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## Introduction

### 1 Reading This Document – Two Provings in One

The methodology employed in the completion of these provings is Hahnemannian and essentially follows the guidelines as laid out in Sherr's *Methodologies* book. While this is not the only method possible it is the one my training was grounded in and the one employed in all the SCHM provings. This trial was conducted blind.

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

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

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

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

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

What it means is that in addition to the inclusion of the symptoms

the prover experiences immediately after taking the proving dose; the primary response, many provings include the symptoms the prover then experienced as he/she was returning to health; secondary symptoms.

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

But others respond with an emphatic No! Only those symptoms chosen from the patient which match the primary symptoms of a remedy will cure. This it seems was Bonninghausen's stance.

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

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

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

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

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

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

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

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

This is why, it seems to me, Vithoukias for example dismisses most if not all modern provings. He is not the only one. And in this he is right. There is often a lot of dross and speculation and the inclusion of secondary symptoms and group dynamic. Some provings have methodology so flakey to make a scientist laugh till they cry. But he is also wrong to dismiss them all. We have hundreds of cures and improved cases with these new remedies. I have seen myself that the supervisors of provers experience the same proving symptoms as the provers. In a dramatic example during the proving of Pearl (at Nature Care in 1998) the wife of a prover (who had not volunteered nor was interested in the whole process) developed the exact same symptoms as her husband who was in the proving group. This must be acknowledged and worked with. I have had sensational cures and resolution of symptoms using Hydrogen, Scorpion and Lac Humanum. But there are many more new remedies I have tried in my practice and based the prescription on a lecture or a presentation and had no result. Is this poor prescribing or poor teaching or poor methodology or dodgy information?

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

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

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

I'm sure you can tell I am a libran. I see and understand the desire for some such as Herscu to create a sound model of a proving which acknowledges that we are the twenty first century and that we are in the age of evidence based, double blind, random, placebo

including drug trials. We have to tidy up our act. Yet we must also acknowledge the organic process and the shamanic nature of the homeopathic drug trial. I feel that to throw away one is a profound mistake and unnecessarily divisive. We must acknowledge both.

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

Alastair Gray  
Sydney 2003

## 2 Provings at Sydney College of Homeopathic Medicine

Each year the Sydney College of Homeopathic medicine undertakes a proving as part of its undergraduate program. The proving is conducted in a wider context of understanding Homeopathic research as a whole and more importantly the homeopathic tradition and lineage of research. We conduct a proving but also study how to create *materia medica* and repertory within the understanding of the historical precedents handed down from Hahnemann to Kent and to Sherr.

## 3 The Choice of this Medicine

The medicine was selected and prepared by Mike Dong of Simillimum in New Zealand.

## 4 Methodology Employed

Proving Protocol  
(acknowledgments Jeremy Sherr, David Reilly)

### Clinical Trial Design

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

### Clinical Investigators

Proving Coordinator – Alastair Gray RSHom DSH PCH ARoH

### Methodology

Data collection - Diary/journal format

Statistical Design - Single group with no placebo controls

Method of Blinding - Single-blind

Controls – External group distance students controlled

### Homeopathic Remedy

The medication used in this homeopathic drug proving was prepared by Simillimum, Culex 30 liquid medicating dose.

### Prover Population

There were a total of 23 participants. There were 19 women and 4 men ranging in age from 26 to 55 years. Eleven provers received verum and 14 either coordinated or supervised.

1	f	30
2	f	30
3	f	30
4	f	30
5	f	30
7	f	30
8	f	30
9	f	30

10	m	30
11	f	30
13	f	30
16	f	s
17	f	s
18	f	s
19	f	s
20	m	s
21	m	s
22	f	s
23	f	s
24	f	s
25	f	s
26	f	s
30	f	s
31	m	s

There were no dropouts from this homeopathic drug proving.

Prover Selection Inclusion Criteria - each prover included in this homeopathic drug proving:

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

Prover Selection Exclusion Criteria - the following criteria excluded a person from the homeopathic drug proving:

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

#### General Drug Proving Outline

All provers signed an informed consent. This classical homeopathic drug proving lasted at least 8 weeks per

prover. There was a two week pre-proving observation period to establish the baseline rhythm and symptom picture for each prover. This is a single-case study control, comparing symptoms noted during the pre-proving observation period with those experienced after taking the homeopathic remedy. Only the coordinator, not the provers were aware of the substance being proved until after the trial was unblinded.

#### Remedy Administration

The remedy was administered 3 times daily (5 drops sublingually) until the prover developed symptoms or for three days. If no symptoms occurred in three days, the prover stopped taking the remedy and continued recording in their journal. No food was eaten for at least 15 minutes prior to taking the remedy and no food was eaten for at least 15 minutes following administration of the remedy.

#### Symptom Collection and Evaluation

Provers noted in their journals the symptoms associated with the administration of the homeopathic remedy for one month and a two week post-proving observation period. The symptoms experienced after the administration of the remedy were compared with symptoms noted during the pre-proving observation period and were evaluated according to the criteria from Sherr's book. All provers completed an exit interview where each symptom experienced was reviewed once again for additional clarification. All symptoms were noted for being either new symptoms, old symptoms, or altered symptoms. Some provers experienced a relief of chronic symptoms (such as the clearing of a chronically stuffy nose.) There were no adverse effects noted at the time of the exit interview.

#### Extraction

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

## 5 Pharmacy

From Mike Dong

The remedy which Alastair received from us was made up from a culex mosquito. Mosquitoes were captured live and then preserved whole in alcohol. The remedy was then prepared from the liquid. The zoological name is precisely *Culex pervigilans* and it is the most widespread mosquito found in NZ. The mosquito has a very wide tolerance of environments hence it is everywhere. It breeds in ground waters with still and moderate flow, clean and contaminated, fresh and with as much as 75% sea water. Breeding continues all year round. In some places it is considered a serious nocturnal domestic pest attacking both inside buildings and outside but primarily the host for this species of mosquito is birds. I hope that is of use to you. Let us know how you get on with the proving. Thanks Mike Simillimum Homeopathic

Pharmacy 20 Panama St Wellington Visit our Website now! [www.arnica.co.nz](http://www.arnica.co.nz)

## 6 Introduction to Culex the Species

Mosquitoes are insects belonging to the order *Diptera*, the True Flies. Like all True Flies, they have two wings, but unlike other flies, mosquito wings have scales. Female mosquito's mouthparts form a long piercing-sucking proboscis. Males differ from females by having feathery antennae and mouthparts not suitable for piercing skin. A mosquito's principal food is nectar or similar sugar source.

There are over 2500 different species of mosquitoes throughout the world; about 200 species occur in the United States with 77 species occurring in Florida. A new species, *Anopheles grabhamii*, was reported from the Florida Keys in 2001 (Darsie et al. 2002). Each mosquito species has a Latin scientific name, such as *Anopheles quadrimaculatus*. *Anopheles* is the "generic" name of a group of closely related mosquitoes and *quadrimaculatus* is the "species" name that represents a group of individuals that are similar in structure and physiology and capable of interbreeding. These names are used in a descriptive manner so that the name tells something about each particular mosquito, for example, *Anopheles* — Greek meaning hurtful or prejudicial and *quadrimaculatus* — Latin meaning four spots (4 dark spots on the wings). Some species have what are called "common names" as well as scientific names, such as *Ochlerotatus taeniorhynchus*, the "black salt marsh mosquito."

Scientific investigators (taxonomists) are constantly looking for new mosquitoes, as well as reviewing previously identified specimens for new information or identifying characteristics. Better microscopic equipment developed in the last 20 years has improved the taxonomist's ability to determine differences between species. Recently such a review by Dr. John Reinert (2000) led to a change in the name of many mosquitoes belonging to the genus *Aedes*. Using improved methods and over 30 years' experience he elevated a subgenus of *Aedes* (*Ochlerotatus*) to the status of genus. This will necessitate the renaming of many mosquitoes previously named *Aedes* to the genus *Ochlerotatus* and the rewriting of many taxonomic keys important to public health entomologists working in mosquito control.

Mosquitos (family *Culicidae*), any of the familiar insects, numbering about 2,500 species, that are important in public health because of the bloodsucking habits of the females. Mosquitoes are known to transmit such serious diseases as yellow fever, malaria, filariasis, and dengue. (See also [dipteran](#).)

The slender, elongated body of the adult is covered with scales; in addition the mosquito is characterized by its long, fragile-looking legs and its mouthparts, which are contained in an elongated proboscis. The threadlike antennae of the male are generally bushier than those of the female. The males, and sometimes the females, feed on nectar and other plant juices. In most species, however, the females require a blood meal in order to mature their eggs, which are laid on the surface of water. Different species of mosquitoes show preferences and, in many cases, narrow restrictions as to host animals.

The eggs laid by mosquitoes hatch into aquatic larvae, or wrigglers, which swim with a jerking, wriggling movement and feed on algae and organic debris; a few are predatory and may even feed on other

mosquitoes. Unlike most insects, mosquitoes in the pupal stage, called tumblers, are active and free-swimming. The pupae breathe by means of tubes on the thorax. The adults mate soon after emerging from their pupal cases. The duration of the life cycle varies greatly depending on the species.

Mosquitoes are apparently attracted to host animals by moisture, lactic acid, carbon dioxide, body heat, and movement. The mosquito's hum results from the high frequency of its wingbeats; the female's slightly lower frequency may serve as a means of sex recognition.

Measures used to control mosquitoes include the elimination of breeding sites, the application of surface films of oil to clog the breathing tubes of wrigglers, and the use of larvicides. Synthetic organic insecticides may be used to destroy adult mosquitoes indoors.

There are three important mosquito genera. *Anopheles*, the only known carrier of malaria, also transmits filariasis and encephalitis. *Anopheles* mosquitoes are easily recognized in their resting position, in which the proboscis, head, and body are held on a straight line to each other but at an angle to the surface. The spotted colouring on the wings results from coloured scales. Breeding usually occurs in water containing heavy vegetation. The female deposits her eggs singly on the water surface. *Anopheles* larvae lie parallel to the water surface and breathe through posterior spiracular plates on the abdomen instead of through a tube, as do most other mosquito larvae. The life cycle is from 18 days to several weeks.

The genus *Culex* is a carrier of viral encephalitis and, in tropical and subtropical climates, of filariasis. It holds its body parallel to the resting surface and its proboscis is bent downward relative to the surface. The wings, with scales on the veins and the margin, are uniform in colour. The tip of the female's abdomen is blunt and has retracted cerci (sensory appendages). Breeding may occur on almost any body of fresh water, including standing polluted water. The eggs, which float on the water, are joined in masses of about 100 or more. The long and slender *Culex* larvae have breathing tubes that contain hair tufts; they lie head downward at an angle of 45° from the water surface. The life cycle, usually 10 to 14 days, may be longer in cold weather. *C. pipiens pipiens* is the most abundant house mosquito in northern regions; *C. pipiens quinquefasciatus* is abundant in southern regions.

The genus *Aedes* carries yellow fever, dengue, and encephalitis. Like *Culex*, it holds its body parallel to the surface with the proboscis bent down. The wings are uniformly coloured. *Aedes* may be distinguished from *Culex* by its silver thorax with white markings and posterior spiracular bristles. The tip of the female's abdomen is pointed and has protruding cerci. *Aedes* usually breeds in floodwater, rain pools, or salt marshes, the eggs being capable of withstanding long periods of dryness. The short, stout larvae have a breathing tube containing a pair of tufts; the larvae hang head down at a 45° angle from the water surface. The life cycle may be as short as 10 days or, in cool weather, as long as several months. *A. aegypti*, the important carrier of yellow fever, has white bands on its legs and spots on its abdomen and thorax. This domestic species breeds in almost any kind of container, from flower pots to discarded car-tire casings. *A. sollicitans*, *A. taeniorhynchus*, and *A. dorsalis* are important salt-marsh mosquitoes. They are prolific breeders, strong fliers, and irritants to animals, including humans. *Britannica*.

## 7 The Name "Mosquito"

The Spanish called the mosquitoes "musketas," and the native Hispanic Americans called them "zancudos." "Mosquito" is a Spanish or Portuguese word meaning "little fly" while "zancudos," a Spanish word, means "long-legged." The use of the word "mosquito" is apparently of North American origin and dates back to about 1583

(<http://www.mda.state.md.us/mosquito/mosquito.htm>).

In Europe, mosquitoes were called "gnats" by the English, "Les moucherons" or "Les cousins" by French writers, while the Germans used the name "Stechmucken" or "Schnacke." In Scandinavian countries mosquitoes were called by a variety of names including "myg" and "myyga" and the Greeks called them "konopus." In 300 B.C., Aristotle referred to mosquitoes as "empis" in his "Historia Animalium" where he documented their life cycle and metamorphic abilities. Modern writers used the name *Culex* and it is retained today as the name of a mosquito genus. What is the correct plural form of the word mosquito? In Spanish it would be "mosquitos," but in English "mosquitoes" (*with* the "e") is correct.

Mosquitoes can be an annoying, serious problem in man's domain. They interfere with work and spoil hours of leisure time. Their attacks on farm animals can cause loss of weight and decreased milk production. Some mosquitoes are capable of transmitting diseases such as malaria, yellow fever, dengue, filariasis and encephalitis [St. Louis encephalitis (SLE), Western Equine encephalitis (WEE), LaCrosse encephalitis (LAC), Japanese encephalitis (JE), Eastern Equine encephalitis (EEE) and West Nile virus (WN)] to humans and animals.

## 8 Mosquito Life Cycle

The mosquito goes through four separate and distinct stages of its life cycle: Egg, Larva, Pupa, and Adult. Each of these stages can be easily recognized by its special appearance.

**Egg:** Eggs are laid one at a time or attached together to form "rafts." They float on the surface of the water. In the case of *Culex* and *Culiseta* species, the eggs are stuck together in rafts of up to 200. *Anopheles*, *Ochlerotatus* and *Aedes*, as well as many other genera, do not make egg rafts, but lay their eggs singly. *Culex*, *Culiseta*, and *Anopheles* lay their eggs on the water surface while many *Aedes* and *Ochlerotatus* lay their eggs on damp soil that will be flooded by water. Most eggs hatch into larvae within 48 hours; others might withstand subzero winters before hatching. Water is a necessary part of their habitat.

**Larva:** The larva (plural - larvae) lives in the water and comes to the surface to breathe. Larvae shed (molt) their skins four times, growing larger after each molt. Most larvae have siphon tubes for breathing and hang upside down from the water surface. *Anopheles* larvae do not have a siphon and lie parallel to the water surface to get a supply of oxygen through a breathing opening. *Coquillettidia* and *Mansonia* larvae attach to plants to obtain their air supply. The larvae feed on microorganisms and organic matter in the water. During the fourth molt the larva changes into a pupa. Mosquito

larvae, commonly called "wigglers," live in water from 4 to 14 days depending on water temperature.

Larvae must come to the surface at frequent intervals to obtain oxygen through a breathing tube called a siphon. They are constantly feeding since maturation requires a huge amount of energy and food. They hang upside down at the water surface with the breathing tube up and the brushes by their mouths filtering anything small enough to be eaten toward their mouths to nourish the growing larva. They feed on algae, plankton, fungi and bacteria and other microorganisms. One mosquito species larva feeds on larvae of other mosquitoes: *Toxorhynchites*, the largest mosquito known, are predators of other mosquito larvae sharing their habitat. Their larvae are much larger than other mosquito larvae.

During growth, the larva molts (sheds its skin) four times. The stages between molts are called instars. At the 4th instar, the usual larva reaches a length of almost 1/2 inch and toward the end of this instar ceases feeding. When the 4th instar larva molts, it becomes a pupa.

**Pupa:** The pupal stage is a resting, non-feeding stage of development, but pupae are mobile, responding to light changes and move (tumble) with a flip of their tails towards the bottom or protective areas. This is the time the mosquito changes into an adult. This process is similar to the metamorphosis seen in butterflies when the butterfly develops - while in the cocoon stage - from a caterpillar into an adult butterfly. In *Culex* species in the southern United States this takes about two days in the summer. When development is complete, the pupal skin splits and the adult mosquito (imago) emerges.

Mosquito pupae, commonly called "tumblers," live in water from 1 to 4 days, depending upon species and temperature.

The pupa is lighter than water and therefore floats at the surface. It takes oxygen through two breathing tubes called "trumpets." The pupa does not eat, but it is not an inactive stage. When disturbed, it dives in a jerking, tumbling motion toward protection and then floats back to the surface.

The metamorphosis of the mosquito into an adult is completed within the pupal case. The adult mosquito splits the pupal case and emerges to the surface of the water where it rests until its body dries and hardens.

**Adult:** The newly emerged adult rests on the surface of the water for a short time to allow itself to dry and all its body parts to harden. The wings have to spread out and dry properly before it can fly. Blood feeding and mating does not occur for a couple of days after the adults emerge.

The egg, larva and pupa stages depend on temperature and species characteristics to determine how long they take for development. For instance, *Culex tarsalis*, a common California (USA) mosquito, might go through its life cycle in 14 days at 70° F and take only 10 days at 80° F.

On the other hand, some species have naturally adapted to go through their entire life cycle in as little as four days or as long as one month.

Typical Life Cycle of *Culex* Mosquitoes (Family *Culicidae*, Order *Diptera*)

Eggs: 1-2 days

Larvae: 8-12 days in summer

Pupae: 2-3 days in summer

Adults: Overwinter as mated females.

Mosquitoes of different species lay their eggs in a variety of water sources that range from small containers to vast expanses of marshland. The larval stage is always aquatic and shuttles from the subsurface where it filter feeds on micro-organisms to the surface to obtain oxygen through a snorkel-like breathing apparatus. The pupal stage does not feed but unlike most Insect pupae is extremely active. The adult emerges from the pupal case using air pressure and assume a terrestrial existence.

Only female mosquitoes require a blood meal (protein) and bite animals – warm or cold blooded – and birds. Stimuli that influence biting (blood feeding) include a combination of carbon dioxide, temperature, moisture, smell, colour and movement. Male mosquitoes do not bite, but feed on the nectar of flowers or other suitable sugar source. Acquiring a blood meal, i.e., protein, is essential for egg production, but mostly both male and female mosquitoes are nectar feeders. Female *Toxorhynchites* actually can't obtain a bloodmeal and are restricted to a nectar diet. Of those female mosquitoes capable of blood feeding, human blood meals are seldom first or second choices. Horses, cattle, smaller mammals and/or birds are preferred.

*Aedes* and *Ochlerotatus* mosquitoes are painful and persistent biters. They search for a blood meal early in the morning, at dusk (crepuscular feeders) and into the evening. Some are diurnal (daytime biters) especially on cloudy days and in shaded areas. They usually do not enter dwellings, and they prefer to bite mammals like humans. *Aedes* and *Ochlerotatus* mosquitoes are strong fliers and are known to fly many miles from their breeding sources.

*Culex* mosquitoes are painful and persistent biters also, but prefer to attack at dusk and after dark. They readily enter dwellings for blood meals. Domestic and wild birds usually are preferred over man, cows, and horses. *Culex nigripalpus* is known to transmit St. Louis encephalitis to man in Florida. *Culex* mosquitoes are generally weak fliers and do not move far from home, although they have been known to fly up to two miles. *Culex* usually live only a few weeks during the warm summer months. Those females that emerge in late summer search for sheltered areas where they "hibernate" until spring. Warm weather brings them out again in search of water on which to lay their eggs.

*Culiseta* mosquitoes are moderately aggressive biters, attacking in the evening hours or in the shade during the day. *Psorophora*, *Coquillettidia* and *Mansonia* mosquitoes are becoming more pestiferous as an ever-expanding

human population invades their natural habitats. *Anopheles* mosquitoes are persistent biters and the only mosquito which transmits malaria to man.

**About the *Culex* Mosquito:** *Culex pipiens*, or northern house mosquito is the most common species of mosquito found in urban areas. It appears to be primarily responsible for transmission of WNV to humans and birds, as well as to other mammals.

File: WNVMosqLifeCyclePres. Rev May 9'01.

Many mosquitoes, such as *Culex quinquefasciatus*, lay their eggs on the surface of fresh or stagnant water. The water may be in tin cans, barrels, horse troughs, ornamental ponds, swimming pools, puddles, creeks, ditches, catch basins or marshy areas. Mosquitoes prefer water sheltered from the wind by grass and weeds.

*Culex* mosquitoes usually lay their eggs at night over a period of time sticking them together to form a raft of from 100 to 300 eggs. A raft of eggs looks like a speck of soot floating on the water and is about 1/4 inch long and 1/8 inch wide. A female mosquito may lay a raft of eggs every third night during its life span.

*Anopheles*, *Culex* and *Mansonia* eggs are more susceptible to long periods of drying out. *Anopheles* and many other mosquitoes lay their eggs singly on the water surface. *Aedes* and *Ochlerotatus* mosquitoes lay their eggs singly, usually on damp soil. *Aedes* and *Ochlerotatus* eggs are more resistant to drying out (some require complete drying out before the eggs will hatch) and hatch only when flooded with water (salt water high tides, irrigated pastures, treeholes flooded by rains, flooded stream bottoms).

Tiny mosquito larvae emerge from the eggs within 24 - 48 hours almost in unison.

### Simple Facts

- There are over 2500 different species of mosquitoes throughout the world, of which 200 species occur in the United States.
- A single female can lay over 200 eggs at a time. Mosquito eggs can survive for more than five years.
- All mosquitoes need water to complete their life cycle.
- Not all species bite humans; some prefer birds, others prefer horses, and some will even bite frogs and turtles.
- Only females take blood; males feed only on plant nectar.
- Mosquitoes can fly considerable distances; some species remain close to their larval habitats while others can fly 20 miles or more.
- Mosquitoes do not develop in grass or shrubbery, although adults frequently rest in these areas during daylight hours.
- Mosquitoes are responsible for more human death than any other living creature.

## 9 Mosquito Control

Mosquito control can be divided into two areas of responsibility: individual and public. Most often it's performed following the Integrated Mosquito Management (IMM) concept. IMM is based on

ecological, economic and social criteria and integrates multidisciplinary methodologies into pest management strategies that are practical and effective to protect public health and the environment and improve the quality of life. Mosquito control includes mosquito surveillance measures, source reduction, a biological control strategy, ground and aerial application of insecticides and public education. The applications of adulticides or larvicides are made after the presence of mosquitoes has been demonstrated by surveillance procedures. Application is made by prescribed standards. All insecticides must have the name and amount of active ingredient (AI) appear on the label; examples are DEET and pyrethroids. Check the label before buying. No pesticide is 100 percent safe and care must be exercised in the use of any pesticide. Material Safety Data Sheets (MSDS) contain basic information about a product intended to help you work safely with the material (<http://www.msdssearch.com/>). Other IMM strategies are employed in concert with insecticide. These include source reduction, which incorporates physical control (digging ditches and ponds in the target marsh) and biological control [placing live mosquito fish (*Gambusia*) in the ditches and ponds to eat mosquito larvae]. Other non chemical control methods include invertebrate predators, parasites and diseases to control mosquito larvae. Adult mosquito biological control by means of birds, bats, dragonflies and frogs has been employed by various agencies. However, supportive data is anecdotal and there is no documented study to show that bats, purple martins, or other predators consume enough adult mosquitoes to be effective control agents.

#### Adult Mosquito Control

**Repellents.** Repellents are substances that make a mosquito avoid biting people. Persons working or playing in mosquito-infested areas will find repellents very helpful in preventing mosquito bites (<http://www.plymouthmosquito.com/repell.htm>). Repellents are formulated and sold as aerosols, creams, solids (sticks) and liquids. Use repellents containing ingredients such as diethyl phthalate, diethyl carbate, N, N-Diethyl-3-Methylbenzamide (DEET), and ethyl hexanediol. For more than 40 years, DEET has been the standard in mosquito repellents. Check the label for these active ingredients. Permethrin-containing repellents (Permanone) are recommended for use on clothing, shoes, bednets and camping gear. Permethrin is highly effective as an insecticide/acaricide and as a repellent. Permethrin-treated clothing repels and kills ticks, mosquitoes and other arthropods and retains this effect even after repeated laundering. Permethrin-treated clothing should be safe when label directions are followed. Permethrin repellents do not offer any protection from mosquitoes when applied to the skin. It is often helpful to use spray repellents on outer clothing as well as the skin. Protection generally may be expected up to 6 hours following application. Oil of citronella is another type of mosquito repellent for space repelling. Oil of citronella is the active ingredient in many of the candles, torches, or coils that may be burned to produce a smoke that repels mosquitoes. These are useful outdoors only under windless conditions. Their effectiveness is somewhat less than repellents applied to the body or clothing.

#### Here are some common sense rules to follow when using repellents:

- Wear long sleeve shirts and pants outdoors during peak mosquito activity time periods.
- Apply repellent sparingly only to exposed skin or clothing.
- Keep repellents away from eyes, nostrils and lips: do not inhale or ingest repellents or get them into the eyes.
- Avoid applying high-concentration (>30% DEET) products to the skin, particularly of children.
- Avoid applying repellents to portions of children's hands that are likely to have contact with eyes or mouth.
- Pregnant and nursing women should minimize use of repellents.
- Never use repellents on wounds or irritated skin.
- Use repellent sparingly; one application will last approximately 4-6 hours. Saturation does not increase efficacy.
- Wash repellent-treated skin after coming indoors.
- If a suspected reaction to insect repellents occurs, wash treated skin, and call a physician. Take the repellent container to the physician.

