that high quality oils contain about 40% terpinen-4-ol, which is well tolerated by the skin and 5% cineol which is irritant. However, in poor quality oils the levels of cineol can exceed 10% and in some cases up to 65%.The essential oil is used in aromatherapy. Its keyword is 'Antiseptic'.

Other Uses - Essential oil; Wood.

An essential oil is obtained from the leaves. It is strongly germicidal and is also used in dentistry, deodorants, soaps, mouthwashes etc.

Wood - very durable in wet conditions and in damp ground.

Cultivation details

Requires a fertile, well-drained moisture retentive lime-free soil in full sun. Prefers a soil that does not contain much nitrogen. Plants are shade tolerant and succeed in most soils and aspects except dry conditions when they are grown in Australian gardens.

This species is not very cold hardy and is only likely to succeed outdoors in the very mildest parts of Britain. It tolerates temperatures down to at least -7°C in Australian gardens but this cannot be translated directly to British gardens because of our cooler summers and longer, colder and wetter winters.

Seed takes about 12 months to develop on the plant; the woody seed capsules persist for 3 or more years.

Any pruning is best done after the plants have flowered with the intention of maintaining a compact habit.

Hybridizes freely with other members of this genus. Plants in this genus are notably resistant to honey fungus.

Propagation

Seed - surface sow in spring or autumn on to a pot of permanently moist soil in a warm greenhouse. Immerse in 5cm of water and do not water from overhead. Grow on until the seedlings are 0.5cm tall then remove from the water and pot up a week later. Seedlings are liable to damp off when grown this way; sowing the seed thinly, good ventilation and hygiene are essential for success. Grow the plants on for at least their first winter in a greenhouse and then plant them out in late spring or early summer, after the last expected frosts. Consider giving the plants some protection from the cold for their first few winters outdoors. Cuttings of half-ripe lateral shoots with a heel, July/August in a frame.

Melaleuca alternifolia is a member of the Myrtaceae family in company with Callistemons (Bottlebrushes), Eucalypts and Leptospermums (Tea Trees). There are about 220 Melaleuca species with 215 native to Australia and the others scattered through New Guinea, Indonesia and South-east Asia. As with many native plants, Western Australia has the lion's share of Melaleucas. Many of these western species are outstanding plants with great horticultural potential.

Melaleuca alternifolia is an eastern species and occurs on the North Coast and adjacent ranges of New South Wales. It develops into a tall shrub with papery bark and white spring and summer flowers. The common name, Snow-in-Summer refers to the flowers. Melaleuca alternifolia shares this name with Melaleuca linariifolia another eastern species.

Melaleuca alternifolia has aromatic foliage and valuable oil is extracted from the leaves. Tea Tree Oil has great germicidal properties and is used in a range of products. Antiseptics, deodorants, shampoos (for dogs and humans) and soaps are some of the products incorporating Tea Tree Oil. Large Melaleuca alternifolia plantations have been established on the North Coast of New South Wales. We are not sure why it is called Tea Tree Oil, as this is the common name of Leptospermums. Horticulturally speaking, Melaleuca alternifolia will cope with dry and wet situations. It develops into a tall upright shrub and is covered in white flowers in the warmer months. A wide range of native insects visits the flowers. The papery bark is another feature. It is propagated from seed from cuttings. Its close cousin is the Manuka in New Zealand

6. THEMES FROM THE PROVING OF TEA TREE

What is there

Irritable
Nose and cold symptoms

What is not there

No Male symptoms

Symptoms

Tea Tree cured

- shame, guilt, ashamed feeling and depression

Tea Tree creates

- Biting nails, Calmness Relaxed, Irritability
- Cold, icy, freezing - prover 6, prover 12, prover 4.
- Reynard's - prover 4
- External heat, shoulder, head, vertex - prover 5, prover 4, prover 7, prover 3.
- Head in the brain - prover 4.
- 20-cent piece - prover 3, prover 4.
- Music teaching - prover 4, prover 2.
- Visual disturbances - prover 8
- Stool, abdomen, constipation - prover 11, prover 4.
- Forehead heavy - prover 4, prover 5.
- Leg cramping - prover 2
- Palpitations - prover 2, prover 5.
- Left sided - prover 7.
- Pain on driving - prover 8, prover 7.
- Bubbling - prover 8, prover 7.
- Dandruff - prover 7, prover 3, prover 8
- Knees - prover 8, prover 7.
- Cold-like symptoms - prover 6, prover 12, prover 21, prover 3.
- Delusion, ugly is - prover 8, prover 4.
- Everyone else is slim and beautiful - prover 8.
- Sadness - prover 8.

I was anxious generally about the proving, ie fearful of having a bad experience long term, also concerned about fulfilling responsibilities properly. Ultra relaxed, more optimistic, positive, not as driven.

Attitude to people, Spent more time with people socialising.

Attitude to work not so driven, when tired I did not push myself procrastinated in getting to tasks.

Managing stress and problems. I was involved in some stressful events at work including a very stressful meeting on Day 2. However I recovered peace of mind much quicker than usual.

I got very involved (emotionally) in the plight of the asylum seekers on the Tampa, the political responses and the long term implications.

Energy levels, high, sexuality: day dreaming, and flirtatious feeling.

The Substance

Pristine Wilderness

Here are some ideas on themes of melaleuca.

From the experience of the provers ... I notice short sharp bursts of anguish seen as irritation in the mentals and as neuralgic pains in the physicals... that pierce periods of general well-being. There are no deep states like a feeling of abandonment or self-destruction or chronicity in physical pathology?

And looking at doctrine of signatures the melaleuca withstands fire.

The latin name of the genus describes the bark appearance perfectly –black (mela) for the fire scars and white (leuca) for the papery bark. The bark is formed by hundreds of thin layers of papery bark which acts as insulation for the living trunk of the tree during fires. The bark can be stripped off like cork without damaging the tree and was one of the most important resources for Aborigines, who used it for shelter, containers, cooking and many other uses.

http://brisbane-stories.powerup.com.au/boondall/boondall_pages/environment/s

You see it in the wetlands, it grows in small forests, ie communities or colonies. Out of its habitat, one example is in the Everglades in Florida where it is out of control. When attacked by slashing or poisoning or fire it just proliferates. In fact a melaleuca beetle is being introduced to help control it in the Everglades. (Encyclopaedia Britannica).

According to A B & J W Cribb *Wild Food in Australia* 1975, Australian aborigines used melaleuca blossoms soaked in water to sweeten it with the honey, and also crushed the leaves in water as a drink to cure coughs and colds.

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Tea Tree

Melaleuca alternifolia (Mel-alt)

Core Primary Symptoms Only

MIND

I got up for a minute, feeling apprehensive. 2:6c:00:04:xx

I was feeling restless and over-stimulated all day. I had emotional outbursts, slammed the door, shouted at my students. I took a while to get to sleep. Everything was strong - my usual tinnitus, the heartbeat and the emotional affections. 2:6c:04:05:xx

I had this cramping in my legs and feeling so emotional lately, strong emotional outbursts, anger and tearful really upset about things. One of my students - I shouted at her and slammed the door. I've never done this to a student before, but I was so offended and angry. What's the point of teaching anyone who doesn't love music? I said, "you're playing Mozart like it's a math's problem or like you're taking out the garbage". It made me offended and physically sick. Why do I bother? I've also had anxiety and panic attacks and an anxious feeling in my heart, the hairs have been prickling on my head, tired and apathetic, anxiety, irritable and palpitations. 2:6c:xx:xx:xx

Morning I felt clear, ultra relaxed and grounded till 1.00pm, it was a complete change. NS 3:6c:xx:x4:xx

Afternoon. Felt relaxed, a bit spaced out, lazy. NS 3:6c:x2:x6:xx

Saturday. Got up at 10.30am, felt very relaxed, did gardening instead of study, felt optimistic and happy / euphoric. NS 3:6c:x3:x3:xx

Sunday morning. Just rested, could not be bothered doing anything, by the afternoon felt very relaxed. NS 3:6c:x4:xx:xx

Afternoon. Felt clear, energetic, grounded, optimistic. Put off doing study. NS 3:6c:x4:xx:xx

4 to 6.00pm. Sleepy, so I went and got some coffee, instead of waking me up, it made me more sleepy. NS 3:6c:x5:xx:xx

3.00pm. Restless, feel spaced out, like I'm about to get 'flu, slight headache, lazy. NS 3:6c:x7:xx:xx

During the day generally. Relaxation, felt clear and grounded, things normally I would be upset about or worry about for quite a while, I got through quickly. NS 3:6c:x8:xx:xx

Shock at the news from the US, lasted all day. I felt very upset about people suffering all over the world. RS 3:6c:14:xx:xx S11

Recovered from shock (the disaster and world events) quicker than usual. AS 3:6c:15:xx:xx

Woke up at 5.00am feeling mentally very alert. I felt energised, and that I could get up for my usual swim. It is very unusual for me to feel like this on a Thursday, especially with 5 hours sleep. NS. 4:6c:xx:x7:xx

Noticed that I was being very patient with children and in a variety of different situations in which I would not usually be. 4:6c:xx:18:xx

While being very patient with my children - 10.00pm - I was irritable with my husband, and noticed the return of my resentment of his presence in bed (it was beginning again!!!) (Won't give me the space to do private work alone! RS 4:6c:x1:xx:xx

When I went to bed and when I lay down the vibrations from this morning started again through my full trunk but then localised in the heart and chest. They lasted until I fell asleep. 4:6c:x1:x1:xx

Felt flexible and irritation was short lived. Able to do appropriate interventions with kids and pull back from

irritation which I felt very positive about. I had walked and felt better for it - more relaxed and able to go with the flow. (I'm usually better for exercise). 4:6c:x1:18:xx

I woke with a stiff neck (both sides and into shoulders). Unable to resettle and this was aggravated by husband's snoring and feeling the vibrations through the mattress. Went to a different room to sleep. RS Also had a dull headache deep in the head but also noticed it in the frontal area and temples. 4:6c:x2:x5:xx

Almost a sense of being driven; mental processes very fast, good memory. NS 4:6c:x2:x7:xx

I was very tired at 9.30pm. Almost asleep when husband called me to answer phone from supervisor - irritated with husband for waking me. Found it difficult to return to sleep - took about 30 minutes. Helped by the noise of the TV and radio. 4:6c:x3:xx:xx

Continuous sleep until 5.30am, sound, deep. Then woken by urge to urinate but unable to go back to sleep due to husband's snoring. Had to move beds. Although I felt alert I decided not to go for my normal swim. Fell back to sleep and when I awoke later 8.00am, I had difficulty rising. It took 30 minutes to get up, (felt dull). Second sleep was unrefreshing. 4:6c:x3:x8:xx

Had to deal with a lot of child tardiness and me-centredness (with the children) this morning. At loggerheads but retained cool and thought of some creative reframing solutions of the situation. Stayed focussed and stood my ground firmly and calmly; really proud of myself. This was my mental state for most of the day. 4:6c:x3:11:xx

Noticed that for the past few days (on reflection) I have had trouble with making more errors than usual with typing (mixing up the letter of words that are easy and I usually spell/type well). Also am making more mistakes like stick and thicky (for thick and sticky) when reading aloud or went expanding abbreviations into whole words. NS 4:6c:x6:xx:xx

At College I found it difficult to concentrate. My mind would wander and ruminate on what a bad person I was (depressed). Its all too hard, there is too much to learn and to do. I just want it to stop. I was unable to stay focussed on the meditation for 5 min. I found myself crying and feeling sad but I didn't want anyone to see. NS 4:6c:x6:xx:xx

Associated with the depression and difficulty focussing was the need to sit apart from the group at college. I chose to sit behind and out of the circle. Big need to be alone. 4:6c:x6:xx:xx

Vague/Mistakes/Relaxed/Stoned/Drugged/Spacey/Scattered

I'm pissed off nothing's happened. I was very excited beforehand, but not much happened. I didn't like the remedy. I went to bed. I felt comfortable in my body but not comfortable; it's hard to articulate, it's like a dead calm. I can't sleep when I feel like that. I can hear my insides pulsing, everything is pulsing and vibrating. I'm aware of this constant vibration in my body, the hair on my head stands up, it happens when I think about the universe and how lucky I am. 1:6c xx:x1:xx

While driving home from my lover's home I drove through a red light. 1:6c:00:19:50

While driving to a friend's place I felt very light headed and relaxed, almost as if I was stoned. As soon as I walked into her place the feeling disappeared, I think due to the smell of new paint. I immediately felt bright and perky. I was a bit upset because the whole thing (proving) was ruined, and my stash (of proving substance) was anti-doted. 1:6c:00:20:25

I began to feel as if I was drugged, very weary in the middle of the afternoon. Eyes felt as if they were fixed and starey. Very heavy. Sort of vacant feeling. Had to be very careful driving. Lasted 8 hours. Relieved by sleep. 11:6c:01:03:00

After speaking with my supervisor and she said I shouldn't take any more of the remedy, I felt a great sense of relief. I was happy not to take the remedy any more. 23:30c:01:02:15

Woke up slowly and melancholy. Feel separated from the world and from those close to me. Need to go somewhere peaceful and switch off. Very strong feelings - close to tears. 12:30c:xx:xx:02

Very depressed. Lowest I have been for a long time. Swinging from high to low. 12:30c:xx:xx:04

Very unhappy at work and feel my life is out of balance. 12:30c:xx:xx:06

Don't know if it was due to the remedy, but felt slightly scattered, hard to focus on the computer. I also found myself looking at something then knowing I needed to go and get another folder to look something up but I just sat there not moving. Mind developed a spaciness, the body did not respond to the thought, a delayed response. Lasted about 15-20 minutes. NS 5:30c:x1:x1:15

Left wallet in the office. Did not notice until I was on the bus. 5:30c:x1:x7:xx

Restless with less concentration. Random, unrelated, unremembered thoughts entered mind. 5:30c:x1:10:25

Mental restlessness continued though less intense. 5:30c:x1:11:20

I feel much more mellow about stuff - relaxed. I thought I had posted a quick deposit envelope at the post office instead of at the bank - I just laughed. (Note - Since the proving process started, she has been getting to work late and leaving early and feeling ok about it). NS 6:30c:00:02:17

I feel really unmotivated to do anything. 6:30c:00:07:25

I just can't be bothered doing anything. I get up and walk around forgetting what it was that I got up for. I guess I am confused. I have so much to do, but wander around wondering what to do. 24:30c:00:00:05

I feel "dazey". I walk around, I can't be bothered. Confused. So much to do but what should I do now? Couldn't be bothered going to gym today (unlike her). Dozed in bed until 9am "like sleeping while awake". Lacks direction 24:30c:00:00:05

Got given remedy by supervisor; held it in my hand through the whole break. Talking to K felt really stoned, like I am losing my mind. Spacey feeling over whole body; all of a sudden feel hot and sweaty. 8:30c:xx:xx:xx

Feel confused, can't think, get paranoid when I can't find what I am looking for, > for urination, always > elimination. 8:30c:xx:xx:xx

Feeling like I am sitting here in a heap; normally I sit very straight. Feel like I could melt into the floor. Feel really soft, can't sit up in chair. 8:30c:xx:xx:xx

I left college moaning and groaning feel like I am getting a cold, feeling stoned, just want to have a cigarette. Went home, didn't tell anyone, don't want to hassle anyone. "I am a good girl". 8:30c:xx:xx:xx

Fingernails

I want to bite my fingernails, I have certainly never wanted to bite my fingernails ever before. 8:30c:xx:xx:xx

Fear mixed with, can I do it, how much I have to do tomorrow, thought I just want someone to care for me then start laughing hysterically. 8:30c:xx:xx:xx

Have to feel my face to make sure I am still me and I have not just become body or thoughts, I am still me. 8:30c:xx:xx:xx

I feel afraid, have to get rid of the remedy, pulled a destiny card in the car, it said courage. 8:30c:xx:xx:xx

I wake up feeling shocking, generally better for meditation. 8:30c:xx:xx:xx

Feel depressed, sad, cold shivering. 8:30c:xx:x:1:15

I feel completely exhausted which was preceded with a feeling of happiness, dancing, smiling to myself. 8:30c:xx:x2:05

I felt very sad by looking at the clock seeing it move, watching my daughter jump off a chair knowing it was all going to change. The sadness is incredible, time changes and eventually everything is going to change, so sad. This was a strange clear lucid experience. 8:30c:xx:x4:05

People seem strange; looking at them in the coffee shop I can't see them, can't see their inner life. 8:30c:xx:x4:50

Sadness as a background for the rest of the evening 8:30c:xx:x9:46

Clumsy more than usual, I dropped a forty-dollar bottle of essential oil, and it broke my heart too. I had a tantrum, swore, broken gone, sad, it will never be the same. 8:30c:xx:17:46

I felt really happy and joyful; fifteen minutes later feel down. 8:30c:x1:xx:xx

Sad just sad, maybe an aggravation of my own symptoms so sad I could cry, what is it all about? 8:30c:x1:x6:xx

Sitting in supervisor's office feeling sad biting on one of my nails. I do not bite my fingernails. 8:30c:x1:x6:xx

Irritable, impatient. Feels like I just got another dose from waiting for slow J at the college. "Let's get out of here, you're so slow". 8:30c:x1:x8:xx

I want to bite my fingernails and I go through both hands twice muttering to myself, "Oh my god". NS 8:30c:x1:11:xx

I feel very strange possessed by something else maybe just getting my menses. 8:30c:x1:15:xx

11.00am. Feel well at the moment, quite myself; period has gone back to my normal experience of a period. 8:30c:x2:x2:xx

I am thinking how slim, fragile and beautiful everybody is except for me; normally this is not something that upsets me. My girlfriend pointed this out to me, - "I have never heard you talk like this". I'm this big square/rectangle, woodchopper from Europe. How come I've never noticed this before? NS 8:30c:x4:xx:xx

I felt like my head was cone shaped, got sick of doing the proving. NS 8:30c:x4:xx:xx

Felt as if "not fully there"; on the way to work I felt "in my head a bit" and I was not paying attention. My mind wandered; drifting off sort of thing, "a spacey feeling". 9:30c:X1:13:xx

Having difficulty working. I start something and then forget what I was about to do. I then stared blankly for a while thinking about what is next. Feeling tired. I feel disrupted and can't concentrate. 9:30c:X1:20:xx

He expressed desire to spend time alone from his girlfriend [obs]. 9:30c:x2:xx:xx

I have a lot of work to get through and feel overwhelmed by the amount. It is not normal for me to feel so anxious about workload. Feel frustrated. 9:30c:x4:xx:xx

Drugged

A hazy sensation - as though drugged. Similar to the feeling years ago when I was prescribed diazepam; persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control, I'm not comfortable with it; if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6c:xx:05:55

Very embarrassed by these developments. (Note - She said, "I feel like a crock, it's unnerving", referring to the many symptoms). 10:6c:01:24:xx

7.38am. Took first dose of remedy. Did a meditation. Image. Almost immediately the image of deep forest green trees and snow covered land. Hilly, coming down to a stream. It was all very clear. I saw snow and was aware of the silence and the way snow blankets and deadens noise. I could hear the stream water. It

was an incredibly pristine environment and very, very peaceful. After 15 minutes the images were still there. It was a daytime image. There was a sense of Canada about it. This seemed an unusual image for me as most of my nature images are summer oceans, gardens and night. I felt separate from my usual self. Also felt very calm, especially as I've been really agitated lately. Felt close to tears. I'm a bit numb. Also very tired. 7:30c:xx:xx:x2

Calm and tired. All day felt extremely calm. Mind not agitated at all. A bit tired too, almost as if drugged. 7:30c:xx:x1:30

Immediately after taking the remedy I felt the combination of calmness and tiredness. Almost as if drugged. 7:30c:xx:14:07

Delusion - a small black thing moves from the corner of the room. This happened 4 or 5 times in the space of half an hour. Have had this type of thing before but previously it was always the delusion of a spider. This was like it was a bigger object. 7:30c:xx:14:15

Sometime after that became aware of rushed anxious feeling. Have lots to do today to get organised before going away overnight. Feel anxiety about being disorganised with all the "jobs" I need to do. 7:30c:x1:x2:xx

I've been ultra relaxed since I took the remedy, but respiratory symptoms and a dry cough and watery mucous in my throat, a pleasant swirling feeling and I saw a purple light. 3:30c:xx:xx:xx

Everything is pleasant; pleasant sleep, pleasant sensations, I've been seeing lights, luminous, I've been dealing with stress very very well. 3:30c:xx:xx:xx

Symptom as if the sun is shining on my arm on my shoulder from my waist to my neck and my arm and then to the back of my right leg and my buttock. I swear it is as if the sun is shining on my back. 10:30c:xx:xx:xx

Everything is happening on a background of sadness. I'm so sad, I can just cry. I'm more clumsy than usual, people seem strange. I'm chewing my fingernails and I've thrown a tantrum like a child. I'm a small girl. It's been like a tornado this proving; this substance hit me and hit all of my systems. I've been feeling so much nausea and so sad, looking at my discouraging life, I don't want to waste my energy, there's something happening for me which is about courage. The sadness is about the fact that I'm not right here, not right now, presently living my life; it feels like I'm softening. I've also been furious with my daughter; my daughter looked at me and said "sometimes I don't think you're the right mother for me". 8:30c:xx:xx:xx

I'm very fearful of this remedy; I just want to flush it down the toilet. I felt as if I was stoned, as if I was getting a cold. Nausea and grumbling in my tummy and paranoia. I started biting my fingernails. 8:30c:xx:xx:xx

I need someone to look after me. I had to feel my face to ensure I'm still me. 8:30c:xx:xx:xx

Return of old symptoms, suicidal ideation and depression, completely lost the plot with my children. I feel black, heavy, heaviness in my chest and trembling inside, it's not a nice sensation, shaking in my arms and fingers, I'm really disappointed in myself, I need solitude, I burnt the dinner, leave me alone, I resent my family, my husband, I need solitude, self loathing, I'm ugly and fat. 4:30c:xx:xx:xx

Intellectually it's so hard to concentrate; my mind is wandering and I keep thinking what a bad person I am tearful, I am a fraud, I'm letting everyone down, my self esteem is awful, should I even be here, maybe they're better off without me, who would miss me, I feel desperate, crying. I told my husband "it's all your fault" and everything seems completely insurmountable. 4:30c:xx:xx:xx

I need someone to look after me. I had to feel my face to ensure I'm still me. 8:30c:xx:xx:xx

I'm very fearful of this remedy; I just want to flush it down the toilet. I felt as if I was stoned, as if I was getting a cold. Nausea and grumbling in my tummy and paranoia. I started biting my fingernails. 8:30c:xx:xx:xx

VERTIGO

Light headed from standing up. This has been getting worse lately. 12:30c:xx:xx:03

Dizzy, nausea, faint, have to sit down > for walking by the sea 8:30c:x1:13:xx

Sitting doing some book work. – slight “dizzy” feeling – difficulty focussing when reading, better when writing – lightness over eyes. I don’t usually feel dizziness, odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation “as though aware of lightness inside my forehead and going down into my eyes”, it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

HEAD

Sinking/ Dull/Hazy/Tingling/Stabbing/Heat

I felt a sinking sensation in the head and chest, like a negative mood, a sinking of spirits on taking the remedy. 2:6c:00:00:00

As I felt the remedy permeate, there was the same sinking feeling. 2:6c:00:00:15

My brain and heart felt like they were connected, affected by a sinking feeling. I was slightly apprehensive for about a minute. 2:6c:04:05:xx

A hazy, sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam, persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control. I’m not comfortable with it; if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6c:xx:05:55

Head – right temporal, dull ache. Have been rushing around this morning, pain slight. NS 10:6c:07:xx:xx

Tingling on top of the head lasting about 20 seconds immediately on taking the remedy. It was as if an electrical current passed through my forehead and around my upper head. Like when you are getting a headache, but it doesn’t happen. 1:6c:00:00:05

Heat at top of head about half way between the front hair line and the crown and about the size of a 20c piece (one spot in the centre). It lasted about 10 - 15 min. Occurred about 15 minutes after taking the remedy at 10.15pm. It was the initial symptom. NS 4:6c:xx:xx:15

Dull headache on the right side which travelled to both temples. Noticed the headache on waking at 7.00am. (It was gone by 9.00am - obs). NS 4:6c:xx:x9:xx

I noticed that scalp was sore, itching and the dandruff from the previous day was still around. It was worse for the shower, the water made it sting. 4:6c:xx:10:xx

Dull, ache, deep in the head with a stiff, cracking neck. 4:6c:x1:21:xx

2 minutes after I took the remedy it felt like my glasses were really heavy on my forehead and nose. 6:30c:00:00:02

My head felt hazy as I was looking at my computer, a slight headache on the vertex - this happened instantly. 6:30c:00:22:40

My neck feels sore/strained it is difficult to keep my head up. 6:30c:00:02:15

Dull pain on top left side of my head. Lasted for a few minutes. 9:30c:x1:13:xx

Itchiness started around lower back of my head. 9:30c:x1:18:xx

Slight prickling sensation felt around temples. Better for scratching. 9:30c:x5:xx:xx

Slight prickling sensation felt on head under hair. Better for scratching. 9:30c:x5:xx:xx

There's been a sore spot on the back of my head close to my vertex, better for pressing, better for rubbing, better for pressure, in fact generally I'm better for pressure. 3:6c:xx:xx:xx

My skin is tingling, prickling, in my hair on my head, also tingling on my face, chest, back and knee. 9:30c:xx:xx:xx

Instant pain in my vertex, dull pain, better for rubbing my head, better for pressure. 9:30c:xx:xx:xx

Heat in the vertex like a 20-cent piece on the vertex in the brain and burning. 4:6c:xx:xx:xx

Immediately my forehead got hot and I found it hard to focus, my eyes couldn't move, my Mum told me to move, but I couldn't move. I was suspicious about the symptoms so I took another dose later and I had the exact same symptoms of heat in my head then hot and cold and shivering. I was so cold I was sitting in front of the heater; this hot forehead lasted half an hour. 5:30c:xx:xx:xx

EYES

I feel tired and cold. Am physically weary, but mentally okay; found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying. (I had been very focussed until now, so it felt somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. 4:6c:x1:16:xx

Heaviness in my forehead and eyes. My eyes were hazy. It felt as though I had just taken off my glasses at the end of the day. Usually they would focus again within minutes; 2 hours later they still hadn't focussed. 6:30c:00:04:55

9 or 10.00pm. Dry burning eyes for two days. NS 5:30c:xx:xx:xx

Sitting doing some rep. – slight “dizzy” feeling – difficulty focussing when reading, better when writing – lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation “as though aware of lightness inside my forehead and going down into my eyes”; it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

A hazy, sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam; persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control. I'm not comfortable with it; if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6c:xx:05:55

4.00pm-11.00pm. Eyes red and swollen under eyes after being out in the wind all day. 7:30c:xx:xx:xx

VISION

When finally opened eyes after some minutes I noticed that my vision was obstructed by a black pattern of squares and circles similar to an enlarged newspaper photo or looking through glass bricks. I had to close my eyes tightly 2-3 times and reopen them before I could focus. I felt panicky, and saying to myself “What's happening? I can't see.” NS 4:6c:xx:x9:xx

11.45pm I was dropping off to sleep lying on my right side. I had a swirling sensation very pleasant for about ten minutes, then I turned over to the left side and I saw with my eyes closed a purple light about the size of a 20 cent coin, in a kind of scratchy pattern like purple neon but brighter, for two minutes. I was shocked and thought, that's it I have to stop taking that remedy. NS 3:6c:xx:16:45

Whilst driving down Parramatta Road feel like I can see really far away. Another interesting new sensation. 8:30c:xx:xxxx

Sitting doing some rep. – slight “dizzy” feeling – difficulty focusing when reading, better when writing – lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation “as though aware of lightness inside my forehead

and going down into my eyes"; it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

My vision is very good, I can see far away. 8:30c:xx:xx:xx

EAR

2.30pm. Pain on and off in right ear, quite sharp, lasted till 3.30pm when it extended to the right cheekbone. NS 3:6c:x9:xx:xx

Can hear really well, a new sensation. 8:30c:xx:xx:xx

Left ear felt blocked. Moving my jaw made it block and unblock. It went away after 15 - 20 minutes. 9:30c:xx:xx:25

Pain occurred in ear (and throat) that feels like an infection. Pain is on the right side. 9:30c:X2:19:xx

NOSE

Mild burning sensation at the root of the nostril followed the waning of the burning sensation in the head c.10.25pm. It felt like a thin ring all around the orifice. NS 4:6c:xx:xx:20

Did the vacuuming over an extended period during the day and noticed that I was very aware of the dust - this heightened sense is unusual -smell seemed to linger in nose for sometime (c. 1-2 h). NS 4:6c:x2:xx:xx

Initially on waking, would blow nose and would have to scrape at internal root of nose to fully evacuate. 4:6c:x2:x7:xx

As for yesterday - dry, crusty bits left to scrape off at back of nose after initial blow. 4:6c:x3:11:xx

2.30pm. Sneezed six times loudly. No discharge. NS 3:6c:x1:x7:xx

9.30pm. I had sniffles, and slight watery discharge enough to blow my nose; this lasted about 10 minutes; it might have been like an allergy symptom. NS 3:6c:x3:14:xx

7.00am. Throat/root of nose dry, burning pain on waking < swallowing. Lasted for 10 minutes. Felt less intensely on and off throughout the day when swallowing. 7:30c:xx:xx:xx

6.45am. Blocked left nostril on waking. Cleared after 10 minutes. 7:30c:xx:xx:xx

Throat/root of nose. 7.00am. Dryish burning sensation lasting for 10 to 15 minutes. 7:30c:xx:xx:xx

Throat/root of nose. 7.00am. Dryish burning sensation on waking. Lasted 10-15 minutes. 7:30c:xx:xx:xx

Throat/root of nose. 6.30am. Dryish burning sensation on waking. On and off throughout day but more aware of it morning and evening. 7:30c:xx:xx:xx

4 months later my sense of smell has finally come back; strong smells were just awful and made me gag for the last 4 months, perfume was intolerable and awful. Now I'm so into perfume, smells are amazing, especially sandalwood and vanilla. I love it. I'm now passionate about smells, it's the total opposite of before; this is a complete change. 7:30c:xx:xx:xx

FACE

Tingling lasting about 20 seconds immediately on taking the remedy. Had to answer the phone briefly, and then tingling changed to a needle-like sensation on both cheek bones, lasting 5 minutes. 1:6c:00:00:05

A shooting current-type sensation on the left side of my lower jaw bone a few minutes after taking the remedy. It travelled from the underside towards my teeth. 23:30c:00:00:05

11.40am. My forehead started to slightly heat up, heat on other parts of my face remained the same. Body felt slightly colder. Coldness in my body gone by 12.00 but forehead still hotter than usual. Felt like flu symptoms starting. NS 5:30c:x1:x1:30

5.00pm. Itchy face especially jaw area. NS 5:30c:x1:x6:50

8.10pm - 8.18pm Hot flush in face. Face hot, feels as if it has been stretched. Forehead not as hot as last time. Shook face which helped a bit. NS 5:30c:x1:10:xx

At 3:30pm, heat, hot flush, red cheeks. No perspiration, maybe less. 8:30c:x1:x6:xx

Facial hair is a bit sensitive when stroked mostly on the right side. Under chin, throat and tongue. Irritation. 9:30c:xx:23:55

Woke up with pimples over left eyebrow. Don't usually get pimples these days – these are very small. (Note - She described them as not really noticeable but she can feel them with her finger and they are touch sensitive). NS 10:6c:06:xx:xx

I got a cold sore on my bottom lip. This appeared some days ago. It's not very bad. I suspect it's a follow-on from the result of a previous remedy I was taking which had shifted my genital herpes scenario. I used to get cold sores a lot in my 20s and early 30s. 2:6c:05:xx:xx

If I touch it, it hurts, it's worse for touch, it hurts if I move the hairs on my face. 9:30c:xx:xx:xx

My face feels as if it's stretched and very tired and stretched. 5:30c:xx:xx:xx

MOUTH

1.30pm. There is an electric, jumping-nerve sensation in the lips while I was talking. Occurred in two short spasms of less than a minute each. NS 4:6c:x1:16:xx