**Mosquito Traps.** Insect electrocutors (bug zappers) and mosquito trapping devices are 20<sup>th</sup> century control measures. Manufacturers modernized 19<sup>th</sup> century mosquito trapping devices such as the New Jersey light trap with more "bells and whistles" to improve its appeal to the public. Insect electrocutor light traps have been extensively marketed for the past several years claiming they can provide relief from the biting mosquitoes and other pests in your back yard. Numerous devices are available for purchase that claim to attract, repel or kill outdoor infestations of mosquitoes. They should be thoroughly researched before being purchased.

Other mosquito traps are designed to mimic a mammal (horse, cattle, man and domestic pets) by emitting a plume of carbon dioxide, heat and moisture, which is often combined with an additional attractant, i.e. octenol, to create an attractant to mosquitoes, no-see-ums, biting midges and black flies. After drawing the insects to the trap, a vacuum device sucks the insects into a net or cylinder where they dehydrate and die. No electric killing grid or pesticides are used.

Scientific data relative to the effectiveness of these devices is sparse so be sure to review all the information available before purchasing one of these. In addition, some of the mosquito traps are expensive. The AMCA has a position paper on mosquito traps (<http://www.mosquito.org/MosqInfo/Traps.htm>).

**Space sprays.** Mosquitoes can be killed inside the house by using a flit gun (seldom used any longer) or a household aerosol space spray containing synergized pyrethrum or synthetic pyrethroids (allethrin, resmethrin, etc.). The major advantage of space treatment is immediate knockdown, quick application, and relatively small amounts of materials required for treatment. Space sprays are most effective indoors. Outdoors, the insecticide particles disperse rapidly and may not kill many mosquitoes. The major disadvantage of space spraying is that it will not manage insects for long periods of time.

Only insecticides labeled for flying insect management should be sprayed into the air. Best results are obtained if doors and windows are kept closed during spraying and for 5-10 minutes after spraying. Always follow directions on the label.

**Outdoor Control.** Homeowners, ranchers or businesses may use hand-held ULV foggers, portable or fogging attachments for tractors or lawn mowers for temporary relief from flying mosquitoes. Pyrethrins or 5% malathion can be fogged outdoors. Follow instructions on both the insecticide label and fogging attachments for application procedure.

**Mechanical Barriers.** Mosquitoes can be kept out of the home by keeping windows, doors and porches tightly screened (16-18 mesh). Those insects that do get into structures can be eliminated with a fly swatter or an aerosol space spray containing synergized pyrethrum.

**Vegetation Management.** Adult mosquitoes prefer to rest on weeds and other vegetation. Homeowners can reduce the number of areas where adult mosquitoes can find shelter by cutting down weeds adjacent to the house foundation and in their yards, and mowing the lawn regularly. To reduce further adult mosquitoes harboring in vegetation, insecticides may be applied to the lower limbs of shade trees, shrubs and other vegetation. Products containing allethrin, malathion or carbaryl have proven effective. Paying particular attention to shaded areas, apply the insecticides as coarse sprays on to vegetation, walls and other potential mosquito resting areas using a compressed air sprayer. Always read and follow label directions before using any pesticide.

Many of the mosquito problems that trouble homeowners and the general population cannot be eliminated through individual efforts, but instead, must be managed through an organized effort. Many states have some sort of organized mosquito control, either at the State, County or city level. Florida has over 50 organized mosquito control organizations that specialize in area mosquito control. Some residential communities organize to control their mosquito problems. There has been an increase in the

number of these organizations in the United States since the encephalitis outbreak in 1999. These organized management programs incorporate the IMM strategies mentioned above which include permanent and temporary measures. Permanent measures include impounding water and ditching, and draining swampy mosquito breeding areas. Temporary measures include treating breeding areas to kill larvae and aerosol spraying (ULV) by ground or aerial equipment to kill adult and larval mosquitoes. If you live within an organized mosquito management district, support it in its control efforts. Organized mosquito management can accomplish much more than individual efforts. If you are not sure about whether your community has a mosquito control district, contact the local division of health officials.

### Larval Control

The most effective way to control mosquitoes is to find and eliminate their breeding sites. Eliminating large breeding areas such as swamps or sluggishly moving streams or ditches may require community-wide effort. This is usually a task for your organized mosquito control program. Homeowners, however, can take the following steps to prevent mosquito breeding on their own property:

1. Destroy or dispose of tin cans, old tires, buckets, unused plastic swimming pools or other containers that collect and hold water. Do not allow water to accumulate in the saucers of flowerpots, cemetery urns or in pet dishes for more than 2 days.
2. Clean debris from rain gutters and remove any standing water under or around structures, or on flat roofs. Check around faucets and air conditioner units and repair leaks or eliminate puddles that remain for several days.
3. Change the water in birdbaths and wading pools at least once a week and stock ornamental pools with top feeding predacious minnows. Known as mosquito fish, these minnows are about 1 - 1-1/2 inches in length and can be purchased or native fish can be seined from streams and creeks locally. Ornamental pools may be treated with biorational larvicides (*Bacillus thuringiensis* subsp. *israelensis* (Bti) or methoprene (IGR) containing products) under certain circumstances. Commercial products "Mosquito Dunks" and "Mosquito Bits" <http://www.summitchemical.com/default.htm>, <http://www.marchbiological.com/> containing Bti can be purchased at many hardware/garden stores for homeowner use. Recently, **Zodiac**, a division of Wellmark International, developed "Preventative Mosquito Control" (PMC) product that kills developing mosquitoes using insect growth regulator (IGR) technology. Like "Mosquito Dunks" Zodiac's "Preventative Mosquito Control" can be found at many home/garden and pet specialty stores.
4. Fill or drain puddles, ditches and swampy areas, and either remove, drain or fill tree holes and stumps with mortar. These areas may be treated with the above Bti or methoprene products also.

5. Eliminate seepage from cisterns, cesspools, and septic tanks.
6. Eliminate standing water around animal watering troughs. Flush livestock water troughs twice a week.
7. Check for trapped water in plastic or canvas tarps used to cover boats, pools, etc. Arrange the tarp to drain the water.
8. Check around construction sites or do-it-yourself improvements to ensure that proper backfilling and grading prevent drainage problems.
9. Irrigate lawns and gardens carefully to prevent water from standing for several days.
10. If ditches do not flow and contain stagnant water for one week or longer, they can produce large numbers of mosquitoes. Report such conditions to a Mosquito Control or Public Health Office. Do not attempt to clear these ditches because they may be protected by wetland regulations.

## 10 Mosquito-borne Diseases

Mosquitoes cause more human suffering than any other organism with over one million people dying from mosquito-borne diseases every year. Not only can mosquitoes carry diseases that afflict humans, but they also transmit several diseases and parasites that dogs and horses are very susceptible to. These include dog heartworm, West Nile virus (WN) and Eastern equine encephalitis (EEE). In addition, mosquito bites can cause severe skin irritation through an allergic reaction to the mosquito's saliva - this is what causes the red bump and itching. Mosquito vectored diseases include protozoan diseases, i.e., malaria, filarial diseases such as dog heartworm, and viruses such as dengue, encephalitis and yellow fever.

The malaria parasite (plasmodium) transmission by female *Anopheles* mosquitoes is an ancient disease originating in Africa probably (<http://www.rph.wa.gov.au/labs/haem/malaria/history.html>). The term malaria is derived from the Italian, (malaria) or "bad air" because it was thought to come on the wind from swamps and rivers. Scientists conducted much research on the disease during the late 1880s and early 1900s. Approximately 40% of the world's population is susceptible to malaria, mostly in the tropical and subtropical areas of the world. It was by and large eradicated in the temperate area of the world during the 20<sup>th</sup> century with the advent of DDT and other organochlorine and organophosphate mosquito control insecticides. However, more than one million deaths and over 300 million cases are still reported annually in the world. It is reported that malaria kills one child every 40 seconds (<http://mosquito.who.int/newdesign2/index.html>). In the United States malaria affected colonization along the eastern shore and wasn't effectively controlled until the 1940s when the *Anopheles* mosquitoes were controlled. A resurgence occurred during the 1960s and early 70s in the

United States due to returning military personnel from Vietnam. *Anopheles quadrimaculatus* was the primary vector of the *Plasmodium vivax* (protozoa) in the United States (Foote and Cook 1959). Antimalarial drugs have been available for more than 50 years and recently scientists in Britain and the United States has cracked the code of the malaria parasite genome, a step that may help boost the campaign against the disease ([http://www.nlm.nih.gov/mimcom/news/malaria\\_genome.html](http://www.nlm.nih.gov/mimcom/news/malaria_genome.html)).

Dog heartworm (*Dirofilaria immitis*) can be a life-threatening disease for canines. The disease is caused by a roundworm. Dogs and sometimes other animals such as cats, foxes and raccoons are infected with the worm through the bite of a mosquito carrying the larvae of the worm. It is dependent on both the mammal and the mosquito to fulfill its lifecycle. The young worms called microfilaria circulate in the blood stream of the dog. These worms must infect a mosquito in order to complete their lifecycle. Mosquitoes become infected when they blood feed on the sick dog. Once inside the mosquito the microfilaria leave the gut of the mosquito and live in the body of the insect, where they develop for 2-3 weeks. After transforming twice in one mosquito the third stage infective larvae move to the mosquito's mouthparts, where they will be able to infect an animal. When the mosquito blood feeds, the infective larvae are deposited on the surface of the skin. The larvae enter the skin through the wound caused by the mosquito bite. The worms burrow into the skin where they remain for 3-4 months. If the worms have infected an unsuitable host such as a human the worms usually die at this point (<http://www.plymouthmosquito.com/dog.htm>). The disease in dogs and cats cannot be eliminated but it can be controlled or prevented with pills and/or injections. Some risk is present when treating dogs infected with heartworms but death is rare - prevention is best. Of course good residual mosquito control practices reduce the threat of mosquito transmission. Until the late sixties, the disease was restricted to southern and eastern coastal regions of the United States. Now, however, cases have been reported in all 50 states and in several provinces of Canada ([http://edis.ifas.ufl.edu/scripts/htmlgen.exe?DOCUMENT\\_MG100](http://edis.ifas.ufl.edu/scripts/htmlgen.exe?DOCUMENT_MG100)).

Arthropod-borne viruses (arboviruses) are the most diverse, numerous and serious diseases transmitted to susceptible vertebrate hosts by mosquitoes and other blood-feeding arthropods. All arboviral encephalitides are zoonotic, being maintained in complex life cycles involving a nonhuman primary vertebrate host and a primary arthropod vector. These cycles usually remain undetected until humans encroach on a natural focus, or the virus escapes this focus via a secondary vector or vertebrate host as the result of some ecological change. Humans and domestic animals can develop clinical illness but usually are "dead-end" hosts because they do not produce significant viremia, and do not contribute to the transmission cycle. There are several virus agents of encephalitis in the United States: West Nile virus (WN), eastern equine encephalitis (EEE), western equine encephalitis (WEE), St. Louis encephalitis (SLE), La Crosse (LAC) encephalitis, dengue and yellow fever all of

which are transmitted by mosquitoes. Another virus, Powassan, is a minor cause of encephalitis in the northern United States, and is transmitted by ticks. A new Powassan-like virus has recently been isolated from deer ticks (<http://www.cdc.gov/ncidod/dvbid/arbtor/arbdet.htm>). Encephalitis is global, for example; in Asia about 50,000 cases of Japanese encephalitis (JE) are reported annually (<http://www.cdc.gov/mmwr/preview/mmwrhtml/00020599.htm>).

Dengue is a serious disease of Asia and Africa (<http://www.who.int/inf-fs/en/fact117.html>). It has a low mortality with very uncomfortable symptoms and has become more serious, both in frequency and mortality, in recent years. *Aedes aegypti* and *Ae. albopictus* are the vectors of dengue. The spread of dengue throughout the world can be directly attributed to the proliferation and adaptation of these mosquitoes. Over the last 16 years dengue has become more common, for example; in south Texas 55 cases were reported in 1999 causing one death. More recently, Hawaii recorded 85 cases of dengue during 2001.

Yellow fever, which has a 400-year history, occurs only in tropical areas of Africa and the Americas. It is a rare illness of travelers any more because most countries have regulations and requirements for yellow fever vaccination that must be met prior to entering the country (<http://www.cdc.gov/ncidod/dvbid/yellowfever/index.htm>). However, over the past decade it has become more prevalent. In 2002 one fatal yellow fever death occurred in the United States in an unvaccinated traveler returning from a fishing trip to the Amazon.

EEE (<http://www.astdhppe.org/infect/equine.html>) is spread to horses and humans by infected mosquitoes. It is among the most serious of a group of mosquito-borne arboviruses that can affect the central nervous system and cause severe complications and even death. EEE is found in North America, Central and South America, and the Caribbean. It has a complex life cycle involving birds and a specific type of mosquitoes including several *Culex* species and *Culiseta melanura*. These mosquitoes feed on infected birds and become carriers of the disease and then feed on humans, horses and other mammals. Symptoms may range from no symptoms to a mild flu-like illness with fever, headache, and sore throat. Infections of the central nervous system lead to a sudden fever and severe headache followed quickly by seizures and coma. About half of these patients die from the disease. Of those who survive, many suffer permanent brain damage and require lifetime institutional care. There is no specific treatment. A vaccine is available for horses, but not humans.

SLE (<http://fmel.ifas.ufl.edu/online/sle.htm>) transmitted from birds to man and other mammals by infected mosquitoes (mainly some *Culex* species) is found throughout the United States, but most often along the Gulf of Mexico, especially Florida. Major SLE epidemics occurred in Florida in 1959, 1961, 1962, 1977, and 1990. The elderly and very young are more susceptible than

those between 20 and 50. Symptoms are similar to those seen in EEE and like EEE, there is no vaccine.

LAC (<http://www.astdhppe.org/infect/lacenceph.html>) is much less common than EEE or SLE, but occurs in all 13 states east of the Mississippi, particularly in the Appalachian region. It was reported first in 1963 in LaCrosse, Wisconsin and the vector is thought to be a specific type of woodland mosquito (*Aedes triseriatus*) called the tree-hole mosquito with small mammals the usual warm-blooded host. It occurs in children younger than 16 and once again there is no vaccine for LaCrosse encephalitis.

WEE (<http://www.astdhppe.org/infect/wee.html>) was first recognized in 1930 in a horse in California. It is found west of the Mississippi including parts of Canada and Mexico. The primary vector is *Culex tarsalis* and birds are the most important vertebrate hosts with small mammals playing a minor role. Unlike LAC it is nonspecific in humans and since 1964 fewer than 1000 cases have been reported. As with EEE a vaccine is available for horses against WEE but not for humans.

West Nile virus (WN) emerged from its origins in 1937 in Africa into Europe, the Middle East, west and central Asia and associated islands. Similar to the other encephalitis it is cycled between birds and mosquitoes and transmitted to mammals (including horses) and man by infected mosquitoes. While over 25 species of mosquitoes have tested positive for WN transmission, the *Cules pipiens* group seem the most common species associated with infecting people and horses. It first appeared in North America in 1999 in New York (<http://www.cfe.cornell.edu/erap/wnv/>) with 62 confirmed cases and 7 human deaths. Nine horses died in New York in 1999. In 2001 66 cases (10 deaths) were reported in 10 states. It occurred in birds or horses in 27 states and Washington D.C., Canada and the Caribbean. There were 733 horse cases in 2001 in 19 states with Florida reporting 66% of the cases and approximately 33% were fatal. In 2001 more than 1.4 million mosquitoes were tested for WN. As of June 2002, 14 states and Canada have reported positive bird or horse cases in 2002, but no human cases have thus far been reported. It is a central nervous system infection similar to EEE. There is a vaccine for horses. Up to date information from a variety of resources from county, state, federal and international sources may be found at <http://www.mosquito.org/WNVteaser/WNVteaser.htm>.

## 11 Culex in Homeopathic Medicine - What we know already

Clarke

A DICTIONARY OF PRACTICAL MATERIA MEDICA By John Henry CLARKE, M.D.

Culex Musca.

Mosquito. N. O. Culicidæ. Insecta. Tincture.

**Clinical.**—Vertigo.

**Characteristics.**—*Culex* was proved by Dr. Kent, but the only verification I have found is of this symptom: vertigo every time he blows his nose. W. P. Wesselhœft cured a man, forty, stout, thickset, light brunette, who had swelling on upper jaw over first right tricuspid. Slight redness of cheek. Abscess threatened, with paroxysmal throbbing, dull pain. > By warm applications. Came on after exposure to wet weather. *Merc. sol.* and *Rhus* did no good. The patient then said that whenever he blew his nose he had vertigo, with a sense of fullness in the ears. *Culex* promptly relieved the pain, and in forty-eight hours the swelling had gone. It might be well to prove a tincture of specimens of *Anopheles* well charged with malarial organisms.

<http://www.homeoint.org/clarke/c/culex.htm>

## Kent

This is an article on Kents Culex by Seror. I have added the words verified where the exact symptoms match the SCHM proving.

KENT'S NEW REMEDIES Présenté par le Dr Robert Séror

### CULEX MUSCA

1. When this remedy is needed your patient will present to you a picture of something on fire ; he burns like something he would like to mention, and perhaps does mention the place ; the itching and burning are present every where in this remedy ; he rubs and scratches wherever the eruption appears.

Verified

2. The mental symptoms are just what you would expect would follow the physical symptoms of Culex ; impatience, a willingness to quarrel, anxiety and fear of death ; poor memory and a disinclination for all work ; he is so busy scratching to relieve the itching and so busy walking to relieve the restlessness, that any interruption makes him impatient and ready to quarrel.

Verified

3. The dull frontal headache begins on waking at five a. m. and passes away after lying awake for a while ; during the fore-noon there is pain, fullness and pressure in the forehead with heat of the face, getting

worse by spells until afternoon when it extends to the outer part of the right orbital ridge and extending through to the occiput is accompanied by nausea which lasts until evening.

Verified ++

4. Some of the head pains go from the cerebellum to the forehead or right temple ; the boring pains in the temples come on several times a day ; the pain comes and goes across the forehead just above the eyes ; a rending pain back of the eyeballs.
5. The headache is made worst by the least motion followed by intense vertigo which comes on in the afternoon and is located in a spot over the right eye. Itching and stinging of the scalp.
6. In the right eye there is a feeling of fullness extending to the parotid gland, from there to the sub lingual and finally involves the right side of the face and head.

Verified + twitch +goggles

7. The margins of the lids are sore and crusted over ; the inflammation of the lids is worse in the morning with a discharge of sticky fluid ; the eyeballs are inflamed and there is stye-like ulceration.
8. Rending pains in the eyeballs ; he could not keep his eyes open yet it pained to keep them shut ; the eyes feel tired.

Verified + heaviness

9. The ears come in for their share of trouble with swelling of the parotid glands and soreness on pressure ; pain as if he more going to have mumps sharp pains in both ears followed by watery discharge of the same sticky character that is present in the saliva.

Verified

10. From the nose there is a watery discharge with bloody scabs on the inside ; small scabs come from the nose which may be dry or moist and bloody ; usually mixed with a copious discharge which may be greenish or light colored and the head feels stuffed ; the itching, stinging and tickling are always present ; he rubs and scratches because his nose itches inside and outside and the more he rubs it the more it burns so he stops for a while until he is driven to rub and scratch again only to be compelled to stop while there is little skin left on his nose.

Verified

11. On top of his nose is a shining redness like a rum blossom ; the nose is swollen and the eruption on it contains a clear colourless fluid ; as the swelling goes down it is followed by itching and to rub it only increases the desire for more rubbing.
12. There is pain in the posterior nares with green scabs with bleeding after removal of the scabs.
13. Epistaxis morning and night on blowing the nose.
14. The redness is like erysipelas ; shining red, and sore to touch ; it is more marked on the right side in the beginning and then extends to both sides of the nose and to the face.
15. An ineffectual desire to sneeze.
16. Pain over the right malar bone going to the left the next day and here you will see one of the characteristic red spas the size of a twenty-five cent piece feeling as if red pepper had been rubbed in ; from the malar bone will be shooting pains to the temple and forehead in the evening, made worse by setting the jaws together.
17. The sub maxillary gland is swollen and tender on pressure.
18. The eruption on the face and between the eyes contains a colourless fluid ; there will also be swelling and puffiness under the eyes ; in keeping with this remedy we find the heat and redness of the whole right side of the face with a sore bruised feeling.
19. Constant wetting of the lips ; a symptom common to many remedies perhaps from nervousness but in this patient it ameliorated the dryness and the ever present burning ; the saliva is of such a character that it leaves the lips sticky ; this bad tasting whitish saliva leaves a bad taste in the mouth in the morning on waking ; a sickish taste as if he had been drinking warm mineral water.

Verified

20. The tongue is coated white and is dry, swollen, thick on waking ; there is also numbness of the tongue.

Verified

21. Periodical attacks of salivation for months; at night the pillow is wet and in the daytime the saliva accumulates and causes continued swallowing.

Verified

22. If you prescribe a remedy on one symptom this patient would probably be given Merc.

23. The entire edge of the tongue is covered with a double row of small painful vesicles.

Verified

24. This remedy cured a case of numbness of the tongue with ulceration at the tip following scarlet fever.
25. On rising in the morning in addition to the other troubles, he must spend much time hawking up from the pharynx dark green scabs and strings of tough mucus tinged with dark blood and coughing from the trachea green scabs corresponding to the green discharge from the nose.
26. There is burning and dryness of the throat with soreness in throat and in the posterior nares on swallowing solids or fluids.
27. The right side of the throat is always sore.
28. The appetite is increased but the food does not digest ; it sours in the stomach ; his appetite is quite likely to be ravenous and he must have his dinner on the minute or he feels faint ; he is especially hungry and faint in the morning and cannot wait for the breakfast to be prepared ; with this sour condition of the stomach you would expect nausea and it is often present day and night ; sometimes even the thought of food will bring on nausea with gagging and retching and inability to vomit ; with the disordered stomach are sickening pains and eructations of much offensive gas.

Verified

29. Thirst for cold water which causes burning in the stomach with urging to stool, followed by loose and dark brown offensive stool, much tenesmus lasting several days and gradually subsiding into painless diarrhoea.
30. On the abdomen are blotches the size of a twenty-five cent piece, itching, burning, with little pimples on the blotches ; this is the form of the eruption wherever it is present.
31. A dull pain in the right side in the region of the kidney extending up the back to the occiput.
32. Cramps in the abdomen during stool with rumbling and the passing of much offensive flatus ; these colicky pains come on about ten a.m. and last from one to three hours.
33. The usual desire for morning stool is absent ; the stool is scanty, lumpy, and expelled with effort ; the first part of the stool is hard and scratches the anus ; it is followed by a soft stool ; after stool he has

- the sensation that he has not finished so he sits and strains until Wood comes. (Merc.)
34. Itching and burning of the anus ; it is scalding hot and raw as from a bite ; burning of the glans penis and there is a strong smelling discharge from the glans ; the itching of the scrotum comes from spots like bee stings ; these spots are of the usual circumscribed character that swell and burn and itch ; rubbing only aggravates the itching, stinging, burning.

Verified

35. The Majora has the same itching, burning that runs all through the remedy.
36. The itching of the vulva is so intense that she feels as if she could tear it to pieces ; this symptom returned at intervals for years and was cured by Culex.

Verified

37. Menses come too soon with a profuse dark clotted flow ; violent pains in the uterus compelling her to go to bed.

Verified +++++

38. Hoarseness so that he could scarcely speak a word ; usually there is great hoarseness in the morning.
39. Deep sighing breathing with constant desire for a deep breath; the breath is foul and it seemed as if he could smell it himself.
40. A distressing cough caused by burning in the chest ; a whistling strangling choking cough with red face and water running from the eyes or it may be a dry hacking cough, present day and night ; the cough is mostly in the morning with the feeling as if he would vomit ; with the cough there is pain low down in the back ; there is coughed up a small amount of yellowish white expectoration ; sometimes there is one constant racking cough lasting fifteen minutes ending in a long loud inspiration with blue face and protruding eyes followed by great languor and sweat.
41. There is constant desire to sneeze and cough alternately with a discharge of quantities of mucus from the throat which does not relieve the inclination to cough.
42. In the apex of the right lung there is soreness which is aggravated by deep breathing or raising the right arm, and occasional dull pain in the lower part of the right lung ; a painful condition when you consider the desire for deep breathing which is present with oppression and anxiety in the chest ; other symptoms give him much trouble ; a sensation of fullness in the right lung, soreness on stooping,

leaning forward, raising the right shoulder, and with it all there is, the sensation of a rubber band around the right lung ; not all the pains are dull, there are sudden cutting pains running up and down lasting a minute; there is rawness, a bruised feeling in the right chest ; drawing, clawing pains in the right lung going to the left lung and staying there ; these pains lasting several hours each day; with these conditions you would expect soreness on stooping, leaning forward, or raising the right shoulder.

43. Culex Musca has very few heart symptoms which is fortunate considering the many lung symptoms ; there are occasional cutting pains that are neither severe nor long lasting ; there are pains in the right pectoral muscles and the right side of the neck is swollen.
44. The hands and fingers are hot and burning, as if frozen, with severe pain ; the burning of the palms and on the thumb is as if the hand had been rubbed against nettles ; itching, burning, as if he must tear the flesh for relief while the back of the hands felt cold and benumbed.

Verified

45. Rose red, colored, burning eruption on the arm aggravated by heat ; the arms and hands are numb and prickling ; there is the everlasting itching that is present all through this remedy ; the eruption with its colourful fluid, burning after scratching and with it the desire to tear the skin off.
46. There is coldness of the right hand while the left hand is warm.