9.45pm. Dryness. 8:30c:xx:xx:xx

9.35am. Mouth is very dry; tongue is sticking to palate. 8:30c:xx:x1:05

Noticed 5 small lumps on inside of left gum at the back near the molars. 9:30c:x1:13:xx

TEETH

Wisdom tooth (R lower) appears to be gradually becoming more sore and puffy over the time of the proving. Tooth is trying to come through again. Sensation noticed on and off all day. 4:6c:x2:xx:xx

Right wisdom still aching and painful. Noticed it mostly in the morning and at night. 4:6c:x3:xx:xx

THROAT

After dark my throat began to feel a bit rough. This is new. It was not red or sore, just rough – pretty mild really. I had phlegm that was really hard to spit out at night, but it came out easily in the morning. There was no cough and the phlegm was bright yellow. This then happened regularly at night. 1:6c:01:06:00

Sore, left side at 11.00am. Has persisted since waking. It is the persistence that is new not the sore throat on waking. NS4:6c:xx:13:xx

It appears to be lingering and getting worse. It feels sore, stitching and scraping. 4:6c:xx:14:xx

Following the burning sensation in the back of the nose there was a thin, clear stream of fluid trickling from the back of the nose down the throat. NS 4:6c:xx:xx:20

The burning in the nose and the thin stream of liquid sensation was followed by catarrh in the throat which was difficult to clear. NS 4:6c:xx:xx:20

Left side of my throat under my tongue was hurting. It felt like it was a little swollen. Swallowing felt a bit strange due to swollen sensation. 9:30c:xx:14:35

Pain occurred in throat (and ear) that feels like an infection. Pain is on the right side, and hurts more when I open my mouth wide. 9:30c:x2:19:xx

Pain / ache. Worse swallowing. Just a vague ache in my throat on the left-hand side. (Note - She described this as "slight bruising in the soft palate, ache in the back of my throat"). NS 10:6c:04:xx:xx

7.00am. Pain on swallowing < right side. Lasted for an hour or so. 7:30c:xx:xx:xx

EXTERNAL THROAT

My jaw and glands felt as though they were swollen as though pressure was building up; however on palpating them they weren't. 6:30c:01:10:00

When woke at 2.30am noticed stiffness in neck and shoulders. I wondered whether it was to do with my anger. 4:6c:x1:x5:xx

3.00am. Woke with a stiff neck (both sides and into shoulders). Unable to resettle and this was aggravated by husband's snoring and the feeling the vibrations through the mattress. Went to a different room to sleep. RS Also had a dull headache deep in the head but also noticed it in the frontal area and temples. 4:6c:x2:x5:xx

STOMACH

Abdomen feels very heavy centrally. Feels as if something is stuck. Not like usual "too full" bloating. It was as if the food was caught at the top of the stomach and couldn't go any further. No pain as such, just very heavy. Relieved by sleep. 2:6c:xx:xx:xx

Not feeling hungry tonight, normally starving about this time of the night. No appetite with nausea. Made myself eat a chicken dinner. NS 5:30c:x2:x8:xx

9.30pm. Fullness, feels like I am severely constipated < walking, moving and leaning forward, > still. 6:30c:00:19:35

I feel like I am severely constipated; it is worse for walking, movement and sitting down. It is better for standing still. 6:30c:00:19:35

On the right side of my stomach it felt as though someone was poking me. It felt like a sharp stinging pain. 6:30c:00:21:50

Feel like I am going to vomit and cry > for drinking hot water everything going back to normal. Feel weird again when writing. 8:30c:xx:xx:xx

Grumbling in stomach. 8:30c:xx:xx:xx

Water brash in the mouth >for burping I do not experience water brash, unless I am sick. 8:30c:xx:xx:xx

10.35am. Feeling nauseated with a dull circular pain, in my abdomen. The experience of a dull circular pain was new. 8:30c:xx:x2:05

2.15pm. A wave of nausea and feeling like I have to vomit; sits just in the back of the throat. 8:30c:xx:x5:30

5.07pm. A wave of nausea feeling like I have to vomit, I get that feeling in my mouth. 8:30c:xx:x9:23

Nausea and dizziness. I want to throw up and cry, feeling shaky sort of cold. Nausea seems to move down in the stomach. It feels like pregnancy nausea to me. 8:30c:x1:x8:xx

10:00pm. Nausea, faint, dizzy have to sit down >for walking by the sea. 8:30c:x1:13:xx

The nausea is like pregnancy nausea; comes on quickly. 8:30c:x2:x9:xx

Like a lump under my sternum. About an hour after eating lunch (tuna and crackers) the lump started and is better for burping. NS 10:6c:01:05:xx

Still discomfort, lump, burning, nausea? Not better or worse for eating – food is actually not my favourite thought, although I did manage to eat breakfast. [Worse thought of food, “even my kick starter orange juice was not as enjoyable, I can’t say I’m sick, but not 100%”]. 10:6c:01:23:xx

Stone, lump in pit of stomach, worse eating. 10:6c:02:23:xx

Still stone, lump in pit. Worse eating. Passed a stool about midday but the sensation is still there. (Note - Dry stool, “feels like it wasn’t complete. I don’t feel super-doooper, I feel like the lumpy sensation will go when I flush the system so to speak; this has thrown my evacuation out”. She sounded flat). 10:6c:03:06:xx

On taking the remedy it makes me feel like I want to eat. This happened strongly when I took the first few doses, and to a lesser degree subsequently. 7:30c:xx:xx:x1

ABDOMEN

On waking at 5.00am there was a sensation of inner trembling and pulsating of the whole trunk of the body (centred round the heart chakra region -obs). NS 4:6c:xx:x7:xx

9.45pm - 11.00pm. Started getting really bad stomach pains. Very bad cramps. Above navel, towards the left. > better for lying on back with stomach stretched. NS 5:30c:x2:11:xx

I felt like I had butterflies in the abdomen [Note - She indicated the hypogastrium area and said it tingled for about 30 seconds]. 6:30c:00:01:10

Pain feels like period pain - during ovulation - doesn't usually have ovulation pain. Had to sit on ground 6:30c:01:12:00

7.00pm. Tummy upset, < walking, > not moving. [She said it felt like potential diarrhea]. 6:30c:01:12:00

It felt as though I had the cramps that go along with diarrhea but I had no diarrhea to go with the cramps. [Note - < walking. Lasted 10 minutes]. 6:30c:07:00:00

During an aerobics class I had chronic cramps in my lower abdomen - the type you get with diarrhea [< movement]. 24:30c:01:04:00

Belching, almost always at this time dropping off to sleep. RS 3:6c:xx:16:3x

9:30pm. Strong pain in left groin whilst walking, >for pressure for about ½ hour. 8:30c:x1:12:xx

Dull discomfort – as though “diarrhoea” might be onsetting – backing up into stomach. Could be due to haemorrhoids and the trauma of this morning. (Note - She said she feels “uncomfortable and lethargic”. The abdominal discomfort and pain in the back went after eating lunch). NS 10:6c:01:01:xx

Sharp pain on the right side of my abdomen, liver, sensitive to touch. 3:6c:xx:xx:xx

Constipation, severe impacted constipation, profound discomfort in my abdomen with also heartburn and it had to be removed mechanically, lots of bleeding with my stool, pain, fissures, bloody stool, abdominal discomfort and a lump sensation in my gut, all of this lasted 24 hours, burning sensation, dull aching. 10:6c:xx:xx:xx

My abdomen is distended; it felt as if I was constipated, better lying down, better moving, worse standing still, better for pressure and bending double, better for stretching, a tingling sensation just behind and under my ribs, cramps in the abdomen, especially the lower abdomen; they woke me up in the morning. There seem to be some changes in my stool. I feel as if I need to be stretched, I need to be stretched with my tummy out, I want to be stretched out. (Note - Prover number 6 became pregnant during the proving and these symptoms need to be questioned). 6:30c:xx:xx:xx

I've been bubbly, gassy and fermenty in my abdomen. 9:30c:xx:xx:xx

RECTUM

12.00pm. Stool, heavy, easy exit. Consistency harder than my normal stool. 8:30c:x1:x3:xx

STOOL

7.00am. Colour was a raw sienna (yellow - brown) + green. It was hard (and pellety - obs) to begin and then became soft and was large in volume. Had been flatulent since rising. NS 4:6c:x1:x9:xx

Runny stools with a sore lower back. 6:30c:01:22:00

5.30pm. Slight cramp passing stool, slightly constipated; usually I pass stool when I get up in the morning. NS 3:6c:x3:1x:xx

Bleeding haemorrhoids. Constipation – tearing sensation in anus. I have had haemorrhoids for 28 years but have never before had so much difficulty passing a stool which resulted in more bleeding than I have ever experienced. (Note - Worse for sitting, better for hot shower. Stool unusually hard, could not get out, and had to remove mechanically). AS 10:6c:XX:21:25

Constipated. Usually go as soon as I get up – I have the urge, but nothing has happened yet – could be anticipating pain? (Note - She sounded worried saying “I might be constipated, I’m nervous about going, I’m anxious about it, after the last experience”. After speaking to the master proving supervisor she said, “I don’t feel so stupid now. I wasn’t sure the symptoms were from the remedy, it all happened so fast.”). 10:6c:02:23:xx

Still stone, lump in pit. Worse eating. Passed a stool about midday but the sensation is still there. (Note - Dry stool, “feels like it wasn’t complete. I don’t feel super-doooper, I feel like the lumpy sensation will go when I flush the system so to speak; this has thrown my evacuation out”. She sounded flat). 10:6c:03:06:xx

The colour of my stool is yellow, green and brown. 4:6c:xx:xx:xx

BLADDER

Had a constant urge to urinate. Lasted one hour. 1:6c:02:20:00

KIDNEY

Stabbing pain, moving in to the tip of the kidneys. 8:30c:xx:xx:xx

URINE

Afternoon and evening. Odour still very strong, pungent and lingers on pants and body, (genital area - noticed it undressing).4:6c:x1:xx:xx

10.30pm. Noticed a strong odour of urine appeared to linger around genital area - noticed as got into bed. 4:6c:x1:x1:xx

Lots of urination; feel like I am passing foamy bubbles, like champagne and after I did this felt much >. 8:30c:xx:xx:xx

I'm passing bubbles and forming bubbles in my urine. 8:30c:xx:xx:xx

FEMALE

Tingling and itching on labia from emerging Herpes Simplex-II at 12 noon. 4:6c:xx:14:xx

9.15pm. Pain in the right and left ovaries, dull aching pain that disappears 2-3 minutes later 8:30c:xx:xx:xx

11:00pm. Dull, ache, strong ovarian pains both sides first, < on the right, also disappears within ½ hour. NS 8:30c:x1:14:xx

3.00pm. Sore painful ovaries as if inflamed and the area is distended. Feel a bit dizzy as I am walking around the museum; slight nausea. 8:30c:x2:x6:xx

3.30pm. Experienced sharp pain in a round spot on my right hip; the pain sort of moves towards the middle of the lower abdomen, a sort of squeezing in. NS 8:30c:x2:x6:xx

Sitting down giving reiki to my ovaries; feel as if they are hard balls and are sticking to my hands, did not want to write this down; my menstruation was shocking pain on day one, flow was normal. 8:30c:x2:x8:xx

LARYNX

Pain on swallowing < left side. Croaky voice lasting all day. 7:30c:xx:xx:xx

Slightly croaky voice on and off all day. < evening. 7:30c:xx:xx:xx

COUGH

7.30am. Had the impulse to cough, slight dry cough, < movement. NS 3:6c:xx:xx:3x

3.30pm. I coughed a few times, dry slight (wussy) cough, this is new for me. NS 3:6c:x1:x8:xx

7.30am. Slight cough again but with a small amount of clear, watery phlegm. NS 3:6c:x2:xx:xx

7.45am. Slight cough again the same, brought on by movement. NS 3:6c:x2:x1:xx

I've been ultra relaxed since I took the remedy, but respiratory symptoms and a dry cough and watery mucous in my throat, a pleasant swirling feeling and I saw a purple light. 3:6c:xx:xx:xx

I have a beginning of a chest infection; worse movement, worse morning, wheezing on inspiration. 3:6c:xx:xx:xx

CHEST

My heart started beating quite fast, and I was slightly apprehensive for about a minute. It felt like the brain and heart were being affected together, were connected. There was a feeling of twitching, like a tic, on the left side of my chest near the heart just before the palpitations began. 2:6c:04:xx:xx

I could feel my heart throbbing on my left chest, it was thumping almost as if from adrenaline. The heartbeat was quick and strong. 2:6c:04:xx:xx

While lying down thinking about the remedy and what to write in the book I felt a quivering shaking sensation inside my torso, and while I am writing it extends along my arms and hands. 23:30c:00:00:40

2 strong heart palpitations accompanied trembling in the trunk. 4:6c:x2:x1:xx

Trembling vibration noticed while sitting. In whole of trunk but worst in chest. Less noticeable than previously. 4:6c:x2:x1:xx

Stabbing pain in rib area just below right under arm. Sensation lasted about 5 minutes, a deep stabbing, burning pain located on the lateral aspect of the outer chest, right side on 3rd lateral rib line. Pain was uncomfortable and intense. Tried to relieve the pain by rubbing, < rubbing. NS 5:30c:x1:x1:55

Stabbing pain in the rib area under right under arm is back. Pain more intense then last time. Sensation as if being poked. Deep, burning, stabbing local pain Lasting about 7 minutes. NS 5:30c:x1:10:18

I felt constriction, in inner centre of chest, lasted 30 secs. I was suprised because this was completely new. NS 3:6c:xx:xx:3x

I felt a slight wheeze in the chest on inspiration. It lasted 30 secs. Never had this before. NS 3:6c:xx:x1:3x

I had a slight wheeze on the in breath like in the morning, lasting 30 secs the same. NS 3:6c:xx:1x:xx

I had a slight wheeze on the in breath like Day 1, lasting 30 secs the same. NS 3:6c:x1:xx:xx

Heart 1.00pm - I noticed when I was at the gym on the exercise bike that my pulse rate stayed at 75 for much longer than usual. It took 5 minutes longer than usual to reach 120 which is my usual pulse when taking aerobic exercise. NS 3:6c:x1:x6:xx

Feeling of subtle constriction in the chest, ie subtle so the feeling is on the edge of physical or emotional, it's hard to tell which. NS 3:6c:x2:x1:xx

Again I had a sense of sensitivity in the inner middle chest, it lasted about 10 minutes. NS 3:6c:x5:xx:xx

A feeling of subtle tightness in the chest, it lasted a few minutes and came and went throughout the morning. NS 3:6c:x6:xx:xx

Sharp pain on the right rib cage on the bone just to the side of my left breast, sensitive to touch and better for rubbing, very unusual. Size of the area of pain was the size of my thumb, very localised. It lasted till midday. NS 3:6c:x6:xx:xx

Throughout the day feeling of tightness in the chest, very subtle. NS 3:6c:x7:xx:xx

7.30am. Feeling of subtle tightness in the chest, came and went throughout the day. NS 3:6c:x8:xx:xx

7.30am. Feeling of subtle tightness in the chest, lasted till early afternoon. NS 3:6c:x9:xx:xx

7.00am. Feeling of subtle tightness in the chest, came and went throughout the day lasting until early evening. NS 3:6c:10:xx:xx

7.00am. Feeling of subtle tightness in the chest, came and went throughout the day. NS 3:6c:11:xx:xx

3.00pm. Subtle feeling of tightness in the chest, lasted 30 seconds NS 3:6c:14:xx:xx

Feel a bit constricted in chest a dull sort of black hole deep in the chest going hot and cold. Felt like chest doesn't belong, airy bubble in lungs, felt like I'm getting a cold. NS 8:30c: xx:xx:xx

8:30am. Great oppression of chest <for smoking. 8:30c:xx:xx:xx

8.45am. Chest feels separated from the body, like an air bubble. In the whole of my chest in the lung area. 8:30c:xx:xx:15

Like a lump under my sternum. About an hour after eating lunch (tuna and crackers} the lump started and is better for burping. NS 10:6c:01:05:xx

Breasts. Aching soreness. In morning and at night. Had this at the same times the last 2 days. Very unusual. Have never had before in middle of cycle like this. Only ever pre-menstrually. 7:30c:xx:xx:xx

Breasts. Soreness in the morning and at night lasting about half an hour each time. 7:30c:xx:xx:22

8.00am. Breasts. Soreness lasting about half an hour. 7:30c:x1:xx:xx

Both breasts sore <morning also at night. 7:30c:x2:xx:xx

5.00pm. Soreness of breasts. Was only aware of this on and off late afternoon and into night. Not as intense as previously. 7:30c:x3:x9:xx

My rib area has sharp pains on the right side as if I've had a heart attack; it lasted 5 minutes; this was an immediate response to the remedy. 5:30c:xx:xx:xx

BACK

When sitting on the couch my back felt strained. The pain was beginning at the lumbar region right across the back. 6:30c:01:15:00

7.30am. Neck and shoulders had been stiff and sore since weekend, [now much better this morning.- obs CS] 4:6c:xx:x9:30

Back ache from night before appears to have improved. Okay now (11.00am) where was aggravated by sitting in a chair , watching TV, at least to begin with. 4:6c:xx:13:xx

Twitching of muscle at the right side back around the floating ribs, never had it before, but maybe something in my back is coming loose. NS 8:30c:x7:xx:xx

Back – right side. Heat, concentrated on the right hand side of my back from the waist up into my neck and down the back of my right arm, lasted about 20 minutes. (Note - She described this as "a sensation as though the sun was shining on me, while standing in the kitchen"). NS 10:6c:xx:07:10

Back – right side. Heat, sensation returned after about 10 minutes, but was restricted to torso and arm – from waist to shoulder. NS 10:6c:xx:07:40

Back (Lower)/Pelvis. Dull ache across sacrum, worse sitting. Have had lower back/gluttial pain before but this is a dull ache and generalized over the whole area. AS 10:6c:xx:23:25

Since about the same time as I started taking the remedy, the cervical vertebrae seem to be out, causing cracking and discomfort. 2:6c:09:xx:xx

4-5.00pm. Lower back. Aching pain < sitting. This lasted about an hour. Felt like period pain. Could be ovulation pain. 7:30c:xx:xx:xx

Lower back - sacrum. Aching pain lasting all day. 7:30c:xx:xx:xx

L-5 Lumbar Aching pain extending down right thigh. > occupation. Lasted on and off all day. < evening. 7:30c:xx:xx:xx

6.00pm. Going to bed. Aching pain in lower back extending to lower buttocks and upper thighs. Much better than yesterday. 7:30c:xx:xx:xx

6.45am-7.30pm and 9.00pm-10.00pm. Lower back/lower right buttock. Pain > pressure. Only aware of this in morning and at night, as if something was misaligned. 7:30c:x3:xx:xx

7.00pm-11.30pm. Sudden onset. One minute I didn't have it at all then full on. Aching pressing pain in lower back < standing and walking, lying down and turning in bed. > bending forward. Quite common for me to get lower back pain just prior to period but this is much more intense. Lying in bed, pain was extremely intense. Worried as to whether or not I could walk to the bathroom. OK but had to walk bending forwards. 7:30c:x7:11:xx

Aching pressing pain in lower back extending down sides of buttocks into thighs. < turning over in bed. Same as previous night lasting all day. Had to walk bending forward. Very painful. 7:30c:x8:xx:xx

Soon after taking the remedy I had to leave college because I had kidney pains, stabbing pain and nausea. 8:30c:xx:xx:xx

6.30am. Lower back pain and also strong dull aching pain in ovaries >by a hot water bottle, had this idea it would be better by bandaging >by 8.00am. I was sick in bed. My menses has never before caused me this much pain. 8:30c:x1:21:xx

EXTREMITIES

While sunbaking something landed on my left shoulder, fluttered about briefly and left a wet patch. 1:6c:01:20:00

It feels like my wrists are weak, like I have strained it on my right side. The pain runs up the ulna bone. 6:30c:01:10:00

There's an aching pain in my right little finger and the surrounding area. 2:6c:08:xx:xx

Aching in my calves, my right thigh and hip, my right upper arm, it's aching. 4:6c:xx:xx:xx

There was a sudden cramp in my left foot extending to the calf. 2:6c:00:07:xx

I got a cramp in my left foot again, but not as intense as the first time. 2:6c:01:02:xx

6.00pm and after on the right side. The right calf and shin ached and it was worse for crossing legs and sitting. The pain moved and eventually travelled to the right hip. NS 4:6c:xx:20:xx

10.30pm. Had an ache in the right leg again, which appeared to be better for rapid movement. NS Found myself bouncing legs up and down, rapidly and quite involuntarily - (ball of foot still touching the ground) - both legs together and then alternately. This not only relieved the ache, but my whole body felt energised as a result. Found myself repeating it a few times after that more consciously to manage the leg pain. 4:6c:x2:x1:xx

Heat

Arm – right side. Heat, concentrated on the right hand side of my back from the waist up into my neck and down the back of my right arm, lasted about 20 minutes. (Note She described this as “a sensation as though the sun was shining on me, while standing in the kitchen”). NS 10:6c:xx:07:10

Arm – right side. Heat, sensation returned after about 10 minutes, but was restricted to torso and arm – from waist to shoulder. NS 10:6c:xx:07:40

Leg / Hip / Buttock – right. Heat, the sensation progressed down the right side. NS 10:6c:xx:09:10

Twitching

10.00am. Strong jerking twitch 3 times in close sequence in the right hand in the flesh, the web, between the thumb and index finger, strong enough to jerk the index finger visibly sometimes. Twice in the left hand also (but not left and right together). It happened the same about every hour for the morning and a couple of times in the afternoon. I remember now it also happened once or twice on Day 3 but never before that. NS 3:6c:x6:xx:xx

Cold

Became cold on my arms and legs. 23:30c:01:01:15

Itching

Prickly itch occurred above my left kneecap. It made me start like a pinprick at first, and then it was just itchy. 9:30c:x1:18:xx

Itchiness started on the heels of my feet. 9:30c:x1:18:xx

Lower limbs/chilblains

8.00am. There was a shooting pain and discomfort in my right knee (from previous day). It felt sore and was worse after showering and walking. RS 4:6c:xx:10:xx

Chilblains on toes of right foot appear to be getting worse. There is now one on the right big toe and the existing one on the 2nd toe has grown further down the joint. They are sore and red. Toes are very cold. Had to remove shoes and to rub them, which improved them. 4:6c:x1:12:xx

Again the right leg is aching. It started in the lower leg on the outer side of the calf and has the feeling of poor circulation. It extended to the right thigh. It was worse for crossing legs either way, but much worse if the right leg is on top. 4:6c:x1:12:xx

Noticed new chilblain on base of big toe (left), top joint as I put my flipper on to swim. Felt sore with pressure. 4:6c:x2:x8:xx

SLEEP

Refreshing

10.30pm. Slept very well. Improved sleep (last 3 nights poor sleep). Good solid sleep but felt really tired when I got up, nothing unusual for me. 5:30c:x1:12:20

Had a nap for approximately 20 minutes. Unusual. 9:30c:x2:20:xx

I had a restless sleep. 9:30c:17:xx:xx

Woke at 3.00am. Restless until 7.00am. Kept waking then going to sleep straight away. Very light sleep. 7:30c: xx:xx:xx

10.30pm. Extreme tiredness with yawning. Had the feeling that I couldn't do the few jobs I needed to do before going to bed. I did do them and the tiredness was > for being occupied. 7:30c:xx:14:52

DREAMS

Had a nap for about an hour. I was cooking up a huge pot of salt and looking for utensils in my flat mate's cupboard. Anxious about being late for therapy. 1:6c:00:00:40

Playing chess with a long-time friend. We made some sort of deal that whoever set up their pieces first wins. I was getting my pieces on quicker than him, and he was trying to slow me down. All the time we were laughing uncontrollably like we were stoned, everything was racing, and I was trying to keep a straight face. 1:6c:01:18:00

In bed with an ex-boss trying to show them how to do things. I'm getting frustrated because they don't understand. 1:6c:02:38:00

I've been fishing. Five fish were caught. I'm sitting at the dinner table with my family and I'm dishing out the fish. Each member chooses one fish. 1:6c:02:38:00

I was at SCHM talking with someone, and in the background some students were experimenting. They had some containers with baby snails in a liquid. Like larvae or tadpoles. I went over to them to have a look, somehow coming in contact with the snails. They turned out to be some sort of parasite. I looked down at my hand and arm which was bandaged up and I saw these parasites inching up my arm toward my head. I tore off my clothes and managed to get rid of them. I woke up terrified. 23:30c:00:12:45

Husband had contracted lead poisoning at work through exposure while repairing some equipment - the repair having been mishandled. My dream reaction was that I was not worried. Husband however was worried, especially about a good friend who had cancelled a social arrangement that we were to have as his family feared contamination from association with my husband. My feeling was one of calm and detachment. I felt we'd just go about finding the right remedy and that it would no longer be a problem. This dream occurred after 5.00am, during second sleep. NS 4:6c:xx:x9:xx

I was assisting with children's school band rehearsal, but was blocked from taking charge of rehearsal even though I have a music teaching background and more experience. It was because of the need to have teacher supervision that I was not allowed to take charge. The dream eventually became more intimate, where I was wooed by the supervising teacher, and though interested in a liaison, Herpes Simplex - II outbreak prevented this. I felt frustrated. I had to be much stronger than the other person who was being irresponsible about personal safety. Occurred during second sleep between 5 and 8.00am. NS 4:6c:x3:10:xx

5.00am prior to waking. Can't remember much about it. Got the feeling that it challenged my marriage and suggested that I should move on; this appeared to be around issues of balance / imbalance in my life! There was a feeling in the dream that I've had this dream before; it felt familiar, but I don't think that is true; it was more that sense of recurrence was part of the dream and not fact. During the dream I felt quite objective but on waking I was a little disturbed when reflecting on the content and its possible meaning. NS 4:6c:x4:x7:xx

I was sitting on a bench with some other people; maybe we had to wait for something. Next to me on the bench I had a purse or small bag; it was very plain and undecorated (unusual for me in real life) with a zip. A man came and took things, probably money, out of the purse. I did not do anything to stop him or defend myself. Later I realised it was Christopher Skase. I think this dream relates to a work problem where my employer (a management committee of 13 people) is trying to negotiate with the workers to reduce pay and conditions. I found this dream funny; it was more curious than disturbing. NS 3:6c:x3:17:xx

I am by myself in a small empty square room. The room is a cube, light and airy, like a sacred space; it is perfectly symmetrical and pure, the surfaces and clear, it is austere and perfect, clinically clean. The light in the room is luminous without a light source. There is one window, not exactly a window you can open but a rectangular panel of clear glass also very clean. I am facing the window. Then I see a young woman looking in; she is about 20 with fair hair and blue eyes, healthy, middle class. The frame of the window defines her from the head to the abdomen like a portrait. At the sight of her I am absolutely terrified and wake up. NS (Comment: I have a lot of issues in my life relating to young women, ie my two younger sisters and my four nieces as well as young women generally particularly at work both co-workers and clients. I feel like I have to provide for them ie be a role model or help them tangibly. Either they see me as their mother or they fall in love with me; either way it's a burden for me. As soon as I resolve one of these relationships, another appears the same. Later in the week I ran into one of these young women who recounted to me that she had had a dream in which I had gone away; she was a bit anxious about it and asked in reality if I was really going away). 3:6c:x4:xx:xx

For some reason and Christmas I take a month off work and instead work for a month in a warehouse owned by Filipino people. I am really looking forward to this. They are really warm and friendly to me. The boss is a Filipino man aged about 40; he is very pleasant. But later in the dream is a red headed kind of pirate aged about 45, ie probably with tatoos and a lot of experience of raw life. At one stage I am with a group of these people and we are walking together. I am carrying a child, a girl, blond aged about one year; she is probably the daughter of the boss. As we walk she gets heavier and heavier. We are in a kind of stony area near water (a landscape like Kakadu). She keeps wriggling and then she actually falls into the water. I jump in and rescue her; luckily she is alright. Everyone is very worried about it; I am just relieved she is safe. (Comment: I did not have any big emotions in this dream, it was just curious). NS 3:6c:x4:xx:xx

I am visiting my mother (who has dementia in real life); she is in an institution in a kind of communal ward which is spacious and airy with other people in beds also. I go to make a cup of tea and I see the brick work in the wall is a bit buckled with water trickling out. I am a bit concerned about this but there is nothing I can

do about it. Then I go out with a group of people; we are in some kind of very beautiful idyllic wilderness area; there are mountains with rainforest, beaches and sea with breakers, the colours are vibrant and remarkable, like colours in a rainbow; it is pristine and unspoiled. I can see vistas of landscape into a great distance. The people I am with go on further, but for some reason I cannot follow them. I feel very frustrated and entirely at a loose end and don't know what to do with myself. NS (Comment: My main feeling in the dream is frustration). 3:6c:x6:xx:xx

5.00am. I'm at the beach in some place like Mexico; maybe I have been swimming. I am looking for my dress (cotton, blue) which is buried in the sand; the sand is very dirty and blown about by the wind. Eventually I do find the dress. I then meet up with my sister and mother. (Comment. I interpret this dream as issues to do with anxiety and identity. I did not have any strong emotions in the dream). NS 3:6c:19:xx:xx

We were walking along the footpath; it was an urban landscape with trees. An acquaintance of mine was hanging from ropes as if abseiling down a wall. The ropes were from trees above, possibly fir or pine trees, big trees. I looked in the distance and saw a herd of kangaroos jump over a high brick wall into someone's place, a villa with, again, lots of trees. Then I heard and saw another herd of them coming along the street. Behind were a bunch of vehicles with their lights on. The procession of vehicles and kangaroos was very loud. The kangaroos were big and powerful. I remember thinking how awesome it would be to be pushed over and stomped on by one.