Verified

47. The lower limbs feel heavy with an uneasy restlessness that is made better by the open air ; his feet are tired all day long yet he must drag himself into the open air for relief ; he wishes that he knew some place where he could put his poor, tired, heavy limbs that would give him rest.
48. On the thigh there is the blotch the size of a twenty-five cent piece, with little pimples on it, that itches and burns like a flea bite.

Verified

49. There is aching of the legs from the knee down ; there is no position that will make the pain less so, he must get up out of his chair and take a walk in the open air ; there is little comfort to his feet while walking as the soles are tender and there is intense itching on the tops of the feet.

Verified

50. Of course his sleep is restless with much tossing about in sleep ; the heat of the bed causes him to waken frequently ; he must rise early in the morning to move around for relief, he is unrefreshed by sleep which has been restless, and full of dreams of quarrels, fights, and of the dead.
51. There are hot flushes as if a chill would follow, followed by warm perspiration which is strong smelling and sticky ; this stickiness is also noticed in the saliva.

Verified

52. His skin torments him almost beyond endurance, itching, burning, heat, all combine to make him miserable ; the skin feels better while scratching but worse after scratching ; there is no comfort at home or abroad, in bed or out of it and a place of amusement is not to be thought of; he scratches which makes more trouble yet he must scratch to relieve that terrible, constant itching ; you may truthfully say that this remedy has many outward manifestations.
53. This may be summed up as a right sided remedy with the strange feeling of having been poisoned ; there are sharp stinging pains all over the body like needles ; lightning like ; darting here and there, aggravated by light pressure and ameliorated by hard pressure.

Verified

54. Head, nose and limb symptoms seem to grow worse until seven p. m. and are ameliorated about eight p. m. ; in an hour or two they are gone ; the symptoms seem most severe from six to seven p. m.
55. All symptoms, pain, itching, burning, are worse in a warm room and better in the open air, although he is so tired and weak that he can scarcely move, cannot walk straight, with soreness and aching all over the body, yet he is so nervous that he finds it impossible to keep still ; there is almost constant motion of the hands and feet.

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From

<http://www.homeoint.org/books2/kentnewr/culexmus.htm>

## 12 Themes to emerge from the Homeopathic Proving of Culex

### Created

- Chronic fatigue
- Ross River Fever symptoms
- West Nile Fever symptoms
- Hemorrhoids

### Caused

- Sting
  - Sting ear
  - Sting Thigh
  - Sticking Pain
  - Stabbing pain
- Female
  - PMT
  - PMS
  - Menses pain before
  - Clots
  - Late
  - Quick
  - Finished quick exit
  - Sudden cessation

- Shaking
- Busyness
- Industriousness
- Irritability
- Slow mentally sluggish
- Lack of concentration
- Disinclination to work
- No responsibilities
- Desire to be alone and not talk
- Rage violence
- Dead
- Shameless
- Floating in air
- Ungrounded
- Irritation LIP
- Metallic taste
- Made things sour
- Coating in mouth
- Head symptoms
- Tired and heavy the whole time
- < sunlight
- Eyes
- Goggle
- Jabbed in the chin
- Because of the sensations in head and eyes it dominated my being and all senses and was the only thing I was aware of
- Bruised
- As if a bee sting
- Cut in leg

- Cut in face
- Cold hands
- Shins
- Tibia

### Cured

- Emotional fraughtness
- More removed less emotional
- Hypersensitive
- Detached and calm
- Irritability
- Menses symptoms
- Lingering menses
- Pain
- Pereneal itch and pruritis

### Genius?

- Invasion without being aware of it
- By-passing the defenses of the body
- Immunity Sentry
- Better left alone *leave me alone*
- Accidents
- Predominate sensation; I have been invaded
- Predominate function; I must react or overreact
  
- Or I have been invaded I must detach.

## 13 A Homeopathic Proving of Mosquito

### Culex Pervigilans



### Core Primary Symptoms Only

Alastair Gray

2002

The Students of the Sydney College of Homeopathic Medicine

### MIND

During the shower I felt slight pain, but felt like my receptors were detached from it, almost numb to the pain. My head kept cocking to the left like my mind wanted to go off in that direction, this happened repeatedly. Like I wasn't in my body, said to myself I don't know if I like this, what have I unleashed NS 13:30c:00:00:27

It's been a struggle to get out of bed. Talking to you is taking up so much energy. I'm experiencing dizziness, a lack of concentration, a mind-body separation. I'm hypersensitive to anything - tiny amounts of noise, little niggly things. I'd say I'm happy to have my own company. I'm not irritated or upset with R, but I'll go and shut myself in the office even when he's in the house. Normally, we'll have a chat when he's around. I'm not feeling very social. I'm exhausted. There was a party - I was just waiting for everyone to leave the

party. (Observation over the phone - she is much quieter than usual). 13:30c:07:xx:xx

Weepy & Frustrated. I feel so frustrated at this situation that it makes me want to cry. At the same time I keep telling myself that this state is temporary - due to the proving. But my rationale is overcome with this sense of frustration and weepiness. NS 13:30c:08:xx:xx

Happy. I am happy due to the fact that I feel normal and myself once again. 13:30c:09:xx:xx

Clear. I feel clearer than I have in a long time, I actually feel alive again. RS 13:30c:10:xx:xx

Clear & happy. I feel generally good. Still somewhat tired, but I feel as if I have all my capabilities back. RS 13:30c:11:xx:xx

Clear & Communicative. Noticed how clear and sharp my mind is. I was involved in a conversational debate with a journalist from the Economist and managed to "hold my ground" in the conversation. Usually I would feel shy, and lack the confidence and feel somewhat intimidated by someone like a journalist. (Even Robert made a comment that my "debating skills were finely-tuned this evening"). NS 13:30c:11:xx:xx

The entire time I had that exhaustion, I was irritated and angry because I couldn't walk. 13:30c:11:xx:xx

I was just not wanting to be out in public, around people - just cause it took so much effort. I said no to my friend who wanted to come over just to see how I was. I felt over-whelmed, confused. I just didn't have much mental capacity. I felt emotionally exhausted. I was wondering whether homoeopathy was right for me - to study and to take. I was just questioning my existence in homoeopathy. 13:30c:12:xx:xx

Clear. I am amazed at how clear my mind is. It is as if everything is brighter and clearer, as though my mind is processing things faster and therefore my responses and thoughts are more precise and clear. NS 13:30c:12:xx:xx

Just to have that happen (referring to the delayed waking time) with a single dose, made me think, my God, what am I doing when I take 2 doses of 200. 13:30c:14:xx:xx

Irritable. I woke up feeling agitated for no reason. By the time I got to work I was so irritable, anyone that walked in my path I wanted to push and shove. I have no idea what has gotten into me. NS 13:30c:31:xx:xx

## Themes

### Concentration / Slow

#### Mistakes

#### Fury partners

#### Alone

#### Accidents

#### Calm

### Concentration / Slow / Mistakes

Detachment and vagueness. Within ten minutes of taking the remedy I had this feeling of vagueness and detachment as if I were watching myself from a different position while my physical self was being observed. Mind detached from body. Also became somewhat dizzy. NS 13:30c:00:00:10

I fumbled my words in mid-sentence. Took a minute to recover back to normal conversation. NS 13:30c:00:24:xx

Less mental focus, can't concentrate. NS 1:30c:00:00:25

Can't think about what I've got to do, like my brain has slowed down - quite a pleasurable sensation not being able to think about what I've got to do, as if the sleepiness is in control. NS 1:30c:00:00:45

Had to be careful with the knife when cutting an avocado for lunch. Normally I can cut it in my hand with confidence but this time I felt very unsure, like I didn't have the usual coordination control and sensitivity as to how far I had cut. NS 1:30c:00:00:50

Spelt a simple word incorrectly when writing in diary - unusual for me to do this. NS 1:30c:00:00:50

Difficulty concentrating to coordinate myself better when moving around NS 1:30c:00:00:55

Feel like I'm in slow motion. Difficult getting myself ready for college; can't think what I've got to do. NS 1:30c:00:01:00

Not thinking much at all, nothing is bothering me (e.g. didn't get agitated about forgetting to do an assignment, which would normally make me feel agitated). NS and CS 1:30c:00:04:25

Starting to feel more alert, not as sleepy, as if sleepy aspect of the remedy is wearing off. 1:30c:00:05:00

Made more mistakes than usual at work, e.g. writing wrong words. Still feel like my faculties are slower than usual, less awake. NS 1:30c:03:21:xx - 04:06:xx

Cry a little as I write (> crying - RS). Head/mind still feels weird, like it's in slow motion. I'm definitely not thinking as fast or alertly. It's harder to concentrate on studies. NS 1:30c:04:22:xx

My mind feels slow moving, mentally sluggish, hard to concentrate, as if a bit drugged when I talk. Talking is a lot of effort. NS 1:30c:05:xx:xx

Mentally/emotionally feel quite down/strained, but hormonally feel relieved from period starting. During college class felt less confident, more unsure and less alert than usual. NS 1:30c:05:xx:xx

Sunrise to bedtime - low level sensation of being mentally sluggish, like brain not responding as alertly. NS 1:30c:05 - 06:xx:xx

All morning - still don't feel my usual self; more mentally slower, dull, jaded feeling, less confident because I feel less alert. NS 1:30c:06 - 07:xx:xx

My partner comments that I don't seem to be reacting as much. I feel flat, like I can't be bothered with anything. I'm too tired to react. Feel like it's easier being alone; less risk of causing upset by saying the wrong thing. If I communicate I feel like I will be snappish, critical (Normally I'm much more concerned about trying to please, concerned if other people are not happy). NS 1:30c:07:xx:xx

Tried to watch a great foreign film I'd taped a month ago but my partner had recorded cricket over it, even though I'd marked the tape! I knew it was petty to be upset about it but I couldn't help but feel angry with him. I burst into tears which > (RS). Focused on the difference between myself and my partner re interest in art, and resolved to nurture my interest in it more. Overall I'm feeling much more down than usual, little

things are making me cry more. I'm feeling more alone, more irritable with our relationship, myself and my partner. NS 1:30c:07:xx:xx

Misplaces letter when writing in lecture, esp when rushing, did this repeatedly. NS 11:30c:xx:xx:xx

Mistakes with letters, remembering date of birth, rang Electricity and Telstra and said my Birth date wrong 2 times. NS 11:30c:07:xx:xx

Mistakes in writing, using wrong letters. NS 22/08/02 11:30c:07:xx:xx

10.05 am sensation of floating in the air, of lightness. I feel so light, like a feather. I had to stand up and move. > walking around, < sitting. NS 7:30c:00:00:05

Inability to concentrate, lack of focus or clarity. I can't recall my thoughts. I can't concentrate on writing or thinking, not even what I was experiencing. AS 7:30c:00:00:05

All morning and afternoon – frustration, inability to concentrate and focus, can't find my place, can't collect myself. A day of wasting time without doing anything. Vague feeling. < company (especially people that I don't like). AS 7:30c:00:xx:xx

Feeling a bit over it all, don't like the daily contact, like you have to rather than just run with it. Like everything I do and think is on show and I can't just be me. NS 11:30c:04:03:xx

Everything feels a mess, out of order and its going to take a huge effort to put everything back into a new order - home, finances, work, study everything. Some things coming up are me, others are not me. AS 11:30c:04:06:xx

Morning and afternoon – inability to focus, or concentrate on study or anything else. I can't find my place, my mind is wandering. I feel a little bit wier, not myself, unsettled. Hard to relax. AS 7:30c:01:xx:xx

Morning – inability to concentrate on daily tasks, such as studying. > occupation, physical activity - baking, cooking; < thinking about my life, or theorising. AS 7:30c:02:xx:xx

Have noticed I am making more spelling mistakes and am making mistakes in the date. (2001 instead of

2002). Words I would have no problems spelling previously suddenly look strange in their correct spelling. NS 4:30c:xx:xx:xx

Transposed letters, eg. suctom for custom (when typing), calbage salad (when talking last night). I've been doing this a bit. 3:30c:06:XX:XX

Transposing letters. This happened quite a few times while I was talking to a friend in the kitchen for a couple of hours. 3:30c:07:XX:XX

Seem to be forgetting things, like leaving the gas on, boiling eggs dry, over filling the kettle, leaving the water running. I seem to get distracted - can only concentrate on one thing at a time - oh no! I'm becoming a man!! Could be very dangerous. NS 9:30c:02:XX:XX

I'm forgetting words - especially nouns and adjectives at the moment. Seems to be only when I'm talking. I noticed it last night talking to Lili. Its very embarrassing and frustrating. I know what I want to say but the word just doesn't come! NS 9:30c:03:XX:XX

I keep mislaying things - pens, pencils, paper, books, utensils. Even if I had only had them in my hand a few minutes ago. I get frustrated looking for them, and when I eventually find them I am sure I have looked in that place several times before! Strange feeling. NS 9:30c:03:XX:XX

Repeating what others say, even to the point of singing what others have been singing. It is very frustrating and I can't stop it even though I know I am doing it. NS 9:30c:03:XX:XX

Late afternoon. Absolute tiredness - my limbs are heavy and my eyes feel heavy and sore. I feel utterly washed out - my hair is greasy and seems to be clinging to my head. I'm constantly yawning. Terribly tired - indescribable. Yet I still feel really calm despite this. RS 9:30c:03:XX:XX

Worked on my Homoeopathy case typing up last night. At times I couldn't understand why I had made certain decisions, when at the time they seemed perfectly logical and clear. But now..... I feel that the paper is bad. But I still feel calm, not anxious like I would normally be. I like it better this way than mountaineering over molehills. In the paper trying to

describe things and find words, was very, very difficult. RS 9:30c:04:XX:XX

Forgetful/concentration issues. Seems I can only concentrate on 1 thing at a time and then only for short periods. RS 9:30c:04:XX:XX

Memory / confusion / concentration continues. RS 9:30c:10:XX:XX

Not feeling great mentally. I am full of doubts. I still feel the same as I did last night. RS 9:30c:11:XX:XX

Have to go to see a friend this afternoon but I can't remember the directions on how to get there despite have been a number of times before. Nothing seemed familiar looking at the map. I decided just to head off regardless and managed well. RS 9:30c:14:XX:XX

Feeling a lack of concentration this afternoon – almost as if I am unmotivated, though this may be due to general tiredness. NS 4:xx:xx:xx

I feel blank and vague, as if dopey. This seems to be better > for deep breaths and better for drinking water. NS 4:xx:xx:xx

I am no longer so irritable, but that it has changed to waves of vagueness. NS 4:xx:xx:xx

Feeling positive and happier than I have been for the last few days. The feeling of vagueness and irritability is gone. Generally happy, feeling like a new person again. 4:xx:xx:xx

Confusion. I am unable to concentrate in class. It takes all of my efforts to focus to keep my eyes open. NS 13:30c:05:xx:xx

Confusion and disorientation. It was a struggle to get home on public transport. I felt confused and disorientated, as if I did not know the way home. NS 13:30c:06:xx:xx

Confusion and Sadness. I sit here feeling confused and upset at not being able to do anything. It takes so much to concentrate. Even writing this is an effort. NS 13:30c:07:xx:xx

### **Partner / Argue**

I felt a lot calmer than usual in coping with a semi-argument with my partner. It was like I was a bit

removed but strong feelings of concern, annoyance, fear, were going on inside though. I communicated calmly, determinedly, without getting too emotionally charged. I felt more alone. NS 1:30c:00:12:00

Even after the emotionally distressing situation with my partner (and bad news from family in UK the night before taking the remedy) I don't feel like I am reacting as hypersensitively, my mind less agitated than usual. Feel this calm, determined focus. NS 1:30c:00:13:10

Feel calm despite the fall-out from situation last night with my partner. He woke me up twice in the night but I don't feel irritable from the disturbed sleep. NS 1:30c:00:23:00

Feel like I am slightly sedated, a bit removed from things that might normally cause agitation. Am able to focus but definitely thinking and feeling more slowly. NS 1:30c:00:23:10

Had argument with partner. Screamed at him to "Just fucking leave me alone". Had big cry during and afterwards. Really sobbed (I tend to cry for less time, less volume than this). Felt alone and un-united. NS 1:30c:02:04:xx

Went to friend's party. Really enjoyed socialising with all my old mates who I haven't caught up with for a while. Felt relieved I was not with my partner. NS 1:30c:02:06 – 02:10:xx

Conversation with ex husband calm peaceful, feeling, I'm usually anxy. NS 11:30c:xx:xx:xx

Calmness when dealing with ex husband, normally trying to shine mirror, now what will be will be. Realised can't change everything, seeing the reality, haven't had the disappointment because no expectation of reaching point of change. NS. 11:30c:05:xx:xx

Feel like dream last night has some connection to relationship with ex husband. We keep talking about divorce but I don't really want to, feel like I have destroyed the relationship for the kids because I wanted it to be better and maybe ex husband can't be any different or understand. I started this separation process, don't really want it, killing the white rabbit is like killing this family's relationship, I have guilt and responsibility for driving this divorce process

wrecking the kids feeling of what have I done if I had just kept quiet and never said I was unhappy it would have been all right for the kids. NS. 11:30c:05:xx:xx

Afternoon and evening – it is the best to stay away from me. Feeling rage, angry, violent intention, screaming. I even swear at people I don't like - "I wish you would die in a car accident". I had a fight with a boyfriend. > be alone. Unusual for Saturday night. Usually very happy. AS 7:30c:00:xx:xx

Morning – woke up in the morning after not much sleep feeling very much gloomy, very depressed. Weeping with not much tears (usually many tears). Arguing on the phone with my ex-boyfriend. Feeling hopeless. Lack of motivation. Inability to concentrate on daily tasks, such as studying. > occupation, physical activity, < thinking about my life, or theorising. RS 7:30c:02:xx:xx

Rage, anger, desire to kill – over spilt milk (literally). I threw things and break them (candle). Scream, hit the wall. Desire revenge. < being touched. Screamed at my boyfriend for no reason. Everything upset me. I felt like I am going to kill someone with lots of rage. I couldn't relax. I tried to take a walk but it didn't help. I wanted to cry, but I couldn't. I don't know from what, but it definitely brought my anger out from the past. NS 7:30c:03:12:xx

Woke up in anger and rage, and afraid from the dream. Also desire to scream, break and kill. I had a fight with my boyfriend, and ex-boyfriend. I could not control my rage. I was screaming and screaming, no patience for anything. I was crying with outbursts of swearing and screaming. My whole body is tense. I even fall and got injured in my hands. Cuts and bruises. I felt so unfairly treated, I wanted to be in control of everything. NS 7:30c:03:22:xx

Morning – woke exhausted. No one to be angry with. Reserved, content, quiet, desire to be left alone, tired and lethargic. I woke up with not much desire to get up from bed. Tired and weak. Feel today like after the war. < sitting at home if upset. AS 7:30c:05:xx:xx

I think I should be by myself for a few days. AS 7:30c:05:xx:xx

Throughout the day. Much better. Nostalgia in the morning. More balanced. 7:30c:06:xx:xx

Evening anger, rage, screaming. I just had another fight with my ex-boyfriend. < company, > isolation. AS 7:30c:07:xx:xx

Morning anger, rage. The moment I woke up, from little things I made a rage. I started screaming with no reason. Accompanied by shaking and shivering of the body. I was very bad until I cried. Then I apologised, and felt better. > crying. I felt like I vomited everything, and I emptied it from myself. AS 7:30c:08:xx:xx

All day. Joy, happiness. Today with no reason, I am happy. It seems that I am coming back to myself. It was the same feeling that when I saw the rainbow. 7:30c:09:xx:xx 7:30c:10:xx:xx 7:30c:11:xx:xx

My 13 year old is having a birthday party today. Normally I would be anxious about it - dreading it - but I feel fine. (Chronic history of dread of participating in "social" situations/groups. Have always particularly dreaded my children's birthday parties: anticipatory dread and fear of not coping. I'm a trained teacher and actually very competent when dealing with children - but still really dread being responsible for groups of them and totally intimidated by having to organize a party. 3:30c:01:XX:XX

10:00 pm. Firm; clear boundaries: Normally, especially pre-menstrually, I would have possibly been in a rage when he came home, if he had gone out - certainly not in a kind or accepting mood. But because I was able to be firm, everything was ok for him and for me. 3:30c:01:15:XX

Am. Firm, clear. Was rather blunt and said more than I usually do to Tony about how ANNOYING it is when he's so needy (emotionally). Got things off my chest, and then both of us were in a good mood for the rest of the day. Being a bit viscious pre-menstrually is normal - but usually I worry more about having overtly stated my needs and expectations. 3:30c:02:XX:XX

Relationships nothing. Apathetic. Bit of an observer. Feel indifferent. Don't want to be disturbed. My "do not disturb" sign is up. Usually good libido. 5:30c:01:XX:XX

Sexual drive all gone. No interest. Like a bystander and not wanting any part of any involvement. Shop-a-holic – one jumper on sale would have done – I got 5.

One jacket would have done – I got 2 (not on sale). Two tops would have done – I got 4. The pretty see through spring top was irresistible (I'm normally pathetic about spending money. Very very conservative. Don't buy stuff till I have to and never with gay abandon like the past 10 days.) NS 5:30c:11:XX:XX

Indifference. All gone. Feel very focused on what will please me. Can't be bothered with anyone who interferes – even husband – especially husband. Don't particularly care a hoot about anyone or anything. Life goes on so my feeling is – relax! Boarding a flight to Europe. Don't feel excited like I think I would normally. Feel very calm and cool about going. I feel very aware of my surroundings and whats happening in my life but not really affected by it. Like I'm able to look on objectively. 5:30c:11:XX:XX

On the flight to Bangkok, the young couple next to me snuggled down after the lights went out, covered themselves up with blankets and behaved unbelievably! She gave him a blowjob (they thought I was asleep and I pretended to be – don't know why I didn't stop them by showing them I was actually awake). He then gave her a hand job! All the time I was awake and aware and just observing. It was pretty outrageous stuff (although they were reasonably discreet – under the blankets and all!) I think I might have normally reacted differently – objected. I was pretty shocked but didn't really care. Their gay abandon and my indifference both get an intensity of 3. 5:30C:11:XX:XX

### **Alone / Apathy**

I didn't enjoy myself at the party. It took me time to integrate with people. Couldn't naturally dance, not easy. Didn't feel right. I am not normally like that. > left alone. NS 7:30c:00:12:00

Can't be around anyone. Makes me very irritable. Need to be alone. NS 7:30c:04:xx:xx

All day aversion to people, desire isolation. I just want to stay alone by myself and not want to see my friends and socialise. I am normally a very social person – even when I am really upset, I like to see people. I cancelled all my social functions with friends, including work and massage. I couldn't touch people. NS 7:30c:02:xx:xx

All day – not much desire to do anything. Apathy to the world, I am very distant from everything. Tired and weary of everything. Worn out. Flat. Lethargic. Reserved and focused. Wiped out. Even friends notice – "seems like you are very distant". Generally > not doing any mental things (study, etc). NS 7:30c:03:xx:xx

Nostalgic memories – reflection on good memories – good. While driving. AS 7:30c:03:08:xx

I am irritable and short-tempered. I want to be left alone. I wish I could be somewhere on my own to meditate or read. I feel pressure with so many energies around me. NS 4:xx:xx:xx

Feel slightly nauseous – just a general queasy feeling. Totally exhausted. Don't want to stay up and talk to anyone or do anything. Home from work late and going to bed after cooking dinner. 5:30c:02:10:XX

Desires to be alone. I have an engagement to attend and I don't want to go. I just want to go home and be on my own, and have a bath and read. RS 13:30c 32:xx:xx

Irritable and impatient. Was at the supermarket and became irritated and very impatient with a woman who had paid for her goods but was organising her wallet (while still at the checkout counter). Usually this would not bother me because there is nothing to get upset about, but today I felt irritated and annoyed. NS 13:30c:00:21:45

Desire to be alone. I just want to be on my own and have some space without someone else's energy impinging on mine. I can feel myself get irritable at the thought of being around others. NS 13:30c:01:22:15

Irritable/Desire to be alone. I want to be left alone and enjoy peace and quiet. I am not looking forward to this wedding. NS 13:30c:03:21:45

Irritable. I am very upset at the obligations of having to go to this wedding barbeque. I would rather just sit on the beach and read. (The funny this is that although I strongly feel this, I know this isn't right and isn't me). NS 13:30c:04:21:45

Irritable. I don't wish to speak to anyone. Had to leave the barbeque early because of both mood and my tiredness. NS 13:30c:04:xx:xx

Desire to be alone. I want to be alone, especially with this confusion. I don't know what to say to people and would rather be on my own. NS 13:30c:07:xx:xx

(Observation. In the week 10 -17<sup>th</sup> September I rang prover 13 several times. Mostly her answering machine was on. If I did get her on the phone, she told me she was not able to talk just then, and could she call me back, but she did not. In this paragraph and the following one, the prover is talking overall about the last week ie 10<sup>th</sup> to 17<sup>th</sup> September, 02.)