Another dream: There was a long wall. We walked up to the top of the hill to a place for dinner. It was quite crowded. My cousin walked in in a pair of shorts; this seemed a little incongruous. 2:6c:00:xx:xx

A car like a French Deux-Chevaux van with a snail-like back. It was painted black and seemed to be made of wood or some smooth substance. Another dream: A vague dream about bricks. 2:6c:04:xx:xx

On waking remembered dream about being in a bar where people were reading out pieces they had written like poems. A man got up and did his. I can't remember what it was but everyone was saying, "Wow! He can write!" Then they said the next space was empty. "Who wants to come up and perform?" I had my piece and was thinking, "Do I have the guts to get up and deliver it?" Then I thought - "Don't let the challenge of performing it interfere with its quality". I knew it wasn't ready yet. I decided not to perform it but rather work on it more until it was the quality I wanted. 7:30c:x3:xx:xx

On waking remembered dream of a man who was going through my front door to get to his place upstairs. Even when I closed the door and latched it he was easily able to get it open. I confronted him saying I didn't want him walking through my front door into my place all the time. He didn't seem to understand what I was concerned about. I was really angry. (This is a recurring dream theme I've been having for the last year or so. A man or men are coming into my place and I'm a bit scared but most of all furiously angry. Usually I'm shouting at them to "Fuck off." 7:30c:x5:xx:xx

CHILL

1.30pm. I feel tired and cold. Am physically weary, but mentally okay. Found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying. (I had been very focussed until now, so it feels somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. RS 4:6c:x1:16:xx

PERSPIRATION

9.10pm. Feel very cold >for putting on jacket and scarf, then feeling suffocated > for taking scarf off. I normally love wearing things around my neck. 8:30c:xx:xx:xx

SKIN

Skin is tingling, prickling, and almost itchy. Mostly located on head under hair, but also on face, chest and upper back. Used to get this as a child when stressed and nervous. 9:30c:x1:13:xx

GENERALITIES

Vibration

A very subtle vibration lasting about 10 minutes immediately after taking remedy. 23:30c:00:00:05

Vibration intensity trembling sensation in my torso like a vibration as if lying on a massage pillow, very strange. 4:6c:xx:xx:xx

Exhaustion/Lethargy

I feel drained of energy. I just want to go and lie down. 23:30c:00:00:25

Generals. Doing everything slowly. Feel very lethargic and tired. Found exercise very difficult and getting puffed easily. 12:30c:xx:xx:03

Generals. Mornings. Feel tired, depressed and distant from the world. 12:30c:xx:xx:04

Feeling very tired. My whole body feels weary. 4:6c:x1:x1:xx

Woke up very tired. Slept OK, but woke up early and felt exhausted. 9:30c:x2:xx:xx

I'm feeling very tired. I had a hard day, but seem to be more tired than I should be. Need rest. 9:30c:x8:xx:xx

Felt restless and in need of a cigarette to calm me. Felt better after smoking. 9:30c:x9:xx:xx

Fatigue. Was quite tired all day-yawning etc. Quite a common symptom for me a few days prior to my period. 7:30c:x3:xx:xx

Coldness

1.30pm. I feel tired and cold. Am physically weary, but mentally okay. found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying. (I had been very focussed until now, so it feels somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. RS 4:6c:x1:16:xx

9.30pm. I was very tired. Almost asleep when husband called me to answer phone from supervisor - irritated with husband for waking me. Found it difficult to return to sleep - took about 30 minutes. Helped by the noise of the TV and radio. 4:6c:x3:xx:xx

11.40am - 12.00noon. The whole body including arms and legs experienced a sensation of chilliness. NS 5:30c:x1:x1:30

8.18pm. - 8.30pm. Body / Face. Face still hot but body very cold. Feeling really cold and shivering even though I am sitting in front of the heater. NS 5:30c:x1:10:x8

8.35pm - onwards. Body feeling really jittery, can't sit still. Physically restless. Felt compelled to move from sitting at TV, to walking to kitchen, to TV, to bedroom; this continued, had to move. Still feeling really cold; body shaking from cold. NS 5:30c:x1:10:25

9.30pm - onwards. Physical restlessness continued though less intense. NS 5:30c:x1:11:20

Felt really good today. Better than usual. No new or old returned symptoms. Increased energy and improved spirits. Usually awake still tired and improve at 12noon; now improve at 10.30am. 5:30c:x3:xx:xx

I felt frozen all over (Note - Used the word icy. Keeps complaining of being cold). 6:30c:00:02:15

Food and Drinks

5.30pm. I wasn't very hungry but had a great desire for "special" food so I got a bruchetta and an Italian sweet pastry, ie desire for a "treat". Usually I have sensible healthy food. NS 3:6c:xx:1x:3x

Noticed overall that I'm not desiring alcohol in the same way, to the same degree as usual. Husband suggested a drink with dinner and I said no! Haven't done that for a long time. 4:6c:x2:xx:xx

Other

All elimination ameliorates, > for routine tasks, the more normal I behaved the better I felt. 8:30c:xx:xx:xx

Heat. I felt hot flushes all over; it came on with nausea. 8:30c:xx:x1:30

I'm really hot and really cold. 8:30c:x2:xx:xx

Heat throughout my body. 4:30c:x2:xx:xx

Suddenly I thought I was coming down with flu because of my hot head and the coldness in my body. 8:30c:x2:xx:xx

Noticing symptoms have a ½ hour periodicity; noticing this since onset of period, then off for hours, < afternoon. 8:30c:x2:xx:xx

Much more energy today than yesterday; feel quite well. Periodicity Since taking remedy from first day; calm and self-contained. Following day not. That has repeated itself till today where it was back to calm self-containment. 7:30c:x4:xx:xx

The Full Proving Document

Primary and Secondary Symptoms

MIND

Themes

Created in healthy provers:

Apprehension

Restless anger

Irritability to husband

Driven

Sadness

Guilt

Aversion to company, especially children.

Depressed and sad

Claustrophobia

Biting Nails

Cured

Irritability, restless anger, fatigue, unmotivation, indifference to family, short temper, inability to deal with stress, dislike of body, mistakes words, suicidal disposition.

Leaving

Calmness, clear, relaxed, grounded, spaced, optimistic, euphoric, energetic, driven, balanced, loving to family, patience, flexible, calm under pressure and deadlines.

- **Note 1** Beautiful primary and secondary action to remedy by prover 4.
- **Note 2** Some September 11 experiences have been kept in the proving; their validity is questionable and have been marked S11.

I got up for a minute, feeling apprehensive. 2:6c:00:04:xx

I was feeling restless and over-stimulated all day. I had emotional outbursts, slammed the door, shouted at my students. I took a while to get to sleep. Everything was strong - my usual tinnitis, the heartbeat and the emotional affections. 2:6c:04:05:xx

I had this cramping in my legs and feeling so emotional lately, strong emotional outbursts, anger and tearful, really upset about things. One of my students - I shouted at her and slammed the door. I've never done this to a student before, but I was so offended and angry. What's the point of teaching anyone who doesn't love music? I said, "you're playing Mozart like it's a math's problem or like you're taking out the garbage". It made me offended and physically sick. Why do I bother? I've also had anxiety and panic attacks and an anxious feeling in my heart, the hairs have been prickling on my head, tired and apathetic, anxiety, irritable and palpitations. 2:6c:xx:xx:xx

Got given remedy by supervisor; held it in my hand through the whole break. Talking to K felt really stoned, like I am losing my mind. Spacey feeling over whole body; all of a sudden feel hot and sweaty. 8:30c:xx:xx:xx

Feel confused, can't think, get paranoid when I can't find what I am looking for, > for urination, always > elimination. 8:30c:xx:xx:xx

Feeling like I am sitting here in a heap; normally I sit very straight. Feel like I could melt into the floor. Feel really soft, can't sit up in chair. 8:30c:xx:xx:xx

Vague/Mistakes/Relaxed/Stoned/Drugged/Spacey/Scattered/Concentration

I'm pissed off nothing's happened. I was very excited beforehand, but not much happened. I didn't like the remedy. I went to bed. I felt comfortable in my body but not comfortable, it's hard to articulate, it's like a dead calm, I can't sleep when I feel like that. I can hear my insides pulsing, everything is pulsing and

vibrating. I'm aware of this constant vibration in my body, the hair on my head stands up, it happens when I think about the universe and how lucky I am. 1:xx:x1:xx

While driving home from my lover's home I drove through a red light. 1:6c:00:19:50

While driving to a friend's place I felt very light headed and relaxed, almost as if I was stoned. As soon as I walked into her place the feeling disappeared, I think due to the smell of new paint. I immediately felt bright and perky. I was a bit upset because the whole thing [proving] was ruined, and my stash [of proving substance] was anti-doted. 1:6c:00:20:25

I began to feel as if I was drugged, very weary in the middle of the afternoon. Eyes felt as if they were fixed and starey. Very heavy. Sort of vacant feeling. Had to be very careful driving. Lasted 8 hours. Relieved by sleep. 11:01:03:00

Feel exhausted, drained, yawning a lot. Eyes feel poppy/starey. Want to lie down and shut my eyes. 11:06:00:00

Clumsy more than usual. I dropped a forty-dollar bottle of essential oil, and it broke my heart too. I had a tantrum, swore, broken, gone, sad, it will never be the same. 8:30c:xx:17:46

After speaking with my supervisor and she said I shouldn't take any more of the remedy, I felt a great sense of relief. I was happy not to take the remedy any more. 23:30c:01:02:15

Woke up slowly and melancholy. Feel separated from the world and from those close to me. Need to go somewhere peaceful and switch off. Very strong feelings - close to tears. 12:30c:xx:xx:02

I noticed that for the past few days (on reflection) I have had trouble with making more errors than usual with typing (mixing up the letter of words that are easy and I usually spell/type well). Also am making more mistakes like stick and thicky (for thick and sticky) when reading aloud or went expanding abbreviations into whole words. 4:6c:x6:xx:xx

At College I found it difficult to concentrate. My mind would wander and ruminate on what a bad person I was (depressed). Its all too hard, there is too much to learn and to do. I just want it to stop. I was unable to stay focussed on the meditation for 5 min. I found myself crying and feeling sad but I didn't want anyone to see. 4:6c:x6:xx:xx

Misjudged parking. I hit the curb and didn't care; concentration and judgment seem to be poor. Forgot phone and had to go home for it. 4:6c:x7:xx:xx

Don't know if it was due to the remedy, but felt slightly scattered, hard to focus on the computer. I also found myself looking at something then knowing I needed to go and get another folder to look something up but I just sat there not moving. Mind developed a spaciness, the body did not respond to the thought, a delayed response. Lasted about 15-20 minutes. 5:30c:x1:x1:15

Left wallet in the office. Did not notice until I was on the bus. 5:30c:x1:x7:xx

Restless with less concentration. Random, unrelated, unremembered thoughts entered mind. 5:30c:x1:10:25

[Note - Forgetful, vague, forgets what she was about to do, got dates mixed up on paper she gave me - new for her]. 6:30c:xx:xx:xx

Putting shopping away, I knocked a glass bottle of apple juice and it shattered on the kitchen floor. I felt the most intense anger, and I threw a packet of rice down, which also broke and made even more mess. I felt murderous, poisonous anger. I felt like smashing the whole kitchen up. I was horrible to everyone who tried to help me or placate me. The anger was physical and I had to fight to control it. 15 minutes duration. NS 16:x4:xx:xx

Noticed I am making mistakes in writing and spelling. Leaving letters off the beginning and end of words, forgetting how simple words are spelt, getting worse for and better for symbols confused. NS 16:x5:xx:xx

Spells of totally forgetting how to spell words – feels like a blank space in my consciousness. NS
6:x6:xx:xx

Felt as if “not fully there” on the way to work I felt “in my head a bit” and I was not paying attention. My mind wandered; drifting off sort of thing, “a spacey feeling.” 9:30c:x1:13:xx

Having difficulty working. I start something and then forget what I was about to do. I then stared blankly for a while thinking about what is next. Feeling tired. I feel disrupted and can't concentrate. 9:30c:x1:20:xx

Clear/Grounded

7.38am. Took first dose of remedy. Did a meditation. Image. Almost immediately the image of deep forest, green trees and snow covered land. Hilly, coming down to a stream. It was all very clear. I saw snow and was aware of the silence and the way snow blankets and deadens noise. I could hear the stream water. It was an incredibly pristine environment and very, very peaceful. After 15 minutes the images were still there. It was a daytime image. There was a sense of Canada about it. This seemed an unusual image for me as most of my nature images are summer oceans, gardens and night. I felt separate from my usual self. Also felt very calm, especially as I've been really agitated lately. Felt close to tears. I'm a bit numb. Also very tired. 7:30c:xx:xx:x2

Calm and tired. All day felt extremely calm. Mind not agitated at all. A bit tired too - almost as if drugged. 7:30c:xx:x1:30

Immediately after taking the remedy I felt the combination of calmness and tiredness. Almost as if drugged. 7:30c:xx:14:07

Delusion a small black thing moves from the corner of the room. This happened 4 or 5 times in the space of half an hour. Have had this type of thing before but previously it was always the delusion of a spider. This was like it was a bigger object. 7:30c:xx:14:15

Sometime after that became aware of rushed anxious feeling. Have lots to do today to get organised before going away overnight. Feel anxiety about being disorganised with all the “jobs” I need to do. 7:30c:x1:x2:xx

Calm feeling throughout day and into evening. Mind not turning over and over. 7:30c:x2:xx:xx

People being friendly. Since taking remedy lots more people seem to be smiling as I walk past them. When away on Sunday people stopped to chat at beach - men, women and children. 7:30c:x2:xx:xx

Self-containment. Since taking remedy feel good within myself. Driving back from up the coast I really felt the beauty of the sunset, listening to Marion Woodman tape. I thought of the endless possibilities life has to offer and how the Buddhists say we should be totally in the moment and always ready for death at any second. Part of this self-containment is feeling more adult. Also relief that J is no longer around. I feel free again. 7:30c:00:x2:10:xx

Calmness and self-containment. Began in the afternoon and continued into the night. 7:30c:x4:x7:xx

Have been waking last couple of mornings feeling malaise over world events. Like in the movies where people toss and turn with words and images echoing around them. Consciously decided not to listen to radio except minimum to know what's going on. Too many thoughts with current tensions - too pervasive. 7:30c:x6:xx:xx S11

General sense of well-being in self. Realised I have felt this quite a bit since taking the remedy. 7:30c:x6:12:xx

Going to college on Saturday morning the idea came to my mind that even as non-indigenous Australians we are linked to the land and the wide open skies - and what a different sensibility to Europe with all the weight of visible history in buildings whereas Australia's history is all in the land. Strong sense of this is my place/land here. Most comfortable in it. 7:30c:x8:x1:xx

Well-being. Feelings of well-being have continued. Felt liberated at the choice of not working and coming to Banerji seminar. Something I wouldn't normally do because of the pay I'd miss out on. 7:30c:x8:x1:xx

I've been ultra relaxed since I took the remedy, but respiratory symptoms and a dry cough and watery mucous in my throat, a pleasant swirling feeling and I saw a purple light. 3:6c:xx:xx:xx

Everything is pleasant, pleasant sleep, pleasant sensations. I've been seeing lights, luminous. I've been dealing with stress very very well. 3:6c:xx:xx:xx

Morning. I felt clear, ultra relaxed and grounded till 1.00pm; it was a complete change. NS 3:6c:xx:x4:xx

Felt relaxed, a bit spaced out, lazy. NS 3:6c:x2:x6:xx

Got up at 10.30am, felt very relaxed, did gardening instead of study, felt optimistic and happy / euphoric. NS 3:6c:x3:x3:xx

Just rested, could not be bothered doing anything; by the afternoon felt very relaxed. NS 3:6c:x4:xx:xx

Felt clear, energetic, grounded, optimistic. Put off doing study. NS 3:6c:x4:xx:xx

During the day generally. Relaxation, felt clear and grounded, things normally I would be upset about or worry about for quite a while, I got through quickly. NS 3:6c:x8:xx:xx

Recovered from shock (the disaster and world events) quicker than usual. AS 3:6c:15:xx:xx S11

Pleased with ability to solve the dilemma of kid drop-off because of change in work arrangements, by not worrying about being late (which is usually a very big constraint on my actions). 4:6c:x4:x9:xx

I am a little dull and slow, but okay to function. 4:6c:x5:xx:xx

All day - felt calm and alert. Not feeling pushed by time constraints. Was assertive in meeting with strangers, but not aggressive (when trying to clarify the position). Did have a sense of satisfaction about being right on a crucial aspect of the issue being discussed. (I would have liked a little more acknowledgement for my insights which I didn't get). Missed the girls (children) today - felt really warm thinking about them. 4:6c:x5:xx:xx

Sleepy, so I went and got some coffee, instead of waking me up, it made me more sleepy. NS 3:6c:x5:xx:xx

Driving home I felt really positive and warm, thinking about the kids and family generally. In a better mood, able to relate well and warmly and well to husband. Expansive sensation to my psyche. 4:6c:x7:xx:xx

Firm, clear, balanced with children. 4:6c:x7:xx:xx

Had more energy and interest in work. Able to cope better. 4:6c:x8:xx:xx

A few crises at work and I needed to cope and be flexible and on the ball, juggling and fitting in - did this well, calmly. was competent. 4:6c:x8:xx:xx

All day - felt really good - calm and had energy. Lots of need to be flexible and most of kid care on my shoulders, but am not feeling worn out by it. Even responded positively to daughter asking for a visitor. Most of the time I'm so in need of space that I respond negatively to that request, (at least in my mind I do). 4:6c:x9:xx:xx

I feel much more mellow about stuff - relaxed. I thought I had posted a quick deposit envelope at the post office instead of at the bank - I just laughed. (Note - Since the proving process started, she has been getting to work late and leaving early and feeling ok about it). NS 6:30c:00:02:17

Restless

Restless, feel spaced out, like I'm about to get 'flu, slight headache, lazy. NS 3:6c:x7:xx:xx

Mental restlessness continued though less intense. 5:30c:x1:11:20

Energized/Driven/Impatient

I've noticed that overall, generally post-remedy taking, that I've been energised and driven. I get a lot done, and am able to keep going. I retain a lot and deal with problems well. Thoughts are more about balance in life and about positive aspects of duty to family. I'm more child and husband centred again. Its been a long time and never with both husband and children at the same time. NS 4:6c:xx:xx:xx

Woke up at 5.00am feeling mentally very alert. I felt energised, and that I could get up for my usual swim. It is very unusual for me to feel like this on a Thursday, especially with 5 hours sleep. NS 4:6c:xx:x7:xx

Noticed that I was being very patient with children and in a variety of different situations in which I would not usually be. 4:6c:xx:18:xx

Felt expansive! able to cope with others needs, not feel pressured by time. Supportive of friends. Noticed writing has become larger and clearer.4:6c:x8:xx:xx

Vibrations

When I went to bed and when I lay down the vibrations from this morning started again through my full trunk but then localised in the heart and chest. They lasted until I fell asleep. 4:6c:x1:x1:xx

Irritation

Felt flexible and irritation was short lived. Able to do appropriate interventions with kids and pull back from irritation which I felt very positive about. I had walked and felt better for it - more relaxed and able to go with the flow (I'm usually better for exercise). 4:6c:x1:18:xx

I woke with a stiff neck (both sides and into shoulders). Unable to resettle and this was aggravated by husband's snoring and feeling the vibrations through the mattress. Went to a different room to sleep. RS - Also had a dull headache deep in the head but also noticed it in the frontal area and temples. 4:6c:x2:x5:xx

Almost a sense of being driven;. mental processes very fast, good memory. NS 4:6c:x2:x7:xx

I was very tired at 9.30pm. Almost asleep when husband called me to answer phone from supervisor - irritated with husband for waking me. Found it difficult to return to sleep - took about 30 minutes. Helped by the noise of the TV and radio.4:6c:x3:xx:xx

Continuous sleep until 5.30am, sound, deep. Then woken by urge to urinate but unable to go back to sleep due to husband's snoring. Had to move beds. Although I felt alert I decided not to go for my normal swim. Fell back to sleep and when I awoke later 8.00am, I had difficulty rising. It took 30 minutes to get up, (felt dull). Second sleep was unrefreshing. 4:6c:x3:x8:xx

Had to deal with a lot of child tardiness and me-centredness (with the children) this morning. At loggerheads but retained cool and thought of some creative reframing solutions of the situation. Stayed focussed and stood my ground firmly and calmly, really proud of myself. This was my mental state for most of the day. 4:6c:x3:11:xx

All day. Even under pressure I am calm and able to think of solutions which are appropriate and about the best things for children, husband as well as self. I am able to let go of the "should" that have ruled my motivation for such a long time and the pressures of the external environment. I used to place the needs of others high and subordinate the needs of myself and family to these, but I'm more balanced and objective now. There seems to be more time to do things as a result. I am also more able to express myself when faced with someone I feel is very powerful. Calm, focussed and clear-thinking. 4:6c:x4:xx:xx

Started to feel irritated with the kids for not listening or doing just what they wanted to instead of following instructions - still managed not to feel over-the-top or to go ballistic as I have done in the past. Burnt the dinner and started to blame the kids. I just went spare and lost it. I was tired!!! Following that I felt disappointed with myself and there was an emerging sense of sadness and guilt. RS 4:6c:x5:xx:xx

I needed space and had a strong aversion to company. Asked the kids to leave me alone so I could write this journal up! Startled when the phone rang - I wanted more time to write and think. 4:6c:x5:xx:xx

I resented my husband for going to bed first. I wanted the bed for myself for a while. I thought he was settled in front of the TV. In bed he was snoring softly but I was still aggravated by it. 4:6c:x5:xx:xx

Very depressed, sad, I want to be alone and to stay home. I feel dull and just want to protect my space!!! Everything feels too much and I just want to take care of me. I'm very disappointed with myself. OS I just want to go back to bed away from people for the day. NS I'm wondering if I'm very sensitive? 4:6c:x6:xx:xx

Noticed the door to the room in which there were a large number of people was closed. I felt stuffy and like I would suffocate but I was unable to rise and to open the door; something kept me from doing it. I hoped someone else would get up and open the door. I was very panicked at the closed room. This lasted for about 5 - 10 minutes and then I didn't noticed the feeling any more. NS 4:6c:x6:xx:xx

Dumped on the kids for not doing what they were asked to do and for being tardy to leave. I implied they were responsible for my lack of performance in class tests (even though they're not, and I do well) - felt unprepared for College this week. I don't like this state of irritation with the kids. 4:6c:x6:xx:xx

Gave kids to husband - I want to go to bed - I want to be alone - it still took another 90 minutes to get there. Sensitive to movements and noise; when daughter came into bed, asked husband to deal with her in her room - needed to be alone. 4:6c:10:xx:xx

Felt really ambivalent, like something bad would happen (sense of foreboding), like the depression might return again. Forced self to go for a swim, (felt though that I might be too tired and that that would make things worse, but it made it better!). Dreading work - its too much. 4:6c:11:xx:xx

Irritable. Kids at my craft lesson with me - I don't really get space to do my stuff while they're there and I am feeling particularly agitated by them. I can't focus. 4:6c:11:xx:xx

Alert. Came home from craft. Unable to settle easily and had to watch TV. 4:6c:12:xx:xx

I was okay for most of the day, but after lunch I started to yawn and feel very tired. It was difficult to stay awake in counselling session with clients. Felt eyes rolling back in head; they desperately wanted to close. 4:6c:12:xx:xx

Ambivalent - had thought of going for a walk (8km) but ambivalent. When I got home and hadn't done this book and needed to ring coordinator felt I'd do that; then I became annoyed about those things getting in the way of the walk - so I did it after all!!! Walked fast and felt better. 4:6c:12:xx:xx

Handled a child tantrum well. 4:6c:12:xx:xx

Have been very child focussed - now I'm very very tired but had planned to do college work to finish off for the holiday - annoyed that I didn't do it, but contained it and decided to do it on Thursday instead. 4:6c:12:xx:xx

Irritable and shout at kids about their shouting, swearing, rudeness and general unco-operativeness. The noise aggravated me. For the first time I actually told them that there were more important things than their squabbles about the soap in the shower. Clear that there need to be changes and actively worked on them. Able to pull back and also make changes to my behaviour when I felt it was a bit excessive. Looking at instigating more predictability about consequences. 4:6c:14:xx:xx

Lost it momentarily with oldest daughter - she was oppositional and that set me off. Did move situation along - only momentarily out-of-control. 4:6c:x8:xx:xx

Assertive with husband about my needs and didn't get distracted by his moving off the issue. 4:6c:x9:xx:xx

Easily irritated, tired. Worse for noise. Feeling very tired. Noise of the boys playing computer games has been very annoying! I am often irritated, but this seemed more than usual. 20:01:13:xx

Very depressed. Lowest I have been for a long time. Swinging from high to low. 12:30c:xx:xx:04

Very unhappy at work and feel my life is out of balance. 12:30c:xx:xx:06

I'm a bit run down obviously. Haven't had [a] herpes for ages. Although I'm tired I'm very relaxed, in spite of all the pressure. Normally would be panicking and getting cranky and irritable. 17: xx:xx:xx

Very frazzled, cranky with kids, getting worried about assignment due Sunday. Thoughts crowding together. Not clear head. < Being busy. 17: xx:xx:xx

Exhausted and fed up. Everything is too much. 17: xx:xx:xx

Quite good, but slightly irritable. 17: xx:xx:xx

Woke up having dreamt again. Unfortunately can't remember what it was about except that there was water in it and it was quite threatening. Also quite cranky with T because he was up so early and was a pain all day long. All day was angry at him. Resent him making everything so bloody difficult. He really spoilt the park opening with his tantrums. I abused him verbally which is very unusual. 17: xx:xx:xx

Alone/fraud

Associated with the depression and difficulty focussing was the need to sit apart from the group at college. I chose to sit behind and out of the circle. Big need to be alone. 4:6c:x6:xx:xx

Asking myself am I a fraud? Is what I'm reporting accurate? Maybe I'm polluting the proving? Found my mind wandering in the lecture - I was missing lots of info. I hate myself and I'm feeling very black. Found myself unconsciously just stroking my arms and face with my hands which felt soothing (very unconscious action). Feel I'm really letting the family down. NS 4:6c:x6:xx:xx

Unmotivated/Dazed

I feel really unmotivated to do anything 6:30c:00:07:25

I felt depressed for 5 mins. I felt as though I wasn't in control of everything that I needed to be, eg self and work. (Note - Said she was worried about the college and life in general. Like a cloud. Talked herself out of it). 6:30c:07:00:00

I just can't be bothered doing anything. I get up and walk around forgetting what it was that I got up for. I guess I am confused. I have so much to do, but wander around wondering what to do. 24:30c:00:00:05

[I feel "dazey". I walk around, I can't be bothered. Confused. So much to do but what should I do now? Couldn't be bothered going to gym today (unlike her). Dozed in bed until 9.00am "like sleeping while awake". Lacks direction]. 24:30c:00:00:05

Cold/Sad/Fingernails/Anger

Left college moaning and groaning; feel like I am getting a cold, feeling stoned, just want to have a cigarette. Went home, didn't tell anyone, don't want to hassle anyone. " I am a good girl". 8:30c:xx:xx:xx

I want to bite my fingernails. I have certainly never wanted to bite my fingernails ever before. 8:30c:xx:xx:xx

Fear mixed with, can I do it, how much I have to do tomorrow, thought I just want someone to care for me then start laughing hysterically. 8:30c:xx:xx:xx

Have to feel my face to make sure I am still me and I have not just become body or thoughts. I am still me. 8:30c:xx:xx:xx

I feel afraid, have to get rid of the remedy, pulled a destiny card in the car, it said courage. 8:30c:xx:xx:xx

I wake up feel shocking, generally better for meditation. 8:30c:xx:xx:xx

Feel depressed, sad, cold shivering. 8:30c:xx:x:1:15

I feel completely exhausted which was preceded with a feeling of happiness, dancing, smiling to myself. 8:30c:xx:x2:05

I felt very sad by looking at the clock seeing it move watching my daughter jump off a chair knowing it was all going to change. The sadness is incredible, time changes and eventually everything is going to change, so sad. This was a strange clear lucid, experience. 8:30c:xx:x4:05

People seem strange looking at them in the coffee shop. I can't see them, can't see their inner life. 8:30c:xx:x4:50

Sadness as a background for the rest of the evening. 8:30c:xx:x9:46

Everything is happening on a background of sadness, I'm so sad, I can just cry. I'm more clumsy than usual, people seem strange. I'm chewing my fingernails and I've thrown a tantrum like a child, I'm a small girl. It's been like a tornado this proving; this substance hit me and hit all of my systems. I've been feeling so much nausea and so sad, looking at my discouraging life, I don't want to waste my energy, there's something happening for me which is about courage. The sadness is about the fact that I'm not right here, not right now, presently living my life, it feels like I'm softening, I've also been furious with my daughter; my daughter looked at me and said "sometimes I don't think you're the right mother for me". 8:30c:xx:xx:xx

I'm very fearful of this remedy; I just want to flush it down the toilet. I felt as if I was stoned, as if I was getting a cold. Nausea and grumbling in my tummy and paranoia. I started biting my fingernails. 8:30c:xx:xx:xx

I need someone to look after me. I had to feel my face to ensure I'm still me. 8:30c:xx:xx:xx

Ugly/Fat

Return of old symptoms, suicidal ideation and depression, completely lost the plot with my children. I feel black, heavy, heaviness in my chest and trembling inside; it's not a nice sensation, shaking in my arms and fingers, I'm really disappointed in myself. I need solitude, I burnt the dinner, leave me alone, I resent my family, my husband, I need solitude, self loathing, I'm ugly and fat. 4:6c:xx:xx:xx

Intellectually it's so hard to concentrate; my mind is wandering and I keep thinking what a bad person I am, tearful, I am a fraud, I'm letting everyone down, my self esteem is awful, should I even be here, maybe they're better off without me, who would miss me, I feel desperate, crying. I told my husband "it's all your fault" and everything seems completely insurmountable. 4:6c:xx:xx:xx

I am thinking how slim, fragile and beautiful everybody is except for me; normally this is not something that upsets me. My girlfriend pointed this out to me - "I have never heard you talk like this." I'm this big square/rectangle, woodchopper from Europe. How come I've never noticed this before. NS 8:30c:x4:xx:xx

I felt like my head was cone shaped; got sick of doing the proving. NS 8:30c:x4:xx:xx

I have more balance, I'm more objective. I seem to be able to be as objective as I once was. I haven't been like this for years, especially with my children; now I can be balanced and objective, calm, no irritability, I'm starting to even miss my children. The anger that I have with my husband, the anger that I get with my children, the indifference to my family is completely gone, the anxiety, the confusion, and unclarity and irritability that I have in my life is gone. 4:6c:xx:xx:xx

I need someone to look after me. I had to feel my face to ensure I'm still me. 8:30c:xx:xx:xx

I'm very fearful of this remedy; I just want to flush it down the toilet. I felt as if I was stoned, as if I was getting a cold. Nausea and grumbling in my tummy and paranoia. I started biting my fingernails. 8:30c:xx:xx:xx

I felt really happy and joyful; fifteen minutes later feel down. 8:30c:x1:xx:xx

Sad, just sad, maybe an aggravation of my own symptoms so sad I could cry, what is it all about? 8:30c:x1:x6:xx

Sitting in supervisor's office feeling sad biting on one of my nails. I do not bite my fingernails. 8:30c:x1:x6:xx

Irritable, impatient. Feels like I just got another dose from waiting for slow J at the college. "Let's get out of here, you're so slow". 8:30c:x1:x8:xx

I want to bite my fingernails and I go through both hands twice muttering to myself, "Oh my god". NS 8:30c:x1:11:xx

I feel very strange, possessed by something else; maybe just getting my menses. 8:30c:x1:15:xx

11.00am. Feel well at the moment, quite myself; period has gone back to my normal experience of a period. 8:30c:x2:x2:xx

Angry slammed fist in to my wardrobe door, cried twice with my daughter and realized that I felt scared and confused as a child; remembered being scared of my father especially when he was angry. I was so angry I could have hit my daughter. 8:30c:x5:xx:xx

Just talked to supervisor; made me feel like crying; feel very sad, helpless, don't want help from others but need it. 8:30c:x6:xx:xx

Sadness, feel sad that life has its own rhythm and continuity whether I am there or not. 8:30c:x6:xx:xx

Talked to K in the break. It is exactly a week since I took the remedy and I was talking to K. Then I mentioned to her that I was over the proving and she says you seem to be really well and outgoing. Wow! We also talked about some personal stuff of K. And the word courage came up again like facing your own personal courage, or something like that. 8:30c:x6:xx:xx

Woke up with a cold and felt really pissed off, why me? why now? 8:30c:x7:xx:xx

At one stage of the proving, I cleaned my bathroom, and I put tea tree oil in the cleaning water and I loved it; it smelt so clean and wonderful. NS 8:30c:x7:xx:xx

Talked to A about the proving; tell K's story; he also says you have been more friendly. Surprise to me. 8:30c:x8:xx:xx

Talked to supervisor; still have a cold, husky voice; feel guilty for not having written in the book, had nothing to say. 8:30c:13:xx:xx

Just spoke to supervisor; felt like a little girl; felt bad for not having done the writing down. 8:30c:13:xx:xx

Wake at 7.30am feeling very very tired and heavy. It is hard to wake up. This feeling continues all day. 14:01.09.xx

Not needing to participate in conversation with mothers at school. Happy to sit to the side and not feel out of things = unusual. 14:01.17.xx

Major self-doubt attack over having made a big error with a student clinic patient. All day and through to next evening when I speak with my supervisor. I do manage not to completely annihilate myself. 14:03.12.xx

[He expressed desire to spend time alone from his girlfriend]. 9:30c:x2:xx:xx

I have a lot of work to get through and feel overwhelmed by the amount. It is not normal for me to feel so anxious about workload. Feel frustrated. 9:30c:x4:xx:xx

Three lines of an Eminem song got stuck in my head:Christina Aguilera switch me chairs, so I can sit next to Carson Daily and Fred Durst, and hear them argue of who she gave head to first. Little bitch put me on Blast on MTV; "Yeah he's cute but I think he's married to Kim hee hee!" 9:30c:x6:xx:xx

Feeling restless. Craving cigarette. Felt better after smoking. 9:30c:11:xx:xx

Having a hard time taking in information during lecture. Found it too hard to process information to get it down on paper. My mind felt too slow. Gave up trying (unusual). Had a fit of yawning. 18:xx:xx:xx

Drugged

A hazy, sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam; persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control, I'm not comfortable with it, if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6C:xx:05:55