I'm avoiding company. There have been so many phone calls. I've felt physically there, but not mentally. I didn't want to be around people. I've been dizzy, nauseous, feeling hot. Last time we met in class, it was a struggle to work out how to get home after that. I've been very disorientated. 13:30c:07:xx:xx

### Accident

I saw a car accident, I think it was a child lying on the road. I saw one small shoe on the road. That terrified me. 7:30c:03:12:xx

Afternoon and evening – it is the best to stay away from me. Feeling rage, angry, violent intention, screaming. I even swear at people I don't like - "I wish you would die in a car accident". 7:30c:xx:xx:xx

Morning almost had a car accident. RS 7:30c:04:xx:xx

Late afternoon panic attack while driving. RS 7:30c:04:xx:xx

9.45pm Driving home, overwhelming desire to close my eyes, this urge was way more intense than the pain - it was like my eyes stuck together in a long blink. (Very very dangerous driving 5-6 times went over towards barrier). Most unusual as I wasn't sleepy feeling just wanted to close my eyes. Headache pain at an intensity 3 lasted 3hrs. NS 11:30c:00:14:28

### Calmer

A bit more bubbly in my person. I am/was more relaxed and happy. NS. 11:30c:xx:xx:xx

Felt really positive, wrote three surprise cards for children for them to find after school (about my love for them) I spent 3-4 hours doing this. AS

11:30c:xx:xx:xx

Left for College on time, even early (which is unusual for me) usually procrastinate and get anxious about time frames and deadlines. However today I have been early everywhere and no stress. Early to haircut, early to college. Drive to college was great, easy and stress free. Not rushing and confident in driving. NS 11:30c:00:05:13

Feeling calmer generally with life, let the way things are come to me rather than struggling of fighting with it. Ex-husband came over to help with Kids/Car and when he left I just thought - Oh well, what will be will be. Normally I would be trying something, change it either to resolve or talk or just to get something out of him. Wasn't angry when ex husband there. NS/AS 11:30c:01:11:xx

Feeling extremely relaxed, normally little things are getting to me but today feels like I could cope with anything, no angry feeling. No tension feeling. NS 11:30c:02:06:xx

Feeling still calmer, no angry feeling underlying everything, almost indifferent. Little bit removed. NS 11:30c:xx:xx:xx

9.00pm Very happy, bubbly more talkative at work, more relaxed. NS :30c:03:13:xx

Morning – nostalgia, dwelling on the past. This morning I walked to the surgery I was a main road with many cars. Suddenly I was isolated from the scenery, and I was walking in Israel on a Kibbutz, remembering tiny parts of the places, and even remembering the smells. I was also noticing the dew on the lillies. I was amazed by its beauty. I was amazed by the beauty of life of the simple and natural things. Nostalgic things make me feel good. Worth living. Really calmed me down. Lazy, don't want to do stuff. Grounded me. Alternating with the depression and gloominess. 7:30c:02:xx:xx

Calm mind. Feeling good. Freezing though. 4:xx:xx:xx

I am feeling happy and relaxed. 4:xx:xx:xx

My mind is clear, and I have a nonchalant attitude about things – may be due to the anticlimax from all of the activity of the move yesterday. NS 4:xx:xx:xx

Firmness; clarity. Didn't feel guilt or remorse at setting boundaries - this morning with A (13 year old) over an extra \$1.70 for a sausage roll; this pm with B (11 year old) about her wanting to go back to a friend's house. 3:30c:00:xx:xx

Calm, balanced, organized; slow paced day. Feel fine even though I slept badly last night. 3:30c:00:xx:xx

Relaxed, slow, a bit vague and forgetful. Have forgotten twice to do the last step in a task: 1) milk in my tea; 2) press start on the microwave. 3:30c:01:02:xx

Increased energy. Still don't feel wiped out. Have done 4 loads of laundry and typed up a case. 3:30c:02:06:xx

Increased energy. Still don't feel wiped out. Have done 6 loads of laundry, made a long phone call, organized cases w/r/t follow ups. It's a beautiful day. 3:30c:02:08:xx

Increased energy. Calm, firm; balanced. Have come to bed at 10:30 tired, but not drained like I often am. Have felt calmly energized all day. 3:30c:02:15:xx

All pm. Not tired; calm, balanced. Normally, given how I felt at 7:30 am, might have taken a nap around 2 pm, but felt fine and cheerful. Continue to be calm and centered. 3:30c:03:xx:xx

Uncoordinated, unfocussed, rebellious, unable to perform "last step in the task", relaxed. Went to Tai Chi and found I "couldn't be bothered". I haven't ever really internalized the moves (up to level V), but I felt sloppy, a bit confused, and uncoordinated. 3:30c:03:11:xx

Feel calmer. Not so much noise in mind. Not as anxious or worried as normal. Feel distant somehow, as if on the periphery looking in - without judgment or preempting things. A very nice feeling. NS 9:30c:00:xx:xx

Still confident and calm. A nice feeling still and keep hoping that this will be a cured symptom later! RS 9:30c:02:xx:xx

I feel content and happy. Find it quite strange that his feeling exists especially with regards to yesterday's mental/emotional state. 4:xx:xx:xx

Still feeling good, a continuation of yesterday. 4:xx:xx:xx

Happier than earlier this morning. I feel happier that I've had a chat with friends about my morning. > talking. 4:xx:xx:xx

Euphoria. I had an amazing rush of happiness come over me. It was as if I was high, feeling euphoric and giggly at the same time. This lasted for five minutes. NS 4:xx:xx:xx

Feel better and more positive this morning, but still somewhat anxious. NS 4:xx:xx:xx

### Concern Health

I'm growing a tumour on the back of my head. Very uncomfortable to touch but I keep touching it. 5:30c:07:xx:xx

I'm irritated that coordinator doesn't feel the need to look at it. Feel abandoned and a bit scared. 5:30c:07:xx:xx

Coordinator looks and tells me it's the size of a 10c piece... Red - looks inflamed but no pus. That's it. No ambulance, no surgery, no comment other than that its interesting. Hmmmmp! I'm irritated at the lack of concern. 5:30C:07:xx:xx

Anxious. With the cramping pains I also woke up feeling anxious about dreams that I had that evening, but cannot remember them. 4:xx:xx:xx

Weepy NS. I am feeling emotional due to this UTI (ROS). The pain is excruciating at times. NS 4:xx:xx:xx

Clear. Feeling better this morning, no longer so emotional and weepy. NS 4:xx:xx:xx

Exhaustion and Irritable. Exhausted and somewhat irritable (frustrated) and bored. Am tired of all of this now. Would like to get back to my normal life and go outdoors and go to school and go beyond the walls of this flat. NS 4:xx:xx:xx

Irritability. NS. The pain has intensified and I am ready to cut out and get rid of my entire urinary system! (ROS) 4:xx:xx:xx

### Squashed

Lying in bed had vision on closing my eyes of being in a room squashed against a wall, the room was very narrow and dark. I was there for an exam. Squashed, narrow feeling and trapped. NS. 11:30c:01:16:xx

### **Guilt**

I put off the phone call to my supervisor, the whole emphasis is on the prover. Feel like I should be reciprocating supervisor's concern and I'm not. I didn't feel worthy of all the attention. I wanted to say how are you and find out how she was. It made me feel guilty. NS. 19/08/02 11:30c:04:xx:xx

Depression feeling aggravated. Impossible to be left alone. Very sensitive to storms (<) > when rain comes. I feel 'free'. Dizziness and confusion of mind. 2:30c:xx:xx:xx

Reaction of great hypersensitivity to everything (any stimuli of the normal life). Tendency to let tasks undone. Impossibility to concentrate. 2:30c:xx:xx:xx

Cold sensation in my feet and my legs, every time I'm in contact with this remedy. 2:30c:xx:xx:xx

I want to work on my lessons, but I cannot fix my attention. I feel it too difficult to work. 2:30c:xx:xx:xx

When I arrived to my place from the college, I had a big anger when I smelled the odour of fish that had been cooked. It was Salmon. From this day on, I cannot see, smell or eat Salmon (I loved it before). 2:30c:xx:xx:xx

I feel sighing. 2:30c:xx:xx:xx

I cannot support strong odours like fish cooking, even in the street when I go shopping the fish odours coming out of the restaurants are unbearable for me. 2:30c:xx:xx:xx

Angry; I feel very angry. Smell of fish makes me angrier!! 2:30c:xx:xx:xx

Anger. Cannot bear the smell of cooking fish, even the smell of the sea in the harbour. Even the sight of Salmon makes me uncomfortable. 2:30c:xx:xx:xx

### **VERTIGO**

Sensation of being uncoordinated, knocking into things, not moving as precisely as usual e.g. went to pick something up from the right but mis-stepped to the left slightly. NS 1:30c:00:00:55

Experiencing giddiness whilst working on the PC. It is < looking down at paper and then the screen and visa versa. Feels like I am going to fall off my chair. Doesn't last very long and is not constant but rather intermittent. NS 9:30c:03:xx:xx

### **HEAD**

Radiating inward/outward sensation on crown / top back of head (area covered if had Jewish cap on). Not painful but slightly throbbing. NS 1:30c:00:13:10

Vertex, slight throbbing/pulsating. NS 1:30c:00:13:30

Pressure on vertex, slight throbbing downward into brain. NS 1:30c:00:23:15

Head feels heavy, like a big weight, so obvious it distracts from sensing the rest of my body. NS 1:30c:01:10:xx

Sensation of slight throbbing around the brain. NS 1:30c:01:17:xx

Feels like it's hard to move my head, even though it actually moves fine. Sensation of delay before movement, as if mechanical like a robot. NS 1:30c:01:20:xx

Pressure in vertex and crown of head. Brain throbbing. Temples both sides are tense – drilling-in sensation. NS 1:30c: 02:03:xx

Slight sensation in my right temple almost like a headache pain, hardly noticeable, but its there. AS 11:30c:00:00:18

Full blown headache frontal pain, desire to close eyes and be in the dark. Better for being still and telling supervisor symptoms. Very sudden onset, intense pain worse on right and radiating away. AS 11:30c:00:11:38

Nausea with headache through class, I can't leave because don't want to ask Ken to move his car. Feel like missed my opportunity because its not break time. (Never had nausea with headache before) NS 11:30c:00:11:38

Driving home, overwhelming desire to close my eyes, this urge was way more intense than the pain - it was like my eyes stuck together in a long blink. (Very very dangerous driving 5-6 times went over towards barrier). Most unusual as I wasn't sleepy, feeling just wanted to close my eyes. Headache pain at an intensity 3 lasted 3hrs NS. 11:30c:00:14:28

Another dose. When lying in bed felt like with every breath the pain was subsiding. I could feel the pain reducing very calmly. (Unusual - usually it throbs with each breath). NS 11:30c:00:16:43

Woke at 7am headache pain still there, intensity 1 but its not bothering me that much. I feel a bit wiped out and want to take it easy because of big week. Worse movement, walking and bending. Better sitting, staying still and lying. The first wave of pain is intense but then back of to be just there. AS. 11:30c:01:01:xx

Headache pain vaguely there on waking but gone by 10 am. Lasted three days. NS. 11:30c:xx:xx:xx

I felt fuzziness in the head, light sensation, as if the head had no weight. NS 7:30c:00:00:05

Dull headache on both sides above the eyes. Lasted less than a minute. < straining the eyes (e.g. reading, computer). AS 7:30c:00:02:30

Afternoon - the headache returned from Saturday, similar sensation of dull ache above the eyes. The head felt heavy. The pain was in both sides. < mental worries. AS 7:30c:01:xx:xx

Heavy feeling, dull ache above the eyes, both sides. Accompanied by tiredness, apathy, laziness. Dull ache has come and gone over three days. AS 7:30c:02:00:xx

5.00 pm sensation of heat inside my head. I feel like I have fever, but I don't have temperature. Only my head has heat. < indoor, > open air. NS 7:30c:03:07:xx

Pleasant feeling of warmth and tingling for a few minutes 3:30c:00:00:05

Vertex head. Vertigo with feeling of great pressure on top of head. Fleeting. 3:30c:00:10:45

Lump. Whilst working on the computer I became aware of a lump (pimple?) on the occiput part of my head. Thought "strange place to get a pimple!" 5:30c:06:xx:xx

Back/top of head 6.30am. Sore. Rolled over in bed onto my back and felt pain at the high back part of my head. Felt it. Really sore huge lump. Dull ache. Worse for pressure. Can hardly touch it. Got my husband to feel it - he thought it wasn't a big deal - maybe a pimple or something. 5:30c:07:xx:xx

Back of head Sore. Washed hair - it was really sensitive to pressure. 5:30c:07:xx

Back of head. At work. I asked my husband to look at it carefully for me. It felt like there was something sticking out of the lump - something rough - maybe a scab/scratch or worse..... maybe a tick!!! (Horrors!). He looked, said it was red and that there was a stiff white hair sticking out. He got his Swiss army knife tweezers (Macguiver like!) and pulled it out. It looks like a very fossilised white hair with burned out roots. Huh? I kept the hair to show - (in proving book.) 5:30c:07:xx:xx

Sore lump. It's sore. I can feel it even if I don't touch it. I can feel it being sore if I raise my eyebrows because that lifts my scalp. I asked my husband to look at it. He gasps and says it's double the size it was this morning - says I should go see a doctor. I tell him it's probably the remedy. He thinks I've lost the plot. I phone supervisor (must admit I'm a little shaken by husbands reaction). Supervisor tells me to relax and that Jude will look at it and we'll talk tomorrow. 5:30c:07:xx:xx

I asked my A&P lecturer to tell me anatomically where it is so I can be more precise (didn't tell her why). She asked me how I got it - I said I didn't know. It is sited at the Lamda - which is the junction of the parietal and occipital lobes. The lecturer is studying to be a chiropractor and asked if she could work out why I had it. I didn't think it would be a problem so said okay. She did this balancing/arm resistance thing, touching various pressure points while I touched the rotten sore lump on my head and she said the following: Its not physical, Its not nutritional , It is emotional, It is 'homeopathic'. I asked what she meant

by 'homeopathic' and she said "I don't know really – its what we learn and has something to do with earth, fire, wind and water – I don't know but you're okay physically – maybe its got something to do with a remedy you're taking." She had no idea how close she was to what I was thinking and how comforted I felt. 5:30c:07:xx:xx

Sore. The lump feels smaller. Pain is still localised but not as bad as yesterday. Its definitely smaller – maybe half the size. Worse for touch. Half in size and still looks red. 5:30c:08:xx:xx

Mildly sore. Lump is just a bump now. Only slightly sore to touch. 5:30c:09:xx:xx

Felt lump. It's still there but smaller and not sensitive to touch. I think I feel 2 other small lumps on the left side of the occiput. Just above my neck. Not sore, not sensitive – just there. 5:30c:10:xx:xx

Aware that the lump on my head has gone except for a very small bump and there is no sensation on touching it. 5:30c:13:xx:xx

I have a constant pressure on my temples, as if a clamp has been attached to my head. It is worse for pressure. NS 4:xx:xx:xx

There is slight pressure in my head, not as severe as yesterday. NS 4:xx:xx:xx

My head is still the same as this morning, with slight pressure. NS 4:xx:xx:xx

Aches. Like a pressure, a band around the temples extending to the parietal, that is too tight. It is better for > pressure and deep breaths. Causation: 2 glasses of champagne? AS 4:xx:xx:xx

The ache I had a few days ago is back again. It is at the parietal extending back to the back of the head (occipital bone). NS 4:xx:xx:xx

Tightness. Woke up with a tight bank feeling around my head. NS 4:xx:xx:xx

Pressure on my head (from parietal to the occipital bones). NS 4:xx:xx:xx

Head. Tightness sensation in the forehead, above the eyes. 2:30c:xx:xx:xx

Head pain in the sinuses. 2:30c:xx:xx:xx

I feel pain in my neck, between the 1<sup>st</sup> and 2<sup>nd</sup> cervical vertebra 2:30c:xx:xx:xx

## EYES

Sleepy, droopy eyes, keep wanting to close them. NS 1:30c:00:00:45

Sensation of heaviness. 2:30c:xx:xx:xx

Harder to focus eyes when walking outside, as if eyes glazed, misty. Sunlight seems too bright, I want to shield my eyes. NS 1:30c:00:01:25

Closing my eyes a lot, at least every few minutes. NS 1:30c:00:04:25

Shutting my eyes every few seconds, can't keep them open. NS 1:30c:00:01:30

Still have droopy tired eye sensation from during the day – not just my usual after-midnight tiredness. NS 1:30c:00:13:10

Eyes feel very tired, lifeless, whole of eyeballs aching and sore < sunlight, > closing; keep closing my eyes for a few seconds. NS 1:30c:00:23:15

Eyes heavy, too tired to read in bed (normally can manage a few pages at least). NS 1:30c:01:10:xx

Eyeballs throbbing and sore, tired and bruised sensation whether open or closed. NS 1:30c:01:10:xx

Desire to close eyes still there, dozed on couch till 11.30am. NS 11:30c:01:02:xx

R. Eye. Eyelashes crusted together a bit with colourless exude. Eye puffy. Was fine by 7:30. 3:30c:00:23:00

Woke with eyes feeling puffy, swollen, sore, and I just want to close them and go to sleep. < straining the eyes. NS 7:30c:02:xx:xx

Burning pain constant. < crying, < reading. NS 7:30c:02:01:xx

All day from morning – sore, burning, stinging, deep

pain, puffy upper lids. Tired looking. Bruised feeling in the eyes – like an operation in the eye. Opaque vision. Deep pain, deep inside the eyes – unbelievable how sore they are. < straining the eyes (computer, reading). NS 7:30c:03:xx:xx

My eye was blurry, gummy looking and uncomfortable when I woke up. It looked better after a shower. 5:30c:00:20:45

Eyes. Some minutes later I feel soreness, a pain above my eyes. 2:30c:xx:xx:xx

Sore, aching pain in the eyes. 2:30c:xx:xx:xx

## VISION

Harder to focus eyes when walking outside. NS 1: 30c: 00:01:25

## EAR

Very sudden pain in my left ear, inside the ear drum, severe. Like a tic bit my ear drum (similar sensation to a past experience in left ear). Throbbing and pulsating. It made my head jerk when it began. It lasted for less than a minute. > swallowing. NS (similar to an OS) 7:30c:00:02:30

Same pain returned in left ear. Throbbing. Whole body jerked when began. Strange feeling in the left ear – irritation. Lasted about 10 sec's. NS 7:30c:00:02:49

Ears feel blocked - like I'm in a cocoon. Not better for swallowing. < humming, throbbing, noise of any kind. NS 9:30c:02:xx:xx

Right ear lobe is swollen and red. Not noticed till late evening. No real discomfort, just a slight sensation of heat. 9:30c:16:xx:xx

## HEARING

Notice that I have a sensitivity to the sound of running water. Feel the need to urinate frequently. NS 9:30c:10:xx:xx

## NOSE

7.30am, 10.00am 12.00pm episode of sneezing without any cause or discharge from the nose. Paroxysms of sneezing – 4 to 5 in a row. < indoors. AS (When sneeze, usually < in sun). 7:30c:01:21:xx 7:30c:02:00:xx 7:30c:02:02:xx

Sneezing/Itching. An itching sensation has been making me sneeze. It itches only on the left side. NS 4:xx:xx:xx

I am sneezing consecutively this morning. This is unusual for me because I am not usually a sneezing-type. The sneezing is causing me to blow my nose. This produces little mucous. NS 13:30c:01:xx:xx

Blocked - clogged up, also runny nose. Have a cough but it seems to be suppressed rather than an easy cough. NS 9:30c:00:xx:xx

Back to normal except for nose – Inner nostrils feel swollen, uncomfortable and a bit sore. Like the start of a cold – wet dog's nose. Bit sneezy. Neutral discharge. Need a box of tissues next to me - feel like it's going to run quickly. 5:30c:02:03:xx

Still running – just lots of clear liquid – no sneezing or discomfort. 5:30c:03:01:xx

It is congested with thick, somewhat stringy mucous. The congestion is better for > blowing my nose and worse < for heat. NS 4:xx:xx:xx

## Itchy

Wildly itchy nose. Just inside the nostrils. Feel like I could grind it into my face – madly itchy! Lasted 10 minutes. NS Too polite to bore. Internal. Both sides. Lasting about 10 minutes. 5:30c:00:00:25

Woke with a raging itchy nose – wanted to grind it away. Also very runny – clear bland liquid as if the inside is inflamed – fat. Burning – imagine there will be sores. Better for scratching. 5:30c:01:21:45

Evening. Itching. 5:30c:xx:xx:xx

Itchy. Massively itchy nose again – wanted to rub it off my face! Better for rubbing. 5:30C:06:xx:xx:xx

## Blood

My nose was bleeding when I woke up, watery blood. (No blood was noticed on the bed sheets.) NS 4:xx:xx:xx

My nosebleed has stopped (12:00pm), though it is now slightly painful with slight congestion. NS 4:xx:xx:xx

My nose is bleeding with tiny specks of yellow mucous when I blow my nose. There is also slight congestion. NS 4:xx:xx:xx

Woke up early and found my nose bleeding like a faucet. The blood was water-like and bright red. NS 13:30c:09:xx:xx

## FACE

### Lips

Slight numb sensation coming on all over my face - like its hard to move the muscles on my face, especially my mouth. Need to ask lips to move like a delayed reaction. NS 11:30c:00:00:18

Numb feeling around the edge of top and bottom lips. NS 1:30c:00:00:05

Definite tingling sensation around the edge of the lips. NS 1:30c:00:00:25

Lower lip, left side. Pin point (prick) sensation. Feels like a cut on lip in a small area but the sensation is of a very large area. Tingly - feels like getting a cold sore. NS 9:30c:00:01:30

Lips feel dry and have done for the last 2-3 days. RS 9:30c:12:xx:xx

Upper left hand side Lip 9.10am . Irritation. Feels like there are little hairs that are being blown by the air coming out of my left nostril. Feels like I must keep licking it or rubbing it to make it stop. NS 5:30c:00:00:25

All day. My lip (upper left lip – just above) felt uncomfortable all day. Stopped at 9.30pm. Gone while eating. 5:30c:xx:xx

Lip Creepy. Uncomfortable upper left side. Itchy 5:30c:02:xx:xx

The cut (on the upper lip) from yesterday now looks like a blister that has popped. (Unusual outcome for a cut.) NS 4:xx:xx:xx

My lip feels swollen and cold. This lasted for a few minutes (5 min's). Same sensation as what had occurred in class yesterday. NS 4:xx:xx:xx

Lip. Sensation of coldness at the top lip has returned. I am also now feeling the coldness on the bottom lip as well. I noticed it tonight after being given the remedy yesterday. NS 4:xx:xx:xx

Freezing lips, upper gums and nose, as if an icy cold draft goes over my gums. NS 4:xx:xx:xx

The freezing/numb sensation of the top lip is back. 4:xx:xx:xx

My upper lip is bleeding from a cut. Woke up with a sharp pain on my upper lip with it bleeding. Causation unknown. NS 4:xx:xx:xx

My upper lip feels swollen and cold. NS 4:xx:xx:xx

My lip starts to bleed. The swollen sensation has subsided. NS 4:xx:xx:xx

Face, cheek, mouth, upper left lip. A sensation of numbness. Feels like after an injection especially upper lip → cheek - left side. Moved to right lower lip, but less intense (15 minutes later). Extending to ears - very mildly. NS 9:30c:00:00:35

The cold feeling on the top of the lips is back. It is as if a very cold wind is gently blowing on the area. NS 13:30c:11:xx:xx

Within minutes of being in the same room as the remedy, my upper lip became itchy. I also felt a tingling, followed by a numbness. It felt like an allergic reaction. Had a repeat of this symptom twice more around my prover and when in class on the 11<sup>th</sup> September (we were discussing proving symptoms). 13:30c:11:xx:xx

A freezing, cold sensation at the top and bottom of my lips. This lasted for 30 seconds. NS 13:30c:00:00:10

## MOUTH

**Taste**

No desire to eat 3 , which is unusual. Slight taste of blood in my mouth 2. Headache pain now about 1 but no interest in food at all. NS. 11:30c:01:05:xx

**Ulcer**

Noticed an ulcer developing on the inside of my left cheek, slowly developing. NS 11:30c:02:10:xx

Ulcer inside left cheek much improved, (quick to heal almost didn't even develop). NS 11:30c:xx:xx:xx

Ulcer inside left cheek still there, no better than yesterday and no worse. NS. 11:30c:xx:xx:xx

9pm. Ulcer on left side of the tip of my tongue. Red blackish centre. Mildly sore. Have been biting on a biro for several hours (and pencil) at lecture. Indented. Sucking and biting ends of pencils without realising. Something I don't usually do. NS 9:30c:05:xx:xx

**Tongue**

Tongue, tip. Pimple, sore, right side. Yesterday thought I'd scratched it with a straw - but it's a pimple. (It lasted till Day 7) 3:30c:02:23:xx

Tongue pimple near r. tip is sore. 3:30c:04:xx:xx

Numbness on the tip of my tongue – about 2cm along the outer edge of the tip. Very strange feeling. Ate with lack of sensation. NS 5:30c:03:03:xx

AM Feels gluggy and spongy. NS 9:30c:01:xx:xx

**TEETH**

Pain, as if they are freezing. Though freezing is not really the appropriate term. It is as if one bites into a very cold piece of food and you get freezing-like pains. Lasted for two hours. NS 13:30c:09:45

**THROAT**

Back of throat feels thicker/slightly swollen on swallowing. NS 1:30c:00:00:05

Slightly sore throat, right side, top neck gland, slightly swollen sensation as if lump was there (especially noticeable on swallowing). NS 1:30c:00:05:15

Have a sensation of palpitations in my throat and oesophagus. Intermittent. Can't quite put my finger on it. NS 9:30c:03:xx:xx