Very embarrassed by these developments. (Note - She said, "I feel like a crock, it's unnerving", referring to the many symptoms). 10:6c:01:24:xx

Dull ache. I am becoming absent-minded doing odd things – because I am distracted. (Note - She said she started to feel nauseous and "a bit vacant with it.") 10:6c:07:xx:xx

Cheerful, happy, said, "I think I'm finally through it." 17: xx:xx:xx

Brain fag! Felt weird at school – like my brain was mush. Had spent all day studying - got better as class went on. By the time I got home I felt ready for class! I have had this feeling before, but not as intensely as this. 20:03:13:xx

Other

Incredible anger at unjustifiable criticism, speechless with anger. 21: xx:xx:xx

I had a delusion that the dog had shrunk. 22: xx:xx:xx

Symptom as if the sun is shining on my arm, on my shoulder from my waist to my neck and my arm and then to the back of my right leg and my buttock. I swear it is as if the sun is shining on my back. 10:6c:xx:xx:xx

End it

Wanted it all to end. Phoned coordinator and discussed where to go and whether to antidote. Appointment cancelled at work and I had a sense of relief, there were less demands on me. I was able to cope a lot better after this with changes that occurred. I thought about taking care of myself and not filling the gap in my day. However did try to put in another appointment (duty - other's needs placed higher than mine) but that didn't happen - what a relief. 4:6c:x7:xx:xx

Sick of doing proving; sick of talking with J; want to have an antidote. [obs; 8 is agitated, frustrated, shitty, sighing lots, and doesn't want to do this anymore]. 8:30c:x5:xx:xx

Still sick of the proving <for thinking about it. 8:30c:x5:xx:xx

I'm over it, (the proving) the note taking and the phone calls. I don't want to have to concentrate any longer!!! It hurts my head. I'm feeling very irritable about the work and the intrusion. 4:6c:x3:21:xx

VERTIGO

Light headed from standing up. This has been getting worse lately. 12:30c:xx:xx:03

Dizzy, nausea, faint, have to sit down > for walking by the sea. 8:30c:x1:13:xx

Sitting doing some book work. Slight "dizzy" feeling, difficulty focusing when reading, better when writing, lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation "as though aware of lightness inside my forehead and going down into my eyes"; it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

HEAD

Sinking/ Dull/Hazy/Tingling/Stabbing/Heat

I felt a sinking sensation in the head and chest, like a negative mood, a sinking of spirits on taking the remedy. 2:6c:00:00:00

As I felt the remedy permeate, there was the same sinking feeling. 2:6c:00:00:15

My brain and heart felt like they were connected, affected by a sinking feeling. I was slightly apprehensive for about a minute. 2:6c:04:05:xx

A headache began at the superciliary ridge along the eyebrows. This also happened on the first dose but I thought it was unconnected. 2:6c:04:05:xx

Headache still there in the background, though not so intense. 2:6c:04:09:xx

I got dandruff, which I haven't had for about twenty years. All through this time I have been having digestive problems viz. very sluggish process. I do have this cycle where nothing will happen for a couple of days, and then a few days of elimination. In this instance I couldn't eliminate anything for a couple of weeks no matter what I did, what I ate. I attribute the appearance of dandruff to this blockage. Once I started eliminating, the dandruff went away. 2:6c:05:xx:xx

An acute headache developed in the frontal region for about half an hour from 3 to 3.30. It was a sharp, pressive pain. 2:6c:05:xx:xx

Quite a bad headache developed in the frontal region, accompanied by a sore throat. 2:6c:13:xx:xx

Headache still there. Stayed home from work. 2:6c:14:xx:xx

A hazy, sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam; persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control. I'm not comfortable with it; if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6c:xx:05:55

Head – right temporal. Dull ache. Have been rushing around this morning, pain slight. NS 10:6c:07:xx:xx

Head – right occiput. Dull ache. I am becoming absent-minded doing odd things, because I am distracted. (Note - She said she started to feel nauseous and "a bit vacant with it."). 10:6c:07:xx:xx

Tingling on top of the head lasting about 20 seconds immediately on taking the remedy. It was as if an electrical current passed through my forehead and around my upper head. Like when you are getting a headache, but it doesn't happen. 1:6c:00:00:05

Stabbing pain in the left occipital region while driving. Lasted approximately 20 seconds. 11:30c:02:01:00

Woke up in a bind about competing priorities for the day. Head felt dull and heavy in the whole frontal area on waking. Developed into a full blown headache within 3 hours which was centred on the occipital region, relieved by constant hard pressure of the hand over the site. Nauseated, but headache relieved slightly by food. After 5 hours pain escalated and I was unable to function properly. Wanted to vomit but couldn't. Took analgesic without effect. Gradually improved with distraction, but came back full strength at the end of the day. 11:30c24:00:00

Heat at top of head about half way between the front hair line and the crown and about the size of a 20c piece (one spot in the centre). It lasted about 10 - 15 min. Occurred about 15 minutes after taking the remedy at 10.15pm. It was the initial symptom. NS 4:6c:xx:xx:15

Dull headache on the right side which travelled to both temples. Noticed the headache on waking at 7.00am. (Note - It was gone by 9.00am). NS 4:6c:xx:x9:xx

I noticed that scalp was sore, itching and the dandruff from the previous day was still around. It was worse for the shower; the water made it sting. 4:6c:xx:10:xx

Dull ache, deep in the head with a stiff, cracking neck. 4:6c:x1:21:xx

I woke with a stiff neck (both sides and into shoulders). Unable to resettle and this was aggravated by

husband's snoring and feeling the vibrations through the mattress. Went to a different room to sleep. RS
Also had a dull headache deep in the head but also noticed it in the frontal area and temples. 4:6c:x2:x5:xx

A dull ache in head, located right side of neck, just below skull - remained very localised (in that spot).
4:6c:x2:12:xx

I woke with a dull headache (vertex and temples) and neck pain (stiffness, crunching when moving from side to side) after deep sleep. At the same time skin (eczema) was very itchy. 4:6c:x4:x7:xx

There was a dull ache which accompanied neck and eye problems and it was worse when looking down..
4:6c:x5:xx:xx

Two minutes after I took the remedy it felt like my glasses were really heavy on my forehead and nose.
6:30c:00:00:02

My head felt hazy as I was looking at my computer, a slight headache on the vertex - this happened instantly. 6:30c:00:22:40

My neck feels sore/strained it is difficult to keep my head up. 6:30c:00:02:15

8.00pm. I noticed a very sore spot on the top back of my head where there is a kind of groove; it was sore like a bee sting, also like a bruise say in a peach; the sensation that my finger would just sink through the skull. If I did not touch it, it did not hurt. However rubbing it was better in that the pain also gave relief (like pain in a massage), ie > for pressure. The pain was still there slightly when I woke up next morning, then it went completely after I got up. NS 3:6c:x4:xx:xx

7.00am. I wake up with a very bad headache and take the day off work. The headache is pain radiating from the top of the head and I have a sore throat for a while also. I stayed in bed till 11.00am but felt fragile and unrefreshed, just wanted peace and quiet and nothing to do with people. NS I am anxious about documenting the proving and type out these notes. I also feel guilty about taking time off work even though I take very little sick leave. I think this is a part response to the proving and part to life events generally, ie work and the end of the semester at college. 3:6c:x7:xx:xx

4.00pm. Shooting pain at the right side of the top of the head, pain in spasms extending to the right jaw bone, pain worse than ever before, pain in waves, shooting pain, sore spot on top of head, not < or > for pressure. Lasted till 8.00am next morning. AS 3:6c:x9:xx:xx

9.00am. Same headache, dull, frontal, blocked, and blocked sinus, and sinus pain. I get headaches very rarely, and sinus pain almost never. 18:xx:xx:30

Itching scalp for about 20 minutes. 8:30c:x6:xx:xx

Headache pain in the top of the head; wish it could be cut off then I would be better. Like a rectangular pain on head. I am not a headache person. 8:30c:x6:xx:xx

Another head pain coming on right now in the front of my head different from the one this afternoon but again feeling of rectangle; just cut a slice of my forehead off. 8:30c:x6:xx:xx

Dull pain on top left side of my head. Lasted for a few minutes. 9:30c:x1:13:xx

Itchiness started around lower back of my head. 9:30c:x1:18:xx

Slight prickling sensation felt around temples. Better for scratching. 9:30c:x5:xx:xx

Slight prickling sensation felt on head under hair. Better for scratching. 9:30c:x5:xx:xx

There's been a sore spot on the back of my head close to my vertex, better for pressing, better for rubbing, better for pressure, in fact generally I'm better for pressure. 3:6c:xx:xx:xx

My skin is tingling, prickling, in my hair on my head; also tingling on my face, chest, back and knee.
9:30c:xx:xx:xx

Instant pain in my vertex; dull pain, better for rubbing my head, better for pressure. 9:30c:xx:xx:xx

Heat in the vertex like a 20-cent piece on the vertex in the brain and burning. 4:6c:xx:xx:xx

Immediately my forehead got hot and I found it hard to focus, my eyes couldn't move, my Mum told me to move, but I couldn't move. I was suspicious about the symptoms so I took another dose later and I had the exact same symptoms of heat in my head then hot and cold and shivering. I was so cold I was sitting in front of the heater; this hot forehead lasted half an hour. 5:30c:xx:xx:xx

EYES

3.00pm. Eyes felt dry. I noticed this driving home, and when I closed my eyes firmly to make them water it felt worse. 4:6c:x5:xx:xx

2.00pm. Eyes felt dry. I wondered whether it was a reaction to the air conditioning in the room? 4:6c:x6:xx:xx

Eyes very sensitive to glare. Had to squint all day RS 11:6c:02:01:00

1.30pm. I feel tired and cold. Am physically weary, but mentally okay. found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying. (I had been very focussed until now, so it feels somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. RS 4:6c:x1:16:xx

Heaviness in my forehead and eyes. My eyes were hazy. It felt as though I had just taken off my glasses at the end of the day. Usually they would focus again within minutes; 2 hours later they still hadn't focussed. 6:30c:00:04:55

9 or 10.00pm. Dry burning eyes for two days. NS 14:00.00.00

Sitting doing some rep. Slight "dizzy" feeling – difficulty focussing when reading, better when writing – lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation "as though aware of lightness inside my forehead and going down into my eyes"; it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

A hazy, sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam; persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control, I'm not comfortable with it, if I had woken up with it I would have thought I had too much wine yesterday. NS 10:6c:xx:05:55

Eyes – left. Feel like I'm getting conjunctivitis; my eyelid is itchy (top) and the inside corner. Stings when I touch it. There is a sty on the top eyelid (centre) and it feels like there's something in my eye scratching. I have had sties in the past but not for a long time, same with conjunctivitis. Worse scratching, touch, thinking about it. 20:04:xx:xx

Eyes – left. Still have the problem with my eye, itchy, stinging, but not as severe – especially if I keep my hands off it. Worse rubbing. 20:05:xx:xx

Eyes – left. Eye same as yesterday, itchy, stinging, dry, worse rubbing. 20:06:XX:XX

Eyes – left. Itchy, stinging, worse touch and rubbing. Pretty much unchanged from yesterday. 20:07:xx:xx

Eyes – left. My eye is worse today; when I woke up it was really dry (feeling) and very sore in the inside corner; it feels like the tear duct is blocked maybe. Very much worse for touch. 20:08:xx:xx

Eyes. Feels better from crying. 20:09:xx:xx

VISION

On waking at 7.00am, when finally opened eyes after some minutes I noticed that my vision was obstructed by a black pattern of squares and circles similar to an enlarged newspaper photo or looking through glass bricks. I had to close my eyes tightly 2-3 times and reopen them before I could focus. I felt panicky and saying to myself, "What's happening, I can't see". NS 4:6c:xx:x9:xx

11.45pm. I was dropping off to sleep lying on my right side. I had a swirling sensation very pleasant for about ten minutes, then I turned over to the left side and I saw with my eyes closed a purple light about the size of a 20 cent coin, in a kind of scratchy pattern like purple neon but brighter, for two minutes. I was shocked and thought, that's it, I have to stop taking that remedy. NS 3:6c:xx:16:45

Whilst driving down Parramatta Road feel like I can see really far away. Another interesting new sensation. 8:30c:xx:xxxx

My eyes are taking a longer time to focus on long distance subjects. 18: xx:xx:xx

Sitting doing some rep. Slight "dizzy" feeling – difficulty focussing when reading, better when writing – lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. (Note - She described this sensation "as though aware of lightness inside my forehead and going down into my eyes"; it started to dissipate when she was writing it down and intensified while she was telling me about it). NS 10:6c:xx:xx:10

My vision is very good, I can see far away. 8:30c:xx:xx:xx

EAR

2.30pm. Pain on and off in right ear, quite sharp, lasted till 3.30pm when it extended to the right cheekbone. NS 3:6c:x9:xx:xx

Can hear really well, a new sensation. 8:30c:xx:xx:xx

Left ear felt blocked. Moving my jaw made it block and unblock. It went away after 15 – 20 minutes. 9:30c:xx:xx:25

Pain occurred in ear (and throat) that feels like an infection. Pain is on the right side. 9:30c:x2:19:xx

Ear pain got worse at 1:30am. Worse when jaw is opened. 9:30c:x3:10:xx

Left ear feels blocked and under pressure. Breathing deeply through my left nostril helps by causing pressure changes in both ears when I do this. 9:30c:10:xx:xx

Ear feels blocked and painful like there is phlegm in it. 9:30c:17:xx:xx

NOSE

Left nostril, inside bottom; started yesterday, after a bit of a cold, quite bothersome. Sore and dry in left nostril on septum. Keep picking at it. <blowing nose. 17: xx:xx:xx

Left nostril still quite bothersome, keep picking at it. It's sore and dry. 17: xx:xx:xx

Nostrils dry, discomfort. 17: xx:xx:xx

Nostril: discomfort sore, dry, < touch. Both nostrils now. Want to keep picking at them. 17: xx:xx:xx

Nose - both nostrils. Sore and totally dry. Really strange, never had this before! Very sore on touch. Quite uncomfortable. 17: xx:xx:xx

Both nostrils, recurrent clear discharge, pain<blowing nose, <touch. Very dry, crusty , sore and irritating – unusual. Never had it before! Feels like nostrils are stuck together at the top. 17: xx:xx:xx

Both nostrils very dry, sore, crusty, bloody mucous, < blowing, < touch. 17: xx:xx:xx

Nostrils still dry but not so extreme any more. 17: xx:xx:xx

Nose still dry but not as painful and discomforting. 17: xx:xx:xx

Mild burning sensation at the root of the nostril followed the waning of the burning sensation in the head c.10.25pm. It felt like a thin ring all around the orifice. NS 4:6c:xx:xx:20

Did the vacuuming over an extended period during the day and noticed that I was very aware of the dust - this heightened sense is unusual -smell seemed to linger in nose for sometime (c. 1-2 h). NS 4:6c:x2:xx:xx

Initially on waking, would blow nose and would have to scrape at internal root of nose to fully evacuate. 4:6c:x2:x7:xx

As for yesterday - dry, crusty bits left to scrape off at back of nose after initial blow. 4:6c:x3:11:xx

2.00am. Wake with tingling sensation inside right nostril - marked and unusual. NS 14: xx:xx:xx

Clear bland discharge from nostril at 7.30am on waking. 14; xx:xx:xx

Tingling sensation continues at night. 14:01:00:xx

Tingling inside of nose continues throughout the day and night. 14:02:11:xx

Prickling and sneezing sensation. 14:02:13:xx

Sneezed six times loudly. No discharge. NS 3:6c:x1:x7:xx

I had sniffles, and slight watery discharge enough to blow my nose; this lasted about 10 minutes; it might have been like an allergy symptom. NS 3:6c:x3:14:xx

Six loud violent sneezes one after the other. NS 3:6c:x4:xx:xx

Sneezed twice with a stuffed nose; the right nostril was blocked; this lasted 10 minutes. NS 3:6c:x5:xx:xx

Sniffles, no discharge, no other symptoms. NS 3:6c:x7:xx:xx

Throat / root of nose. Dry, burning pain on waking < swallowing. Lasted for 10 minutes. Felt less intensely on and off throughout the day when swallowing. 7:30c:xx:xx:xx

Blocked left nostril on waking. Cleared after 10 minutes. 7:30c:xx:xx:xx

Throat/root of nose. 7.00am. Dryish burning sensation lasting for 10 to 15 minutes. 7:30c:xx:xx:xx

Throat/Root of nose. 7.00am. Dryish burning sensation on waking. Lasted 10-15 minutes. 7:30c:xx:xx:xx

Throat/Root of nose 6.30am. Dryish burning sensation on waking. On and off throughout day but more aware of it morning and evening. 7:30c:xx:xx:xx

4 months later my sense of smell has finally come back; strong smells were just awful and made me gag for the last 4 months; perfume was intolerable and awful. Now I'm so into perfume, smells are amazing, especially sandalwood and vanilla. I love it, I'm now passionate about smells, it's the total opposite of before; this is a complete change. 7:30c:xx:xx:xx

FACE

Tingling lasting about 20 seconds immediately on taking the remedy. Had to answer the phone briefly, and then tingling changed to a needle-like sensation on both cheek bones, lasting 5 minutes. 1:6c:00:00:05

A shooting current-type sensation on the left side of my lower jaw bone a few minutes after taking the remedy. It travelled from the underside towards my teeth. 23:30c:00:00:05

My forehead started to slightly heat up, heat on other parts of my face remained the same. Body felt slightly colder. Coldness in my body gone by 12.00 but forehead still hotter than usual. Felt like flu symptoms starting. NS
5:30c:x1:x1:30

Itchy face especially jaw area. NS 5:30c:x1:x6:50

Hot flush in face. Face hot, feels as if it has been stretched. Forehead not as hot as last time. Shook face which helped a bit. NS 5:30c:x1:10:xx

Pain in the right cheekbone on and off, sensitive to touch, but touch does not ameliorate; the area of pain is about the size of a 10c piece. NS 3:6c:x9:xx:xx

At 3:30pm, heat, hot flush, red cheeks. No perspiration, maybe less. 8:30c:x1:x6:xx

Facial hair is a bit sensitive when stroked mostly on the right side. Under chin, throat and tongue. Irritation. 9:30c:xx:23:55

Face – corner of mouth. A small whitehead pimple has come up near the corner of my mouth, left side, top lip; I don't remember ever having a pimple in this place before (which isn't to say I haven't!). 20:06:xx:xx

Pimple still there, corner of mouth, but healing well. 20:08:xx:xx

Woke up with pimples over left eyebrow. Don't usually get pimples these days – these are very small. [Note She described them as not really noticeable but she can feel them with her finger and they are touch sensitive]. NS 10:6c:06:xx:xx

Slight lesion on left side, gone next day. 2:6c:08:xx:xx

I got a cold sore on my bottom lip. This appeared some days ago. It's not very bad. I suspect it's a follow-on from the result of a previous remedy I was taking which had shifted my genital herpes scenario. I used to get cold sores a lot in my 20s and early 30s. 2:6c:05:xx:xx

If I touch it, it hurts; it's worse for touch, it hurts if I move the hairs on my face. 9:30c:xx:xx:xx

My face feels as if it's stretched and very tired and stretched. 5:30c:xx:xx:xx

MOUTH

1.30pm. There is an electric, jumping-nerve sensation in the lips while I was talking. Occurred in two short spasms of less than a minute each. NS 4:6c:x1:16:xx

Gum, around top back left tooth, swelling and bleeding, <touch. Feels sore, swollen and bleeds a bit. Very strange! 17: xx:xx:xx

Gums, upper back left, sore swollen itchy > cold. 17: xx:xx:xx

Gums, right side, lower back this time sore. Dull ache. Seems to be shifting around. Uncomfortable, but not too bad. 17; xx:xx:xx

9.45pm. Dryness. 8:30c:xx:xx:xx

9.35am. Mouth is very dry; tongue is sticking to palate. 8:30c:xx:x1:05

Noticed 5 small lumps on inside of left gum at the back near the molars. 9:30c:x1:13:xx

Cold sore appeared on left side after I noticed an itchy sting, which was the same place that I first got one. 9:30c:x3:10:xx

Pink patch appeared on lower lips. 9:30c:x3:10:xx

Slight prickling sensation felt on bottom lip near cold sore. 9:30c:x5:xx:xx

After a cup of coffee my right upper gums became swollen, and they were still the same 2 days later. There was no pain. 2:6c:07:xx:xx

Gum swelling from 3 days ago has moved to upper front. 2:6c:10:xx:xx

TEETH

Wisdom tooth (R lower) appears to be gradually becoming more sore and puffy over the time of the proving. Tooth is trying to come through again. Sensation noticed on and off all day. 4:6c:x2:xx:xx

Right wisdom still aching and painful. Noticed it mostly in the morning and at night. 4:6c:x3:xx:xx

Aware of the pain which aches and stings since waking (2 hours before). Tended to disappear when occupied. 4:6c:x4:x9:xx

On and off during the day - Right lower wisdom tooth still aching. 4:6c:x5:xx:xx

10.30pm. Twinge of pain in the teeth, lower left molars; the pain moved around a bit on the left side. This happened when I was trying to get to sleep. NS 3:6c:x8:xx:xx

At 6.30pm, dull, shooting pain, inside and around edges of top and bottom teeth. It's like that feeling when the wind rushes through your teeth and chills them, only it happens when I'm inside. It started 3-4 days ago. I have never experienced this before. 18: xx:xx:xx

At 2.00pm, dull, shooting pain in the molars. < coffee? had 2 cups today? 18:x8:xx:xx

Same pains. Also notice a tight jaw, tight muscles > opening mouth wide to stretch it. (This has been a concomitant since beginning of teeth sx). 18:x9:xx:xx and 10, 14, 22, 43, 44.

My teeth are incredibly sensitive to cold, cold wind on my teeth is awful, as if my teeth are cold, as if I've bitten into an ice-cream; it's not really pain but it's awful, especially my bottom teeth; oh my god my teeth are rotting. 18: xx:xx:xx

THROAT

After dark my throat began to feel a bit rough. This is new. It was not red or sore, just rough – pretty mild really. I had phlegm that was really hard to spit out at night, but it came out easily in the morning. There was no cough and the phlegm was bright yellow. This then happened regularly at night. 1:6c:01:06:00

Sore, left side at 11.00am. Has persisted since waking. It is the persistence that is new, not the sore throat on waking. NS 4:6c:xx:13:xx

It appears to be lingering and getting worse. It feels sore, stitching and scraping. 4:6c:xx:14:xx

6.30am. Woke up with a sore throat. Noticed it on and off during the day but stayed at the same intensity. NS 4:6c:x8:xx:xx

Following the burning sensation in the back of the nose there was a thin, clear stream of fluid trickling from the back of the nose down the throat. NS 4:6c:xx:xx:20

The burning in the nose and the thin stream of liquid sensation was followed by catarrh in the throat which was difficult to clear. NS 4:6c:xx:xx:20

Left side of my throat under my tongue was hurting. It felt like it was a little swollen. Swallowing felt a bit strange due to swollen sensation. 9:30c:xx:14:35

Pain occurred in throat (and ear) that feels like an infection. Pain is on the right side, and hurts more when I open my mouth wide. 9:30c:x2:19:xx

I can feel some mucous in the back of my throat. 9:30c:10:xx:xx

My throat has felt coated in mucous today, my voice has been scratchy. Thomas has been bleaching his hair and I think it's from the fumes; worse coughing, clearing throat. 20:06:xx:xx

Dry, but with mucous stuck in it. 20:09:xx:xx

Dry, stuck mucous – same as yesterday. 20:09:xx:xx

Dry, stuck mucous. 20:10:xx:xx

Unchanged from yesterday afternoon. 20:11:xx:xx

Pain / ache. Worse swallowing. Just a vague ache in my throat on the left-hand side. (Note - She described this as "slight bruising in the soft palate, ache in the back of my throat"). NS 10:6c:04:xx:xx

I got a sore throat accompanied by a headache. It had a raspy feeling. I have had a slightly sore throat off and on for the last couple of weeks. I thought it may be the result of the aftermath of an intense work period. It didn't develop into anything until today. (This continued until 21.9.01). 2:6c:21:xx:xx

Sore throat with headache. Stayed home from work. 2:6c:22:xx:xx

Pain on swallowing, < right side. Lasted for an hour or so. 7:30c:xx:xx:xx

EXTERNAL THROAT

My jaw and glands felt as though they were swollen as though pressure was building up, however on palpating them they weren't. 6:30c:01:10:00

When woke at 2.30am noticed stiffness in neck and shoulders. I wondered whether it was to do with my anger. 4:6c:x1:x5:xx

I woke with a stiff neck (both sides and into shoulders). Unable to resettle and this was aggravated by husband's snoring and the feeling the vibrations through the mattress. Went to a different room to sleep. RS Also had a dull headache deep in the head but also noticed it in the frontal area and temples. 4:6c:x2:x5:xx

A crunching of neck when shifting. It was difficult to sit up straight and became worse as the afternoon went on. Accompanying the headache. 4:6c:x3:14:xx

A stiffness in neck that was worse for sitting and which also deteriorated in the afternoon. First noticed it after lunch and it gradually got worse into the night. 4:6c:x5:xx:xx

Stiffness is back on waking. 4:6c:13:xx:xx

Stiffness and crunching and difficult to move on waking. It was better for swimming. 4:6c:15:xx:xx

Wake at 7.30am with painful sides of neck on turning head RS, experienced last November to February following a bout of flu. 14: xx:xx:xx

STOMACH

Abdomen feels very heavy centrally. Feels as if something is stuck. Not like usual "too full" bloating. It was as if the food was caught at the top of the stomach and couldn't go any further. No pain as such, just very heavy. Relieved by sleep. 2:6c:xx:xx:xx

Stomach. Nausea on waking and after breakfast. Feeling of dehydration. RS. 12:30c:xx:xx:01

Stomach. Slight nausea, stomach cramps. Feel the need to eat. Wake up with nausea that steadily gets worse up until midday. Symptoms return in the evening. 12:30c:xx:xx:03

Stomach. Still unsettled. Feels weak as if everything I eat or drink will aggravate it. Still have to be eating or drinking something all the time. 12:30c:xx:xx:04

Stomach. Nausea through the day. If I eat late at night I feel uncomfortable and wake up dehydrated and feeling sick. 12:30c:xx:xx:06

Strange and painful dull sensation across epigastrium and in stomach after eating. 17: xx:xx:xx

Sweet craving not satisfied by eating sweets; also straight gluttony, "Fresslust"! This is very unusual. Quite unconquerable. Couldn't stop eating until went to bed. Weird. I fell asleep at the computer which is bad cos something is due today. 17: xx:xx:xx

Stomach feels like a lump. No appetite. Feel slightly sick in stomach. Can't eat anything. How unusual! 17: xx:xx:xx

Stomach. Sick feeling, bit nauseous. Zero appetite. Can't eat anything. I'm very affected by the news. Can't stop reading the paper. Terrible terrible news. 17: xx:xx:xx

Feels like a plug in there. Absolutely no appetite - still feeling a bit sick in the stomach. Can drink but difficulty eating. 17 : xx:xx:xx

Full sensation, still no appetite - strange!! 17: xx:xx:xx

Still no appetite! Have to force myself to eat. (I'm sure this is because of the state of the world). 17: xx:xx:xx

I had cutting sensation in the abdomen, but still had to eat (pasta, bacon, cream). Pain in stomach also still present at 11.30pm. 4:6c:x5:xx:xx

Not feeling hungry tonight; normally starving about this time of the night. No appetite with nausea. Made myself eat a chicken dinner. NS 5:30c:x2:x8:xx

(Note - Fullness, feels like she is severely constipated < walking, moving and leaning forward, > still. 9.30pm). 6:30c:00:19:35

I feel like I am severely constipated; it is worse for walking, movement and sitting down. It is better for standing still. 6:30c:00:19:35

On the right side of my stomach it felt as though someone was poking me. It felt like a sharp stinging pain. 6:30c:00:21:50

Feel like I am going to vomit and cry > for drinking hot water everything going back to normal. Feel weird again when writing. 8:30c:xx:xx:xx

Grumbling in stomach. 8:30c:xx:xx:xx

Water brash in the mouth >for burping. I do not experience water brash, unless I am sick. 8:30c:xx:xx:xx

Am feeling nauseated with a dull circular pain, in my abdomen. The experience of a dull circular pain was new. 8:30c:xx:x2:05

A wave of nausea and feeling like I have to vomit vomit, sits just in the back of the throat. 8:30c:xx:x5:30

5.07pm. A wave of nausea feeling like I have to vomit; I get that feeling in my mouth. 8:30c:xx:x9:23

Nausea and dizziness. I want to throw up and cry, feeling shaky sort of cold. Nausea seems to move down in the stomach. It feels like pregnancy nausea to me. 8:30c:x1:x8:xx

Nausea, faint, dizzy, have to sit down >for walking by the sea. 8:30c:x1:13:xx

The nausea is like pregnancy; nausea comes on quickly. 8:30c:x2:x9:xx

I did yoga for ½ hour, then relaxation for a while. Felt very sick and nauseous after? 8:30c:x4:xx:xx

Like a lump under my sternum. About an hour after eating lunch (tuna and crackers) the lump started and is better for burping. NS 10:6c:01:05:xx

Still discomfort, lump, burning, nausea? Not better or worse for eating – food is actually not my favourite thought, although I did manage to eat breakfast. (Note - Worse thought of food, “even my kick starter orange juice was not as enjoyable, I can’t say I’m sick, but not 100%”). 10:6c:01:23:xx

Stone, lump in pit of stomach, worse eating. 10:6c:02:23:xx

Still stone, lump in pit. Worse eating. Passed a stool about midday but the sensation is still there. (Note - Dry stool, “feels like it wasn’t complete. I don’t feel super-doooper. I feel like the lumpy sensation will go when I flush the system so to speak; this has thrown my evacuation out”; she sounded flat). 10:6c:03:06:xx

The sensation of a lump in my gut has gone. 10:6c:04:xx:xx

Fullness, worse eating, better eructation. This full feeling is radiating to my chest/breasts on both sides like a dull ache. 10:6c:05:xx:xx

Thirst for cold drinks. Usually I am not a thirsty person – drank large quantities of cold juice. (Note - Drinking glasses of water or fruit juice two at a time). NS 10:6c:05:xx:xx

Lump, worse eating. 10:6c:08:xx:xx

Nausea. Woke in the night feeling very sick – felt sure I was going to throw up – I was so tired I couldn’t get out of bed and ended up going back to sleep without vomiting. 20:09:xx:xx

Nausea – worse thought of food – better warm drinks (herb tea). Feel sick – like throwing up, getting slightly better as morning progresses. 20:10:xx:xx

Nausea gone by midday. 20:10:xx:xx

Slight nausea this morning, easily ignored, breakfast as usual. 20:11:xx:xx

On taking the remedy it makes me feel like I want to eat. This happened strongly when I took the first few doses, and to a lesser degree subsequently. 7:30c:xx:xx:x1

ABDOMEN

Violent movement accompanied by loud noise in transverse colon on and off for 2 hours. Followed by explosive dark fatty stool. 11:6c:05:00:00

On waking at 5.00am there was a sensation of inner trembling and pulsating of the whole trunk of the body (Note - centred round the heart chakra region -obs). NS 4:6c:xx:x7:xx

9.45pm - 11.00pm. Started getting really bad stomach pains. Very bad cramps. Above navel, towards the left. > better for lying on back wiith stomach stretched. NS 5:30c:x2:11:xx

I felt like I had butterflies in the abdomen (Note - She indicated the hypogastrium area and said it tingled for about 30 seconds). 6:30c:00:01:10

4.45pm. (Note - Pain feels like period pain - during ovulation - doesn't usually have ovulation pain. Had to sit on ground). 6:30c:01:12:00

7.00pm. (Note - Tummy upset, < walking, > not moving. She said it felt like potential diarrhea). 6:30c:01:12:00

It felt as though I had the cramps that go along with diarrhea but I had no diarrhea to go with the cramps. (Note - < walking. Lasted 10 minutes). 6:30c:07:00:00

During an aerobics class I had chronic cramps in my lower abdomen - the type you get with diarrhea. (Note - < movement). 24:30c:01:04:00