My throat is tickling and itching with a cough. It is better > for swallowing air and worse < for coughing. There is a sensation as if swollen from a bee sting. NS 4:xx:xx:xx

Sore. Throat feels sore as if a sore throat is coming. NS 4:xx:xx:xx

Itchiness, irritation. An irritating itch in my throat came on, on my way to school, making me cough to try and clear my throat. NS 13:30c:01:04:00

Irritation/Itchiness. There is an irritating itchiness in my throat that is making me cough in order to clear my throat. NS 13:30c:02:04:35

Irritation. I feel as if there were something in my throat causing the irritation. This lasted for two hours. NS 13:30c:03:07:45

Throat and larynx. Throat burning at tonsils and down larynx. Better for tea. 5:30c:01:21:45

**STOMACH**

One hiccup. NS 1:30c:00:00:05

**Nausea**

Nausea comes in waves and it is better > for deep breaths and worse < for swallowing. NS 4:xx:xx:xx

Nausea. After lunch I started to feel nauseous. The thought of < food makes this feeling worse. NS 4:xx:xx:xx

Nausea. I woke up feeling nauseous. It may be because I did not eat a proper supper last night. NS 4:xx:xx:xx

Nausea. Still feeling nauseous and it has intensified. It is not better for eating, but much better > for fresh air. 4:xx:xx:xx

**Pain**

Top left side. Dull, cramp like pain. Under left rib - thought stomach or spleen. Has now moved to centre - so think it is stomach- have belched (small) but still have the dull ache. It is like someone has poked me in the stomach now. NS 9:30c:00:00:05

**Eruclations**

Belching after eating now. Belching just happens and am unable to prevent. Easy, no discomfort really from it. < eating. NS 9:30c:02:xx:xx

**Distention**

Sore and bloated. Very sore stomach. Feels bloated and rock hard and sore. Had an explosive stool – very windy. Didn't take away the hardness and soreness – only marginally better. Stool just soft. Pain in lower abdomen. Better slightly after passing wind. 5:30c:04:x:xx

Sore and hard. On a flight to Melbourne. Lots of wind and very painful cramping. 5:30c:04:xx:xx

Sore and hard. Bowel movement – soft but not runny. Lots of wind and cramps. Feel constipated and like when I go, its going to be diabolical but it isnt – no runs – just pain and discomfort – hard distended stomach. 5:30c:04:xx:xx

Sore and hard. Bowel movement again with lots of wind – not smelly – and cramps. Been uncomfortable and sore all day – in and out of cars and planes and wondering if I'll make it to the loo in time whilst in meetings. My stomach never felt better for the bowel movement. Still swollen and hard afterwards. N.B. the sale of our house was concluded today – yay! Stressful negotiations back and forth all day but all good now! 5:30c:04:xx:xx

Sore and distended. Tummy still not 100% but much improved. Got up to go to the loo and mostly had just wind with a small amount of soft stool. 5:30c:05:xx:xx

Sore and distended. Better for farting. Feeling still there but not so intense. Not so distended. 5:30c:05:xx:xx

Sore and distended. After eating, my stomach felt hard and sore and distended again but it was gone by

the time I got home +- 20 minutes. 5:30c:05:xx:xx

Rumbling. The pie I had for lunch rumbling in my tum like its going to erupt. Lots of gurgling weird noises. 5:30c:03:05:xx

**Appetite**

Ravenous. I feel very hungry, even eating doesn't seem to help stop my hunger. NS 13:30c:04:xx:xx

Hunger. My hunger continues and causes me to be more irritable. I even ate two breakfasts, which is never like me – yet I am still hungry. NS 13:30c:04:02:45

Burning sensation. <sweets. Sweets or sugary things have caused a burning sensation in my oesophagus. Very uncomfortable. Have eaten a few sweeter things than usual and had a few drinks of soft drink yesterday during a social function. Today the burning is present and very uncomfortable. NS 9:30c:01:xx:xx

Appetite, no interest in food. AS 11:30c:06:xx:xx

Hunger. Am ravenous, I feel I can eat anything and eating does not help. NS 13:30c:04:xx:xx

Not feeling so nauseous, now feeling hungry. Not craving anything in particular. 16:30c 00:04:50

**ABDOMEN****Pain**

Pain in abdomen- right side. Could be around liver. Uncomfortable. Seem to be belching a lot with no effect on the pain. NS 9:30c:00:xx:xx

Slight discomfort felt again in abdomen. Also belching still. RS 9:30c:02:xx:xx

Discomfort in abdomen. Distended with sharp localised pains. Very noticeable on right side under umbilicus. But they are shifting. RS 9:30c:05:xx:xx

Abdomen uncomfortable. Could be menstrual - but not sure! RS 9:30c:10:xx:xx

Abdomen and stomach increasingly tender, uncomfortable and painful. Concentration is difficult

and I don't feel mentally very good. I feel very isolated and inadequate. I feel alone and abandoned. I feel I can't cope anymore. < Walking, > Sitting RS 9:30c:11:xx:xx

Very uncomfortable < walking, pressure, sitting initially > resting. Sensation of a sea urchin spinning in abdomen. Spasms < peristaltic motion. I feel sick - nauseous - especially traveling on the train to work. I feel intolerant of the crowds and feel like I needed to get off the train and just go home. Very painful. I am in pain. RS 9:30c:11:xx:xx

Lower abdomen especially right side - excruciating walking, > bending, <<< walking. Really bad after 3pm. Slight temp -37.9. > rest, sleep. < stool (though normal). Not affected by eating, little thirst, in fact am conscious that I have no desire to drink so am making the effort to drink water - not < or > for drinking. I am fatigued and anxious but have no desire to seek help. Told husband "I'm all right". Better lying left side - the most painful side is my right - also better lying on my back. Despite pain and anxiety - I really thought I'd end up seriously ill in hospital - I slept well. I feel really bad and I don't want to talk to anybody. RS 9:30c:12:xx:xx

Woke, still with discomfort but could manage to get dressed and go to work. Despite pain I felt I had a duty to go and wouldn't give in - but this is characteristic of me. No thirst, no hunger but stomach noises like rumbling and groaning. Whilst I had a desire to stool and urinate - I have a fear to go as I know it will be painful. << walking > rest. < sitting initially (very painful). Feel a need to act like nothing is wrong and very scared others might find out about my discomfort. Husband wants to have the doctor but I have lied about feeling better. This has dominated all my symptoms for the last few days. Had first loose stool - spasms were just as painful. Over the last few days have been poring through medical books trying to find out what might be wrong with me. I kept feeling that I would pass a bowl full of blood with stool - it was a very intense feeling. I also craved a cup of Earl Grey Tea. It was the best cup of tea I have ever had! RS 9:30c:13:xx:xx

Slight improvement in pain. I feel less cloudy. I had a cup of coffee at the hairdressers this morning. It made me hyper (< coffee) and flushed my cheeks. It made everyone laugh - they even offered me a second cup - but a decaf! I feel hyper. I want to talk and yell about

the lack of intelligence in the world and the lies at government level, the lack of respect for life. But I also feel happy. Vowed not to drink coffee again! I wanted to stand up on a soapbox and "bugger the consequences", which is not me! RS 9:30c:14:xx:xx

Pain in abdomen like indigestion, then I thought I think I need to go toilet, felt like it was going to be diarrhoea. Went to toilet but nothing there - empty feeling when I strain. NS 11:30c:01:13:xx

Drawing pains - oblique on the right side. Was at the shop when suddenly this drawing pain came on. It was very strong - almost bringing me to my knees. I had to grip the sales counter to steady myself. It felt as if my muscles on the side all contracted and were drawing together. Thank goodness this intense sensation only lasted for ten seconds, though I was wary of it coming back again. NS 4:xx:xx:xx

### Noises

I am having a shower noticed loud gurgling in my lower abdomen. Very loud, crackling, gurgling and bubbling very loud. NS 15/08/02 11:30c:00:00:27

### Distention

Lower abdomen bloated - but I don't feel bloated. Lower abdomen quiet big/huge and very soggy/spongy, but don't feel at all bloated. Big lump at the caesar scar, I couldn't stop poking at it. NS 11:30c:00:00:27

I feel bloated. Pain in my gall bladder (It has been surgically removed 8 years ago!) 2:30c:xx:xx:xx

Sensation of coldness in the abdomen, near my heart. Then, sensation of warmth is coming. Then, acceleration of my heart rate. 2:30c:xx:xx:xx

## RECTUM

### Pain / Haemorrhoids

Feels like a hot stick poking up my bum. Really bad bleeding haemorrhoids. AS/OS 11:30c:03:13:xx

Painful haemorrhoids, feeling like something poking up my bum. Size of large grapes/plums. Bleeding. Haemorrhoids are kind of funny in a ridiculous way,

they are so huge, unreal and uncomfortable. AS  
11:30c:04:03:xx

Haemorrhoids still same. Desire to put something cold on them, better from the cold but it annoyed me, still there but doesn't feel as congested. Bleeding has stopped one is size of grape and other is size of raisin. AS/OS 11:30c:06:xx:xx

Haemorrhoids slightly better now about the size of raisins. Still bleeding slightly better for passing stool which passes easily. AS 11:30c:05:xx:xx

Haemorrhoids almost gone, protrusion is still there but not at all noticeable and on touch it almost feels tighter, ie like there is tension back in the sphincter. AS/OS 11:30c:07:xx:xx

My whole lower bowel feels paralysed, can't feel anything. NS 11:30c:07:xx:xx

Stool requires more straining; I felt like I needed to go beforehand but yet no obvious urge when on the loo. NS 1:30c:00:12:50

Stool passed easily but it was orange clay coloured, normal odour. NS 11: 30c:02:02:xx

Stool a bit like diarrhoea, consistency like lumpy pickle, normal odour. NS 11:30c:03:09:xx

### **Straining**

Rectum lower gut/rectum pressing urge to stool. Came out easily, quickly as one (though it was in pieces when I looked in the bowl) 3:30c :00:01:48

I feel that I need to have a bowel movement, but when I try to go it is difficult. NS 4:xx:xx:xx

Bowel movement – Lost of wind – smelly – rotten eggs. Sore, cramping stomach. Soft, normal looking stool. Sudden urgency to go the toilet. Crampy. No colour change in stool. 5:30c:03:06:xx

### **STOOL**

Stool more formed than usual. Small quantity, brown colour, slightly briny smell. Not as easily evacuated as normal. Not my usual morning stool time. NS 1:30c:00:12:50

### **BLADDER**

I awaked at 5am with a need to urinate. This is very unusual! I don't urinate much usually. 2:30c:xx:xx:xx

### **URETHRA**

Cutting and burning pain in my urinary tract. Woke up to cutting pains and an urgency to urinate. Only a small amount of urine was passed with a very intense burning pain. Taking a shower helped relieve the pain for a few minutes. It was also better for > lying on the left side and crossing my legs. RS (UTI are common for me, I usually get them once a year, with the last infection in December 2001.) It is unusual for me to have this symptom at this time with no obvious cause. 4:xx:xx:xx

Urinary tract - Cutting/Stinging pains. Feeling better though still going back and forth from the toilet frequently. Nausea seems to be subsiding, although any < movements exacerbates the pain. RS 4:xx:xx:xx

Urinary tract - Cutting/Sharp pains. The pain's sensation has changed to a cutting, sharp pain. The pain has also diminished greatly, though feel it in the background. I am able to move again without too much pain. AS 4:xx:xx:xx

Urinary tract - Cutting, sharp pain. Pain is still excruciating! A > shower seemed to help. AS 4:xx:xx:xx

### **URINE**

When I urinate my urine is hot and a brownish-yellow colour. NS 13:30c:07:xx:xx

### **FEMALE GENITALIA/SEX**

#### **Itching**

Whilst in London with my husband, I had an embarrassingly itchy vagina. I thought it was from my panties initially but it wasn't. It lasted for about 4 days (on and off) from about 5<sup>th</sup> September to 8 September. 5:30c:16/17/18:xx:xx

Sunrise to bedtime – creamy itchy discharge, small quantity, thickish, causing soreness and itching on labia, > cool bathing. RS Note that after I took the remedy the itching subsided for a few days, which is unusual CS? 1:30c:03:19 - 04:11:xx

### **Menses**

#### **PMT**

They came on suddenly without any indication – no mental/emotional distress, no cramping and no physical pain. Remarkable! I've never had my menses in such an easy, painless way. AS 13:30c:11:xx:xx

I didn't have any PMT- no pain, no nausea. It was the easiest period I've ever had. I got none of the mental/emotional stuff I've usually had. It only lasted for 3 days (Saturday, Sunday, Monday). It was gone by Monday evening. This is really unusual for me. Usually it lasts 4-5 days. The colour was red. I didn't have the weepiness I normally do. NS 13:30c:11:xx:xx

Period started with absolutely no pain, only aware of slight dragging sensation which led me to think my period had started. (Although this has happened before it is very rare). Like the headache, there but not noticeable. AS 11:30c:00:00:23

Fantastically good period, normal flow, not heavy, tiny clots, rice size, no discomfort no nothing, not bothered by it at all. AS 11:30c:xx:xx:xx

Period still going which is longer than usual even though it has been a really easy period. NS. 11:30c:04:03:xx

Period started, very early for me (3wks since last period/28dys). Never happened before. No pain only slight ache down left thigh. NS 11:30c:30:xx:xx

No build up to my period (physically or mentally). NS My period was almost a week early. The first day I had horrendous pain and then nothing. NS The period was very heavy though, lots of clotting and lasted 5 days (normal time but heavier than normal). 5:30c:21:xx:xx

#### **End/cease quickly**

Menses. My menses are no longer present. Unusual

that it was three days of bleeding without any PMT. AS 13:30c:14:xx:xx

Period seems to have slowed off much earlier than normal (past year or so my period has started medium flow quite early on and this lasts for three days then tapers off over two days). Also, no way near as much fresh red blood... more stringy bits and darker coloured. NS 1:30c:07:xx:xx

Menstruation was short and stopped suddenly. Only for 2 days (normally 4-5 days, with some stain toward the end). NS 7:30c:06:xx:xx

Menses, shortened. Day 3 - no bleeding during night of day 2, no show of blood so far this morning. This is definitely at least 1 day shorter than normal. 3:30c:12:xx:xx

Menses night. Flow never resumed. Less trailing off than usual. 3:30c:12:xx:xx

Menses. Less vaginal/labia ache than usual. Less uterus ache than usual. 3:30c:12:xx:xx

#### **Clots**

10pm – menses slightly more clotted than usual, with small stringy dark-brown clots NS 1:30c:05:xx:xx

Period lasted longer 6 days. NS No pain. Blood consistency always changing, dark, light, almost watery and stringy little clots. Blood almost like bright red water. NS. 11:30c:30:xx:xx

Delayed menstruation for 3 days. 11.00am got my period. Profuse menstruation. Painful (dysmenorrhoea). Bearing down sensation. Clots dark red, stringy. Tired. I haven't had periods like that for a few years. I used to have bad ones like that, but lately it has been good. Accompanied by pain in the thigh. > warmth and lie in bed, on the tummy. > pressure on tummy. AS 7:30c:04:xx:xx

When I looked, it was like worms, thick, lots of blood, never had it like that. Like losing a baby. 7:30c:xx:xx:xx

Continuing. Bleeding, excessive clots, dark red, dysmenorrhoea. AS 7:30c:05:xx:xx

Menses. Less endometrial lining floating around in the bath than I usually see on the first or second heavy day of flow. There was none. Last month there were tons of little weeny bits, and usually there's at least one or two smallish clumps. Generally, flow of blood has been utterly smooth. No gushes, no lumps or clots. 3:30c:12:XX:XX

### Late

Menses started two days late NS, slight dragging in back beforehand. Light reddish colour at start. RS 1:30c: 34:xx:xx

Menses. No flow, no show - where is my period? 3:30c:09:xx:xx

Menses. No flow, no show. 3:30c:09:xx:xx

Menses. No backache, no headache, not 'womby'. 3:30c:09:xx:xx

### Light

Menses. Unusual that on the third day the flow is light, usually signifying the end of the cycle. AS 13:30c:13:xx:xx

### Libido

Night – aversion to sex. Don't want to be touched. Low libido. Accompanied with bad feelings of body image. NS 7:30c:02:xx:xx

Have noticed that libido is practically non existent throughout this proving. May also have something to do with all the stomach/abdomen symptoms. NS 9:30c:19:xx:xx

Period continues uneventfully but is lighter than normal for second day. NS 9:30c:20:xx:xx

### Pain

Slight dull ache, congested uterus feeling, as if my period will start soon (period due today). RS No usual increase in libido before menses. NS 1:30c:01:17:xx

Noticing an aching pain in left thigh and in left side of abdomen with period, but its not bothering me like it normally would. 11:30c:00:03:43

Am very aware I don't have any vaginal/uterus/lower back/headache premenstrual symptoms. In a short cycle, this would be unusual. Post proving comment: as this was a long cycle - day 20 in a day 27 cycle - this is normal. Uterus, none of that dragging feeling. Usually I'd feel it all day? 3:30c:10:xx:xx

Menses. Less vaginal/labia ache than usual. Less uterus ache than usual. 3:30c:12:xx:xx

Menses. Less endometrial lining floating around in the bath than I usually see on the first or second heavy day of flow. There was none. Last month there were tons of little weeny bits, and usually there's at least one or two smallish clumps. Generally, flow of blood has been utterly smooth. No gushes, no lumps or clots. 3:30c:12:xx:xx

Ovaries - Pain as if being continuously punched. It is better > for deep breaths and for pressure/bending forward, although I am unable to get comfortable. NS 4:xx:xx:xx

Ovarian pain comes and goes, but still the same intensity, making me lose concentration in class. NS 4:xx:xx:xx

Ovaries - There is pain, a dull ache radiating upwards to the abdomen. The pain is better > for pressure. NS 4:xx:xx:xx

Ovaries - The pain is better for eating, but along with it is a general nausea that exists in waves. NS 4:xx:xx:xx

Ovaries. Stabbing pains. Cramps felt lower down than a few days ago. Only lasted a short while – 5 seconds, but intense enough for me to notice. NS 4:xx:xx:xx

Ovaries. Cramps. Woke up with cramping pains, though not as intense as usual. NS 4:xx:xx:xx

Lying in bed reading I suddenly felt a very strong pulsating vibration occur for several seconds (around the ovary regions). NS 4:xx:xx:xx

Upward shooting pain, quick like a dart, posterior right side uterus NS 1:30c:00:14:xx

Cervix. Slight feeling of weight x 2 seconds. This happened 2 or 3 times within a few minutes. 3:30c:00:00:38

Cervix. Slight feeling soreness/pinching x 10 seconds. 3:30c:00:01:00

Cervix. Slight feeling soreness/pinching x 2 seconds. Happened again. 3:30c:00:01:09

Cervix. Twinge x 2 seconds. Slight dull pain 3:30c:01:00:xx

Cervix. Same plus a concomitant fleeting twinge inside top l. thigh in one small spot. 3:30c:01:00:xx

Cervix. Dull ache. 3:30c:01:01:xx

Uterus. Concomitant with uterus, tender, pain, extending into top of vagina and toward ovaries. 3:30c:01:01:xx

Cervix. Overall pain. Not pinching. For a while, but gone by 10:45 or earlier. 3:30c:01:02:xx

Cervix. 2 fleeting twinges in 20 minutes. 3:30c:01:04:xx

Cervix. ½ second twinge. 3:30c:01:08:xx

Vagina. Burning, inflamed feeling x 5 min's. Very similar to thrush. Just after I lay down to go to sleep. 3:30c:02:15:xx

Uterus. Vague feeling of tenderness. Very, very slightly crampy. This is a normal pre-menstrual sensation. It's not as localized as the sensations day 1 and 2 were. (Post proving comment: however, day 21 in a day 27 cycle is a bit early for this feeling.) 3:30c:02:23:xx

Vagina. Very, very, very slight cramp. Normal vaginal feeling pre-menstrually (but day 21 too early in a 27 day cycle). 3:30c:03:01:xx

Cervix cramp < heat of bath. Diminished as the bath got less hot. (Normally, any symptom I have is > heat, especially humid heat.) 3:30c:03:09:xx

Vagina. Burning, "thick", inflamed x 5 min's. Thrush-like sensation. Like yesterday, it happened upon lying down (I'd been in bed since 10:30, but propped up), as soon as I turned the light off. 3:30c:03:16:xx

Uterus/thigh cramp uterus concomitant with cramp in a spot upper l. inner front thigh, > sitting. 3:30c:05:xx:xx

Cervix, tip of - strong cramping twinge x 1 sec. Very similar to the local pain the speculum causes when you get a pap smear. 3:30c:05:xx:xx

Vaginal entrance. Piercing pain x 1 sec. in the scar tissue where I tore having my first child, just after I got into the bath i.e. caused or < by warm wet heat. NS 3:30c:06:xx:xx (I have felt this piercing pain less dramatically a few more times since then - most recently on day 15 or 16 - but not related to showers or baths.)

Uterus/lower back. Feeling of weight/constriction. Not quite a cramp - but as if I was going to have bad cramps. Concom. with a slight feeling of dread. 3:30c:08:xx:xx

### Odour

Strong smell. One I consider pleasant. Normal for me but usually only this strong when having raunchy sex. Sort of a sweet hay smell plus musty sexual smell. X 1 hour. (Don't normally associate this smell with premenstrual or period) AS/NS 3:30c:09:xx:xx

Note; Prover 7 had; Cured symptoms. Four months. Previously her symptoms were:

- Menses pain
- Cramping pain.
- Pain extending to thigh.
- Bearing down sensation.
- Duration was longer – 5 days minimum. Now three.
- Flow was heavy. Now light. Now the flow is the same through the three days.
- PMS cured.
- Craving sweet and chocolate.
- Anger. Anger trifles.
- Depression.
- Breast tenderness. Breast swelling. Can't walk.
- Clots dark red

### RESPIRATION

Respiratory. Feel the need to take a deep breath, from time to time. Since last night in bed. 3:30c:09:xx:xx

Respiratory. Hiccoughs x 5-10 min's. Very slightly tight lunged (wheezy). Don't know why 3:30c:09:xx:xx

Voice croaky this morning for about 1 hour. NS 9:30c:16:xx:xx

Lungs/Mind. 11:30 pm. got wheezy x 30-40 min's. Husband woke me up by coming to bed. Getting wheezy/upset when he wakes me up happened 3 x before I began the proving (but after I'd received the remedy). This is a new thing. It could be related to the gardening. On Day 4 I gardened, but didn't get wheezy, and I didn't do any gardening today, though I did do some yesterday. It's as if while doing the proving, my weakness got fixed, and now the remedy is wearing off. 3:30c:11:xx:xx

## BACK

10.00pm for one hour – sudden sensation of sharp stabbing at the back, inferior left scapula. While driving. Scared me. NS 7:30c:03:12:xx

Pain over my right kidney. Felt like something had been pressing into me – like a belt. Lasted one or 2 minutes. Bruised and tender NS 5:30c:00:10:35

Feel bruised on pressing. Lasted about 10 minutes then nothing. 5:30c:00:10:45

## CHEST

Pain in my right rib cage under my right breast when bending over. Digging blunt pain. NS 11:30c:01:06:xx

Lower back and waist. Was woken by severe lower back pain and painful stiffness and aching in my waist as if I've been exercising like crazy. Nothing improved it. Eventually went back to sleep. OS 5:30c:01:19:45

Pain in right rib cage (roughly half way down) stabbing pain coming in bursts, at times very sharp lasting 30 seconds. NS 11:30c:06:xx:xx

Draft/Coldness. Throughout the day I have had a cold draft-like sensation going up and down my back. NS 13:30c:00:24:xx

General unwell feeling - can't quite put my finger on it - but I feel awful. I feel tired but not quite like earlier and I have a disturbing congestive feeling in my chest/sternum almost like there is a big ball stuck there! Gets better as night approaches but I feel a bit apprehensive about it - though I am sure it is the remedy. A heart attack has crossed my mind. NS 9:30c:08:xx:xx

Coldness in the back 2:30c:xx:xx:xx

## EXTREMITIES

### Sting

Still some discomfort in chest/sternum area. Feels constricted still. < swallowing. RS 9:30c:10:xx:xx

Thigh, five minutes after taking the remedy I felt a sudden burning pain on my left posterior upper thigh, close to the hip. It was a localised pain, 1 cm diameter. Stinging and burning, like a bee biting me. > pressure. Visually slight dots of red in area of pain, soon after, but not for long. 10-15 minutes, very intense, then gradually decreasing over the next hour. NS 7:30c:00:00:05

Sensation of constriction in centre of chest/sternum and oesophagus continues still. RS 9:30c:11:xx:xx

More fluttering in chest and deep inspiration. RS 9:30c:16:xx:xx

### Shaking Trembling

Palpitations and slight discomfort in my chest especially right side of sternum - stabbing sensation. RS 9:30c:17:xx:xx

Hands, my hands felt shaky, and after a few seconds they were trembling. > making a fist. < holding them in the air, head height. Duration worse 10-15 min's, gradually subsiding over the next hour. NS 7:30c:00:00:05

Heart. Sensation of feeling the beat of my heart. 2:30c:xx:xx:xx

## LARYNX

Woke up in the morning, and my hands were trembling and shaking. Lasted most of the day. >

making a fist, < for grasping an object, > holding them in the air. NS 7:30c:xx:xx:xx

Daytime – trembling, shaking. It is constantly what I have felt since the proving. I cannot grasp things. < for holding them in the air. NS 7:30c:02:xx:xx