Abdominal cramps with a sore lower back. I tried to go to the toilet but I was constipated. The cramps were better for stretching. 24:30c:06:00:00

Belching, almost always at this time dropping off to sleep. RS 3:6c:xx:16:3x

A strong pain in left groin whilst walking, >for pressure for about ½ hour. 8:30c:x1:12:xx

Pain rectangle on the right of belly button. Sore, dull, aching, pulsating on and off. Like a rectangle inside my belly >for slight rubbing. NS 8:30c:x5:xx:xx

Pain is still there, now it is much more faint. 8:30c:x5:xx:xx

Still got the pain, not so strong >for soft rubbing, thoughts of the remedy pervade my mind, the idea of something strong, rectangular. 8:30c:x5:xx:xx

Pain from yesterday is back again. I argue in my head whether or not I should write it down; the pain is more dull and it seems to sometimes get < by thinking about it, sometimes get > by thinking about it. 8:30c:x6:xx:xx

Have had very bad, painful gas with bloating for most of the day. I have gone to the toilet 5 times. 9:30c:5:xx:xx

Dull discomfort as though "diarrhoea" might be onsetting, backing up into stomach. Could be due to haemorrhoids and the trauma of this morning. (Note - She said she feels "uncomfortable and lethargic". The abdominal discomfort and pain in the back went after eating lunch). NS 10:6c:01:01:xx

Sharp pain on the right side of my abdomen, liver, sensitive to touch. 3;6c:xx:xx:xx

A sensation as if someone is pushing a finger deep into my sternum; it's not my heart, it's not my breast, it's not my spleen, kind of under the ribs, nasty, pushing pain. 18: xx:xx:xx

Constipation, severe impacted constipation, profound discomfort in my abdomen with also heartburn and it had to be removed mechanically; lots of bleeding with my stool, pain, fissures, bloody stool, abdominal discomfort and a lump sensation in my gut; all of this lasted 24 hours, burning sensation, dull aching. 10:6c:x:xx:xx

My abdomen is distended; it felt as if I was constipated; better lying down, better moving, worse standing still, better for pressure and bending double, better for stretching; a tingling sensation just behind and under my ribs, cramps in the abdomen, especially the lower abdomen; they woke me up in the morning. There seem to be some changes in my stool. I feel as if I need to be stretched. I need to be stretched with my tummy out. I want to be stretched out. (Note -prover number 6 became pregnant during the proving and these symptoms need to be questioned). 6:30c:xx:xx:xx

I've been bubbly, gassy and fermenty in my abdomen. 9:30c:xx:xx:xx

RECTUM

Inactivity, digestion sluggish, slow, ineffectual urging. Took some digestive bitters and had a motion but still "not get done sensation". 17: xx:xx:xx

Left side, itching and discomfort. Feels like haemorrhoids (since birth of 3rd child) are aggravated. Or is it [a] herpes, too? 17: xx:xx:xx

Itching discomfort, irritating. All day. <wiping < stool. 17: xx:xx:xx

Left side, still itchy and sore. <touch, <stool. 17: xx:xx:xx

Left side sore, itchy, uncomfortable. Hard stool. 17: xx:xx:xx

I'm not sure what this is - an external haemorrhoid? Very painful on touch. There's a painful lump on side of rectum. It's getting bigger and more painful. 17: xx:xx:xx

It's herpes in its vilest form! It's large and extremely sore. Stinging, burning and itching! Also rectum is itchy. I don't think I've ever had such a nasty one. It's sort of elongated large with a ridge in top on the perineum. VERY sore <<<touch. 17: xx:xx:xx

Woke up through the night with madly itching rectum and also itchy ear. Herpes very sore, stinging, burning, itching! <<<<touch. Drove me nearly crazy today. Can't even sit on it. Dread going to the toilet. Why is this so bad? 17: xx:xx:xx

Very painful and sore, burning and stinging. This is probably the worst (herpes) I've ever had. It's sort of long, raised and pointy with a ridge along the top. Yuk! 17: xx:xx:xx

Itchy. Throughout the night. Extremely bothersome and woke me up. Then it disappeared completely. Didn't have it at all during the day. 17: xx:xx:xx

12.00pm. Stool, heavy, easy exit. Consistency harder than my normal stool. 8:30c:x1:x3:xx

Diarrhoea like stool probably part of the sickness. 8:30c:x7:xx:xx

Bleeding haemorrhoids. Constipation - tearing sensation in anus. I have had haemorrhoids for 28 years but have never before had so much difficulty passing a stool which resulted in more bleeding than I have ever experienced. (Note - Worse for sitting, better for hot shower. Stool unusually hard, could not get out, and had to remove mechanically). AS 10:6c:xx:21:25

Burning, stitching, worse sitting. Raw fissures still from yesterday, haemorrhoids soft but protruding after stool. (Note - Not constipated now, but still hurts, stinging). 10:6c:01:23:xx

Pain, stitching, after stool. Usual pain that I get when my haemorrhoids are "playing up" - after stool - stinging for about 20 minutes until they settle. 10:6c:04:xx:xx

STOOL

7.00am. Colour was a raw sienna (yellow - brown) + green. It was hard and pellety [obs]) to begin and then became soft and was large in volume. Had been flatulent since rising. NS 4:6c:x1:x9:xx

12 noon. Third stool in 3 days. I'm not usually this regular. It was soft and easily passed. 4:6c:x4:14:xx

7.30am. Second in two days (3 days with nothing during bad - depressed 2 days). Firm, difficult to expel, though I had the urge. 4:6c:x8:xx:xx

9.30am. Third in 3 days. Started dry and difficult to expel and like sheep dung. It changed to a soft stool, well formed and easy to pass. Each of the 3 stools has been a large amount, (larger than I would expect). 4:6c:x9:xx:xx

Runny stools with a sore lower back. 6:30c:01:22:00

Slight cramp passing stool, slightly constipated; usually I pass stool when I get up in the morning. NS 3:6c:x3:1x:xx

Slightly more urgent and the stool more mushy than usual. NS 3:6c:x6:xx:xx

Bleeding haemorrhoids. Constipation – tearing sensation in anus. I have had haemorrhoids for 28 years but have never before had so much difficulty passing a stool which resulted in more bleeding than I have ever experienced. (Note - Worse for sitting, better for hot shower. Stool unusually hard, could not get out, and had to remove mechanically). AS 10:6c:xx:21:25

Constipated. Usually go as soon as I get up – I have the urge, but nothing has happened yet – could be anticipating pain? (Note - She sounded worried saying “I might be constipated. I’m nervous about going, I’m anxious about it, after the last experience”. After speaking to the master proving supervisor she said, “I don’t feel so stupid now, I wasn’t sure the symptoms were from the remedy, it all happened so fast”). 10:6c:02:23:xx

Still stone, lump in pit. Worse eating. Passed a stool about midday but the sensation is still there. (Note - Dry stool, “feels like it wasn’t complete. I don’t feel super-doooper. I feel like the lumpy sensation will go when I flush the system so to speak, this has thrown my evacuation out”; she sounded flat). 10:6c:03:06:xx

Seems to be a constant since taking remedy – bowel habit has changed as to time and texture – haemorrhoids have settled back to normal. (Note - Now have knotty stools that come later in the day). 10:6c:08:xx:xx

The colour of my stool is yellow, green and brown. 4:6c:xx:xx:xx

BLADDER

Unheard of hesitation at commencement of stream, and then poor and protracted stream. Once only. 11:6c:03:19:00

Had a constant urge to urinate. Lasted one hour. 1:6c:02:20:00

KIDNEY

Stabbing pain, moving in to the tip of the kidneys. 8:30c:xx:xx:xx

Sharp pain rising from the kidneys, ovaries to the chest and shoulders. Intense, but short, happened whilst doing yoga, like something came unstuck. Never had this before. 8:30c:x6:xx:xx

Left kidney region: had a very bad night. Trouble getting to sleep. Then Tom kept us awake for ½ hour. I felt very cranky. Strange pains or dull ache in left kidney region. Urging to go to toilet frequently during night with little urination. Worried about it. Wondering what it is. 17: xx:xx:xx

Kidneys – aching – night. Tender during night and on waking. >urination. 17: xx:xx:xx

10.30 pm. Kidney region, left lower back, strange, sharp pain < movement <inspiration. Feels like a dull ache when not moving, quite sharp on movement. More on the surface. More of a muscle pain. This started immediately after speaking to F today. 17: xx:xx:xx

Kidney region, left middle back. Still that sharp localised pain on movement. I’m not at all worried about it, which is strange. 17: xx:xx:xx

URINE

Afternoon and evening. Odour still very strong, pungent and lingers on pants and body (genital area - noticed it undressing). 4:6c:x1:xx:xx

10.30pm. Noticed a strong odour of urine appeared to linger around genital area, noticed as got into bed. 4:6c:x1:x1:xx

Lots of urination; feel like I am passing foamy bubbles, like champagne and after I did this felt much >. 8:30c:xx:xx:xx

I'm passing bubbles and forming bubbles in my urine. 8:xx:xx:xx

MALE GENITALIA/SEX

FEMALE GENITALIA/SEX

Left labia genital herpes eruption, sore, stinging pain on touch. Obvious sign of being run down. 17:xx:xx:xx

Left labia, herpes developing nicely. < touch. It's obvious I'm not getting enough sleep. 17:xx:xx:xx

Tingling and itching on labia from emerging Herpes Simplex-II at 12.00 noon. 4:6c:xx:14:xx

Desire

Menses

9.55pm. Neurological pain on right side of pubic bone. Sharp electrical type pain like a needle being pushed in and pulled out. Stopping and starting. Happened 4 or 5 times over 2 minutes. NS 16:x6:xx:xx

At 10am period started. Aching, crampy pains. Least intense sx/pain I can remember for months. I am able to sit up and semi-function on work/study. (Nat-mur 200C, 1 dose, 2 weeks ago and 5 doses, 2 months ago). 18: xx:xx:xx

A pain in the right and left ovaries, dull aching pain that disappears 2-3 minutes later. 8:30c:xx:xx:xx

A dull, ache, strong ovarian pains both sides first, < on the right also disappears within ½ hour. NS 8:30c:x1:14:xx

Sore painful ovaries as if inflamed and the area is distended. Feel a bit dizzy as I am walking around the museum; slight nausea. 8:30c:x2:x6:xx

I experience sharp pain in a round spot on my right hip; the pain sort of moves towards the middle of the lower abdomen, a sort of squeezing in. NS 8:30c:x2:x6:xx

Sitting down giving reiki to my ovaries; feel as if they are hard balls and are sticking to my hands; did not want to write this down; my menstruation was shocking pain; on day one flow was normal. 8:30c:x2:x8:xx

There is a herpes lesion on the left side which is stinging with a sharp pinching pain. (This was still there on 22.9.01.) 2:6c:21:xx:xx

Period arrived and slightly relieved pain in lower back. Not enough to reduce its intensity from 3 to 2. 7:30c:08:x4:xx

A feeling of asexuality, i.e. no sexual desires/urges, not thinking about it, or wanting, or even remembering it! Strange for me! Very strange for me! 18: xx:xx:xx

Feeling good. Period still heavy, cramping gone – don't feel tired! This is unusual; when my period is heavy I am usually quite tired and irritable. 20:02:07:xx

Haven't felt irritable tonight. Period a bit lighter. Tired but not pissed off. 20:02:12:xx

LARYNX

My throat has felt coated in mucous today, my voice has been scratchy. Thomas has been bleaching his hair and I think it's from the fumes – worse coughing, clearing throat. 20:06:xx:xx

Voice hoarse. 20:09:xx:xx

Voice hoarse – worse for coughing – same as yesterday. 20:10:xx:xx

Voice – same as this morning – hoarse, worse coughing. 20:10:xx:xx

Voice – unchanged from yesterday afternoon. 20:11:xx:xx

Pain on swallowing < left side. Croaky voice lasting all day. 7:30c:xx:xx:xx

Slightly croaky voice on and off all day. < evening. 7:30c:xx:xx:xx

Slight pain on right side when swallowing. On and off throughout day. Slightly croaky voice. On and off throughout day. 7:30c:xx:xx:xx

Slight pain on right side when swallowing. On and off throughout day until the evening. 7:30c:xx:xx:xx

Croaky voice < night. All day into night. 7:30c:xx:xx:xx

RESPIRATION

COUGH

I had the impulse to cough, slight dry cough, < movement. NS 3:6c:xx:xx:3x

I coughed a few times, dry slight (wussy) cough; this is new for me. NS 3:6c:x1:x8:xx

Slight cough again but with a small amount of clear, watery phlegm. NS 3:6c:x2:xx:xx

Slight cough again the same, brought on by movement. NS 3:6c:x2:x1:xx

A slight cough and wheeze; it lasted about 10 minutes. NS 3:6c:x5:xx:xx

I had a dry cough; it came and went throughout the morning. NS 3:6c:x6:xx:xx

Throughout the day, dry cough. NS 3:6c:x7:xx:xx

Dry cough. NS 3:6c:x8:xx:xx

Dry cough lasted till early afternoon. NS 3:6c:x9:xx:xx

Coughing a bit – dry scraping sensation in throat. 20:09:xx:xx

Dry, scraping in throat – worse for talking – same as yesterday. 20:10:xx:xx

Dry, scraping – worse talking, no change from this morning. 20:10:xx:xx

Unchanged from yesterday afternoon. 20:11:xx:xx

Clearing throat – worse talking. Otherwise feel fine. 20:11:xx:xx

Clearing throat – worse talking. Feel good, cough still same as yesterday afternoon, but otherwise OK. 20:13:xx:xx

Same as yesterday – clearing throat, stuck mucous. No other symptoms. 20:14:xx:xx

Dry cough on and off since waking and throughout the day. 7:30c:xx:xx:42

I've been ultra relaxed since I took the remedy, but respiratory symptoms and a dry cough and watery mucous in my throat, a pleasant swirling feeling and I saw a purple light. 3:6c:xx:xx:xx

I have a beginning of a chest infection; worse movement, worse morning, wheezing on inspiration. 3:6c:xx:xx:xx

CHEST

My heart started beating quite fast, and I was slightly apprehensive for about a minute. It felt like the brain and heart were being affected together, were connected. There was a feeling of twitching, like a tic, on the left side of my chest near the heart just before the palpitations began. 2:6c:04:xx:xx

I could feel my heart throbbing on my left chest; it was thumping almost as if from adrenaline. The heartbeat was quick and strong. 2:6c:04:xx:xx

There's a pain in my right breast which has been constant all day and quite painful. It might be my mastitis playing up again. I used to get this in my late teens and early 20s. 2:6c:08:xx:xx

The mastitis is stinging, painful and uncomfortable. It's been constant. 2:6c:10:xx:xx

My heart rate accelerated after eating a turkish bread sandwich with pesto and fetta. Still there a few hours later. 2:6c:10:xx:xx

There was another attack of accelerated heart rate after I drank chocolate and ate cake, again of several hours' duration. 2:6c:11:xx:xx

Began to regurgitate my dinner. Worse bending down. Acidic taste with whole food pieces at least 3 hours after eating. Happened 5 times over a 3 hour period. No flatus, but some burping. 11:6c:03:08:00

While lying down thinking about the remedy and what to write in the book I felt a quivering shaking sensation inside my torso, and while I am writing it extends along my arms and hands. 23:30c:00:00:40

2 strong heart palpitations accompanied trembling in the trunk. NS 4:6c:x2:x1:xx

Trembling vibration noticed while sitting. In whole of trunk but worst in chest. Less noticeable than previously. 4:6c:x2:x1:xx

Chest, arms and hands are shaking and trembling. (This is not pleasant - obs). This is going on from last night and appears linked to my emotional reaction of the previous day and the on-going depression about it. 4:6c:x6:xx:xx

A short (10 seconds), tingling sensation (like mastitis) in R nipple. Better from firm rubbing. NS? 4:6c:x6:xx:xx

Sensation of a lump, a dull pain at the base of the sternum which lasted about 2 -3 minutes (short duration). NS 4:6c:x6:xx:xx

Left nipple - there was an electric, stitching, tingling sensation like before on the other nipple (like mastitis). Sensation occurred while driving - it was only momentary (10 seconds), but unpleasant and my immediate reaction was to rub it hard to stop it, which it did. 4:6c:x9:xx:xx

Right shoulder - woke with pain in right deltoid muscle. Could not raise arm to remove T-shirt without it hurting. It hurt most when I tried to raise my arm while extending it across my body with the elbow bent. The pain site gradually moved during the morning and extended to the forearm. Found my grip with my right hand was weak also. 4:6c:16:xx:xx

Heart rate was faster, and felt as if my blood pressure was higher than usual. I felt better being alone and I also felt disappointed and trembling inside; this feeling took about 30 minutes to go. 4:6c:x5:xx:xx

Chest - ribs. Stabbing pain in rib area just below right underarm. Sensation lasted about 5 minutes; a deep stabbing, burning pain located on the lateral aspect of the outer chest, right side on 3rd lateral rib line. Pain was uncomfortable and intense. Tried to relieve the pain by rubbing, < rubbing. NS 5:30c:x1:x1:55

Stabbing pain in the rib area under right underarm is back. Pain more intense than last time. Sensation as if being poked. Deep, burning, stabbing local pain. Lasting about 7 minutes. NS 5:30c:x1:10:18

I felt constriction, in inner centre of chest, lasted 30 secs. I was surprised because this was completely new. NS 3:6c:xx:xx:3x

I felt a slight wheeze in the chest on inspiration. It lasted 30 secs. Never had this before. NS 3:6c:xx:x1:3x

I had a slight wheeze on the in breath like in the morning, lasting 30 secs, the same. NS 3:6c:xx:1x:xx

I had a slight wheeze on the in breath like Day 1, lasting 30 secs, the same. NS 3:6c:x1:xx:xx

Heart 1.00pm. I noticed when I was at the gym on the exercise bike that my pulse rate stayed at 75 for much longer than usual. It took 5 minutes longer than usual to reach 120 which is my usual pulse when taking aerobic exercise. NS 3:6c:x1:x6:xx

Feeling of subtle constriction in the chest, ie subtle so the feeling is on the edge of physical or emotional, it's hard to tell which. NS 3:6c:x2:x1:xx

Again I had a sense of sensitivity in the inner middle chest; it lasted about 10 minutes. NS 3:6c:x5:xx:xx

A feeling of subtle tightness in the chest, it lasted a few minutes and came and went throughout the morning. NS 3:6c:x6:xx:xx

Sharp pain on the right rib cage on the bone just to the side of my left breast; sensitive to touch and better for rubbing, very unusual. Size of the area of pain was the size of my thumb, very localised. It lasted till midday. NS 3:6c:x6:xx:xx

Throughout the day feeling of tightness in the chest, very subtle. NS 3:6c:x7:xx:xx

A feeling of subtle tightness in the chest, came and went throughout the day. NS 3:6c:x8:xx:xx

A feeling of subtle tightness in the chest, lasted till early afternoon. NS 3:6c:x9:xx:xx

Feeling of subtle tightness in the chest, came and went throughout the day lasting until early evening. NS 3:6c:10:xx:xx

Feeling of subtle tightness in the chest, came and went throughout the day. NS 3:6c:11:xx:xx

Subtle feeling of tightness in the chest, lasted 30 seconds. NS 3:6c:14:xx:xx

Left breast (on medial side), under the breast, above the ribs. Bruising, throbbing, sensation, deep. Pulsating, intermittent. > pressure and rubbing. NS 18:x4:xx:xx

Feel a bit constricted in chest, a dull sort of black hole deep in the chest going hot and cold. Felt like chest doesn't belong, airy bubble in lungs, felt like I'm getting a cold. NS 8:30c:xx:xx:xx

I have great oppression of chest <for smoking. 8:30c:xx:xx:xx

My chest feels separated from the body, like an air bubble. In the whole of my chest in the lung area. 8:30c:xx:xx:15

Woke up sick - my usual chest cold. 8:30c:x8:xx:xx

Like a lump under my sternum. About an hour after eating lunch (tuna and crackers the lump started and is better for burping). NS 10:6c:01:05:xx

Fullness, worse eating, better eructation. This full feeling is radiating to my chest/breasts on both sides like a dull ache. 10:6c:05:xx:xx

Breasts. Aching soreness. In morning and at night. Had this at the same times the last 2 days. Very unusual. Have never had before in middle of cycle like this. Only ever pre-menstrually. 7:30c:xx:xx:xx

Breasts. Soreness in the morning and at night lasting about half an hour each time. 7:30c:xx:xx:22

Breasts. 8.00am. Soreness lasting about half an hour. 7:30c:x1:xx:xx

Both breasts sore <morning also at night. 7:30c:x2:xx:xx

Soreness of breasts. Was only aware of this on and off late afternoon and into night. Not as intense as previously. 7:30c:x3:x9:xx

My rib area has sharp pains on the right side as if I've had a heart attack; it lasted 5 minutes; this was an immediate response to the remedy. 5:xx:xx:xx

BACK

When sitting on the couch my back felt strained. The pain was beginning at the lumbar region right across the back. 6:30c:01:15:00

Neck and shoulders had been stiff and sore since weekend; now much better this morning. CS 4:6c:xx:x9:30

Lumbar region - accompanied knee pain at 8.00am. Less intense than previous day. RS 4:6c:xx:10:xx

Back ache from night before appears to have improved. Okay now (11.00am) where was aggravated by sitting in a chair, watching TV, at least to begin with. 4:6c:xx:13:xx

Pain from previous day still there. 4:6c:12:xx:xx

Twitching of muscle at the right side back around the floating ribs; never had it before, but maybe something in my back is coming loose. NS 8:30c:x7:xx:xx

Muscle spasm, like yesterday about 3 times; they last 1-5 minutes, like when your eye twitches. 8:30c:x8:xx:xx

Back - right side. Heat, concentrated on the right hand side of my back from the waist up into my neck and down the back of my right arm, lasted about 20 minutes. (Note - She described this as "a sensation as though the sun was shining on me, while standing in the kitchen"). NS 10:6c:xx:07:10

Back - right side. Heat, sensation returned after about 10 minutes, but was restricted to torso and arm - from waist to shoulder. NS 10:6c:xx:07:40

Back (lower)/Pelvis. Dull ache across sacrum worse sitting. Have had lower back/gluttial pain before but this is a dull ache and generalized over the whole area. AS 10:6c:xx:23:25

Had an extremely stiff lower back; couldn't walk properly. Have this anyway, but much worse than usual. Had to keep stretching and moving. 16:30c:xx:18:xx

Since about the same time as I started taking the remedy, the cervical vertebrae seem to be out, causing cracking and discomfort. 2:6c:09:xx:xx

Lower back 4-5.00pm. Aching pain < sitting. This lasted about an hour. Felt like period pain. Could be ovulation pain. 7:30c:xx:xx:xx

Lower back - sacrum. Aching pain lasting all day. 7:30c:xx:xx:xx

L-5 Lumbar. Aching pain extending down right thigh. > occupation. Lasted on and off all day. < evening.
7:30c:xx:xx:xx

6.00pm. Going to bed. Aching pain in lower back extending to lower buttocks and upper thighs. Much better than yesterday. 7:30c:xx:xx:xx

Lower back/lower right buttock. 6.45am-7.30pm and 9pm-10pm. Pain > pressure. Only aware of this in morning and at night - as if something was misaligned. 7:30c:x3:xx:xx

7.00pm-11.30pm. Sudden onset. One minute I didn't have it at all then full on. Aching pressing pain in lower back < standing and walking, lying down and turning in bed. > bending forward. Quite common for me to get lower back pain just prior to period but this is much more intense. Lying in bed, pain was extremely intense. Worried as to whether or not I could walk to the bathroom. OK but had to walk bending forwards.
7:30c:x7:11:xx

Aching pressing pain in lower back extending down sides of buttocks into thighs. < turning over in bed. Same as previous night lasting all day. Had to walk bending forward. Very painful. 7:30c:x8:xx:xx

Soon after taking the remedy I had to leave college because I had kidney pains, stabbing pain and nausea.
8:30c:xx:xx:xx

6.30am. Lower back pain and also strong dull aching pain in ovaries, >by a hot water bottle, had this idea it would be better by bandaging, >by 8.00am. I was sick in bed. My menses has never before caused me this much pain. 8:30c:x1:21:xx

EXTREMITIES

While asking the universe for 20 minutes sun while sunbaking something landed on my left shoulder, fluttered about briefly and left a wet patch. 1:6c:01:20:00

Pain

Shoulder/arm

Woke up with a painful sensation in my right shoulder tip and upper arm. Pain shot down to elbow on pressure. Repeated several times during the day. 11:6c:03:18:00

Pain in whole left arm, commencing in upper arm and extending downwards. Worse abducting the upper arm. Like a boring pain in the bone. Lasted on and off for some hours. Not relieved by any position/movement. 11:6c:03:22:00

Pain became lodged in left mid humerus. Like an ache now – heavy and dull. Can put two fingers over the spot. Worse abducting the arm. Not relieved by any position/movement. 11:6c:04:00:00

Wrists

It feels like my wrists are weak, like I have strained it on my right side. The pain runs up the ulna bone. 6:30c:01:10:00

Wrist / Hand / Fingers. Sudden sharp pain in my left hand, just above my wrist travelling up into my wrist on moving my ring and little finger, getting better/less intense the more I move it. Worse for movement of ring and little fingers, worse writing, better continued movement. NS 20:xx:01:25

Left wrist; aching. Still some pain in my wrist, but only when I move my ring and little fingers (left hand). Worse movement of ring finger and little finger. 20:xx:22:55

There's an aching pain in my right little finger and the surrounding area. 2:6c:08:xx:xx

Calves

Aching in my calves, my right thigh and hip, my right upper arm, it's aching. 4:6c:xx:xx:xx

While driving I felt a sudden, intense pain in my whole right calf. Lasted about 20 seconds. NS I thought of cancer 2000. 16:x6:xx:xx

12.45pm. Pain above knee caps that moved down to the back of my calves, sore pain for about ½ hour. NS 8:30c:xx:x4:20

Again muscle spasm in the same spot. 8:30c:x7:xx:xx

There was a sudden cramp in my left foot extending to the calf. 2:6c:00:07:xx

I got a cramp in my left foot again, but not as intense as the first time. 2:6c:01:02:xx

Both legs experienced cramping in the feet and calves as I got into bed. It was as if the muscles had a will of their own, going into spasm. This lasted about a minute. 2:6c:04:xx:xx

6.00pm, and after on the right side. The right calf and shin ached and it was worse for crossing legs and sitting. The pain moved and eventually travelled to the right hip. NS 4:6c:xx:20:xx

10.30pm. Had an ache in the right leg again, which appeared to be better for rapid movement. Found myself bouncing legs up and down, rapidly and quite involuntarily (ball of foot still touching the ground) - both legs together and then alternately. This not only relieved the ache, but my whole body felt energised as a result. Found myself repeating it a few times after that more consciously to manage the leg pain. NS 4:6c:x2:x1:xx

Heat

Arm – right side. Heat, concentrated on the right hand side of my back from the waist up into my neck and down the back of my right arm, lasted about 20 minutes. (Note - She described this as "a sensation as though the sun was shining on me, while standing in the kitchen"). NS 10:6c:xx:07:10

Arm – right side. Heat, sensation returned after about 10 minutes, but was restricted to torso and arm – from waist to shoulder. NS 10:6c:xx:07:40

Leg / Hip / Buttock – right. Heat, the sensation progressed down the right side. NS 10:6c:xx:09:10

Numb

Numbness and tingling down whole extent of left arm. Went down outer surface of upper arm, and then seemed to go under to the ulnar side. Heel of hand, ring and little finger on left side were also numb and tingly. Intermittent episodes, lasting 15 minutes at a time. 11:6c:03:20:00

Tingling in little finger of right hand while driving. Lasted 15 minutes. 11:6c:06:00:00

Twitching

10.00am. Strong jerking twitch 3 times in close sequence in the right hand in the flesh, the web, between the thumb and index finger, strong enough to jerk the index finger visibly sometimes. Twice in the left hand also (but not left and right together). It happened the same about every hour for the morning and a couple of times in the afternoon. I remember now it also happened once or twice on Day 3 but never before that. NS 3:6c:x6:xx:xx

9.00pm. Twitch in right hand as before, lasted half an hour. NS 3:6c:11:xx:xx

1.00pm. Twitch in right hand once only. NS 3:6c:14:xx:xx

Trembling

8.00am. Chest, arms and hands are trembling. This is going on from last night and appears linked to my emotional reaction of the previous day and the on-going depression about it. 4:6c:x6:xx:xx

Cold

Became cold on my arms and legs. 23:30c:01:01:15

Itching

Itching sensation on back of left arm, above elbow. Felt like prickling heat. 16:x6:xx:xx

Prickly itch occurred above my left kneecap. It made me start like a pinprick at first, and then it was just itchy. 9:30c:x1:18:xx

Itchiness started on the heels of my feet. 9:30c:x1:18:xx

Lower limbs/chilblains

Right ankle, outside joint. Just lately like a neuralgic shooting pain on walking. Have had that a few times lately. Pain quite sharp and intermittent. 17:xx:xx:xx

At 8.00am there was a shooting pain and discomfort in my right knee (from previous day). It felt sore and was worse after showering and walking. RS 4:6c:xx:10:xx

Chilblains on toes of right foot appear to be getting worse; there is now one on the right big toe and the existing one on the 2nd toe has grown further down the joint. They are sore and red. Toes are very cold. Had to remove shoes and to rub them, which improved them. 4:6c:x1:12:xx

Again the right leg is aching. It started in the lower leg on the outer side of the calf and has the feeling of poor circulation. It extended to the right thigh. It was worse for crossing legs either way, but much worse if the right leg is on top. 4:6c:x1:12:xx

Noticed new chilblain on base of big toe (left), top joint as I put my flipper on to swim. Felt sore with pressure. 4:6c:x2:x8:xx

Ache and twinges started in lower leg (right) while sitting at dinner. It moved to the thigh and hip (R) when lying in bed. 4:6c:x2:23:xx

Simultaneously with right leg aching, my right arm ached and lasted about 30 minutes. 4:6c:x2:23:xx

New chilblain appeared on 2nd toe on the top of the middle joint, which is an unusual location (usually top joint and side or underneath). Itching sensation accompanied it. 4:6c:x2:23:xx

Left, on top of small toe, another chilblain appeared, and also some are appearing on the left hand (middle and ring fingers, top joint of each). Symptoms appear to be moving back to the left side. I only noticed these when pressure was applied and then they feel slightly painful. 4:6c:x4:x7:xx

Toes on right foot had turned black where the chilblains were. They were cold. I was really shocked and rubbed them vigorously to bring back the circulation. 4:6c:x5:xx:xx

Chilblains, left little toe stinging on top, 2nd right toe is worse for pressure and it is especially sore with shoes on. 4:6c:x5:xx:xx

Left little toe stinging on chilblain, 2nd toe on right hurts and is worse for the pressure of the shoe - [obs.] 4:6c:x6:xx:xx

10.00am. Right hip aching. The ache was of short duration and was better for movement. I noticed it sitting in a chair; (it was probably worse for sitting in fact). 4:6c:x6:xx:xx

Toes cold and the top of the right foot felt sore to press (bruised) near the bridge of the nose. They were better for rubbing. 4:6c:x8:xx:xx

Noticed cuts on fingers (outside) - right little finger; left thumb and 2nd finger. I can only remember doing one of these but they all sting in water. 4:6c:x9:xx:xx

Right side, upper arm (deltoid) - it twinges and throbs. Occurred initially while I was cutting my bread and I almost had to drop the knife, (lost ability to hold the knife - no power in grip). It was sudden, intense, short and then repeated at intervals close together all morning. 4:6c:10:xx:xx

Toes cold. 4:6c:12:xx:xx

SLEEP

Refreshing

Awoke at 5.00am aware that I had slept soundly and was not bothered by the presence of my husband in the bed or by his snoring, all of which was very unusual. I decided to stay in bed, as I spent so much time noticing the accompanying trembling in my trunk that I missed the opportunity to rise for a swim and I fell back to sleep. NS 4:6c:xx:x7:xx

Good sleep - no waking; this is rare. I usually wake at least once in the night. No remembered dreams. 20:02:23:xx

Good sleep - no waking. 20:03:23:xx

10.30pm. Slept very well. Improved sleep (last 3 nights poor sleep). Good solid sleep but felt really tired when I got up, nothing unusual for me. 5:30c:x1:12:20

Slept well. Some dreams but couldn't remember much of any of the dreams. 5:30c:x4:xx:xx

Strange sleep - I wanted? Tried to wake up during the night, but couldn't! This is very unusual, I don't remember ever having this feeling before; waking in the night has never been a problem for me. I have always been a light sleeper. No remembered dreams. 20:08:xx:xx

Woke in the night (thinking I was going to throw up), went back to sleep without getting up. 20:09:xx:xx

Good sleep - no waking. 20:10:xx:xx

Unrefreshing

5.15am. Difficult to wake, lethargic to begin, but energised once out of the house and going (markets, swimming, coffee, shopping). Dullness, appeared to be better generally out of doors. This sense of being energised lasted until about 10.30am. Needed a break then but came good in a short while. 4:6c:x2:x7:xx

I was very tired. Almost asleep when husband called me to answer phone from supervisor - irritated with husband for waking me. Found it difficult to return to sleep - took about 30 minutes. Helped by the noise of the TV and radio. 4:6c:x3:xx:xx

Continuous sleep until 5.30am, sound, deep. Then woken by urge to urinate but unable to go back to sleep due to husband's snoring. Had to move beds. Although I felt alert I decided not to go for my normal swim. Fell back to sleep and when I awoke later 8.00am, I had difficulty rising. It took 30 minutes to get up, (felt dull). Second sleep was unrefreshing (see next sleep entry). 4:6c:x3:x8:xx

I awoke (for the second time) at 8.00am and I had difficulty rising. It took 30 minutes to get up, (felt dull). Second sleep was unrefreshing. 4:6c:x3:10:xx

It was difficult to settle - sleepless. I worried (anxious) about the fact that my husband went to bed first and that he would be snoring and that I wouldn't then be able to get to sleep. Avoided bed by watching TV until late. When eventually I do go to bed he has TV on and is awake but soon starts softly snoring. I lay there just focussed on the noise (though it's not loud). Eventually I couldn't stand it and moved to another room to sleep. 4:6c:x4:x2:xx

Slept well, once in bed - very deep. 4:6c:x4:x7:xx

10.30pm. Worried about having to deal with snoring and feeling compelled to do college work when can -> staying up though very tired, until 11.30pm. 4:6c:x5:xx:xx

10.00pm. Unsettled, but couldn't go to bed. Needed to be alone. 4:6c:x5:xx:xx

Alarm went at 5.00am but went back to sleep. No dreams. Sleep was deep but unrefreshing. 4:6c:x6:xx:xx

Unable to go to bed, again - husband was there first and I wanted to be in bed alone. I felt resentful and irritable as a result. I was restless and the slightest noise (like loud breathing made me agitated). 4:6c:x7:xx:xx

Was able to go to bed on my own last night. Slept soundly and missed hearing the alarm, so there was no morning swim again. Not so bothered by that today. Felt refreshed. 4:6c:x8:xx:xx

Had a deep sleep, and slept well I felt. 4:6c:x9:xx:xx

Good sleep, woke up for a swim and intended going back to bed but others rose before I could do it - I was okay about it though. I feel like I have the energy to deal with the 2nd child being ill and to be child centred not driven as I usually am. 4:6c:10:xx:xx

Went to sleep quickly, slept well and woke at 2.30am. 10.9.01 4:6c:10:xx:xx

Slept well. Initially disturbed by itching skin and husband snoring. 4:6c:12:xx:xx

Woke needing to urinated - but went back to sleep quickly. 4:6c:12:xx:xx

5.30am. Broken sleep, very disturbed, kept on waking - midnight, 2.00am, 4.00am and each time I was aware of husband snoring; this really agitated me and I felt irritable with him. 4:6c:15:xx:xx

Could not sleep. Fell asleep finally about 3.30am. But I still felt as though I was awake. I could still hear all the outside noises (Note - She said she had not been sleeping well for last few nights, restless, tossing, turning, and stretching. She said sleeplessness is somehow related to the need to stretch). 24:30c:06:00:00

I feel as though I was awake when I was asleep - like dosing. 6:30c:07:00:00

2.15pm. I felt very sleepy, and actually slept in my car parked in a busy street for an hour and a half. I felt very refreshed, revitalised, relaxed. NS 3:6c:xx:x7:15

The full moon; usually I am a bit "hyper" and restless, but this time I feel tired and sleep well undisturbed. NS 3:6c:x5:xx:xx

Had a nap for approximately 20 minutes. Unusual. 9:30c:x2:20:xx

I had a restless sleep. 9:30c:17:xx:xx

Woke around 4.00am, couldn't go back to sleep, thinking of school work, finally drifted off around 5.30am. No remembered dreams. 20:xx:18:55

Continuous sleep until 5.30am, sound, deep. Then woken by urge to urinate but unable to go back to sleep due to husband's snoring. Had to move beds. Although I felt alert I decided not to go for my normal swim. Fell back to sleep and when I awoke later 8.00am, I had difficulty rising. It took 30 minutes to get up, (felt dull). Second sleep was unrefreshing. 4:6c:x3:x8:xx

Woke at 3.00am. Restless until 7.00am. Kept waking then going to sleep straight away. Very light sleep. 7:30c:xx:xx:xx

10.30pm. Extreme tiredness with yawning. Had the feeling that I couldn't do the few jobs I needed to do before going to bed. I did do them and the tiredness was > for being occupied. 7:30c:xx:14:52

DREAMS

Had a nap for about an hour. I was cooking up a huge pot of salt and looking for utensils in my flatmate's cupboard. Anxious about being late for therapy. 1:6c:00:00:40

Playing chess with a long-time friend. We made some sort of deal that whoever set up their pieces first wins. I was getting my pieces on quicker than him, and he was trying to slow me down. All the time we were laughing uncontrollably like we were stoned, everything was racing, and I was trying to keep a straight face. 1:6c:01:18:00

In bed with an ex-boss trying to show them how to do things. I'm getting frustrated because they don't understand. 1:6c:02:38:00

I've been fishing. Five fish were caught. I'm sitting at the dinner table with my family and I'm dishing out the fish. Each member chooses one fish. 1:6c:02:38:00

I was at SCHM talking with someone, and in the background some students were experimenting. They had some containers with baby snails in a liquid. Like larvae or tadpoles. I went over to them to have a look, somehow coming in contact with the snails. They turned out to be some sort of parasite. I looked down at my hand and arm which was bandaged up and I saw these parasites inching up my arm toward my head. I tore off my clothes and managed to get rid of them. I woke up terrified. 23:30c:00:12:45

Frightening dream about an impending war. There was a female soldier in it. The feeling was, "You've done something wrong and have to be punished for it." Woke up from it tired, exhausted and cranky. Don't normally. Didn't get that work finished. Angry about that. 17: xx:xx:xx

Husband had contracted lead poisoning at work through exposure while repairing some equipment - the repair having been mishandled. My dream reaction was that I was not worried. Husband however was worried, especially about a good friend who had cancelled a social arrangement that we were to have as his family feared contamination from association with my husband. My feeling was one of calm and detachment. I felt we'd just go about finding the right remedy and that it would no longer be a problem. This dream occurred after 5.00am, during second sleep. NS 4:6c:xx:x9:xx

I was assisting with children's school band rehearsal, but was blocked from taking charge of rehearsal even though I have a music teaching background and more experience. It was because of the need to have teacher supervision that I was not allowed to take charge. The dream eventually became more intimate, where I was wooed by the supervising teacher, and though interested in a liaison, Herpes Simplex - II outbreak prevented this. I felt frustrated. I had to be much stronger than the other person who was being irresponsible about personal safety. Occurred during second sleep between 5.00am and 8.00am. NS 4:6c:x3:10:xx

5.00am prior to waking. Can't remember much about it. Got the feeling that it challenged my marriage and suggested that I should move on; this appeared to be around issues of balance / imbalance in my life! There was a feeling in the dream that I've had this dream before; it felt familiar, but I don't think that is true; it was more that sense of recurrence was part of the dream and not fact. During the dream I felt quite objective but on waking I was a little disturbed when reflecting on the content and its possible meaning. NS 4:6c:x4:x7:xx

Nil dreams. Usually know I dream but don't remember details. 5:30c:x1:xx:xx

2.00am. Wake from very vivid dream. Lots of people preparing for a party. I am an observer. Interested. Don't know why I am there - it doesn't matter = very detached. 14:0:00.04.00

Visiting friends I knew from childhood who have built a house right on the sea. Have to walk on poles across beach to get to my friend's bedroom. Emotionally neutral. Interested. No charge 14:0:02.05.XX

Writing my theses on a topic I had rejected. All sorts of details apparent. 14:0:02.09.XX

I was sitting on a bench with some other people; maybe we had to wait for something; next to me on the bench I had a purse or small bag; it was very plain and undecorated (unusual for me in real life) with a zip. A man came and took things probably money out of the purse. I did not do anything to stop him or defend myself. Later I realised it was Christopher Skase. I think this dream relates to a work problem where my

employer (a management committee of 13 people) is trying to negotiate with the workers to reduce pay and conditions. I found this dream funny; it was more curious than disturbing. NS 3:6c:x3:17:xx

I am by myself in a small empty square room. The room is a cube, light and airy, like a sacred space; it is perfectly symmetrical and pure, the surfaces are clear, it is austere and perfect, clinically clean. The light in the room is luminous without a light source. There is one window not exactly a window you can open but a rectangular panel of clear glass also very clean. I am facing the window. Then I see a young woman looking in; she is about 20 with fair hair and blue eyes, healthy, middle class. The frame of the window defines her from the head to the abdomen like a portrait. At the sight of her I am absolutely terrified and wake up. NS (Comment: I have a lot of issues in my life relating to young women, ie my two younger sisters and my four nieces as well as young women generally particularly at work both co-workers and clients. I feel like I have to provide for them ie be a role model or help them tangibly. Either they see me as their mother or they fall in love with me; either way it's a burden for me. As soon as I resolve one of these relationships, another appears the same. Later in the week I ran into one of these young women who recounted to me that she had had a dream in which I had gone away; she was a bit anxious about it and asked in reality if I was really going away). 3:6c:x4:xx:xx

For some reason and Christmas I take a month off work and instead work for a month in a warehouse owned by Filipino people. I am really looking forward to this. They are really warm and friendly to me. The boss is a Filipino man aged about 40; he is very pleasant. But later in the dream is a red headed kind of pirate aged about 45 ie probably with tattoos and a lot of experience of raw life. At one stage I am with a group of these people and we are walking together. I am carrying a child, a girl, blond aged about one year; she is probably the daughter of the boss. As we walk she gets heavier and heavier. We are in a kind of stony area near water (a landscape like Kakadu). She keeps wriggling and then she actually falls into the water. I jump in and rescue her; luckily she is alright. Everyone is very worried about it. I am just relieved she is safe. (Comment: I did not have any big emotions in this dream, it was just curious). NS 3:6c:x4:xx:xx

I am visiting my mother (who has dementia in real life); she is in an institution in a kind of communal ward which is spacious and airy with other people in beds also. I go to make a cup of tea and I see the brick work in the wall is a bit buckled with water trickling out. I am a bit concerned about this but there is nothing I can do about it. Then I go out with a group of people; we are in some kind of very beautiful idyllic wilderness area; there are mountains with rainforest, beaches and sea with breakers, the colours are vibrant and remarkable, like colours in a rainbow; it is pristine and unspoiled. I can see vistas of landscape into a great distance. The people I am with go on further, but for some reason I cannot follow them. I feel very frustrated and entirely at a loose end and don't know what to do with myself. (Comment: My main feeling in the dream is frustration). NS 3:6c:x6:xx:xx

5.00am. I'm at the beach in some place like Mexico; maybe I have been swimming. I am looking for my dress (cotton, blue) which is buried in the sand; the sand is very dirty and blown about by the wind. Eventually I do find the dress. I then meet up with my sister and mother. (Comment: I interpret this dream as issues to do with anxiety and identity. I did not have any strong emotions in the dream). NS 3:6c:19:xx:xx

[My husband had a very disturbing dream last night – he was butchering/slaughtering “live” pigs that turned into dogs as he was carving them up.]

Dream of my mother giving me photos of her as a young woman – outside shots, in a garden, tall trees; she was wearing a long white dress; her hair was long and curly. Feeling around the dream was good. I have never had a dream about my mother like this; if I dream about her (which is extremely rare) it is usually angry/fighting. 20:01:23:xx

Dream of buying dog food; had Mabel (the dog) with me and realized her leg was really bad – dragging her foot – felt GUILTY! I was getting the food from the guy I got Mabel from and was worried he'd think I was mistreating her. 20:03:23:xx

Dream of being a teenager, fighting with my parents, the house catching on fire. 20:10:xx:xx

We were walking along the footpath; it was an urban landscape with trees. An acquaintance of mine was hanging from ropes as if abseiling down a wall. The ropes were from trees above, possibly fir or pine trees, big trees. I looked in the distance and saw a herd of kangaroos jump over a high brick wall into someone's place, a villa with, again, lots of trees. Then I heard and saw another herd of them coming along the street. Behind were a bunch of vehicles with their lights on. The procession of vehicles and kangaroos was very

loud. The kangaroos were big and powerful. I remember thinking how awesome it would be to be pushed over and stomped on by one.

Another dream. There was a long wall. We walked up to the top of the hill to a place for dinner. It was quite crowded. My cousin walked in in a pair of shorts - this seemed a little incongruous. 2:6c:00:xx:xx

A car like a French Deux-Chevaux van with a snail-like back. It was painted black and seemed to be made of wood or some smooth substance. Another dream - A vague dream about bricks. 2:6c04:xx:xx

I was under water. This shining object with filaments of light, a bit like an amoeba, about the size of a tealight candle only thin, came towards me and zapped my right outer thigh. I didn't notice any reaction. 2:6c:15:xx:xx

I was with some friends; we were driving around to different places; it seemed as if it were to find spiritual sustenance or something like that. We went to places like churches and bodies of water. There was one place in a forest with a waterfall and a river. We were looking at it from the car. It seemed like late afternoon. Later on I was in a house looking after a white cat. The cat was my friend, so there was more to it than just feeding it etc.; it was almost that there was communication between us, and I was concerned with its well-being. 2:6c:17:xx:xx

Sleep disturbed. Haven't had a dream that I actually remember for ages. Dreamt of being near an ocean, low tide, water is far away but can hear it thundering. Something or someone stuck in the mud. A here. Anxious. Afraid of the water - waves coming closer. Eventually waves break over wooden logs very close by. Just got away in time. Left me with a frightening feeling for a long time. 17: xx:xx:xx

On waking remembered dream about being in a bar where people were reading out pieces they had written like poems. A man got up and did his. I can't remember what it was but everyone was saying, "Wow! He can write!" Then they said the next space was empty - who wants to come up and perform? I had my piece and was thinking, "Do I have the guts to get up and deliver it?" Then I thought, "Don't let the challenge of performing it interfere with its quality." I knew it wasn't ready yet. I decided not to perform it but rather work on it more until it was the quality I wanted. 7:30c:x3:xx:xx

On waking remembered dream of a man who was going through my front door to get to his place upstairs. Even when I closed the door and latched it he was easily able to get it open. I confronted him saying I didn't want him walking through my front door into my place all the time. He didn't seem to understand what I was concerned about. I was really angry. (This is a recurring dream theme I've been having for the last year or so. A man or men are coming into my place and I'm a bit scared but most of all furiously angry. Usually I'm shouting at them to "Fuck off." 7:30c:x5:xx:xx

Had a very disturbed night, lots of dreams(!) about an impending war/invasion. Quite frightening. Woke up every hour between 1.00am and 6.00am. Dizzy on waking. Unusual. Dizziness, <upright. 17: xx:xx:xx

I have to shift my practice and I have to shift the database of every client I've ever had into an inner city called Echinacea. 21:xx:xx:xx

CHILL

1.30pm. I feel tired and cold. Am physically weary, but mentally okay. Found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying. (I had been very focussed until now, so it feels somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. RS 4:6c:x1:16:xx

PERSPIRATION

9.10pm. Feel very cold, >for putting on jacket and scarf, then feeling suffocated, > for taking scarf off. I normally love wearing things around my neck. 8:30c: xx:xx:xx

SKIN

Eruptions

Small hard burning red pustules in each axilla, worse for movement and worse for body heat. Existing skin tags in right axilla became enlarged and swollen. Several existing flat brown crumbly moles on the nipple line of the right distal thorax increased in size markedly. Very unpleasant prickly sensation. Burning. Lasted for 3 days. 11:6c:23:00:00

Sudden and acute stabbing and burning pain in one of the enlarged moles on the side of the right thorax. Mole seems to have grown more. Top of mole crumbled and came off when rubbed. Bled for a short while – bright blood. 11:6c:23:00:00

Existing large flat mole on inner/upper right thigh very itchy. Bleed on scratching. Bleeding stopped with pressure. 11:6c:23:00:00

Skin is tingling, prickling, and almost itchy. Mostly located on head under hair, but also on face, chest and upper back. Used to get this as a child when stressed and nervous. 9:30c:x1:13:xx

Existing eczema had been itching, red and raised (Note - and angry) on waking but was subsiding by 11.00am, and not noticeable . 4:6c:xx:13:xx

1.30pm. Noticed the skin on the back of my hands and was really amazed how soft it felt - it wasn't dry or cracked. As the day progressed I noticed that the skin on my face felt smoother too. NS 4:6c:x1:16:xx

Eczema became itchy after day of wearing jeans, legs felt hot and fabric was rough. Changing pants to a loose, soft fabric improved this. Had to really resist the desire to scratch. 4:6c:x2:19:xx

Eczema became very itchy when drying self after shower and when rubbing in moisturiser. I really wanted to scratch - it was an effort not to. Lasted 10 minutes and then died down. It was better for a drink of fresh fruit and vegetable juice. 4:6c:x3:11:xx

Skin (eczema) was very itchy and didn't settle until @ swimming and in the water 20 minutes later. After arriving home had to use Skin Balm (Biojuven) to control the itch. 4:6c:x4:x7:xx

Must scratch around it. The inability to not scratch is an old symptom. The area of the eczema is growing. It is rough, scratchy, sore and very itchy. 4:6c:x4:x7:xx

Minor itching. Used Skin Balm before bed last night and it appears to have settled down this morning. 4:6c:x5:xx:xx

Noticed itching on waking. It appeared worse from the heat of the bed, from covering (some pairs of pants) and the spring sun (weather is warmer). My body seems to retain the heat and overheats. Settled with a swim and activity, and so for drinking water and urination. Ankle - right is also breaking out again. 4:6c:x9:xx:xx

Very itchy eczema. Compelled to scratch left thigh. Drinking water helped but aggravated by the particular pants I had on and the heat of the day. 4:6c:x9:xx:xx

Eczema itching. Aggravated by washing in the shower (the rubbing), but before that it was okay. It appears to be growing, covering more of legs. It feels rough and sore. There is a pale discoloured skin in the centre - like scar tissue - and a red, raised dry scaly ring around the outside. 4:6c:12:xx:xx

All afternoon on and off I needed to rub it. It was sore and red and I really had a desire to scratch. 4:6c:12:xx:xx

Irritated, raw, sore, scratchy through the day – eczema. 4:6c:13:xx:xx

Eczema itching and had to scratch it. It was worse for the lingering perspiration from exercise - felt clammy. Better when wiped with cold wet rag. 4:6c:14:xx:xx

All day - itching intolerable and spreading - will antidote tomorrow with Homoeopath. 4:6c:15:xx:xx

My symptoms are awful, bad eruptions, circular and spreading, I cannot resist the urge to scratch; it's never been like this before. 4:6c:15:xx:xx

GENERALITIES

Vibration

A very subtle vibration lasting about 10 minutes immediately after taking remedy. 23:30c:00:00:05

Vibration intensity, trembling sensation in my torso like a vibration as if lying on a massage pillow, very strange. 4:6c:xx:xx:xx

Exhaustion/Lethargy

I'm so incredibly tired today, I'll just stay in bed today, there's nothing I have to do and yet there's so much to do. 21:xx:xx:xx

I feel drained of energy. I just want to go and lie down. 23:30c:00:00:25

Generals - doing everything slowly. Feel very lethargic and tired. Found exercise very difficult and getting puffed easily. 12:30c:xx:xx:03

Generals - <<< mornings. Feel tired, depressed and distant from the world. 12:30c:xx:xx:04

Palpitations, along with general tiredness and confusion – slept for too long in the afternoon, heavy feeling, > rest. I'm feeling quite run down. My body is demanding more sleep. 17:xx:xx:xx

Unusually tired, can't keep going, go to bed although should work on assignment. > rest , yet still very productive in spite of this. 17:xx:xx:xx

Whole body tired, worn out. Only had 4 hours sleep. < occupation. 17:xx:xx:xx

Unconquerable tiredness. 17:xx:xx:xx

Amazingly good energy, considering. Worked hard getting stuff ready for garage sale. Surprisingly fit until late. 17:xx:xx:xx

Feeling very tired. My whole body feels weary. 4:6c:x1:x1:xx

Energy better. Got quite a lot done. Nostrils better. Spoke to F. Said she will start taking remedy on Thursday. 17:XX:XX:XX

All the symptoms I had over the last 2 weeks are better. Now there is this great sadness and anxiety. Had a very bad night last night. F phoned (message) to say she had started taking the remedy this morning and we will talk tonight in detail. 17:xx:xx:xx

From 8-11.00am, heavy as a lead brick. Lying in bed. So heavy. Just lying here waiting for some energy to return to me. Spent last 2 days getting 2 assignments finished – so I'm just exhausted. 18:x5:xx:xx

Woke up very tired. Slept OK, but woke up early and felt exhausted. 9:30c:x2:xx:xx

I'm feeling very tired. I had a hard day, but seem to be more tired than I should be. Need rest. 9:30c:x8:xx:xx

Felt restless and in need of a cigarette to calm me. Felt better after smoking. 9:30c:x9:xx:xx

Easily irritated, tired. Worse for noise. Feeling very tired. Noise of the boys playing computer games has been very annoying! I am often irritated, but this seemed more than usual. 20:01:13:xx

Tired. Period heavy. Still slight cramping. 20:01:23:xx

Feeling good. Period still heavy, cramping gone – don't feel tired! This is unusual, when my period is heavy I am usually quite tired and irritable. 20:02:06:xx

Haven't felt irritable tonight. Period a bit lighter. Tired but not pissed off. 20:02:12:xx

Mood crap – really down. Tired. 20:10:xx:xx

Fatigue. Was quite tired all day yawning etc. Quite a common symptom for me a few days prior to my period. 7:30c:x3:xx:xx

From 2-4.00pm, sleepy, uncontrollable yawning. So, so tired, want to go home. 18:x8:xx:xx

Coldness

So incredibly cold, need to wear woolly hat. 21:xx:xx:xx

1.30pm. I feel tired and cold. Am physically weary, but mentally okay. found myself yawning. My eyes are difficult to focus and feel like they are rolling back in my head and that I'll fall asleep in the middle of an interview. Having difficulty concentrating and following what the client is saying (I had been very focussed until now, so it feels somewhat quick in onset). I noted feeling indifferent to the idea of exercise (which I know would help). Am feeling cold. RS 4:6c:x1:16:xx

9.30pm. I was very tired. Almost asleep when husband called me to answer phone from supervisor - irritated with husband for waking me. Found it difficult to return to sleep - took about 30 minutes. Helped by the noise of the TV and radio. 4:6c:x3:xx:xx

11.40am - 12.00noon. The whole body including arms and legs experienced a sensation of chilliness. NS 5:30c:x1:x1:30

8.18pm - 8.30pm. Body / Face. Face still hot but body very cold. Feeling really cold and shivering even though I am sitting in front of the heater. NS 5:30c:x1:10:x8

8.35pm onwards. Body feeling really jittery, can't sit still. Physically restless. Felt compelled to move from sitting at TV, to walking to kitchen, to TV, to bedroom; this continued, had to move. Still feeling really cold; body shaking from cold. NS 5:30c:x1:10:25

9.30pm. onwards. Physical restlessness continued though less intense. NS 5:30c:x1:11:20

Felt really good today. Better than usual. No new or old returned symptoms. Increased energy and improved spirits. Usually awake still tired and improve at 12noon, now improve at 10.30am. 5:30c:x3:xx:xx

Woke up feeling really good but still tired during the morning. Felt pretty good the whole day. 5:30c:x4:xx:xx

Still feel an increased energy, improved spirits and improved morning disposition. 5:30c:x9:xx:xx

I felt frozen all over. (Note - Used the word icy. Keeps complaining of being cold). 6:30c:00:02:15

(Note - Feels like she needs to stretch out in bed - muscles feel like stretching. Last 2 mornings). 24:30c:05:00:00

(Note - Yawning a lot). 24:30c:05:00:00

Food and Drinks

10.00pm - Hungry and must eat. Like this with cakes at 5.00pm (4:19:xx) and dinner at 9.30pm (4:23:xx).

Also before 9.30pm had cutting sensation in the abdomen, but still had to eat (pasta, bacon, cream). Too much tea drunk today and not enough water. 4:6c:x5:xx:xx

Generals - desire for warm drinks. 12:30c:xx:xx:02

Generals - Food. Desire coffee++, sweets+++, fruit+, yogurts +++. Need to eat constantly even when I'm not hungry. 12:30c:xx:xx:06

11.00pm. Had one drink of Sambucca - really craved alcohol - would have preferred whisky but didn't have any. Also craved sweets (really had strong craving for sweets over the last 2 days!!!) Appetite appears to be back to normal. I don't eat and eat - there is a sense of being full. 4:6c:x8:xx:xx

5.30pm. I wasn't very hungry but had a great desire for "special" food so I got a bruchetta and an Italian sweet pastry ie desire for a "treat". Usually I have sensible healthy food. NS 3:6c:xx:1x:3x

6.00pm. My appetite has returned to normal, I'm hungry with desire for wholesome food. RS 3:6c:x4:xx:xx

Noticed overall that I'm not desiring alcohol in the same way, to the same degree as usual. Husband suggested a drink with dinner and I said no! Haven't done that for a long time. 4:6c:x2:xx:xx

Other

All elimination ameliorates, > for routine tasks, the more normal I behaved the better I felt. 8:30c:xx:xx:xx

Heat - I felt hot flushes all over; it came on with nausea. 8:30c:xx:x1:30

I'm really hot and really cold. 8:30c:x2:xx:xx

Heat throughout my body. 4:30c:x2:xx:xx

Suddenly I thought I was coming down with flu because of my hot head and the coldness in my body. 8:30c:x2:xx:xx

Noticing symptoms have a ½ hour periodicity, noticing this since onset of period, then off for hours, < afternoon.. 8:30c:x2:xx:xx

My body feels good, looser, child like, and move less rigid, maybe due to some loosening exercises, a new sensation. 8:30c:x8:xx:xx

Much more energy today than yesterday - feel quite well. Periodicity - Since taking remedy from first day - calm and self-contained. Following day not. That has repeated itself till today where it was back to calm self-containment.. 7:30c:x4:xx:xx

I feel very good, energy levels are very good, sleeping much better. 5:30c:x5:xx:xx

The Chronology of the Major Provers

Prover 5

Mind

Don't know if it was due to the remedy, but felt slightly scattered, hard to focus on the computer. I also found myself looking at something then knowing I needed to go and get another folder to look something up but I just sat there not moving. Mind developed a spaciness, the body did not respond to the thought, a delayed response. Lasted about 15-20 minutes. NS

Face

My forehead started to slightly heat up, heat on other parts of my face remained the same. Body felt slightly colder. Coldness in my body gone by 12.00 but forehead still hotter than usual. Felt like flu symptoms starting. NS

Generals

The whole body including arms and legs experienced a sensation of chilliness.

Chest

Stabbing pain in rib area just below right underarm. Sensation lasted about 5 minutes, a deep stabbing, burning pain located on the lateral aspect of the outer chest, right side on 3rd lateral rib line. Pain was uncomfortable and intense. Tried to relieve the pain by rubbing, < rubbing.

Face

Itchy face especially jaw area.

Mind

Left wallet in the office. Did not notice until I was on the bus.

Face

Hot flush in face. Face hot, feels as if it has been stretched. Forehead not as hot as last time. Shook face which helped a bit. NS

Generals

Face still hot but body very cold. Feeling really cold and shivering even though I am sitting in front of the heater.

Chest

Stabbing pain in the rib area under right underarm is back. Pain more intense than last time. Sensation as if being poked. Deep, burning, stabbing local pain lasting about 7 minutes.

Generals

Body feeling really jittery, can't sit still. Physically restless. Felt compelled to move from sitting at TV, to walking to kitchen, to TV, to bedroom; this continued, had to move. Still feeling really cold, body shaking from cold.

Mind

Restless with less concentration. Random, unrelated, unremembered thoughts entered mind.

Generals

Physical restlessness continued though less intense.

Mind

Mental disorganized continued though less intense.

Sleep

Slept very well. Improved sleep (last 3 nights poor sleep). Good solid sleep but felt really tired when I got up, nothing unusual for me.

Right foot great toe joint. Woke up with painful foot symptoms of gout. Thought I would get my bad gout pains but pains disappeared by 11.00am (>). Sensation of an ache, like touching a bruise. < Worse for pressure (stepping on).

Stomach

Not feeling hungry tonight, normally starving about this time of the night. No appetite with nausea. Made myself eat a chicken dinner.

Abdomen

Started getting really bad stomach pains. Very bad cramps. Above navel, towards the left. > better for lying on back with stomach stretched.

Generals

Felt really good today. Better than usual. No new or old returned symptoms. Increased energy and improved spirits. Usually awake still tired and improve at 12noon, now improve at 10.30am.

Generals

Woke up feeling really good but still tired during the morning. Felt pretty good the whole day.

Extremities

Foot. Right great toe joint. Pre-gout bruise-like ache. < Worse for walking. > Better for rest/sitting.

Generals

Still feel an increased energy, improved spirits and improved morning disposition.

Extremities

Pre-gout bruise-like ache in right big toe joint. Possibly triggered by previous night drinking beer and bourbon. However the intensity is much less and it disappears. The gout does not progress or get worse like it used to.

Generals

Still improved.

Prover 7

Throat / root of nose

Dry, burning pain on waking, < swallowing. Lasted for 10 minutes. Felt less intensely on and off throughout the day when swallowing.

Back

Aching pain, < sitting. This lasted about an hour. Felt like period pain. Could be ovulation pain.

Larynx

Pain on swallowing, < left side. Croaky voice lasting all day.

Back

Aching pain lasting all day in lower back and sacrum.

Eyes

Red and swollen under eyes after being out in the wind all day.

Back

Aching pain extending down right thigh. > occupation. Lasted on and off all day. < evening.

Larynx

Slightly croaky voice on and off all day. < evening.

Back

Going to bed. Aching pain extending to lower buttocks and upper thighs. Much better than yesterday.

Larynx

Slight pain on right side when swallowing. On and off throughout day. Slightly croaky voice. On and off throughout day.

Nose

Blocked left nostril on waking. Cleared after 10 minutes.

Larynx

Slight pain on right side when swallowing. On and off throughout day until the evening.

Larynx

Croaky voice, < night. All day into night.

Throat

Pain on swallowing, < right side. Lasted for an hour or so.

Larynx

Croaky voice, < night.

Breasts

Aching soreness. In morning and at night. Had this at the same times the last 2 days. Very unusual. Have never had before in middle of cycle like this. Only ever pre-menstrually.

Sleep

Woke at 3.00am. Restless until 7.00am. Kept waking then going to sleep straight away. Very light sleep.

Mind

Did a meditation. Image. Almost immediately the image of deep forest, green trees and snow covered land. Hilly, coming down to a stream. It was all very clear. I saw snow and was aware of the silence and the way snow blankets and deadens noise. I could hear the stream water. It was an incredibly pristine environment and very, very peaceful. After 15 minutes the images were still there. It was a daytime image. There was a sense of Canada about it. This seemed an unusual image for me as most of my nature images are summer oceans, gardens and night.

Throat / root of nose

Dryish burning sensation lasting for 10 to 15 minutes.

Cough

Dry on and off since waking and throughout the day.