Shaking completely gone today. 7:30c:03:xx:xx

Left little toe, twinging pain while lying in bed. NS 1:30c:00:13:30

10pm – weird throbbing aching in left hand joints and muscles. Hand feels stiff and weak. I usually only get aching in my right-hand little finger middle joint (which is a bit swollen). Also, my thighs feel a similar achy weakness to my left hand, > rest. NS 1:30c:06:xx:xx

My 4<sup>th</sup> toe on my right foot continues to twitch intermittently. NS 16:xx:02:07:xx

### Warmth

Upper body, pleasant upward surge of warmth from armpits through to head. Wavelike, slightly tingly, x a few minutes 3:30c:00:01:15

Upper body feeling of warmth, suffusion, a rolling wave-like sensation especially in arms and shoulder blades - rolling upwards to my head as well. 3:30c :00:01:37

### Pain

My right ankle has a throbbing pain, on the lateral aspect. NS 4:xx:xx:xx

### Radiating

Left leg. Sharp radiating pain. < movement. Doesn't last long- but it is quite an intense radiating, shooting pain (upwards) on the left side of the shin bone on my left leg. I have experienced this a couple of times before in the past but never as often or as long lasting. NS and OS 9:30c:00:00:15

Leg - radiating pain. Continuing sharp radiating pain in leg. Momentarily takes breath away. RS 9:30c:00:xx:xx

Pain in shin now seems to be in foot - emanating from

above smaller toes up foot about 2". Curiously, when talking about this symptom the pain returned to the shin. Pain sharp, shooting. Left leg/foot. RS and NS 9:30c:02:xx:xx

My index finger on my left hand. The joint between the middle and distal phalanx feels stiff and sore. It feels like a block of wood or something similar. < movement, < jarring. I have a sensation of grating which makes the hairs on the back of my neck stand up. Quite intense for the size of the joint. NS 9:30c:03:xx:xx

### Cramp

Extremities. Thigh, l. middle, top front. Twinge of pain x 5 seconds, twice, almost deep enough to be bone. 3:30c :00:08:04

Thigh, upper, inside, l. slight cramp in muscle, extending to arch of l. foot in the shower, ie. < warm, wet heat. Lasted until I got out of the shower. 3:30c:05:xx:xx

Foot arch l. foot cramp when crossing legs, > uncrossing them. 3:30c:05:xx:xx

### Prickling

Prickling pain. While I was sitting on the bus, a prickling pain appeared on my left calve. NS 13:30c:00:05:45

Prickling pain. Appeared again (left calf) while we were in class. NS 13:30c:00:24:xx

### Cold

My fingers, especially at the tips are freezing cold and damp with sweat. NS 13:30c:01:04:00

Clammy-sweaty hands and feet. It seems that the last few days have left me with clammy, sweaty hands and feet. Walking in flip-flops is a whole new experience. NS 13:30c:09:xx:xx

Clammy. I've noticed that around 12pm for the last 4 days my hands and feet get hot and sweaty. If I am wearing sandals, I slip and slip around on them. NS 13:30c:12:xx:xx

Clammy. My hands and feet are clammy. (Such an

unusual symptom because they are usually freezing cold.) Upon touching them they feel damp and warm. NS 13:30c:13:xx:xx

Sweaty and clammy. It feels like moisture, my hands and feet feel as if they're wet. It's duration is only about half an hour and then it goes away. 13:30c:14:xx:xx

Clammy. My feet and hands felt sweaty and sticky. Walking to get lunch I felt I had to walk very slowly (which irritated me) in order that I wouldn't slip because I was slipping and sliding in my sandals from the moisture of the sweat. NS 13:30c:32:xx:xx

My fingers are blue from being cold. No reason for this. RS 4:xx:xx:xx

A feeling of coldness on my legs, more on my RIGHT tibia, then on my left side. This coldness goes in my back. 2:30c:xx:xx:xx

Sensation of coldness in the legs 2:30c:xx:xx:xx

### **Numb**

Right hand. Just below my little finger and down the outer side of my inner palm (away from my thumb). It feels like a pinched nerve – weird. Tingling, numb, completely numb. Felt swollen like a pinched nerve. NS 5:30c:03:01:xx

Hand numbness. Not all along the hand – just at the base of the little finger on my right hand. It went away again at 5.20pm. Nothing visible. 5:30c:03:08:xx

On my most lateral toes of both feet a blister has formed on top. Never have had this before and is unusual as my boots are old and I have been wearing them for the past two years. NS 4:xx:xx:xx

### **Cut**

I noticed on the lateral aspect of my thumb what appeared to be a cut like a paper cut, aching. Unusual as I hardly (not at all) get paper cuts. Strange that a few days earlier I had a cut in the same area – with the same description and ache. This second cut comes just as the other cut is almost healed. (Thumbs represent intellect/worry – Louise Hay) NS 4:xx:xx:xx

### **SLEEP**

### **Sleepiness / Relaxed / Sedated / Weary**

I fell asleep on the lounge room floor while I was on the way to the kitchen trying to make myself a cup of tea. 13:30c:12:xx:xx

I've been sleeping a lot. Yesterday morning and this morning as the first time I woke up on my normal time (5.50am - 6am). Otherwise, I'd been waking up at 10 -11am. 13:30c:14:xx:xx

More physically relaxed, as if sedated (it's quite nice to feel more in the body, less in the mind). NS 1:30c:00:00:25

Feel like a sleepy animal, keep shutting my eyes and resting my head on my hands in between writing. Irresistible desire to curl up and sleep, but I'm hungry (didn't have breakfast) so I go to make lunch. NS 1:30c: 00:00:45

Sensation of being uncoordinated, knocking into things, not moving as precisely as usual e.g. went to pick something up from the right but mis-stepped to the left slightly. Have to concentrate more when doing things around the apartment (picking things up requires more conscious focus). NS 1:30c:00:00:55

Feel sleepy while sitting at bus stop. Feel quite out of it, hard to concentrate or stay awake. NS 1:30c:00:01:30

Continually sleepy, just want to rest, can't think, reminds me of the tired feeling in early pregnancy. NS; 1:30c:00:01:45

Couldn't stop yawning all through college class, whole body feels very lethargic, like I am very close to sleep; could easily have put my head on the table and gone to sleep. NS 1:30c:00:04:25

Tiredness/sleepy feeling wore off, leaving a nice relaxed sensation. Definitely feel less tense than usual. NS 1:30c:00:05:30 – 00:11:30

No difficulty falling asleep (unusual). NS 11:30c:00:16:58

4.30am – 5.30am – woke for a wee (usual) then couldn't get back to sleep (unusual) because the neighbour upstairs was clomping around getting ready for early work shift (he's always like an

elephant but generally this doesn't bother me so much). Felt restless and unsettled lying there trying to get back to sleep. 1:30c:04:17:xx

### Waking

Woke unrefreshed, really sleepy. AS 22/08/02 11:30c:07:xx:xx

7.00am. Woke up excessively tired, couldn't get out of bed (up in night with sick child - no huge interruption) stayed in bed till 9.45/10.00am. RS 11:30c:07:xx:xx

Difficulty waking up, kept dozing in and out, body absolutely exhausted and aching, no energy to get moving till 9.45am (really unusual for me - usually 8am the latest I get out of bed) NS 1:30c:07:xx

### Sleeplessness

Inability to fall asleep. Couldn't fall asleep. Woke up every few hours. Looking at the watch and worried not to wake up in time for an appointment. AS 7:30c:01:xx:xx

AM: Woke earlier than usual. Didn't need the alarm clock. This is very unusual for me as I am a night owl - so wake begrudgingly early. Not this morning though. NS 9:30c:00:12:15

Sleep. I have a kind of excitation. Difficult to sleep. My heart is beating a lot. 2:30c:xx:xx:xx

### DREAMS

I had a very disturbing dream (prior to taking the remedy) that the remedy was going to be "Anaesthetic" and I was really worried about feeling drugged and not being able to cope with my busy life. I remembered (in the dream) - Karen (my supervisor) saying when she took my case that I needed a remedy to make me slow down and I remembered one of the people in class getting a numb lip before she took the remedy and it made me even more convinced (in my dream) that the remedy was going to be "anaesthetic". Karen had also had a weird dream beginning with the letter A and we decided we were the "A" team!! 5:30c:xx:xx:xx

Anxious dream in which I left my grocery shopping

on the bus. H (student at college) had a stall near the bus stop where I got off. I talked with her then I woke up as I was trying to work out how to get back my shopping. NS 1:30c:01:17:xx

On waking second time, remembered dream of swimming in an outdoor pool with homeopath and talking about the pros and cons of swimming goggle design! We are asking how could we create a better swimming goggle that would improve vision in the water. Before that, I'm in a house that's also like a college, and I'm going into all the different rooms ... there are people in each. The main sensation is one of exploring, seeing what's there. NS 1:30c:01:20:xx

Dreamt of a room with lots of pictures on the walls. There was a piano with a fish tank built into it, containing lots of colourful little tropical fish. I'm lying down in the room and then I feel a lizard caught in my hair near my neck. I wake up as I shake my head to try and flick it off. S, my friend whose party I went to, was also in the dream but I can't remember the details, except she was a friendly positive figure. 1: 30c: 02:15:xx

Can't remember much about my dream except I'm in a big house; I think I go from one house into the neighbouring terrace house. NS 1:30c:03:19:xx

Dreamt I was arguing with a woman who was saying I just try to help people too much/try to fix them. I argued back that I felt I cared about people and that my personal boundaries were good too. I wasn't so much upset in the dream as really determined to stand my ground. NS 1:30c:07:xx:xx

Dreamt I had been smoking cigarettes for several months and I was upset that I had started again. Imagined my lungs were full of smoker's phlegm. I felt I had to stop smoking immediately and get out all the thick phlegm. (NB: my craving for tobacco has reduced drastically since taking homeopathic remedies. Occasionally I get a craving but nearly always don't follow up - unless I've had alcohol - because even after the first puff I feel pretty awful.) NS 1:30c:08 -09:xx:xx

Meals on wheels and delivering stuff. NS 11:30c:xx:xx:xx

Woke up remembering drinking glasses filled with cold tinned spaghetti. NS. 11:30c:xx:xx:xx

Mum rang me and my sister to say that my Dad had died. I answered the phone, said hello and gave it to my sister; she told my sister first; she didn't seem sad (an issue for me in dream feeling a disconnection with mother). She said my Dad had died at Xmas time ( it was now month later), I thought this can't be right because I had spoken to him and asked to borrow money. But thought maybe that's why I haven't heard from him. I was crying and saying No he can't be, No, and my sister didn't even seem upset she went back to bed. Felt sad and perplexed at sister's reaction. When I woke thought this was real and that same feeling with my brother. Relieved when I realised it was just a dream. NS 11:30c:xx:xx:xx

Dreamt sitting around at night with people, talking about snakes, bull ants and all nasty things, etc, then all of a sudden this baby brown snake approx. 1 metre long, came by us, then it was on my back and up my jumper. All these people were telling me what to do, but I took notice of a quiet male who told me to just stay still and wait for the snake to leave you , his advice rang true and I wanted the others to stop fussing, I was drawn to his calm advice. I wanted to leave it there and be perfectly still so it would go away. Someone was pulling on my jumper and that is why it came up the top of my jumper through the neck opening beside my R ear giving me such a fright that I jerked in sudden movement and the snake bit me, bit me on head on R side through hair above ear. - I woke up. On waking in half awake state I thought I must be coming to in hospital, I wonder how many vials of anti venom I had and if only I hadn't moved. NS 11:30c:xx:xx:xx

Husband and I were looking after a house, asleep and 2 rats were running around over the bed we were in, vicious rats, tried to chase them out and they attacked us (bit us). We chased it and wanted to kill it. Husband caught it under some wire and I said throw a rock at it, he did, but it just stunned it so I picked up a rock and threw it and killed it. Then the owners came home and it turned out it wasn't a rat it was the little girls rabbit and I had killed it. The pair of rats had both bitten us on the arm and I was so convinced they were rats, running over the bed etc. We chased them around thinking we have to kill them otherwise we won't be able to sleep. Felt like I had destroyed something that this little girl loved and cared about very much, she wasn't upset but I felt she was holding back her grief. The parents were saying its OK we

understand it was an accident but I felt so bad. The parents were getting ready to bury the rabbit. Husband was there but the feeling was I was the one who threw the deadly rock (it hit it square on the head and crushed its skull) very very sad, its all my fault how could I have done something so terrible. Feeling of responsibility and guilt and sadness for the little girl, I could relate to the sadness. NS 11:30c:xx:xx:xx

A youngest child aged 3 yrs in bed with me, screamed (intensely) with bad dream, demanded to sleep on my side because a bee would get him on his side, insistent it would sting him - he seemed still asleep through this whole thing. NS 11:30c:xx:xx:xx

I dreamt that I was supposed to make a specific thing from a special flower, like a medicine. Leaf like a fig tree leaf. Petals were purple. I knew it was a therapeutic flower. It was for a competition group. Later in the dream I remember a child that I found on the street, and I wanted to put him to sleep. I found a quiet place on the pavement and put him to sleep. He was 6-7 years old and very poor. I wanted to take him to another place, I needed to go down on a steep slope. I was scared, and I also had very slippery shoes. I was so scared, I almost fell down. And then someone came and helped me, pulled me. And showed me to my left side steps - easy way to go down. How come I didn't see the steps? This was a mystery to me. 7:30c:03:xx:xx

Dream fragment: I was a passenger in a car with a distraught "well-heeled" blonde haired mother of 2 girls (who were in the car). She was driving recklessly (countryside landscape) but only briefly. Told me she was concerned that she finds herself doing this when she's upset/angry. VERY uncharacteristic of her normal character/behaviour. I was pleased later in the dream, that T had given her one of the extra loaves of bread (in real life I bought too many the other day). 3:30c:03:xx:xx

Dream. Another dream fragment: In a café in Sydney, overheard 2 women who were homeopathy students. I joined in. 3:30c:03:xx:xx

Dream fragment: In a high rise Sydney apartment - A's - with a bunch of other homeopathy students. A looked unwell - his face was milky coffee coloured, and he was a bit confused. He wanted to leave, and was trying to explain what he needed us (me) to do -

which I thought would be about locking the apartment when we left. He sat on the windowsill to try and see something down on the street and was leaning really far back. I felt a little worried he was using poor judgement and going to fall backwards off the sill. I said something about New York and locking up when he scoffed at me about how I thought what he wanted us to do was lock up. I put my hand on his knee because I was scared he was going to fall out, so then he hopped back in. Bit of boundary confusion around putting my hand on his leg. Then there was a teacher, who looked like N a bit, pacing and lecturing, who said "and what don't we EVER think the Miasms are?" And there was a well-rehearsed chorus from the rest of the group (I was a bit of an outsider to this group) of (I forget the exact words, but something like) "sinful taint" (meaning all that Kentian stuff). In real life I've been reworking an old essay on just that, and I really like Kent's idea about thinking willing and doing and not-right-mindedness. So in the dream I felt dismayed. 3:30c:04:xx:xx

Snatches of Dream: Husband, myself and 2 daughters were in America (New York City - which in real life is sort of home), staying at a hotel. I was an office temp. I had apparently worked there before because I found it upsetting that a new secretary had reorganised things, and I couldn't complete the task (!) of mailing out a package. The man (lawyer type) who needed it mailed was looking for something in a filing cabinet to complete the package. He was black and very handsome, solicitous and soft-spoken. He was a reassuring presence as I was getting anxious that this girl hadn't a clue how simple mailing things out used to be, and wasn't making any suggestions. Then other office workers started to look out a window, which was about 40' high and only 2' wide (very long and thin) at the plane falling out of the sky. It was descending in a semi-controlled way. I knew it was heading for the river and then had a heated interchange with a young man (office worker) about his judgement that crashing in the water was much worse than crashing on the streets would have been. Then I was back at the hotel with the girls, at night, and there was a splat, and T and I knew a body had hit the ground. Indeed, the next morning when we went out for a breath of fresh air before breakfast, there was this ogre type man ½ smooshed with a puddle of thin green and light red blood in a huge puddle around his pulpy head. I knew it was because he was homeless; the city hadn't bothered to remove him. I was glad J (4 yr. old) didn't see him. Then we

went back into the hotel, and we meant to have breakfast there, because it was part of the room price, but found ourselves in Queens without having had breakfast (just me and the 2 girls). On the one hand I liked the idea of the 3 of us having breakfast in a café, on the other, I worried about the extra \$ I was going to spend. 3:30c:05:xx:xx

Another dream snippet: In bed with J, meaning to give her a dose of Hep. Sulph., but thought I'd "test it" first, for some reason (!!!) and by mistake put a liquid dose of Merc. in my mouth - realised I might antidote the proving remedy, and managed to spit most of it out, but knew the 'damage' was done in an instant. Felt bad I'd been so careless. 3:30c:05:xx:xx

Dream: Went into a club (NYC), seeing that these days the cool garb is sort of dingy white t-shirts with various very cool logos and un-noteworthy shorts, no make-up, hair undone. I knew I was obviously 20 years older than the stream of people exiting, and some were amused by this. I was slipping in, expecting to be stopped at any minute - because I wasn't planning to buy a ticket - but I wasn't; and anyway I wasn't planning to go into any of the "side" rooms, I just wanted to see what it looked like inside. 3:30c:06:xx:xx

Dream gap then a shift into: Went to a disco, came out at "closing time". Was annoyed to see a mother of one of A's primary school friends sitting in the driver's seat of my car, and another mother in the passenger seat. Oh well, I thought, I'll sit in the middle. When I got to the car, though, F (mother for real of one of A's primary school set, and who I set eyes on in the supermarket for real earlier this evening), was sitting in the middle. Cheek! I thought. I'll just talk to someone before I boot them all out of my car - but then when I turned away from the conversation, the car was gone. I was really annoyed, but assumed it would come back after dropping the other 2 off. I was as annoyed by their inappropriate presumptuousness as the inconvenience of being stranded. These women are not even my friends. I complained bitterly to Tony, who said the only thing for it was to spend the night waiting/sleeping on the bench. I was head to head with a homeless woman sleeping on her bench. She smelled and muttered. Then I was home, sleeping on the top bunk of a bunk bed, and T was sleeping in a single bed across the room. Someone thumped on the door, it was the police, who came and sat down in the armchair. They weren't real clear on why they'd

come. I was very annoyed he was wearing my leather bomber jacket - how did he get it? and what cheek! They hadn't come to help about the car either. I couldn't get down from the top bunk, which was unusually high - like 20 feet up - and complained bitterly to T that there wasn't even a ladder: HOW was I supposed to get down? Then I thought I'd ring F, and had to find her number in the phone book, kept thinking her name was Sidgewick (other friends of mine for real), finally remembered it was (while writing this it took me till this pm to remember) Siegert. Rang them up; no one home. Went round and walked in their house, went into an office/pantry, where F (who's son is very fat) had stacks and stacks of packages of sausages on the edge of her desk. Some were in the bin. Some were clearly off. I began throwing more away, and then realized it was none of my business and put them back. Called up the stairs, and F appeared - I think she didn't know about the car - J woke me up for real. 3:30c:06:xx:xx

Dream fragment: Getting on a suburban train as part of a group, pulling out and the 3 oriental girls who were having a smoke choosing to step off the train and miss the trip (maybe knowing they could get another train) to finish their smokes. 3:30c:06:xx:xx

Dream: It took me ages to dredge up what I did end up remembering - as if it too were weighed down. Introduced by a hearty gay guy who sort of took me under his wing to a group of gay men/transvestites. One of them drove by in his powder blue, incredibly long American car. J and I were waiting for him to come home - we'd been invited over. Somehow, standing near the street corner on a street of closed-for-business shop fronts, he came by before I had a chance to finish pulling up my trousers (I wasn't wearing undies) and I had trouble getting them up - my bum was exposed - but it wasn't that much of a worry. Julia and I entered his house while he was putting his car (which was his pride and joy) away. We were on a balcony level. As he entered with his sister and an entourage, the neighbours bowed - he was a Moroccan or Algerian Prince. I figured I couldn't be bothered to pay homage. The sister said "he won't be eating, he's fasting". I felt confused about what religion he was: I knew it was Rosh Hoshonnah (in the dream and in real life), but didn't think he was Jewish or that R. H was about fasting (I've just looked it up - it's Jewish New Year). I started to say something to the sister about this, and then stopped - realizing with a familiar feeling of dread

what a complete outsider I was to this group of people - completely ignorant. 3:30c:08:xx:xx

Dream: of being in a loft - definitely an unencumbered individual - no kids, no husband. There were 2 other women, one younger, one older, and the woman owner of the space. We were engaged in something together - dance? The older woman (not much older than me) and I fell in love, which felt good. Then the scene transposed to an outdoors community scene where all the people I'd met recently came to help me finish a planting project, and I was really looking forward to seeing the person I'd fallen in love with, but it was a man - but somehow the feeling of closeness to the other woman was still there, but as we walked through the outdoors space, my husband and children were with me, which was ok. The general dream feeling was one of warm and connecting. 3:30c:10:xx:xx

Dream: Had to work quite persistently at dredging up this fragment: Standing at the kitchen sink with T and his brother J (who I don't fancy in real life) embracing me from behind on either side. We were there working together as part of a larger team - with a "rescue" flavor to it (influenced by watching stuff on tv last night re. 9/11). John and I went up to an upstairs bedroom (all the bedrooms had mattresses on the floor - again - a kind of makeshift image influenced by seeing bedding on the Spirit of New York - the harbor cruise boat set up for rescue workers: but mattresses appeared in another dream, and the makeshift nature of sleeping on a bench with the bag lady too), and got sexual with each other (foreplay). His penis was very thin and long. We had to stop because we could hear T coming - I felt a bit panicky - cos I was worried about T's feelings, but John seemed to take it in his stride - didn't seem to feel guilty - and obviously couldn't wait to get back to it. Scene shifted to wandering around the building with large empty rooms. There were children involved somehow - but they weren't present. There was a slight air of mystery, or not knowing and even threat. 2 of the rooms downstairs were like garage/workrooms. I was amazed at the way a huge number of tools had been affixed to the walls, and, curiously, the ceiling. Not only was the ceiling 20 or 30 feet high (which meant retrieving the tools might be hard), but I wondered at just how confident the securer was about the way they were hung up. It could cause a bit of damage falling on someone's head. (Again, possible shades of twin towers

collapse.) Then there was a scene with needing to find mustard to dollop on a whole tray of hot dogs (again, shades of doco. Footage NYC post 9/11). 3:30c:12:XX:XX

Dream: Knew I'd dreamed something, but it was very far away by the time I woke up. Finally dredged up: Living a life in an apartment in a town like D.C. - a student life. My mother returned from somewhere, and it felt odd that I had to worry about her worrying when it hit midnight (even though at the beginning I had my own apartment) (A mother returning and her son's social life/freedom affected was in the novel I was reading before bed). Was in a movie theatre, and saw Reid - my old college boyfriend - sitting in the row behind me. It was clear he was involved with someone he was thinking about/just parted from/waiting for (an intense relationship - like the pair in the book). I felt sorry he was unavailable. After the movie he saw me, and we ended up in the park with others (his friends). I lay down in the grass, hoping to look attractive to him, on top of a bunch of ants nests, and got bitten, though not badly. They decided to go back to Reid's apartment, and I went into his bathroom to strip off and attend to the bites. I was very impressed with how clean his bathroom was. So like Reid, and so different from Tony. He knocked on the door and asked if I was alright. I was hoping one thing would lead to another, but it didn't. Scene switched to needing to put food away in a tiny fridge that looked like a microwave oven in my apartment. 3:30c:13:xx:xx

Recalled dreaming about talking to people about my tiredness and seeing rubrics with remedies - but I am currently repertorising a case so this may have influenced my dreaming. Good to recall them again though. 9:30c:06:xx:xx

I must act in a play the part of the waitress. For some reason, the room where to act is not free: "The scene is occupied"! I heard this phrase. So we have to go to another place. I need to put on my costume but there is no place to do so. There are a lot of people around, spectators, etc... I put on a white shirt with a long pink skirt and a pink pearls necklace. The colours of the pearls are of a strange pink. I go to "make up" and I hear this phrase "Michele it is your time"! I answer, "I'm not ready, my make up is missing"! I have not time to revise my piece. I feel great distress. I have the stage fright. I don't know I have forgotten everything. There is a movement in the crowd. The grand mother

arrives. I don't know who she is, but certainly somebody very important. All the people stand up. Because of this, I think I have time to 'make up'. I look at the bottom of my skirt, in the front. There are folds and between the pink folds some pieces of material yellow and black. It's horrible! I think it is for the stage and later I will take it off. 2:30c:xx:xx:xx

I am in a place I don't know. The colours around me were predominantly white and pink. I'm in a room that looks at if it may be a bedroom. There are least 2 bedrooms in this room and a brown wardrobe. The bathroom is adjoining this room, the walls are white and curtains are in faded pink with a pattern. The pattern is very old fashioned and a "toile de Jouy" design. I can hear rain falling and I see the ceiling and walls moving inwards, as in slow motion. It seems to me that this was developing into a big pocket full of water, to my left side; but in fact it is on the right side of the window. Nobody else seems to see the phenomena and I say, "take care, this will burst and the water will flow". But to my surprise, it was full of air. The ceiling fell down but it was held in place by a white sheet, which was attached to the ceiling. Later on I was walking in a street with people and we are going to a wedding. I see the bride dressed in an old-fashioned style lace dress. She is in a garden, in front of a house with a tower. I told the people "I know this house". There are lot of beautiful ceilings 'French style'. Nobody is listening to me. The external walls of the house are white and it has a pink tiled roof. Even though I'm outside the house, I can describe its interior. The battlements on the top of the tower are half destroyed and half renovated. We walk towards the meeting point and then I am in a car. I hear voices telling me 'nineteen fifty-two' (1952), 'since 1952'. 2:30c:xx:xx:xx