Mind

Calm and tired. All day felt extremely calm. Mind not agitated at all. A bit tired too - almost as if drugged.

Mind

Almost immediately after taking the remedy I felt the combination of calmness and tiredness. Almost as if drugged.

Mind

Delusion a small black thing moved from the corner of the room. This happened 4 or 5 times in the space of half an hour. Have had this type of thing before but previously it was always the delusion of a spider. This was like it was a bigger object.

Sleep

Extreme tiredness with yawning. Had the feeling that I couldn't do the few jobs I needed to do before going to bed. I did do them and the tiredness was > for being occupied.

Breasts

Soreness in the morning and at night lasting about half an hour each time.

Throat / Root of nose

Dryish burning sensation on waking. Lasted 10-15 minutes.

Breasts

Soreness lasting about half an hour.

Mind

Took third dose of remedy. Sometime after that became aware of rushed anxious feeling. Have lots to do today to get disorganized before going away overnight. Feel anxiety about being disorganized with all the 'jobs' I need to do.

Throat / Root of nose

Dryish burning sensation on waking. On and off throughout day but more aware of it morning and evening.

Mind

Calm feeling throughout day and into evening. Mind not turning over and over.

Stomach

On taking the remedy it makes me feel like I want to eat. This happened strongly when I took the first few doses, and to a lesser degree subsequently.

Mind

People being friendly. Since taking remedy lots more people seem to be smiling as I walk past them. When away on Sunday people stopped to chat at beach - men, women and children.

Mind

Self-containment. Since taking remedy feel good within myself. Driving back from up the coast I really felt the beauty of the sunset, listening to Marion Woodman tape, I thought of the endless possibilities life has to offer and how the Buddhists say we should be totally in the moment and always ready for death at any second. Part of this self-containment is feeling more adult. Also relief that J is no longer around. I feel free again.

Mind

On waking remembered dream about being in a bar where people were reading out pieces they had written like poems. A man got up and did his. I can't remember what it was but everyone was saying, "Wow! He can write!" Then they said the next space was empty, who wants to come up and perform? I had my piece and was thinking, "Do I have the guts to get up and deliver it? Then I thought - "Don't let the challenge of performing it interfere with its quality." I knew it wasn't ready yet. I decided not to perform it but rather work on it more until it was the quality I wanted.

Mind

Fatigue. Was quite tired all day - yawning etc. Quite a common symptom for me a few days prior to my period.

Breasts

Soreness. Was only aware of this on and off late afternoon and into night. Not as intense as previously.

Lower back / lower right buttock

Pain > pressure. Only aware of this in morning and at night - as if something was misaligned.

Mind

Calmness and self-containment. Began in the afternoon and continued into the night.

Generals

Much more energy today than yesterday - feel quite well.

Generals

Since taking remedy from first day - calm and self-contained. Following day not. That has repeated itself till today where it was back to calm self-containment.

Dream

On waking remembered dream of a man who was going through my front door to get to his place upstairs. Even when I closed the door and latched it he was easily able to get it open. I confronted him saying I didn't want him walking through my front door into my place all the time. He didn't seem to understand what I was concerned about. I was really angry. This is a recurring dream theme I've been having for the last year or so. A man or men are coming into my place and I'm a bit scared but most of all furiously angry. Usually I'm shouting at them to "Fuck off".

Mind

Have been waking last couple of mornings feeling malaise over world events. Like in the movies where people toss and turn with words and images echoing around them. Consciously decided not to listen to radio except minimum to know what's going on. Too many thoughts with current tensions - too pervasive.

Mind

General sense of well-being in self. Realised I have felt this quite a bit since taking the remedy.

Back

7.00pm - 11.30pm. Sudden onset. One minute I didn't have it at all then full on. Aching pressing pain, < standing and walking, lying down and turning in bed. > bending forward. Quite common for me to get lower back pain just prior to period but this is much more intense. Lying in bed, pain was extremely intense. Worried as to whether or not I could walk to the bathroom. OK but had to walk bending forwards.

Back

Aching pressing pain extending down sides of buttocks into thighs. < turning over in bed. Same as previous night lasting all day. Had to walk bending forward. Very painful.

Female

Period arrived and slightly relieved pain in lower back. Not enough to reduce its intensity from 3 to 2.

Mind

Going to college on Saturday morning the idea came to my mind that even as non-indigenous Australians we are linked to the land and the wide open skies, and what a different sensibility to Europe with all the weight of visible history in buildings whereas Australia's history is all in the land. Strong sense of this is my place/land here. Most comfortable in it.

Mind

Well-being. Feelings of well-being have continued. Felt liberated at the choice of not working and coming to Banerji seminar. Something I wouldn't normally do because of the pay I'd miss out on.

Prover 8

MIND

Held medicine in my hand through the whole break. Felt really stoned, like I am losing my mind. Spacey feeling over whole body; all of a sudden feel hot and sweaty.

STOMACH

Feel like I am going to vomit and cry, > for drinking hot water; everything going back to normal. Feel weird again when writing.

EARS

Can hear really well, a new sensation.

STOMACH

Grumbling in stomach.

CHEST

Feel a bit constricted in chest a dull sort of black hole deep in the chest going hot and cold. NS

MIND

Feel confused, can't think, get paranoid when I can't find what I am looking for. >for urination, always > elimination.

PERSPIRATION

Feel very cold, >for putting on jacket and scarf, then feeling suffocated; > for taking scarf off. I normally love wearing things around my neck.

MIND

Feeling like I am sitting here in a heap, normally I sit very straight.

FEMALE

9.15pm Pain in the right and left ovaries, dull aching pain that disappears 2-3 minutes later.

ABDOMEN
Grumbling.

MIND
Left college moaning and groaning; feel like I am getting a cold, feeling stoned, just want to have a cigarette.

STOMACH
Water brash in the mouth, >for burping I do not experience water brash, unless I am sick.

MOUTH, MIND
Dryness. I want to bite my fingernails. I have certainly never wanted to bite my fingernails ever before.

MIND
Fear mixed with, can I do it, how much I have to do tomorrow; thought I just want someone to care for me, then start laughing hysterically.

VISION
Whilst driving down Parramatta Road feel like I can see really far away. Another interesting new sensation.

GENERALS
All elimination ameliorates, > for routine tasks, the more normal I behaved the better I felt.

KIDNEY
9.50pm. Stabbing pain, moving in to the tip of the kidneys.

MIND
Have to feel my face to make sure I am still me and I have not just become body or thoughts. I am still me.

HEAD
Itching scalp for about 20 minutes.

MIND
Feel afraid, have to get rid of the remedy, pulled a destiny card in the car, it said courage.

URINE
Lots of urination; feel like I am passing foamy bubbles, like champagne and after I did this felt much >.

MIND
Wake up feel shocking, great oppression of chest, <for smoking; feel generally better for meditation.

CHEST
Chest feels separated from the body, like an air bubble. In the whole of my chest in the lung area.

MOUTH
Mouth is very dry, tongue is sticking to palate.

MIND
Feel depressed, sad, cold shivering.

GENERALS
Heat, I felt hot flushes all over; it came on with nausea.

MIND
Feel completely exhausted which was preceded with a feeling of happiness, dancing, smiling to myself, and then feeling nauseated and a dull circular pain, in my abdomen; the experience of a dull circular pain was new.

MIND

Felt very sad by looking at the clock seeing it move, watching my daughter jump off a chair knowing it was all going to change. The sadness is incredible, time changes and eventually everything is going to change, so sad. This was a strange clear lucid, experience.

EXTREMITIES

Pain above knee caps that moved down to the back of my calves; sore pain for about ½ hour. NS

MIND

People seem strange looking at them in the coffee shop. I can't see them, can't see their inner life.

STOMACH

Wave of nausea and feeling like I have to vomit. Vomit sits just in the back of the throat.

STOMACH

Wave of nausea feeling like I have to vomit. I get that feeling in my mouth.

MIND

Sadness as a background for the rest of the evening.

MIND

Clumsy more than usual, I dropped a forty-dollar bottle of essential oil, and it broke my heart too. I had a tantrum, swore, broken gone, sad, it will never be the same.

MIND

Felt really happy and joyful; fifteen minutes later feel down.

MIND

Sad, just sad, may be an aggravation of my own symptoms so sad I could cry; what is it all about?

MIND

Sitting feeling sad biting on one of my nails. I do not bite my fingernails.

STOMACH:

Nausea dizziness I want to throw up and cry, feeling shaky, sort of cold, feels like I just got another dose from waiting for slow J at the college. Nausea seems to move down in the stomach. It feels like pregnancy nausea to me.

MIND

I want to bite my fingernails and I go through both hands twice muttering to myself, "Oh my god." NS

ABDOMEN

Strong pain in left groin whilst walking, >for pressure for about ½ hour. NS

STOMACH

Nausea, faint, dizzy have to sit down; >for walking by the sea.

FEMALE

Strong ovarian pains both sides first, < on the right, also disappears within ½ hour. NS

MIND

I feel very strange, possessed by something else; may be just getting my menstruation.

EXTREMITIES

Lower back pain and also strong dull aching pain in ovaries; >by a hot water bottle; had this idea it would be better by bandaging, >by 8.00am. I was sick in bed. My menstruation has never before caused me this much pain.

MIND

Feel well at the moment, quite myself period has gone back to my normal experience of a period.

FEMALE

Sore painful ovaries as if inflamed and the area is distended; feel a bit dizzy as I am walking around the museum, slight nausea; 3.30pm, experience sharp pain in a round spot on my right hip the pain sort of moves towards the middle of the lower abdomen, a sort of squeezing in. NS

FEMALE

Sitting down giving Reiki to my ovaries; feel as if they are hard balls and are sticking to my hands; did not want to write this down; my menstruation was shocking pain; on day one flow was normal.

STOMACH

The nausea is like pregnancy, nausea comes on quickly.

MIND

Thinking how slim, fragile and beautiful everybody is except for me; normally this is not something that upsets me. My girlfriend pointed this out to me - "I have never heard you talk like this." NS

MIND

Did yoga for ½ hour; then relaxation for a while; felt very sick and nauseous after.

MIND

Felt like my head was cone shaped, got sick of doing the proving. NS

MIND

Angry, slammed fist in to my wardrobe door, cried twice with my daughter and realized that I felt scared and confused as a child; remembered being scared of my father especially when he was angry. I was so angry I could have hit my daughter.

ABDOMEN

Pain rectangle on the right of belly button. Sore dull aching, pulsating on and off. Like a rectangle inside my belly. >for slight rubbing. NS

MIND

Sick of doing proving; talking with J; want to have an antidote.

ABDOMEN

Pain is still there, now it is much more faint. I am so excited about homoeopathy, just did a case.

ABDOMEN

Still got the pain, not so strong. >for soft rubbing; thoughts of the remedy pervade my mind; the idea of something strong, rectangular. Still sick of the proving, <for thinking about it.

KIDNEY

Sharp pain rising from the kidneys, ovaries to the chest; shoulders intense, but short; happened whilst doing yoga, like something came unstuck. Never had this before.

MIND

Feel premenstrual; my legs feel so fat I can hardly walk; I just had my period.

MIND

Just talked to made me feel like crying, feel very sad, helpless, don't want help from others but need it.

HEAD

Headache, pain in the top of the head, wish it could be cut off, then I would be better. Like a rectangular pain on head. I am not a headache person.

MIND

Sadness, feel sad that life has its own rhythm and continuity whether I am there or not.

ABDOMEN

Pain from yesterday is back again. I argue in my head whether or not I should write it down; the pain is more dull and it seems to sometimes get < by thinking about it, sometimes get > by thinking about it.

MIND

Friend told me I seem to be really well and outgoing. Wow! And the word courage came up again like facing your own personal courage, or something like that.

HEAD

Another head pain coming on right now in the front of my head; different from the one this afternoon but again feeling of rectangle; just cut a slice of my forehead off.

MIND

Woke up with a cold and felt really pissed off; why me? why now?

BACK

Twitching of muscle at the right side back around the floating ribs; never had it before, but maybe something in my back is coming loose.

RECTUM

Diarrhoea like stool probably part of the sickness.

EXTREMITIES

Again muscle spasm in the same spot.

MIND

My body feels good more loose, childlike, and much less rigid, maybe due to some loosening exercises; a new sensation.

MIND

Talking to my partner. He also says I have been more friendly. Surprise.

BACK

Muscle spasm, like yesterday about 3 times; they last 1-5 minutes, like when your eye twitches.

MIND

Still have a cold, husky voice, feel guilty for not having written in the book, had nothing to say.

MIND

Felt like a little girl, felt bad for not having done the writing down.

MIND

I cleaned my bathroom, and I put tea tree oil in the cleaning water and I loved it; it smelt so clean and wonderful.

Prover 9

Ear

Left ear felt blocked. Moving my jaw made it block and unblock. It went away after 15 – 20 minutes.

Mind

My grandmother's funeral is today, and I don't feel that I want to go to it. (I may be called on to be a pallbearer). I normally don't like funerals. Feel reluctant and anxious.

Throat

Left side of my throat under my tongue was hurting. It felt like it was a little swollen. Swallowing felt a bit strange due to swollen sensation.

Face

Facial hair is a bit sensitive when stroked mostly on the right side. Under chin, throat and tongue. Irritation.

Mouth

Noticed 5 small lumps on inside of left gum at the back near the molars.

Head

Dull pain on top left side of my head. Lasted for a few minutes.

Skin

Skin is tingling, prickling, and almost itchy. Mostly located on head under hair, but also on face, chest and back. Used to get this as a child when stressed and nervous.

Extremities

Prickly itch occurred above my left kneecap. It made me start like a pinprick at first, and then it was just itchy.

Head

Itchiness started around lower back of my head.

Extremities

Itchiness started on the heels of my feet.

Mind

Having difficulty working. I start something and then forget what I was about to do. I then stared blankly for a while thinking about what is next. Feeling tired. Can't concentrate.

Generals

Woke up very tired. Slept OK, but woke up early and felt exhausted.

Throat

Pain occurred in throat (and ear) that feels like an infection. Pain is on the right side, and hurts more when I open my mouth wide.

Ear

Pain occurred in ear (and throat) that feels like an infection. Pain is on the right side.

Sleep

Had a nap for approximately 20 minutes. Unusual.

Mouth

Cold sore reappeared on left side after I noticed an itchy sting, which was the same place that I first got one.

Mouth

Pink patch appeared on lower lips.

Ear

Ear pain got worse at 1:30am. Worse when jaw is opened.

Mind

I have a lot of work to get through and feel overwhelmed by the amount. It is not normal for me to feel so anxious about workload. Feel frustrated.

Head

Slight prickling sensation felt on head under hair. Better for scratching.

Head

Slight prickling sensation felt around temples. Better for scratching.

Mouth

Slight prickling sensation felt on bottom lip near cold sore.

Abdomen

Have had very bad, painful gas with bloating for most of the day. I have gone to the toilet 5 times.

Mind

Three lines of an Eminem song got stuck in my head: Christina Aguilera switch me chairs, so I can sit next to Carson Daily and Fred Durst, and hear them argue of who she gave head to first. Little bitch put me on Blast on MTV; "Yeah he's cute but I think he's married to Kim hee hee!"

Generals

I'm feeling very tired. I had a hard day, but seem to be more tired than I should be. Need rest.

Generals

Felt restless and in need of a cigarette to calm me. Felt better after smoking.

Ear

Left ear feels blocked and under pressure. Breathing deeply through my left nostril helps by causing pressure changes in both ears when I do this.

Throat

I can feel some mucous in the back of my throat.

Mind

My sister leaves for O.S. tomorrow. Felt a bit angry that she didn't come over tonight until about 9:30pm. Mum had expected her for dinner.

Mind

Feeling restless. Craving cigarette. Felt better after smoking.

Ear

Ear feels blocked and painful like there is phlegm in it.

Prover 6

Head

2 minutes after I took the remedy it felt like my glasses were really heavy on my forehead and nose.

Abdomen

I felt like I had butterflies in the abdomen - the hypogastrium area. It tingled for about 30 seconds.

General

I felt frozen all over, icy.

Mind

I feel much more mellow about stuff - relaxed. I thought I had posted a quick deposit envelope at the post office instead of at the bank - I just laughed. I have been getting to work late and leaving early and feeling ok about it.

Mind

Forgetful, vague, forget what I was about to do, got dates mixed up.

Eyes

My eyes were hazy. It felt as though I had just taken off my glasses at the end of the day. Usually they would focus again within minutes; 2 hours later they still hadn't focused.

Neck

It feels sore/strained, it is difficult to keep my head up.

Mind

I feel really unmotivated to do anything.

Stomach

Fullness, feels like I am severely constipated, < walking, moving and leaning forward, > still.

Stomach

I feel like I am severely constipated, it is worse for walking, movement and sitting down. It is better for standing still.

Stomach

On the right side of my stomach it felt as though someone was poking me. It felt like a sharp stinging pain.

Head

My head felt hazy as I was looking at my computer, a slight headache on the vertex - this happened instantly.

External Throat

My jaw and glands felt as though they were swollen as though pressure was building up; however on palpating them they weren't.

Extremities

It feels like my wrists are weak, like I have strained it on my right side. The pain runs up the ulna bone.

Abdomen

Pain feels like period pain - during ovulation - don't usually have ovulation pain. Had to sit on ground.

Abdomen

Tummy upset, < walking, > not moving. It felt like potential diarrhoea.

Back

When sitting on the couch my back felt strained. The pain was beginning at the lumbar region right across the back.

Stool

Runny stools with a sore lower back.

Abdomen

It felt as though I had the cramps that go along with diarrhoea but I had no diarrhoea to go with the cramps. < walking. Lasted 10 minutes.

Mind

I felt depressed for 5mins. I felt as though I wasn't in control of everything that I needed to be, e.g self and work. Worried about life in general. Like a cloud. Talked myself out of it.

Sleep

I feel as though I was awake when I was asleep - like dozing.

Prover 24

Mind

I just can't be bothered doing anything. I get up and walk around forgetting what it was that I got up for. I guess I am confused. I have so much to do, but wander around wondering what to do.

Mind

I feel dazey. I walk around, I can't be bothered. Confused. So much to do but what should I do now? Couldn't be bothered going to gym today. Dozed in bed until 9.00am. Like sleeping while awake. Lack direction.

Mind

Feel good today.

Abdomen

During an aerobics class I had chronic cramps in my lower abdomen - the type you get with diarrhoea, < movement.

General

Feels like I need to stretch out in bed - muscles feel like stretching. Last 2 mornings.

General

Yawning a lot.

Sleep

Could not sleep - Fell asleep finally about 3.30am. But I still felt as though I was awake. I could still hear all the outside noises. Not been sleeping well for last few nights, restless, tossing, turning, and stretching. Sleeplessness is somehow related to the need to stretch.

Abdominal

Abdominal cramps with a sore lower back, I tried to go to the toilet but I was constipated. The cramps were better for stretching.

Prover 10

Head

Sitting doing some reading – slight dizzy feeling – difficulty focussing when reading, better when writing – lightness over eyes. I don't usually feel dizziness; odd feeling that persisted while I was working for about 17 to 18 minutes. Sensation as though aware of lightness inside my forehead and going down into my eyes; it started to dissipate when I was writing it down and intensified while I was talking about it. NS

Head

A hazy sensation – as though drugged. Similar to the feeling years ago when I was prescribed diazepam. Persisted until about 3.30pm. Every so often a hazy feeling settles over my head and eyes, feeling I might not be in control. I'm not comfortable with it; if I had woken up with it I would have thought I had too much wine yesterday.

Back

Heat, concentrated on the right hand side of my back from the waist up into my neck and down the back of my right arm, lasted about 20 minutes. A sensation as though the sun was shining on me, while standing in the kitchen.

Back

Heat sensation returned after about 10 minutes, but was restricted to torso and arm – from waist to shoulder.

Leg

Heat, the sensation progressed down the right side.

Bowel

Bleeding haemorrhoids. Constipation – tearing sensation in anus. I have had haemorrhoids for 28 years but have never before had so much difficulty passing a stool which resulted in more bleeding than I have ever experienced. Worse for sitting, better for hot shower. Stool unusually hard, could not get out, and had to remove mechanically.

Back

Dull ache across sacrum, worse sitting. Have had lower back/gluteal pain before but this is a dull ache and generalised over the whole area. AS

Abdomen

Dull discomfort – as though diarrhoea might be onsetting – backing up into stomach. Could be due to haemorrhoids and the trauma of this morning. Feel uncomfortable and lethargic. The abdominal discomfort and pain in the back went after eating lunch.

Chest

Like a lump under my sternum. About an hour after eating lunch (tuna and crackers) the lump started and is better for burping. NS

Rectum

Burning, stitching, worse sitting. Raw fissures still from yesterday, haemorrhoids soft but protruding after stool. Not constipated now, but still hurts, stinging.

Mind

Very embarrassed by this development. I feel like a crock; the many symptoms are unnerving.

Stomach

Still discomfort, lump, burning, nausea. Not better or worse for eating – food is actually not my favourite thought, although I did manage to eat breakfast. Worse thought of food. Even my kick starter orange juice was not as enjoyable. I can't say I'm sick, but not 100%.

Stomach

Stone, lump in pit of stomach, worse eating.

Stool

Constipated. Usually go as soon as I get up – I have the urge, but nothing has happened yet – could be anticipating pain? I might be constipated, I'm nervous about going, I'm anxious about it, after the last experience. I don't feel so stupid now I spoken to someone about it. I wasn't sure the symptoms were from the remedy, it all happened so fast.

Stomach

Still stone, lump in pit. Worse eating. Passed a stool about midday but the sensation is still there. Dry stool, feels like it wasn't complete, I don't feel super-doooper. I feel like the lumpy sensation will go when I flush the system so to speak; this has thrown my evacuation out. Flat.

Stomach

The sensation of a lump in my gut has gone.

Rectum

Pain, stitching, after stool. Usual pain that I get when my haemorrhoids are playing up – after stool – stinging for about 20 minutes until they settle.

Throat

Pain / ache. Worse swallowing. Just a vague ache in my throat on the left-hand side. Like a slight bruising in the soft palate, ache in the back of my throat.

Stomach

Fullness, worse eating, better eructation. This full feeling is radiating to my chest/breasts on both sides like a dull ache.

Stomach

Thirst for cold drinks. Usually I am not a thirsty person – drank large quantities of cold juice. Drinking glasses of water or fruit juice two at a time.

Face

Woke up with pimples over left eyebrow. Don't usually get pimples these days – these are very small. Not really noticeable but I can feel them with my finger and they are touch sensitive.

Mind

Feeling lethargic, depressed – due to the death of a friend's father. Like I was carrying round a grey cloud, which lifted in the evening, when friends came round for dinner.

Head

Dull ache. Have been rushing around this morning, pain slight.

Head

Dull ache. I am becoming absent-minded doing odd things – because I am distracted. Started to feel nauseous and a bit vacant with it.

Stomach

Lump, worse eating.

Stool

Seems to be a constant since taking remedy – bowel habit has changed as to time and texture – haemorrhoids have settled back to normal. Now have knotty stools that come later in the day.

Mind

Depressed. Apprehensive, wondering whether the symptoms are gone or if they'll be back tomorrow.

Mind

Cheerful, happy. I think I'm finally through it.

Prover 11

Mind

I began to feel as if I was drugged, very weary in the middle of the afternoon. Eyes felt as if they were fixed and starey. Very heavy. Sort of vacant feeling. Had to be very careful driving. Lasted 8 hours. Relieved by sleep.

Head

Stabbing pain in the left occipital region while driving. Lasted approximately 20 seconds.

Eyes

Eyes very sensitive to glare. Had to squint all day.

Chest

Began to regurgitate my dinner. Worse bending down. Acidic taste with whole food pieces at least 3 hours after eating. Happened 5 times over a 3 hour period. No flatus, but some burping.

Stomach

Abdomen feels very heavy centrally. Feels as if something is stuck. Not like usual "too full" bloating. It was as if the food was caught at the top of the stomach and couldn't go any further. No pain as such, just very heavy. Relieved by sleep.

Extremities

Woke up with a painful sensation in my right shoulder tip and upper arm. Pain shot down to elbow on pressure. Repeated several times during the day.

Bladder

Unheard of hesitation at commencement of stream, and then poor and protracted stream. Once only.

Extremities

Numbness and tingling down whole extent of left arm. Went down outer surface of upper arm, and then seemed to go under to the ulna side. Heel of hand, ring and little finger on left side were also numb and tingly. Intermittent episodes, lasting 15 minutes at a time.

Extremities

Pain in whole left arm, commencing in upper arm and extending downwards. Worse abducting the upper arm. Like a boring pain in the bone. Lasted on and off for some hours. Not relieved by any position/movement.

Extremities

Pain became lodged in left mid humerus. Like an ache now – heavy and dull. Can put two fingers over the spot. Worse abducting the arm. Not relieved by any position/movement.

Abdomen

Violent movement accompanied by loud noise in transverse colon on and off for 2 hours. Followed by explosive dark fatty stool.

Extremities

Tingling in little finger of right hand while driving. Lasted 15 minutes.

Mind

Feel exhausted, drained, yawning a lot. Eyes feel poppy/starey. Want to lie down and shut my eyes. Lasted 1 hour.

Skin

Small hard burning red pustules in each axilla, worse for movement and worse for body heat. Existing skin tags in right axilla became enlarged and swollen. Several existing flat brown crumbly moles on the nipple

line of the right distal thorax increased in size markedly. Very unpleasant prickly sensation. Burning. Lasted for 3 days.

Skin

Sudden and acute stabbing and burning pain in one of the enlarged moles on the side of the right thorax. Mole seems to have grown more. Top of mole crumbled and came off when rubbed. Bled for a short while – bright blood.

Skin

Existing large flat mole on inner/upper right thigh very itchy. Bleed on scratching. Bleeding stopped with pressure.

Head

Woke up in a bind about competing priorities for the day. Head felt dull and heavy in the whole frontal area on waking. Developed into a full blown headache within 3 hours which was centred on the occipital region, relieved by constant hard pressure of the hand over the site. Nauseated, but headache relieved slightly by food. After 5 hours pain escalated and I was unable to function properly. Wanted to vomit but couldn't. Took analgesic without effect. Gradually improved with distraction, but came back full strength at the end of the day.

Prover 23

Face

A shooting current-type sensation on the left side of my lower jaw bone a few minutes after taking the remedy. It travelled from the underside towards my teeth.

Generals

I feel drained of energy. I just want to go and lie down.

Chest

While lying down thinking about the remedy and what to write in the book I felt a quivering shaking sensation inside my torso, and while I am writing it extends along my arms and hands.

Dreams

I was at college talking with someone, and in the background some students were experimenting. They had some containers with baby snails in a liquid. I went over to them to have a look, somehow coming in contact with the snails. They turned out to be some sort of parasite. I looked down at my hand and arm which was bandaged up and I saw these parasites inching up my arm toward my head. I tore off my clothes and managed to get rid of them. I woke up terrified.

Extremities

Became cold on my arms and legs.

Mind

While sitting in my car waiting for someone I was thinking about the previous hour with my counsellor. Among other issues we talked about the proving and my sensitivity and I told him I didn't like the effect the remedy was having on me. He asked me why I was doing it a second time and I told him I was doing it because it felt incomplete. What I'm trying to get at is that I disregarded my feelings about the remedy and was prepared to make myself suffer again because I'm not used to listening to the more subtle and sensitive aspects of myself.

Mind

After speaking with my supervisor and she said I shouldn't take any more of the remedy I felt a great sense of relief. I was happy not to take the remedy any more.

Prover 1

Head

Tingling on top of the head lasting about 20 seconds immediately on taking the remedy.

Face

Tingling lasting about 20 seconds immediately on taking the remedy. Had to answer the phone briefly, and then tingling changed to a needle-like sensation on both cheek bones.

Dreams

I was cooking up a huge pot of salt and looking for utensils in my flat mate's cupboard. Anxious about being late for therapy.

Mind

While driving home from my lover's home I drove through a red light.

Mind

While driving to a friend's place I felt very light headed and relaxed, almost as if I was stoned. As soon as I walked into her place the feeling disappeared, I think due to the smell of new paint.

Dreams

Playing chess with a longtime friend. We made some sort of deal that whoever set up their pieces first wins. I was getting my pieces on quicker than him, and he was trying to slow me down. All the time we were laughing uncontrollably like we were stoned, and I was trying to keep a straight face.

Extremities

While asking the universe for 20 minutes sun while sunbaking something landed on my left shoulder, fluttered about briefly and left a wet patch.

Dreams

In bed with an ex-boss trying to show them how to do things. I'm getting frustrated because they don't understand.

Dreams

I've been fishing. Five fish were caught. I'm sitting at the dinner table with my family and I'm dishing out the fish. Each member chooses one fish.

Prover 3

Chest

7.30am. I felt constriction, in inner centre of chest, with the impulse to cough, slight dry cough, < movement, lasted 30 secs. I was surprised because this was completely new. NS

Chest

8.30am. I felt a slight wheeze in the chest on inspiration. It lasted 30 secs. Never had this before. NS

Mind

Morning, I felt clear, relaxed and grounded till 1.00pm, it was a complete change. NS

Sleep

2.15pm. I felt very sleepy, and actually slept in my car parked in a busy street for an hour and a half. I felt very refreshed, revitalised, relaxed. NS

Chest

5.00pm. I had a slight wheeze on the in breath like in the morning, lasting 30 secs the same. NS

Food

5.30pm. I wasn't very hungry but had a great desire for "special" food so I got a bruchetta and an Italian sweet pastry, ie desire for a "treat". Usually I have sensible healthy food. NS

Abdomen

11.30pm. Belching, almost always at this time dropping off to sleep. OS

Sleep/Vision

11.45pm. I was dropping off to sleep lying on my right side. I had a swirling sensation very pleasant for

about ten minutes, then I turned over to the left side and I saw with my eyes closed a purple light about the size of a 20 cent coin, in a kind of scratchy pattern like purple neon but brighter, for two minutes. I was shocked and thought, that's it, I have to stop taking that remedy. NS

Chest

7.30am. I had a slight wheeze on the in breath like Day 1, lasting 30 secs the same. NS

Heart

1.00pm. I noticed when I was at the gym on the exercise bike that my pulse rate stayed at 75 for much longer than usual. It took 5 minutes longer than usual to reach 120 which is my usual pulse when taking aerobic exercise. NS

Chest

2.30pm. Sneezed six times loudly. No discharge. NS

Chest

3.30pm. I coughed a few times, dry slight (wussy) cough; this is new for me. NS

Sleep

Slept well and was refreshed, OS; no belching. NS.

Chest

7.30am. Slight cough again but with a small amount of clear, watery phlegm. NS

Chest

7.45am. Slight cough again the same, brought on by movement; feeling of subtle constriction in the chest, ie subtle so the feeling is on the edge of physical or emotional, it's hard to tell which. NS

Mind

Afternoon. Felt relaxed, a bit spaced out, lazy. NS

Sleep

Slept well and was refreshed, RS; no belching NS.

Saturday. Got up at 10.30am, felt very relaxed, did gardening instead of study, felt optimistic and happy / euphoric. NS

Stool

5.30pm. Slight cramp passing stool, slightly constipated; usually I pass stool when I get up in the morning. NS

Nose

9.30pm. I had sniffles, and slight watery discharge enough to blow my nose; this lasted about 10 minutes; it might have been like an allergy symptom. NS

Sleep

Restless. RS

Dream

I was sitting on a bench with some other people; maybe we had to wait for something; next to me on the bench I had a purse or small bag; it was very plain and undecorated (unusual for me in real life) with a zip. A man came and took things probably money out of the purse. I did not do anything to stop him or defend myself. Later I realised it was Christopher Skase. I think this dream relates to a work problem where my employer (a management committee of 13 people) is trying to negotiate with the workers to reduce pay and conditions. I found this dream funny; it was more curious than disturbing. NS

Mind

Sunday morning Just rested, could not be bothered doing anything; by the afternoon felt very relaxed. NS

Mind

Afternoon. Felt clear, energetic, grounded, optimistic. Put off doing study. NS

Nose

4.00pm. Six loud violent sneezes one after the other. NS

Food

6.00pm. My appetite has returned to normal, I'm hungry with desire for wholesome food. RS

Head

8.00pm. I noticed a very sore spot on the top back of my head where there is a kind of groove; it was sore like a bee sting, also like a bruise say in a peach, the sensation that my finger would just sink though the skull. If I did not touch it, it did not hurt. However rubbing it was better in that the pain also gave relief (like pain in a massage), ie > for pressure. The pain was still there slightly when I woke up next morning, then it went completely after I got up. NS

Abdomen

8.30pm. Belching, empty, lasted on and off until I went to sleep. RS

Dream

I am by myself in a small empty square room. The room is a cube, light and airy, like a sacred space; it is perfectly symmetrical and pure, the surfaces and clear, it is austere and perfect, clinically clean. The light in the room is luminous without a light source. There is one window, not exactly a window you can open but a rectangular panel of clear glass also very clean. I am facing the window. Then I see a young woman looking in; she is about 20 with fair hair and blue eyes, healthy, middle class. The frame of the window defines her from the head to the abdomen like a portrait. At the sight of her I am absolutely terrified and wake up. NS

(Comment: I have a lot of issues in my life relating to young women, ie my two younger sisters and my four nieces as well as young women generally particularly at work both co-workers and clients. I feel like I have to provide for them, ie be a role model or help them tangibly. Either they see me as their mother or they fall in love with me; either way it's a burden for me. As soon as I resolve one of these relationships, another appears the same. Later in the week I ran into one of these young women who recounted to me that she had had a dream in which I had gone away; she was a bit anxious about it and asked in reality if I was really going away).

Dream

For some reason and Christmas I take a month off work and instead work for a month in a warehouse owned by Filipino people. I am really looking forward to this. They are really warm and friendly to me. The boss is a Filipino man aged about 40; he is very pleasant. But later in the dream is a red headed kind of pirate aged about 45, ie probably with tatoos and a lot of experience of raw life. At one stage I am with a group of these people and we are walking together, I am carrying a child, a girl, blond aged about one year; she is probably the daughter of the boss. As we walk she gets heavier and heavier. We are in a kind of stony area near water (a landscape like Kakadu). She keeps wriggling and then she actually falls into the water. I jump in and rescue her; luckily she is alright. Everyone is very worried about it. I am just relieved she is safe. NS
(Comment: I did not have any big emotions in this dream, it was just curious).

Chest

11.30am. Again I had sense of sensitivity in the inner middle chest with a slight cough and wheeze; it lasted about 10 minutes. NS

Mind

4 to 6.00pm. Sleepy, so I went and got some coffee; instead of waking me up, it made me more sleepy. NS

Chest

6.00pm. Sneezed twice with a stuffed nose, the right nostril was blocked; this lasted 10 minutes. NS

Abdomen

10.00pm. Belching, lasted till I went to sleep at midnight. RS

Sleep

The full moon, usually I am a bit "hyper" and restless, but this time I feel tired and sleep well undisturbed. NS

Stool

7.00am. Slightly more urgent and the stool more mushy than usual. NS

Chest

7.00am. I had a dry cough and feeling of subtle tightness in the chest; it lasted a few minutes and came and went throughout the morning. NS

Pain

9.00am. Sharp pain on the right rib cage on the bone just to the side of my right breast, sensitive to touch and better for rubbing, very unusual. Size of the area of pain was the size of my thumb, very localised. It lasted till midday. NS

Extremities

10.00am. Strong jerking twitch 3 times in close sequence in the right hand in the flesh, the web, between the thumb and index finger, strong enough to jerk the index finger visibly sometimes. Twice in the left hand also (but not left and right together). It happened the same about every hour for the morning and a couple of times in the afternoon. I remember now it also happened once or twice on Day 3 but never before that. NS

Dream

I am visiting my mother (who has dementia in real life); she is in an institution in a kind of communal ward which is spacious and airy with other people in beds also. I go to make a cup of tea and I see the brick work in the wall is a bit buckled with water trickling out. I am a bit concerned about this but there is nothing I can do about it. Then I go out with a group of people; we are in some kind of very beautiful idyllic wilderness area; there are mountains with rainforest, beaches and sea with breakers, the colours are vibrant and remarkable, like colours in a rainbow; it is pristine and unspoiled. I can see vistas of landscape into a great distance. The people I am with go on further, but for some reason I cannot follow them. I feel very frustrated and entirely at a loose end and don't know what to do with myself. NS
(Comment: My main feeling in the dream is frustration).

Head

7.00am. I wake up with a very bad headache and take the day off work. The headache is pain radiating from the top of the head and I have a sore throat for a while also. I stayed in bed till 11.00am but felt fragile and unrefreshed, just wanted peace and quiet and nothing to do with people. NS I am anxious about documenting the proving and type out these notes. I also feel guilty about taking time off work even though I take very little sick leave. I think this is a part response to the proving and part to life events generally, ie work and the end of the semester at SCHM.

Nose

2.00pm. Sniffles, no discharge, no other symptoms. NS

Mind

3.00pm. Restless, feel spaced out, like I'm about to get flu, slight headache, lazy. NS

Chest

Throughout the day, dry cough and feeling of tightness in the chest, very subtle. NS

Chest

7.30am. Dry cough and feeling of subtle tightness in the chest; came and went throughout the day. NS

Mind

During the day generally. Relaxation, felt clear and grounded; things normally I would be upset about or worry about for quite a while, I got through quickly. NS

Teeth

10.30pm. Twinge of pain in the teeth, lower left molars; the pain moved around a bit on the left side. This happened when I was trying to get to sleep. NS

Chest

7.30am. Dry cough and feeling of subtle tightness in the chest, lasted till early afternoon. NS

Ear

2.30pm. Pain on and off in right ear, quite sharp, lasted till 3.30pm when it extended to the right cheekbone. NS

Face

3.30pm. Pain in the right cheekbone on and off, sensitive to touch, but touch does not ameliorate; the area of pain is about the size of a 10c piece. NS

Head

4.00pm. Shooting pain at the right side of the top of the head, pain in spasms extending to the right jaw bone, pain worse than ever before, pain in waves, shooting pain, sore spot on top of head, not < or > for pressure. Lasted till 8.00am next morning. AS

Chest

7.00am. Feeling of subtle tightness in the chest, came and went throughout the day lasting until early evening. NS

Chest

7.00am. Feeling of subtle tightness in the chest, came and went throughout the day. NS

Extremities

9.00pm. Twitch in right hand as before, lasted half an hour. NS

Extremities

1.00pm. Twitch in right hand once only. NS

Chest

3.00pm. Subtle feeling of tightness in the chest, lasted 30 seconds. NS

Mind

Recovered from shock (the disaster and world events) quicker than usual. AS

Dream

5.00am. I'm at the beach in some place like Mexico; maybe I have been swimming. I am looking for my dress (cotton, blue) which is buried in the sand; the sand is very dirty and blown about by the wind.

Eventually I do find the dress. I then meet up with my sister and mother. NS

(I interpret this dream as issues to do with anxiety and identity. I did not have any strong emotions in the dream).

Prover 16

6.15pm. Putting shopping away, I knocked a glass bottle of apple juice and it shattered on the kitchen floor. I felt the most intense anger, and I threw a packet of rice down, which also broke and made even more mess. I felt murderous, poisonous anger. I felt like smashing the whole kitchen up. I was horrible to everyone who tried to help me or placate me. The anger was physical and I had to fight to control it. 15 minutes duration. NS

Noticed I am making mistakes in writing and spelling. Leaving letters off the beginning and end of words, forgetting how simple words are spelt, getting worse for and better for symbols confused. NS

Spells of totally forgetting how to spell words – feels like a blank space in my consciousness. NS

Back

Had an extremely stiff lower back, couldn't walk properly. Have this anyway, but much worse than usual. Had to keep stretching and moving.

Extremities

9.45pm. Itching sensation on back of left arm, above elbow. Felt like prickling heat.

8.00pm. While driving I felt a sudden, intense pain in my whole right calf. Lasted about 20 seconds. NS I thought of cancer. OS

Female Genitalia

9.55pm. Neurological pain on right side of pubic bone. Sharp electrical type pain like a needle being pushed in and pulled out. Stopping and starting. Happened 4 or 5 times over 2 minutes. NS

Rubrics

From

B = BONNINGHAUSEN

C = COMPLETE

M = MURPHY

P = PHATAK

NR = NEW RUBRIC

S = SYNTHESIS

MIND

Absent minded

Ailments mental exertion

Alert

Anger

Anger beside oneself; being

Anger exaggerated

Anger shouting

Anger stabbed anyone so angry he could have

Anger sudden

Anger throwing things around

Anger trifles at

Anger violent

Anxiety

Anxiety bed driving out of

Anxiety business about

Anxiety excitement emotional

Biting finger nails

Calm

Carefree

Cheerful

Clarity of mind

Company aversion to people

Company aversion alone amel when

Company aversion to desire for solitude

Concentration active

Concentration difficult

Concentration difficult driving while

Concentration difficult working while

Confidence lack of self

Confusion

Consolation amel

Consolation agg

Cursing

Cursing rage in

Delusions butterflies of

Delusion body chest separated from body

Delusion black hole in chest

Delusion cloud black cloud enveloped her a heavy

Delusion cloud head were confused by a cloud

Delusion drugged as if

Delusion drugged imagines he has been

Delusion head seems too large

Delusion neglected duty he has

Delusions marriage dissolve marriage must

Delusion separated mind body are separated
Delusion succeed he does everything wrong he cannot
Delusion ugly is
Dream as if in a
Dullness
Dullness morning on waking

Embarrassment
Estranged wife from his

Fear happen something bad will
Fear suffocation of
Fear unaccountable vague
Forgetful
Forebodings

Headless
Hurry haste movements in

Ideas abundant clearness of mind
Indifference to family
Indifference to husband
Indifference loved ones
Indolence
Industrious
Insanity anger from
Irritability
Irritability alternating with sadness
Irritability family to her

Laughing serious matters over
Laughing uncontrollable
Laziness afternoon

Mistakes makes
Mistakes misplacing words
Mistakes omitting letters
Mistakes omitting words
Mistakes reading in
Mistakes reversing words
Mistakes side right and left about
Mistakes side or vice versa
Mistakes spelling in
Mistakes space in
Mistakes space in time in
Mistakes speaking in
Mistakes time in
Mistakes writing in
Mistakes writing in transposing letters
Mistakes wrong letters figures
Mood changeable

Patience
Playful
Prostration of mind

Rage
Restlessness
Restlessness feverish
Restlessness internal

Sadness
Sadness company aversion to desire for solitude
Senses vanishing of
Senses dull blunted
Spaced out feeling
Stupefaction intoxicated as if
Spacey

Talking amel
Thoughts disconnected
Thoughts intrude and crowd around each other
Thoughts persistent.
Thoughts persistent repetition of.
Thoughts persistent music song of since
Thoughts vagueness of
Thoughts vanishing of.
Thoughts vanishing of : work at
Thoughts wandering
Tranquility serenity calmness
Tranquility serenity calmness
Tranquility serenity calmness tiredness with NR

Weariness

VERTIGO

Vertigo accompanied by vision blurred
Vertigo nausea with
Vertigo reading while
Vertigo sitting while
Vertigo talking
Vertigo writing while

HEAD

Head confusion in head
Head heaviness falls forward head would fall as if
Head heat coldness body with
Head heat coldness face with
Head heat vertex
Head itching scalp
Head itching occiput
Head itching scalp
Head lightness sensation of forehead in NR
Head pain
Head pain accompanied by company aversion to
Head pain aching sore
Head pain coryza: as from:
Head pain coryza: dry with:
Head pain dull
Head pain dull pain forehead eyes over extending to vertex
Head pain dull: Forehead: morning:
Head pain dull pain: morning: waking on:
Head pain dull occiput
Head pain dull sides: left.
Head pain dull right sides
Head pain dull right side extending to temples NR
Head pain eminence frontal
Head pain forehead
Head: pain forehead extending to frontal eminence extending to supraorbital foramen

Head pain forehead waking on:
Head pain forehead in nose above root of
Head pain lancinating forehead afternoon
Head pain lie down must
Head pain morning waking on
Head pain occiput right
Head pain paroxysmal
Head pain pressing forehead afternoon
Head pain pressing forehead sudden
Head pain pressing forehead extending to eyes over
Head: pain pressing forehead night NR
Head pain pulsating
Head pain quiet wants to be
Head pain rubbing: amel
Head pain rectangular sensation as is NR
Head pain scalp when touching
Head pain shooting side right
Head pain shooting extending into teeth
Head pain shooting vertex
Head pain sides right side
Head pain sides right side temples extending to
Head pain sore vertex
Head pain sore vertex spots in
Head pain spot pain in small extending to all directions
Head pain temples right
Head pain waking on
Head pain vertex left.
Head pain vertex
Head prickling hair under.
Head prickling temples
Head shocks electric like
Head sinking sensation
Head stuffy sensation
Head tingling forehead

EYE

Eye dryness
Eye dryness morning waking on
Eyes heaviness
Eye itching canthi inner
Eye itching left
Eye itching lids
Eye itching rubbing agg.
Eye pain burning
Eye pain left
Eye pain dryness of eyeballs with
Eye pain rubbing agg.
Eye pain stinging
Eye pain touch agg.

VISION

Vision blurred
Vision colours before the eyes black
Vision colours before the eyes black objects
Vision colours before the eyes purple
Vision distant objects seen
Vision distorted
Vision dim

Vision flashes closing the eyes on
Vision illusions falling asleep when
Vision foggy
Vision weak morning as if the eyes were strained

NOSE

Nose catarrh post nasal
Nose discharge
Nose discharge bland
Nose discharge clear
Nose discharge posterior nares
Nose discharge right side
Nose discharge scanty
Nose discharge watery
Nose discharge watery right
Nose heaviness root
Nose sneezing
Nose sneezing coryza without
Nose sneezing tingling in nose
Nose sneezing violent
Nose tingling
Nose tingling inside
Nose tingling inside right

EAR

Ear catarrh.
Ear fullness sensation of left ear blocking and unblocking on movement of jaw.
Ear fullness sensation of left breathing deeply through nostril amel.
Ear inflammation eustachian tube right.
Ear noises ringing excitement from
Ear noises anxiety agg
Ear noises excited when
Ear pain extending to face
Ear pain right
Ear pain lancinating
Ear pain motion on lower jaw
Ear pain night.
Ear pain opening the mouth.
Ear stopped sensation

FACE

Face discoloration red
Face eruptions
Face eruptions forehead
Face eruptions herpes lips
Face eruptions herpes lips about
Face eruptions lips.
Face eruptions pimples
Face eruptions pimples forehead painful
Face eruptions pimples forehead sore to touch
Face eruptions vesicles lips fever blisters lower
Face heat
Face heat coldness of
Face heat coldness body with
Face heat flushes
Face itching lips.

Face itching stinging
Face itching jaws
Face pain extending to teeth
Face pain lancinating malar bone
Face pain malar bones
Face pain right
Face pain stitching malar bones
Face pain stitching jaws lower
Face pain stitching needles as of
Face sensitive
Face tingling.
Face tingling lips lower.

MOUTH

Mouth dryness
Mouth dryness tongue
Mouth swelling gums
Mouth swelling gums inner upper
Mouth swelling gums right

TEETH

Teeth pain aching:
Teeth pain appearing suddenly and disappearing suddenly
Teeth pain boring: molars:
Teeth pain drawing:
Teeth pain drawing: Molars: lower:
Teeth pain drawing: Molars: upper:
Teeth pain extending to: another from one tooth to:
Teeth pain intermittent:
Teeth pain left
Teeth pain lower teeth
Teeth pain molars:
Teeth pain paroxysmal:
Teeth pain prickling
Teeth pain sleep on going to

THROAT

Throat catarrh
Throat mucous
Throat pain
Throat pain aching
Throat pain left
Throat pain left side on waking
Throat pain opening mouth
Throat: pain pharynx
Throat pain rawness
Throat pain right
Throat roughness
Throat pain sore
Throat pain sore left side
Throat pain stitching
Throat pain stitching left side
Throat pain swallowing
Throat pain swallowing on
Throat pain waking

EXTERNAL THROAT

External throat swelling sensation of

STOMACH

Stomach appetite diminished eating when time for
Stomach appetite diminished nausea with
Stomach appetite ravenous
Stomach eructations amel
Stomach nausea
Stomach nausea descending
Stomach eructations type of food eating five hours after
Stomach eructation waterbrash
Stomach food lodges at cardia
Stomach fullness sensation of
Stomach fullness sensation of eating after
Stomach fullness sensation of eructations amel.
Stomach lump sensation of a
Stomach lump sensation of a eating after
Stomach lump sensation of a eructation amel.
Stomach nausea
Stomach nausea food thought of
Stomach pain
Stomach pain aching eating after
Stomach pain burning
Stomach pain cramping
Stomach pain extending to chest into
Stomach stone sensation of a
Stomach stone sensation of a eating after
Stomach thirst
Stomach thirst cold water amel.
Stomach thirst frequently drinking
Stomach thirst large quantities for
Stomach thirst large quantities for often and

ABDOMEN

Abdomen diarrhea sensation as if diarrhea would come on
Abdomen distension painful
Abdomen flatulence
Abdomen: fullness sensation of
Abdomen heaviness
Abdomen movements in
Abdomen noises
Abdomen pain ache
Abdomen pain cramping
Abdomen pain cramping hypogastrium
Abdomen pain cramping griping
Abdomen pain cramping griping backache with
Abdomen pain cramping griping sitting amel
Abdomen pain cramping griping while walking
Abdomen pain cramping griping
Abdomen pain cutting
Abdomen pain cutting ovulation during
Abdomen pain cutting sitting amel
Abdomen pain diarrhea would come on as if diarrhea
Abdomen pain eating amel.

Abdomen pain extending stomach
Abdomen pain rectangle sensation as if
Abdomen pressure ameliorates
Abdomen rumbling
Abdomen pulsation
Abdomen stopped sensation

RECTUM

Rectum constipation
Rectum constipation difficult stool
Rectum constipation ineffectual urging and straining
Rectum constipation mechanically must remove stool
Rectum constipation painful stool
Rectum constipation stool remains long in the rectum
Rectum constipation stool remains long in the rectum anxiety with awful
Rectum excoriation stools from the
Rectum flatus
Rectum haemorrhoids protrude stool after
Rectum haemorrhage from anus
Rectum haemorrhage from anus morning
Rectum haemorrhage from anus morning stool after
Rectum haemorrhage from anus stool after
Rectum haemorrhage from anus stool difficult stool from
Rectum haemorrhage from anus stool hard stool from
Rectum pain
Rectum pain bathing warm amel
Rectum pain cramping stool during
Rectum pain morning
Rectum pain morning stool after
Rectum pain stool during
Rectum pain stool after
Rectum pain stool straining at after
Rectum pain tearing
Rectum pain tearing morning
Rectum pain tearing stool during
Rectum pain tearing stool after
Rectum pain tearing stool after hard
Rectum pain stitching
Rectum pain stinging
Rectum pain burning

STOOL

Stool dark
Stool dry
Stool fatty greasy
Stool frequent.
Stool hard
Stool green
Stool knotty
Stool mushy
Stool sheep dung like
Stool shooting out torrent in a
Stool yellow
Stool yellow brownish

BLADDER

Bladder urging to urinate constant
Bladder urination retarded must wait for urine to start with urging to urinate
Bladder urination feeble stream

KIDNEY

Kidney pain stitching
Kidney pain tearing radiating NR

PROSTATE

URETHRA

URINE

Urine odour strong
Urine foaming

MALE

FEMALE

Female genitalia/sex eruptions, herpetic
Female genitalia/sex pain cramping Ovaries
Female genitalia/sex sexual desire: diminished:
Female genitalia/sex sexual desire suppressed:
Female pain ovaries

LARYNX AND TRACHEA

SPEECH AND VOICE

Speech voice croaking
Speech voice hoarse evening

RESPIRATION

Respiration wheezing
Respiration wheezing inspiring while

COUGH

Cough dry
Cough dry waking on
Cough loose expectoration without
Cough morning rising after
Cough motion agg.

EXPECTORATION

Expectoration difficult
Expectoration difficult night
Expectoration watery

Expectoration yellow morning
Expectoration yellow lemon colored

CHEST

Chest apprehension heart region of
Chest constriction
Chest constriction morning
Chest constriction middle
Chest fullness eating after
Chest heat
Chest impulse of heart excessive
Chest lump sensation
Chest lumps sternum under
Chest lumps sensation of sternum under
Chest pain aching
Chest pain aching eating after
Chest pain aching eructations amel
Chest pain aching morning
Chest pain aching night
Chest pain burning
Chest pain burning ribs
Chest pain dull in sternum
Chest -pain lower chest left:
Chest pain mammae
Chest pain mammae under: left:
Chest: pain mammae right
Chest pain morning
Chest pain pinching
Chest pain pressing: ribs: lower: left
Chest pain ribs
Chest pain ribs under
Chest pain rubbing amel.
Chest pain sides: left:
Chest pain sides right
Chest pain sides pressure amel.
Chest pain stinging
Chest: pain stinging mammae right NR
Chest pain stitching
Chest pain stitching axilla
Chest pain stitching axilla right
Chest pain stitching mammae
Chest pain stitching mammae nipple
Chest pain stitching mammae nipple rubbing amel
Chest: palpitations anxiety with
Chest palpitation of heart
Chest: palpitation eating after
Chest palpitation digestion during
Chest palpitations tumultuous violent vehement
Chest prickling.
Chest: pulsation heart
Chest tightness sternum
Chest tingling mammae in
Chest trembling
Chest trembling heart
Chest twitching heart region of
Chest vibration sensation of

BACK

Back cracking cervical region
Back heat
Back heat sun shining on as if NR
Back heat extending to up the back
Back heat dorsal region
Back heat dorsal region spreads to limbs
Back heat dorsal region extends to cervical region
Back heat lumbar region
Back pain
Back pain right
Back pain aching lumbosacral region
Back pain aching lumbar region walking bent amel
Back pain aching lumbar region stooping on amel
Back pain aching lumbar region menses before
Back pain aching sitting while
Back pain lumbar region sitting while
Back pain menses amel
Back pain pressing
Back pain pressing lumbar region
Back pain pressing lumbar standing
Back pain pressing lumbar walking
Back pain sacral region
Back pain sacral region sitting
Back pain sacral region standing amel.
Back pain sitting while
Back pain sore lumbar region stool after
Back pain sprained as if lumbar region sitting while
Back prickling thoracic region.
Back twitching right
Back twitching lumbar
Back stiffness cervical region
Back stiffness cervical region waking on
Back stiffness waking on

EXTREMITIES

Extremities chilblains toes
Extremities coldness lower limbs
Extremities coldness toes
Extremities coldness upper limbs
Extremities: cramps foot left
Extremities cramps foot left extending to calf NR
Extremities cramps foot sole night
Extremities discoloration toes blackness
Extremities heat upper limbs
Extremities heat upper limbs right NR
Extremities heat upper limbs sun shining on as if NR
Extremities itching foot sole of heel left
Extremities itching knee patella
Extremities numbness upper limbs left
Extremities pain aching
Extremities pain aching fingers fourth joints
Extremities pain aching leg
Extremities pain aching leg right
Extremities pain aching leg extending to hip
Extremities pain aching lower limbs
Extremities pain aching hip
Extremities pain aching hip sitting while
Extremities pain aching upper arm left
Extremities pain aching upper limbs
Extremities pain aching wrist

Extremities pain aching – wrist left
Extremities pain boring upper arm bone
Extremities pain calf
Extremities pain dull upper limbs
Extremities pain elbow extending to wrist
Extremities pain fingers
Extremities pain fingers fourth joints metacarpal
Extremities pain fingers right
Extremities pain fingers writing
Extremities pain hand back of
Extremities pain hand left
Extremities pain hand writing while
Extremities pain hip
Extremities pain hip motion amel
Extremities pain hip sitting while
Extremities pain knee descending
Extremities pain lower limbs
Extremities pain lower limbs extending to upwards
Extremities pain lower limbs motion amel
Extremities pain leg
Extremities pain leg extending to hips
Extremities pain leg right
Extremities pain shooting upper arm morning waking on
Extremities pain shoulder morning on waking
Extremities pain sore bruised forearm ulna near wrist
Extremities pain sprained as if forearm near wrist
Extremities pain sprained as if wrist
Extremities pain stitching knee left
Extremities pain stitching knee patella
Extremities pain stitching knee patella electric sparks like
Extremities pain twinging upper arm
Extremities pain upper arm deltoid region left
Extremities pain upper arm left
Extremities pain upper arm extending to forearm
Extremities pain upper arm right
Extremities pain upper limbs
Extremities pain upper limbs right
Extremities pain upper limbs shoulder
Extremities pain upper limbs shoulder right
Extremities pain wrist left
Extremities tingling upper limbs extending to fingers
Extremities twitching hand
Extremities twitching hand between second index finger and thumb
Extremities twitching thumb between thumb and index
Extremities weakness hand
Extremities weakness hand grasping objects on

SLEEP

Sleep bad
Sleep deep unrefreshing
Sleep dozing daytime.
Sleep restless.
Sleep sleepiness afternoon
Sleep sleepiness afternoon 14 16 h:
Sleep sleepiness overpowering
Sleep sleepiness occupation amel
Sleep sleepiness menses before
Sleep unrefreshing
Sleep waking difficult
Sleep waking frequent night midnight after

Sleep waking slept ones's fill as having
Sleep waking urinate with desire to
Sleep yawning
Sleep yawning afternoon 14 h
Sleep yawning frequent
Sleep yawning sleepiness during
Sleep yawning weariness with

DREAMS

Dreams amorous
Dreams anger
Dreams: animals wild kangaroos NR
Dreams anxious
Dreams: cats
Dreams children: about rescuing of
Dreams churches
Dream clothes
Dreams contamination
Dreams cooking
Dreams country beautiful
Dream country foreign
Dreams criminals of
Dreams disease
Dreams disease poisoning
Dreams fishes
Dreams fishing
Dreams falling water into
Dream family own
Dream fear followed by
Dream frustrated
Dream journeys
Dreams laughing
Dreams men
Dreams money
Dream mother
Dreams: object shining entering body NR
Dreams parasites
Dreams robbers
Dream rousing the patient
Dreams salt
Dreams sea
Dreams swimming
Dreams unpleasant
Dream unsuccessful efforts reach a distant place to
Dreams wading water in
Dreams water
Dream window people are before the
Dreams work

CHILL

Chill in general

FEVER

PERSPIRATION

SKIN

Skin electric sparks sensation as from electric
Skin eruptions herpetic stinging
Skin itching tickling
Skin prickling.

GENERALS

Generals air sea ameliorates
Generals closed room agg
Generals coldness
General eating after amel.
Generals energy sensation of
Generals food alcoholic drinks aversion
Generals food alcoholic drinks desire
Generals food delicacies desire
Generals food sweets desire
Generals heat flushes of
Generals heaviness internally
Generals lassitude
General moon full agg
Generals quivering lying while
Generals periodicity half hour
Generals restlessness
Generals rubbing amel
Generals scratching amel.
Generals senses acute
Generals sleepiness
Generals tobacco desire for.
Generals tobacco ameliorated.
Generals vibration fluttering etc
General vibration sensation
Generals weakness
General weakness as from sleepiness
Generals weariness

CASES

Hi Alastair

I hope life is good with you.

About three weeks ago my work colleagues were all coming down with a virus lots of respiratory symptoms that lasted for a few weeks. I did not have it.

However I suddenly got a kind of virus at that time it came on quickly, first I noticed I was a bit giddy, I came home and went to bed, I also had nausea and exhaustion and a bit of a fever plus a craving for garlic. I was a bit delirious with the fever.

The next day I was a bit more lucid and remembered after a while that I had experienced something like this (but without the fever) before, tick, tick, tick, it was the melaleuca proving. I took one Melaleuka 30c, as soon it touched my tongue I felt better without relapsing.

Other than that ...occasionally I see purple lights before going to sleep, like in the proving.

Best wishes

Helen McGuire

EPILOGUE AND THANKS

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Alastair Gray Sydney 2003

Some final thoughts

A conversation with Steven Olsen

Tee Tree Oil

Melaleuca Alternifolia

Proving

by Steven Olsen ND

Mind

Sensitive to noise (p1).

Anxiety on waking, fear there will not be enough food in the house (p2).

Aversion to people and crowds (p2).

I fall asleep easily watching TV in the daytime (p2).

Fear I will not get enough food to eat (p2).

I worry before people visit, fear they will criticize me (p2).

When people are going to come over to visit, I get up early to clean the house (p2).

Fear of judgment and criticism of how I am dressed (p2).

I want to be accepted and liked (2).

Anxiety that people will think my house is untidy (p2).

I feel self conscious with my guests. I therefore find it difficult to talk to them (p2).

I want to be accepted and liked (p2).

Fear I will be judged and then rejected by others (p2).

I find it difficult to confront others (p2).

Fear of poverty (p2).

Irritable from the noise when people chew food (p2).

It's about survival, food, security, having people around that can take care of you (p2)

Worry that I have a serious illness, such as a tapeworm, I feel like a hypochondriac (p2).

I feel that everything is coming down on me, that I will be overloaded with things that I will not be able to deal with, such as a major illness (p2).

I am upset about money and scared about finding a job (p2).

Head

Headache better to close the eyes, worse to close the eyes (p1).

Headache worse from car head lights (p1).

Headache like a hangover (p2).

Headache as if hit on the head (p2).

Dull pain in the middle of the face (p1).

Pain forehead (p2).

Pain in head wakes him at 3 a.m (p2).

Eye

Twitch in the left eye lid (p2).

Dry eyes (p2).

Ear

Popping sensation in the right ear (p2).

Pain and pressure in the right ear (p2).

Pain in the right eustachian tube (p2).

Pain below the ear, extends into the jaw (p2).

Pain in the right ear, better from pressing downward on the ear canal with my finger (p2).

Nose

Very sensitive to odors. I can smell peoples feet in the next room (p2).

My sinuses feel all clogged up (p2).

My sinuses are very dry inside, clear, but painful (p2).

If I lie on my right side my nose drains, then the mucous hits my sore

throat and I can't sleep (p2).

Face

Cold sores on the lips, painful (p2).

Herpes on the lips, painful (p2).

On opening the jaw wide, it sounds like sandpaper rubbing in my ears (p2).

Mouth

Aphthae of the tongue (p2).

Very painful canker sores in the mouth (p2).

Teeth

Throat

Aphthae of the throat (p2).

Throat pain, worse to swallow or to talk (p2).

Throat pain, worse from eating (p2).

Throat pain, better to gargle with warm salty water (p2).

Stomach

Lots of belching, burping every day all through the proving (p2).

Great amount of gas come up from the stomach, belching gas (p1).

Heartburn with burping (p2).

Eruclatations into the throat from the stomach (p1).

Nausea, better to sit still, worse to move about.

Nausea from the smell of things, such as bread being baked or brewed coffee. (2p).

Aversion to milk (p2).

Milk curdles in the stomach (p2).

After I blow my nose I feel that I will gag or throw up (p2).

My appetite is increased, I am eating twice what I normally would eat (p2).

I want to eat all day non stop (p2).

I do not feel full after eating (p2).

I am hungry after eating. (p2)

Gas in the stomach with nausea (p2).

Rectum

Lots of flatulence (p2).

Extremities

Stiff in the joints (p2).

Skin eruption left elbow (p2).

Fingernails are ridged crosswise (p2).

Eruption about the left knee, very itchy (p2).

Rash on the joints like a rug burn (p2).

Female

Itch in the vaginal area, it feels like a yeast infection (p1).

Back

Stiff neck (p1)

Stiff and painful neck (p2).

Skin

Skin eruption itchy (p2).

Skin eruption like a rug burn (p2).

Perspiration

Profuse perspiration and I feel too warm (p2).

Sleep

Sleepless from sinus drainage (p2).

Dreams

Dreams there is no food in the house (p2).

I dream of large fat people with low self esteem, who felt very self conscious (p2).

Dream that a river boat had run aground and was sinking, people were stealing everything from it (p2).

Generalities

Aversion to lentil soup (p2).

Craving for peanuts (p2).

Craving for bread (p2).

Craving for meat (p2).

I am more thirsty for cold water (p2).

I feel too warm (p2).

I feel tired and sleepy in the daytime (p2).