I walk in a white landscape. Suddenly, on a wall, I see the numbers '5.0.6.7.' written in black and very big! 2:30c:xx:xx:xx

Again a house with an enclosed yard in its middle. Different renters by floor. I go outside and I meet somebody I know. He is dressed in white. He puts his arms around my shoulders and I say 'No'. A lot of people go around us. I feel a strange sensation when walking into the yard where there is a small garden. 2:30c:xx:xx:xx

I have dreamt of dark colours (see dreams) 2:30c:xx:xx:xx

**FEVER**

Whole body. Slight fever. Feels like I'm "coming down with something". Feel hot and groggy and uncomfortable. 11.30 Feverishness gone. 5:30c:02:00:xx

**SKIN**

Posterior right hand. 4 to 5 spots, eruptions, 2 mm diameter, covered an area of about 2cm in diameter. Pink and raised, not itchy or painful. NS 7:30c:01:02:xx

**Rash**

I have an old rash come back again, around my chest and neck area. It is worse < for alcohol and stress. The rash appears as red blotches that are slightly inflamed. RS 4:xx:xx:xx The rash from yesterday is no longer there. NS 4:xx:xx:xx

**Dry**

Very dry hands – dry and scaly. Lotion helps a bit, but then they go back to being scaly and dry after ½ hour. Cause may be cleaning products, although I wore gloves. NS 4:xx:xx:xx

Skin rash of my R leg. It is a kind of itching above my R ankle, on the external part of the leg. < by the shower. I scratch it until blood comes out. There are 6 points above one another, as if an insect had stung me. 2:30c:xx:xx:xx

**GENERALS****Exhaustion / Fatigue**

I fell asleep on the lounge room floor while I was on the way to the kitchen trying to make myself a cup of tea. 13:30c:12:xx:xx

I've been sleeping a lot. Yesterday morning and this morning as the first time I woke up on my normal time (5.50am - 6am). Otherwise, I'd been waking up at 10 -11am. 13:30c:14:xx:xx

PM. Feel more tired than usual. Eyes feel heavy in particular. 9:30c:02:xx:xx

Tiredness. < Driving. Feel very tired - extremely! I

don't feel like going to lie down even, just feel like closing my eyes wherever I am and whatever I am doing. I noticed it this afternoon while driving. It took every effort I had to stay awake. It was extremely debilitating. Lecture was difficult to concentrate on and to participate in - even to say "hello" was an effort. Not good. NS and RS 9:30c:02:18:xx

Ultra tired late afternoon - eyes, legs, arms with a slight inclination to be irritable. Things annoy me more than usual - mainly when people are talking to me. My memory is also tired. RS 9:30c:05:xx:xx

Tiredness continues still but today not quite as debilitating. RS 9:30c:06:xx:xx

Tiredness. Not as bad. Seems to be diminishing. RS 9:30c:07:xx:xx

When driving today cars seem to be aiming at us - it's weird. This is even experienced by my husband. 9:30c:08:xx:xx

Exhaustion and vagueness. Had a sudden wave of exhaustion come over me, but it wasn't exhaustion as much as a strange vagueness. Sitting at my desk reading and I could not concentrate. It is as if my physical body was present but my mind, my inner self was locked away trying to get out. As if my eyes could not translate the information, and my brain was unable to understand the information. Lasted for an hour. NS 13:30c:00:22:45

Tired/Exhaustion. I woke up feeling tired and exhausted which is unusual for I am usually a morning person. NS 13:30c:02:20:xx

Achiness. I feel achy this morning. As one would feel as they are about to have the flu. NS 13:30c:04:19:45

Exhaustion. I feel so tired and drained. It's a struggle to try and keep my eyes open. This tiredness is making me irritable and not wanting to be around others. NS 13:30c:05:xx:xx

Tiredness/Dizziness. Feeling tired and dizzy suddenly. Even walking is a bit of work. NS 13:30c:04:23:45

Dizzy. I feel very dizzy, I must sit down. NS 13:30c:05:xx:xx

Exhaustion. It's an effort to just get out of bed. Feeling dizzy when I walk. It is as if all my energy has been sucked out. NS 13:30c:05:xx:xx

Hot. I am feeling hot and am perspiring with very little activity. Along with this is great tiredness. NS 13:30c:06:xx:xx

Dizzy. I feel dizzy along with feeling confused. NS 13:30c:06:xx:xx

Hot/flushed. Everyone in class has made a comment on how 'unwell' I look, looking flushed. I am very hot and confused. NS 13:30c:05:xx:xx

Exhaustion and heat. Feel exhausted and sleepy. My eyes are hardly able to be kept open. And I feel so hot – even my breath has an intense heat. I go to bed (6pm) without any covers. (This is unusual because I like to sleep with the covers. I like the weight on my body.) NS 13:30c:06:xx:xx

Exhaustion. I woke up exhausted. Same exhaustion as yesterday. I slept in very late, usually sleeping in is 8am for me. It is an effort to move, I am so tired. NS 13:30c:06:xx:xx

Hot. I am very hot, burning hot. I feel as if it is 45 degrees. I feel better for a cold breeze. I've had all the windows and doors open in the flat. I even want ice in my drinks, which is very unusual. (Note: It is cold and rainy outside, so the weather is not influencing this heat.) NS 13:30c:06:xx:xx

Exhaustion. Everything no matter how little, exhausts me. Even a little stroll to buy milk (which took me hours to get enough strength and motivation to do) exhausts me, to the point that my eyes water. NS 13:30c:07:xx:xx

Hot. Still very hot and perspiring. Feel that I need to take a shower to wash away the perspiration, because of the stickiness. Hot, although it is cold and rainy outside. I desire all windows and doors open. NS 13:30c:07:xx:xx

Exhaustion. I feel so debilitated, so exhausted, which shouldn't be the case because I am falling asleep at 7pm and am waking at 10 or 11am I the last few days. It takes all my strength to wake myself up and go and make a cup of tea, which is a usual ritual. I keep thinking that this is what people with chronic fatigue

go through. How can they live, how can they handle this? NS 13:30c:08:xx:xx 3+

Exhaustion. I haven't managed to do anything but sleep. Robert even found me asleep on the lounge room floor (I had gone to make a cup of tea and was so tired, I wanted to take a nap, but did not make it to the bedroom.) I don't know how anyone can live this way – it is so debilitating. NS 13:30c:08:xx:xx

Hot. I am still feeling hot, but not the same severity as yesterday. I perspire when in bed. NS 13:30c:08:xx:xx

Exhaustion. Robert has been chatting away while I try to stay up – we theorised that this may break the exhaustion cycle, but as I struggled to stay awake, I suddenly felt somewhat 'normal' again, as if a cloud lifted. Very strange. I feel much more alive and energised. NS 13:30c:08:xx:xx

Woke up and felt normal, a hundred times better. I was a little tired, but felt amazing compared to the last few days. 13:30c:08:xx:xx

Tiredness. Perhaps I spoke too soon. After making my way to Leichhardt and back home (a normal everyday trip) I was very tired and needed a rest, although this was not the same severity as I've had over the last few days. Mentally I was in good spirits and feeling "free" again. NS 13:30c:09:xx:xx

Exhaustion. I am feeling exhausted and sleepy. I am trying to stay up past ten to get back to my normal pattern, but have decided to listen to my body and go to bed when it requests. NS 13:30c:09:xx:xx

Heat and perspiration. Had a wave of heat and perspiration come on for 5 minutes, especially affecting the hands and feet. The heat was just as I had experience over the last few days, although not to the same severity. NS 13:30c:10:xx:xx

Tired. My exhaustion has subsided, but I am still feeling somewhat tired and needing to recuperate. NS 13:30c:11:xx:xx

Hot. I still have the hot sensation, but I am feeling fantastic. My morning schedule is back, although I still haven't managed a long, rigorous walk. I am noticing that after a full day of activity, more so than before the proving. NS 13:30c:11:xx:xx

I felt exhausted, quite confused, really hot. Every movement was exhausting me. I've been putting all my energy in trying to concentrate. My notes are so scattered it's unbelievable. It took a lot of effort to try to get home that evening (she is referring to after class 2 days previously). I was really confused. 13:30c:11:xx:xx

Tired. I am finding that I am more tired now after a day of activities than usual, although not to the same severity as I felt earlier on in the week. NS 13:30c:12:xx:xx

Hot. Woke up feeling hot and perspiring. I feel sticky with the bedclothes sticking to me. It is such an unusual sensation because I am usually a cold person. NS 13:30c:12:xx:xx

I couldn't do anything. It took hours for me to work myself up for a 10 minute walk to the shops. I couldn't do anything. I couldn't wash the dishes, couldn't read. I would fall asleep trying to read. 13:30c:12:xx:xx (3)

This morning was the first time I was able to exercise and was not weary afterwards. I felt normal again. I was still feeling hot last night - only for five minutes. I'm getting waves of it (heat). On Friday and Saturday, I went out for a short while. I was exhausted, and took a nap afterwards. Even though I'd said it lifted, there were still sort of shadows and I don't feel I have those shadows any longer. 13:30c:14:xx:xx

9.45am. Difficulty waking up, kept dozing in and out, body absolutely exhausted and aching, no energy to get moving till 9.45am (really unusual for me - usually 8am the latest I get out of bed). NS 1:30c:07:xx

Morning - sluggish on waking - possibly being affected by paint fumes from kitchen renovations. NS 1:30c:09-10:xx

4:30pm. I am very lethargic. My eyes are unable to focus. I struggle to keep focus as if I'd taken a drug, a vague out-of-body experience. This lasted for 15 minutes. NS 4:xx:xx:xx

9:30pm. Very lethargic and vague. I am physically there but not mentally. Difficulty in conversation. A friend said that in mid-conversation I started to ramble on about people we should meet (who he did not know), and I then "woke up" and went back to being "normal". It felt as what people have described

as drug flashbacks. It lasted for ten minutes. NS 4:xx:xx:xx

## Cold

I am feeling very cold, and have felt cold all day. As if an iceberg inside is not thawing. I am usually a cold-type constitution, but this ridiculous. NS 4:xx:xx:xx

I am very cold, as if an iceberg is in my body melting. Unable to get warm no matter how many layers I put on. NS 4:xx:xx:xx

I am still feeling very cold, but it is better for being outside and is better for being in the sun. NS 4:xx:xx:xx

I feel good and energised, but still feeling cold. 4:xx:xx:xx

I am warmer than this morning, but still feeling slightly chilly, although it is a beautiful, sunny day. 4:xx:xx:xx

Freezing. I feel frozen to the bone. I can't seem to warm up no matter how many layers I put on. It seems much worse <indoors, even though there is a heater in the office, once outside I feel better (<outdoors). RS 4:xx:xx:xx

Freezing. Still frozen! Haven't managed to get warm at all. I was indoors most of the day. I noticed that the chill is better > for eating. Have had my jacket on all day and my feet have been numb. I have also been sitting on my hands to warm them, for which they are slightly better. RS 4:xx:xx:xx

Thirst. Have been thirsty most of the afternoon - drank two litres of water. No desire for any other drink but water. (I usually drink a litre of water during the day, but two litres is a lot, especially since it is not an unusually warm day.) NS 4:xx:xx:xx

## Food

Craving for vegetables. Couldn't bear the thought of dinner with no vegetables, so went to the supermarket. Very unusual for me to go shopping after 4 pm-ish. Also frequently eat dinner with no vegetables. 3:30c:05:xx:xx

Craved a banana. Saw the bananas and really wanted one - almost never eat them, though I often buy them for the children, or to make banana bread with. 3:30c:05:xx:xx

Crave vegetable. Had cabbage salad for lunch. (Had brussel sprouts last night). 3:30c:06:xx:xx

1:30pm I have a generally healthy diet – no junk food, no fried foods, but today I had a strong desire for fried fish and chips. (Usually I opt for grilled fish). NS 4:xx:xx:xx

Desire fried food again. I bought a falafel and enjoyed it immensely. I still think that this is an unusual craving for me. (Perhaps my body is telling me it needs more fat?) 4:xx:xx:xx

Drank 4 glasses of wine, which is a lot for me now (tend to prefer 1-2 glasses). But didn't feel too bad on 4 glasses, enjoyed the taste more than usual NS 1:30c:02:06 – 02:10

Desire to eat green veggies, broccoli, snow peas, crunchy etc (didn't have headache at this stage). AS 11:30c:00:10:28

### Relaxed

As if I'm more in my body, calmer, physically relaxed. NS 1:30c:00:13:10

Afternoon – physically more relaxed despite busy time at work. NS 1:30c:01:02:xx - 01:06:xx

Feels like I'm slower, more physically relaxed. I stay in bed longer than usual, finding it hard to get together the energy to get up. NS 1:30c:01:21:xx

### Fainting

Fidgety, I am unable to get comfortable due to the pain. NS 4:xx:xx:xx

Thinking back at these 2 weeks, I have experienced:

- A kind of aggravation around 5pm, with
- Heart palpitation
- Anger
- Tinnitus in both ears
- Rash on the right ankle, < in the morning shower
- Tiredness.
- Aversion for salmon, that I usually crave; last 3 weeks – has gone back to previous stage now.
- Rejection, not willing to be with loved people; very contrary to my habits. 2:30c:xx:xx:xx

GENERALITIES/MUSCLES I feel like my muscles become "loose" or relax but in relax, for me it is good. I don't feel good. I feel like if my muscles were losing their strength. 2:30c:xx:xx:xx

GENERALS I feel tired, but I'm just back from France and that may well be the effect of the 'Jet-lag'? 2:30c:xx:xx:xx

GENERALS. I have too much to do between my visitors, the class. I still feel the effect of Jet-lag. I feel so tired! 2:30c:xx:xx:xx

GENERALS Tiredness; I have a tendency to sleep at 3pm and 7pm. When I need to study, I sleep in front of my books. 2:30c:xx:xx:xx

## 14 A Homeopathic Proving of Mosquito

### Culex Pervigilans



### Full Proving Document

Alastair Gray

2002

### The Students of the Sydney College of Homeopathic Medicine

#### MIND

During the shower I felt slight pain, but felt like my receptors were detached from it, almost numb to the pain. My head kept cocking to the left like my mind wanted to go off in that direction, this happened repeatedly. Like I wasn't in my body, said to myself I don't know if I like this, what have I unleashed. NS. 11:30c:00:00:27

It's been a struggle to get out of bed. Talking to you is taking up so much energy. I'm experiencing dizziness, a lack of concentration, a mind-body separation. I'm hypersensitive to anything - tiny amounts of noise,

little niggly things. I'd say I'm happy to have my own company. I'm not irritated or upset with R, but I'll go and shut myself in the office even when he's in the house. Normally, we'll have a chat when he's around. I'm not feeling very social. I'm exhausted. There was a party - I was just waiting for everyone to leave the party. (My observation over the phone - she is much quieter than usual.) 13:30c:07:xx:xx

Weepy & Frustrated. I feel so frustrated at this situation that it makes me want to cry. At the same time I keep telling myself that this state is temporary - due to the proving. But my rationale is overcome with this sense of frustration and weepiness. NS 13:30c:08:xx:xx

Happy. I am happy due to the fact that I feel normal and myself once again. 13:30c:09:xx:xx

Clear. I feel clearer than I have in a long time, I actually feel alive again. RS 13:30c:10:xx:xx

Clear & happy. I feel generally good. Still somewhat tired, but I feel as if I have all my capabilities back. RS 13:30c:11:xx:xx

Clear & Communicative. Noticed how clear and sharp my mind is. I was involved in a conversational debate with a journalist from the Economist and managed to "hold my ground" in the conversation. Usually I would feel shy, and lack the confidence and feel somewhat intimidated by someone like a journalist. (Even Robert made a comment that my "debating skills were finely-tuned this evening"). NS 13:30c:11:xx:xx

The entire time I had that exhaustion, I was irritated and angry because I couldn't walk. 13:30c:11:xx:xx

I was just not wanting to be out in public, around people - just cause it took so much effort. I said no to my friend who wanted to come over just to see how I was. I felt over-whelmed, confused. I just didn't have much mental capacity. I felt emotionally exhausted. I was wondering whether homoeopathy was right for me - to study and to take. I was just questioning my existence in homoeopathy. 13:30c:12:xx:xx

Clear. I am amazed at how clear my mind is. It is as if everything is brighter and clearer, as though my mind is processing things faster and therefore my responses and thoughts are more précised and clear.

NS 13:30c:12:xx:xx

Just to have that happen (referring to the delayed waking time) with a single dose, made me think, my God, what am I doing when I take 2 doses of 200. 13:30c:14:xx:xx

Irritable. I woke up feeling agitated for no reason. By the time I got to work I was so irritable, anyone that walked in my path I wanted to push and shove. I have no idea what has gotten into me. NS 13:30c:31:xx:xx

## Themes

### Concentration / Slow

#### Mistakes

#### Fury partners

#### Alone

#### Accidents

#### Calm

### Concentration / Slow / Mistakes

Detachment and vagueness. Within ten minutes of taking the remedy I had this feeling of vagueness and detachment as if I were watching myself from a different position while my physical self was being observed. Mind detached from body. Also became somewhat dizzy. NS 13:30c:00:00:10

I fumbled my words in mid-sentence. Took a minute to recover back to normal conversation. NS 13:30c:00:24:xx

Less mental focus, can't concentrate. NS 1:30c: 00:00:25

Can't think about what I've got to do, like my brain has slowed down - quite a pleasurable sensation not being able to think about what I've got to do, as if the sleepiness is in control. NS 1:30c:00:00:45

Had to be careful with the knife when cutting an avocado for lunch. Normally I can cut it in my hand with confidence but this time I felt very unsure, like I didn't have the usual coordination control and sensitivity as to how far I had cut. NS 1:30c:00:00:50

Spelt a simple word incorrectly when writing in diary - unusual for me to do this. NS 1:30c:00:00:50

Difficulty concentrating to coordinate myself better

when moving around. NS 1:30c:00:00:55

Feel like I'm in slow motion. Difficult getting myself ready for college; can't think what I've got to do. NS 1:30c: 00:01:00

Not thinking much at all, nothing is bothering me (e.g. didn't get agitated about forgetting to do an assignment, which would normally make me feel agitated). NS CS 1:30c:00:04:25

Starting to feel more alert, not as sleepy, as if sleepy aspect of the remedy is wearing off. 1:30c:00:05:00

Made more mistakes than usual at work, e.g. writing wrong words. Still feel like my faculties are slower than usual, less awake. NS 1:30c:03:21:xx - 04:06:xx

Cry a little as I write (> crying - RS). Head/mind still feels weird, like it's in slow motion. I'm definitely not thinking as fast or alertly. It's harder to concentrate on studies. NS 1:30c:04:22:xx

My mind feels slow moving, mentally sluggish, hard to concentrate, as if a bit drugged when I talk. Talking is a lot of effort. NS 1:30c:05:xx:xx

Mentally/emotionally feel quite down/strained, but hormonally feel relieved from period starting. During college class felt less confident, more unsure and less alert than usual. NS 1:30c:05:xx:xx

Sunrise to bedtime - low level sensation of being mentally sluggish, like brain not responding as alertly. NS 1:30c:05 - 06:xx:xx

All morning - still don't feel my usual self; more mentally slower, dull, jaded feeling, less confident because I feel less alert. NS 1:30c:06 - 07:xx:xx

My partner comments that I don't seem to be reacting as much. I feel flat, like I can't be bothered with anything. I'm too tired to react. Feel like it's easier being alone; less risk of causing upset by saying the wrong thing. If I communicate I feel like I will be snappish, critical (normally I'm much more concerned about trying to please, concerned if other people are not happy). NS 1:30c:07:xx:xx

Tried to watch a great foreign film I'd taped a month ago but my partner had recorded cricket over it, even though I'd marked the tape! I knew it was petty to be

upset about it but I couldn't help but feel angry with him. I burst into tears which > (RS). Focused on the difference between myself and my partner re interest in art, and resolved to nurture my interest in it more. Overall I'm feeling much more down than usual, little things are making me cry more. I'm feeling more alone, more irritable with our relationship, myself and my partner. NS 1:30c:07:xx:xx

Mistakes, using wrong letters in wrong places. NS 18/08/02 11:30c:xx:xx:xx

Misplaces letter when writing in lecture, esp when rushing did this repeatedly . NS. 11:30c:xx:xx:xx

Mistakes with letters, remembering date of birth, rang Electricity and Telstra and said my Birth date wrong 2 times. NS 11:30c:07:xx:xx

Mistakes in writing, using wrong letters. NS 22/08/02 11:30c:07:xx:xx

10.05 am sensation of floating in the air, of lightness. I feel so light, like a feather. I had to stand up and move. > walking around, < sitting. NS 7:30c:00:00:05

Inability to concentrate, lack of focus or clarity. I can't recall my thoughts. I can't concentrate on writing or thinking, not even what I was experiencing. AS 7:30c:00:00:05

All morning and afternoon – frustration, inability to concentrate and focus, can't find my place, can't collect myself. A day of wasting time without doing anything. Vague feeling. < company (especially people that I don't like). AS 7:30c:00:xx:xx

Feeling a bit over it all, don't like the daily contact, like you have to rather than just run with it. Like everything I do and think is on show and I can't just be me. NS 11:30c:04:03:xx

Everything feels a mess, out of order and its going to take a huge effort to put everything back into a new order - home, finances, work, study everything. Some things coming up are me, others are not me. AS 11:30c:04:06:xx

Morning and afternoon – inability to focus, or concentrate on study or anything else. I can't find my place, my mind is wandering. I feel a little bit weird, not myself, unsettled. Hard to relax. AS 7:30c:01:xx:xx

Morning – inability to concentrate on daily tasks, such as studying. > occupation, physical activity - baking, cooking; < thinking about my life, or theorising. AS 7:30c:02:xx:xx

Thinking to do something, then by the time I walk out of the room I have forgotten what it was. I had to walk back into the room in order to remember. RS 19:

Have noticed I am making more spelling mistakes and am making mistakes in the date. (2001 instead of 2002). Words I would have no problems spelling previously suddenly look strange in their correct spelling. NS 4:30c:xx:xx

Transposed letters, eg. suctom for custom (when typing), calbage salad (when talking last night). I've been doing this a bit. 3:30c:06:xx:xx

Transposing letters. This happened quite a few times while I was talking to a friend in the kitchen for a couple of hours. 3:30c:07:xx:xx

3.30 pm for 1 hour - felt so tired that I kept falling asleep in class - micro sleeps. I would start to write one word, and finish it with another, or just a scribble. Could not keep my eyes open. AS 21

Forgetful, cannot remember people's names, complete blank even of closest friends. NS 24:

On walking into college head became heavy and foggy. NS 24:

Reluctant to carry child, feels so heavy. NS 24:

Make errors in writing, adding letters to words, spelling very poorly. NS 24:

Seem to be forgetting things, like leaving the gas on, boiling eggs dry, over filling the kettle, leaving the water running. I seem to get distracted - can only concentrate on one thing at a time - oh no! I'm becoming a man!! Could be very dangerous. NS 9:30c:02:xx:xx

I'm forgetting words - especially nouns and adjectives at the moment. Seems to be only when I'm talking. I noticed it last night talking to Lili. It's very embarrassing and frustrating. I know what I want to say but the word just doesn't come! NS 9:30c:03:xx:xx

I keep mislaying things - pens, pencils, paper, books, utensils. Even if I had only had them in my hand a few minutes ago. I get frustrated looking for them, and when I eventually find them I am sure I have looked in that place several times before! Strange feeling. NS 9:30c:03:xx:xx

Repeating what others say, even to then point of singing what others have been singing. It is very frustrating and I can't stop it even though I know I am doing it. NS 9:30c:03: xx:xx

Late afternoon. Absolute tiredness - my limbs are heavy and my eyes feel heavy and sore. I feel utterly washed out - my hair is greasy and seems to be clinging to my head. I'm constantly yawning. Terribly tired - indescribable. Yet I still feel really calm despite this. RS 9:30c:03: xx:xx

Worked on my Homoeopathy case typing up last night. At times I couldn't understand why I had made certain decisions, when at the time they seemed perfectly logical and clear. But now..... I feel that the paper is bad. But I still feel calm, not anxious like I would normally be. I like it better this way than mountaineering over molehills. In the paper trying to describe things and find words, was very, very difficult. RS 9:30c:04: xx:xx

Forgetful/concentration issues. Seems I can only concentrate on 1 thing at a time and then only for short periods. RS 9:30c:04: xx:xx

Memory / confusion / concentration continues. RS 9:30c:10: xx:xx

Not feeling great mentally. I am full of doubts. I still feel the same as I did last night. RS 9:30c:11: xx:xx

Have to go to see a friend this afternoon but I can't remember the directions on how to get there despite have been a number of times before. Nothing seemed familiar looking at the map. I decided just to head off regardless and managed well. RS 9:30c:14: xx:xx

Unable to think and concentrate. Developing a headache every time I think of this proving or keep in touch with the prover. Cannot do mental work, aversion to doing so. Don't want to see anyone or go out. I don't want to ring the prover. 17:

Feeling a lack of concentration this afternoon – almost as if I am unmotivated, though this may be due to general tiredness. NS 4:xx:xx:xx

I feel blank and vague, as if dopey. This seems to be better > for deep breaths and better for drinking water. NS4:xx:xx:xx

I am no longer so irritable, but that it has changed to waves of vagueness. NS 4:xx:xx:xx

Feeling positive and happier than I have been for the last few days. The feeling of vagueness and irritability is gone. Generally happy, feeling like a new person again. 4:xx:xx:xx

Confusion. I am unable to concentrate in class. It takes all of my efforts to focus to keep my eyes open. NS 13:30c:05:xx:xx

Confusion and disorientation. It was a struggle to get home on public transport. I felt confused and disorientated, as if I did not know the way home. NS 13:30c:06:xx:xx

Confusion and Sadness. I sit here feeling confused and upset at not being able to do anything. It takes so much to concentrate. Even writing this is an effort. NS 13:30c:07:xx:xx

Notice I am writing my 'Ys' differently. NS 16:

### **Partner / Argue**

I felt a lot calmer than usual in coping with a semi-argument with my partner. It was like I was a bit removed but strong feelings of concern, annoyance, fear, were going on inside though. I communicated calmly, determinedly, without getting too emotionally charged. I felt more alone. NS 1:30c:00:12:00

Even after the emotionally distressing situation with my partner (and bad news from family in UK the night before taking the remedy) I don't feel like I am reacting as hypersensitively, my mind less agitated than usual. Feel this calm, determined focus. NS 1:30c:00:13:10

Feel calm despite the fall-out from situation last night with my partner. He woke me up twice in the night but I don't feel irritable from the disturbed sleep. NS 1:30c:00:23:00

Feel like I am slightly sedated, a bit removed from things that might normally cause agitation. Am able to focus but definitely thinking and feeling more slowly. NS 1:30c:00:23:10

Had argument with partner. Screamed at him to "Just fucking leave me alone". Had big cry during and afterwards. Really sobbed (I tend to cry for less time, less volume than this). Felt alone and un-united. NS 1:30c:02:04:xx

Went to friend's party. Really enjoyed socialising with all my old mates who I haven't caught up with for a while. Felt relieved I was not with my partner. NS 1:30c:02:06 – 02:10:xx

Conversation with ex husband calm peaceful, feeling, I'm usually anxy. NS 15/08/02 11:30c:xx:xx:xx

Calmness when dealing with ex husband, normally trying to shine mirror, now what will be will be. Realised can't change everything, seeing the reality, haven't had the disappointment because no expectation of reaching point of change. NS 20/08/02 11:30c:05:xx:xx

Feel like dream last night has some connection to relationship with ex husband. We keep talking about divorce but I don't really want to, feel like I have destroyed the relationship for the kids because I wanted it to be better and maybe ex husband can't be any different or understand. I started this separation process, don't really want it, killing the white rabbit is like killing this family's relationship, I have guilt and responsibility for driving this divorce process wrecking the kids feeling of what have I done if I had just kept quiet and never said I was unhappy it would have been all right for the kids. NS 11:30c:05:xx:xx

Afternoon and evening – it is the best to stay away from me. Feeling rage, angry, violent intention, screaming. I even swear at people I don't like - "I wish you would die in a car accident". I had a fight with a boyfriend. > be alone. Unusual for Saturday night. Usually very happy. AS 7:30c:00:xx:xx

Morning – woke up in the morning after not much sleep feeling very much gloomy, very depressed. Weeping with not much tears (usually many tears). Arguing on the phone with my ex-boyfriend. Feeling hopeless. Lack of motivation. Inability to concentrate on daily tasks, such as studying. > occupation,

physical activity, < thinking about my life, or theorising. RS 7:30c:02:xx:xx

Rage, anger, desire to kill – over spilt milk (literally). I threw things and break them (candle). Scream, hit the wall. Desire revenge. < being touched. Screamed at my boyfriend for no reason. Everything upset me. I felt like I am going to kill someone with lots of rage. I couldn't relax. I tried to take a walk but it didn't help. I wanted to cry, but I couldn't. I don't know from what, but it definitely brought my anger out from the past. NS 7:30c:03:12:xx

Woke up in anger and rage, and afraid from the dream. Also desire to scream, break and kill. I had a fight with my boyfriend, and ex-boyfriend. I could not control my rage. I was screaming and screaming, no patience for anything. I was crying with outbursts of swearing and screaming. My whole body is tense. I even fall and got injured in my hands. Cuts and bruises. I felt so unfairly treated, I wanted to be in control of everything. NS 7:30c:03:22:xx

Morning – woke exhausted. No one to be angry with. Reserved, content, quiet, desire to be left alone, tired and lethargic. I woke up with not much desire to get up from bed. Tired and weak. Feel today like after the war. < sitting at home if upset. AS 7:30c:05:xx:xx

I think I should be by myself for a few days. AS 7:30c:05:xx:xx

Throughout the day. Much better. Nostalgia in the morning. More balanced. 7:30c:06:xx:xx

Evening anger, rage, screaming. I just had another fight with my ex-boyfriend. < company, > isolation. AS 7:30c:07:xx:xx

Morning anger, rage. The moment I woke up, from little things I made a rage. I started screaming with no reason. Accompanied by shaking and shivering of the body. I was very bad until I cried. Then I apologised, and felt better. > crying. I felt like I vomited everything, and I emptied it from myself. AS 7:30c:08:xx:xx

All day. Joy, happiness. Today with no reason, I am happy. It seems that I am coming back to myself. It was the same feeling that when I saw the rainbow. 7:30c:09:xx:xx 7:30c:10:xx:xx 7:30c:11:xx:xx

I have no tolerance to things I usually manage. Screamed like a Banshee this morning at my son - 7 years old- I felt so angry at being ignored. Then I left slamming the door to burst in to sobbing in my room. AS 19

My 13 year old is having a birthday party today. Normally I would be anxious about it - dreading it - but I feel fine. (Chronic history of dread of participating in "social" situations/groups. Have always particularly dreaded my children's birthday parties: anticipatory dread and fear of not coping. I'm a trained teacher and actually very competent when dealing with children - but still really dread being responsible for groups of them and totally intimidated by having to organize a party). 3:30c:01:xx:xx

10:00 pm. Firm, clear boundaries: Normally, especially pre-menstrually, I would have possibly been in a rage when he came home, if he had gone out - certainly not in a kind or accepting mood. But because I was able to be firm, everything was ok for him and for me. 3:30c:01:15:xx

AM. Firm, clear. Was rather blunt and said more than I usually do to T about how ANNOYING it is when he's so needy (emotionally). Got things off my chest, and then both of us were in a good mood for the rest of the day. Being a bit viscous pre-menstrually is normal - but usually I worry more about having overtly stated my needs and expectations. 3:30c:02:xx:xx

Relationships nothing. Apathetic. Bit of an observer. Feel indifferent. Don't want to be disturbed. My "do not disturb" sign is up. Usually good libido. 5:30c:01:xx:xx

Generally feeling sad. I drove past my ex partner's street, and felt sad. NS 16:xx 00:05:00

I have arranged to catch up with a friend for coffee. She is bringing friends of hers. I don't feel like being sociable, witty, charming, friendly and pleasant to her friends. Don't want to be around strangers. NS 16:xx 01:06:30

Having coffee with my friend (her friends didn't come after all). I found out that my ex partner is going to be somewhere I am planning to go on Sunday night. I am feeling anxiety, anger, and anticipation. Started thinking negative thoughts and justifying why I

shouldn't go on Sunday night. NS 16:xx 01:10:30

Sexual drive all gone. No interest. Like a bystander and not wanting any part of any involvement. Shop-a-holic - one jumper on sale would have done - I got 5. One jacket would have done - I got 2 (not on sale). Two tops would have done - I got 4. The pretty see through spring top was irresistible (I'm normally pathetic about spending money. Very, very conservative. Don't buy stuff till I have to and never with gay abandon like the past 10 days.) NS 5:30c:11:xx:xx

Indifference. All gone. Feel very focused on what will please me. Can't be bothered with anyone who interferes - even husband - especially husband. Don't particularly care a hoot about anyone or anything. Life goes on so my feeling is - relax! Boarding a flight to Europe. Don't feel excited like I think I would normally. Feel very calm and "cool" about going. I feel very aware of my surroundings and what's happening in my life but not really affected by it. Like I'm able to look on objectively. 5:30c:11:xx:xx

On the flight to Bangkok, the young couple next to me snuggled down after the lights went out, covered themselves up with blankets and behaved unbelievably! She gave him a blowjob (they thought I was asleep and I pretended to be - don't know why I didn't stop them by showing them I was actually awake). He then gave her a hand job! All the time I was awake and aware and just observing. It was pretty outrageous stuff (although they were reasonably discreet - under the blankets and all!) I think I might have normally reacted differently - objected. I was pretty shocked but didn't really care. Their 'gay abandon' and my indifference both get an intensity of 3. 5:30c:11:xx:xx

### Alone / Apathy

I didn't enjoy myself at the party. It took me time to integrate with people. Couldn't naturally dance, not easy. Didn't feel right. I am not normally like that. > left alone. NS 7:30c:00:12:00

Can't be around anyone. Makes me very irritable. Need to be alone. NS 7:30c:04:xx:xx

All day aversion to people, desire isolation. I just want to stay alone by myself and not want to see my friends and socialise. I am normally a very social

person – even when I am really upset, I like to see people. I cancelled all my social functions with friends, including work and massage. I couldn't touch people. NS 7:30c:02:xx:xx

All day – not much desire to do anything. Apathy to the world, I am very distant from everything. Tired and weary of everything. Worn out. Flat. Lethargic. Reserved and focused. Wiped out. Even friends notice – "seems like you are very distant". Generally > not doing any mental things (study, etc). NS 7:30c:03:xx:xx

Nostalgic memories – reflection on good memories – good. While driving. AS 7:30c:03:08:xx

I am irritable and short-tempered. I want to be left alone. I wish I could be somewhere on my own to meditate or read. I feel pressure with so many energies around me. NS 4:xx:xx:xx

Morning, emotions numb, disconnected, love behind a thick, defensive wall. 21

Morning, irritable, want to be on my own. RS 21

Feel slightly nauseous – just a general queasy feeling. Totally exhausted. Don't want to stay up and talk to anyone or do anything. Home from work late and going to bed after cooking dinner. 5:30c:02:10:xx

At college. I don't want to be there. I want to go home, get warm, eat, watch TV and be alone NS 16:xx 00:14:13

Desires to be alone. I have an engagement to attend and I don't want to go. I just want to go home and be on my own, and have a bath and read. RS 13:30c 32:xx:xx

Irritable and impatient. Was at the supermarket and became irritated and very impatient with a woman who had paid for her goods but was organising her wallet (while still at the checkout counter). Usually this would not bother me because there is nothing to get upset about, but today I felt irritated and annoyed. NS 13:30c:00:21:45

Desire to be alone. I just want to be on my own and have some space without someone else's energy impinging on mine. I can feel myself get irritable at the thought of being around others. NS 13:30c:01:22:15

Irritable/Desire to be alone. I want to be left alone and enjoy peace and quiet. I am not looking forward to this wedding. NS 13:30c:03:21:45

Irritable. I am very upset at the obligations of having to go to this wedding barbeque. I would rather just sit on the beach and read. (The funny this is that although I strongly feel this, I know this isn't right and isn't me). NS 13:30c:04:21:45

Irritable. I don't wish to speak to anyone. Had to leave the barbeque early because of both mood and my tiredness. NS 13:30c:04:xx:xx

Desire to be alone. I want to be alone, especially with this confusion. I don't know what to say to people and would rather be on my own. NS 13:30c:07:xx:xx

(Observation. In the week 10 -17<sup>th</sup> September I rang prover 13 several times. Mostly her answering machine was on. If I did get her on the phone, she told me she was not able to talk just then, and could she call me back, but she did not. In this paragraph and the following one, the prover is talking overall about the last week ie 10<sup>th</sup> to 17<sup>th</sup> September, 02.)

I'm avoiding company. There have been so many phone calls. I've felt physically there, but not mentally. I didn't want to be around people. I've been dizzy, nauseous, feeling hot. Last time we met in class, it was a struggle to work out how to get home after that. I've been very disorientated 13:30c:07:xx:xx

### Accident

I saw a car accident, I think it was a child lying on the road. I saw one small shoe on the road. That terrified me. 7:30c:03:12:xx

Afternoon and evening – it is the best to stay away from me. Feeling rage, angry, violent intention, screaming. I even swear at people I don't like - "I wish you would die in a car accident". 7:30c:xx:xx:xx

Morning almost had a car accident. RS 7:30c:04:xx:xx

Late afternoon panic attack while driving. RS 7:30c:04:xx:xx

Surreal experience - after handing out of remedies at school, we went out & while crossing the road with

my red jacket on, a red truck, which had been stopped at the crossing accelerated & then stopped right next to me. 19:

I broke down on my way home after college "won't go into gear." The car needs it's transmission fixed, had to get towed. I gave myself a hard time while waiting - "I should have stayed home ....." AS 19:

While out shopping a car backed into my scooter with me standing next to it. The guy was unapologetic, yelling at me, my competence at riding a bike. I was a bit shocked by it all & forgot to take his rego number. AS 19:

Riding in train on way home, very aware of cigarette smoke on persons clothes next to me, its starting to irritate me. 11:30c:00:00:00

Guy next to me on train is very weird, asking me questions about God, Woy Woy, Blackwall Rd, can I read minds etc. I feel very scared that he might follow me. He asks me to save his seat while he goes to the toilet. As soon as he left I move seats but felt like he would find me and get angry with me, kept checking. When I got to Woy Woy scared walking to the car, walked very fast so I couldn't be followed. Had someone behind me, really scared I ran to the car and locked the door as soon as I was in. Felt safe inside car and drove off. Intensely scared, needed to feel safe. While driving started crying, could still smell cigarette smoke - like it was suffocating me, its all over me, then stopped crying trying to calm myself down, saying its OK I'm safe now. AS/NS 02 11:30c:00:00:00

10.00pm very tired - almost had an accident at an unexpected mini-roundabout. 21

Shock, nervousness, trauma, intense fear and anxiety. I got caught up in a hold up at a hairdressing salon. Some drug pre-convicted criminal demanding money for drugs terrorizing everyone. He made death threats to anyone who would not cooperate with him. He beat the hairdresser throwing her around. I just froze and ran out calling for help. Rang the police on my mobile. I felt like I need to get out of here but had to stay as I was one of the key witnesses. Spent ½ my day with the police could not go back to work for that day. I was so ANGRY. Why did this have to happen to me? Why now? I felt angry, frustrated and pissed off for the rest of the day. Very much startled at the slightest noise, or movement. Nervous all day very

much shaken by the ordeal. 17:

I felt numb in my emotions and physically not ready to take a case on as I had student practitioner clinic today. Did ok but could not concentrate, difficulty thinking. I was driving home when I stopped to turn into my street then a car came at about 70km p/hr and ran right into me from behind pushing me into the oncoming lane with cars coming straight at me. Survived, without hitting any one else felt the whip lash hit me straight away, and got a bad headache. Muscle stiffness and tight cramping pain, very sore all over. I could not move for a weeks. Injury to my back, spinal cord and pain in sacral iliac region, pain shooting down my right leg. The car was a write off; I had to take sick leave for a week lost my position in the admin section because I was unable to perform my duties. Spent 2 days in a row at the police station for nothing. Very ANGRY, FRUSTRATED and pissed off. I had this incredible desire to blow some ones head off and start trouble for some reason. I had the urge to pick a fight. Words could not express the anger I had felt for every one. Aversion to company did not want to see anyone or go anywhere. 17:

Got a supine from NISSAN automotives for changing my mind about a sports car. I did not want the car anymore as I could not afford to pay for it due to taking time off work to recover. Lost the deposit money on a car At this point I could no longer hold in the angry feeling and had a fight with everyone at home. This lasted a few days. Don't want to see anyone or go anywhere. 17:

9.45pm Driving home, overwhelming desire to close my eyes, this urge was way more intense than the pain - it was like my eyes stuck together in a long blink. (Very, very dangerous driving 5-6 times went over towards barrier). Most unusual as I wasn't sleepy feeling just wanted to close my eyes. Headache pain at an intensity 3 lasted 3hrs. NS 11:30c:00:14:28

### Anger

I felt excited about this proving though had a bad feeling come over me like negative karma after class. I felt like this bad ugly luck was beclouding me. This lasted a few weeks. 17:

Angry because my original prover cancelled. Kept the anger at bay. Lasted for a few hours only. Got over it. 17:

Spoke to the prover today, she has not taken the remedy as yet. She got a new symptom and she said she cannot stand the smell of fish, sea, and harbour. I on the other hand have had a desire for the sea, fish, and have download oceanic views for my wallpaper. No physical or mental symptoms to record just an interest for fish and the sea. I don't feel I have enough symptoms from my prover as I would like, this makes me feel isolated from the class proving but I must keep in that she is not taking the remedy orally. 17:

Shitty, angry and pissed off. I don't want to do this proving anymore because of these feelings of anger. I sent 3 emails to my prover and got nothing in return, not even a phone call. Again I feel not part of this proving and I feel left out. Disappointed because I had such great excitement and anticipation for this class and now I feel not part of it. I feel like not only do I have to massage and draw information out of her but I need to chase her as well to get it. NOT HAPPY. I feel like the class consists of one body, feeling the same pain and I am outside that body not part of it. 17:

Rang M no answer. Rang later on to see what is happening she said her computer is down and cannot reply to my email. Why could she not ring me to tell me and let me know what is going on. I am soooo frustrated. Spoke to her about the symptoms I could not understand her; a lot of explanations were in French. She was looking up the dictionary while we were talking on the phone. I could not bear to listen to her, talking to her made me feel worn out and aversion to talking to her, or doing anything with her. She said her husband could not stand her as well and could not bear to be with her. That made me feel better. 17:

### Calmer

A bit more bubbly in my person. I am more relaxed and happy. NS 11:30c:xx:xx:xx

Felt really positive, wrote three surprise cards for children for them to find after school (about my love for them) I spent 3-4 hours doing this. AS 11:30c:xx:xx:xx

Left for College on time, even early (which is unusual for me) usually procrastinate and get anxious about time frames and deadlines. However today I have

been early everywhere and no stress. Early to haircut, early to college. Drive to college was great, easy and stress free. Not rushing and confident in driving. NS 11:30c:00:05:13

Feeling calmer generally with life, let the way things are come to me rather than struggling of fighting with it. Ex husband came over to help with kids/car and when he left I just thought Oh well, what will be will be. Normally I would be trying something, change it either to resolve or talk or just to get something out of him. Wasn't angry when ex husband there. NS/AS 11:30c:01:11:xx

Feeling extremely relaxed, normally little things are getting to me but today feels like I could cope with anything, no angry feeling. No tension feeling. NS 11:30c:02:06:xx

Feeling still calmer, no angry feeling underlying everything, almost indifferent. Little bit removed. NS.11:30c:xx:xx:xx

9.00pm Very happy, bubbly more talkative at work, more relaxed. NS 11:30c:03:13:xx

Morning – nostalgia, dwelling on the past. This morning I walked to the surgery I was a main road with many cars. Suddenly I was isolated from the scenery, and I was walking in Israel on a Kibbutz, remembering tiny parts of the places, and even remembering the smells. I was also noticing the dew on the lillies. I was amazed by its beauty. I was amazed by the beauty of life of the simple and natural things. Nostalgic things make me feel good. Worth living. Really calmed me down. Lazy, don't want to do stuff. Grounded me. Alternating with the depression and gloominess. 7:30c:02:xx:xx

Morning, mentally clear and calm. < lunch (tired). RS 21

Calm mind. Feeling good. Freezing though. 4:xx:xx:xx

I am feeling happy and relaxed. 4:xx:xx:xx

My mind is clear, and I have a nonchalant attitude about things – may be due to the anticlimax from all of the activity of the move yesterday. NS 4:xx:xx:xx

Firmness; clarity. Didn't feel guilt or remorse at setting boundaries - this morning with A (13 year old) over an extra \$1.70 for a sausage roll; this pm with B

(11 year old) about her wanting to go back to a friend's house. 3:30c:00:xx:xx

Calm, balanced, organized; slow paced day. Feel fine even though I slept badly last night. 3:30c:00:xx:xx

Relaxed, slow, a bit vague and forgetful. Have forgotten twice to do the last step in a task: 1) milk in my tea; 2) press start on the microwave. 3:30c:01:02:xx

Increased energy. Still don't feel wiped out. Have done 4 loads of laundry and typed up a case. 3:30c:02:06:xx

Increased energy. Still don't feel wiped out. Have done 6 loads of laundry, made a long phone call, organized cases w/r/t follow ups. It's a beautiful day. 3:30c:02:08:xx

Increased energy. Calm, firm; balanced. Have come to bed at 10:30 tired, but not drained like I often am. Have felt calmly energized all day. 3:30c:02:15:xx

All pm. Not tired; calm, balanced. Normally, given how I felt at 7:30 am, might have taken a nap around 2 pm, but felt fine and cheerful. Continue to be calm and centered. 3:30c:03:xx:xx

Uncoordinated, unfocussed, rebellious, unable to perform "last step in the task", relaxed. Went to Tai Chi and found I "couldn't be bothered". I haven't ever really internalized the moves (up to level V), but I felt sloppy, a bit confused, and uncoordinated. 3:30c:03:11:xx

Firm; good boundaries. T didn't want to go back to school after consult - but I didn't give in (even internally). 3:30c:06:xx:xx

Feel great feeling of wellbeing. My life is perfect. Especially my children - their lives unfolding, my role as mother; I feel a great sense of everything is ok. Firm boundaries. Other stepson wanted me to pick him and his mates up (15 minute drive). T had spent the night down at the backpackers (which we own), cos of drinking residents; rang him cos I didn't feel like picking the boys up (especially as he had made a fuss when on the phone with M the day before about how he loved them and did like it when they spent time with him on his weekends with them). He was having a lovely read of the Sunday papers. Normally I would have felt guilty about palming the job off, but I didn't.

Whether it's been the remedy, or the placebo effect, I have been aware that I have just had really clear, firm boundaries. No guilt, remorse, doubt monologuing in my head. I have not felt irritated or overwhelmed by the children (until that last day with J - and things with her have been extreme - she's been quite sick - I missed out on my days to myself when she goes to preschool, etc. etc.) Normally, premenstrually, I would have got fed up and lashed out much sooner in the piece. 3:30c:09:xx:xx

4 pm. Felt "let down". Lethargic, without a purpose. Like being hung over after the high - deflated. Like the experience part of the proving is over. Feel tired and like I couldn't be bothered to do anything about dinner (this is not uncommon) - but felt so wretched (not really) that a bag of lollies was the answer. Now I feel sick because I ate too many. Just as well I went to Woolies, though, cos I needed eggs for J's lunch tomorrow - a day to myself! No clients, no children, and hopefully no proving related navel gazing. All a bit draining, really. 3:30c:11:xx:xx

Feel calmer. Not so much noise in mind. Not as anxious or worried as normal. Feel distant somehow, as if on the periphery looking in - without judgment or preempting things. A very nice feeling. NS 9:30c:00:xx:xx

Still confident and calm. A nice feeling still and keep hoping that this will be a cured symptom later! RS 9:30c:02:xx:xx

Less tolerant - get angry quickly, which is not normal for me. NS 9:30c:08:xx:xx

Boredom coupled with malaise and tiredness. Seems consuming. < sitting. NS 9:30c:10:xx:xx

Great loquacity this afternoon. Could still be the coffee effect! I'm very conscious of it but don't seem to manage to control it despite trying. NS 9:30c:14:xx:xx

Not as hyper as yesterday. I feel irritable late afternoon - don't like being spoken to too much and can't tolerate too much noise - especially several different types at a time. Puts me in a bad mood - then depressed afterwards. I feel very despondent. I don't feel like being nice to anybody or talking to anyone. I feel like I want to change everything - myself, my surroundings, the way I think. Takes a lot of effort to get on with my studies. Can't be bothered, bad

concentration. NS 9:30c:16:xx:xx

I feel content and happy. Find it quite strange that his feeling exists especially with regards to yesterday's mental/emotional state. 4:xx:xx:xx

Still feeling good, a continuation of yesterday. 4:xx:xx:xx

Happier than earlier this morning. I feel happier that I've had a chat with friends about my morning. > talking. 4:xx:xx:xx

Euphoria. I had an amazing rush of happiness come over me. It was as if I was high, feeling euphoric and giggly at the same time. This lasted for five minutes. NS 4:xx:xx:xx

Feel better and more positive this morning, but still somewhat anxious. NS 4:xx:xx:xx

Calm. Not stressed in meetings. Rationalising – knew it was the remedy making my stomach sore. 5:30c:04:xx:xx

Feel very together. Controlled. Not worried about what people do – it's their problem. Feel healthier. Normally I would lack courage in meetings with high powered people but I had good interactions. 5:30c:05:xx:xx

Clear – great. I feel very energised by this whole experience. Its all very real and tangible and even the discomfort is welcome. It makes it all real for me – gives homeopathy so much more credibility. Scary, scary powerful stuff. I think that this lump on my head is like a purging of stuff. I feel more able to deal with the rush and the chaos in my life. I feel much calmer, not so concerned about what people think. (OS cured?) I can see the good in people without being threatened by it. We had meetings with some powerful people on Friday and I was cool – was able to contribute. Felt valued and able to be rational and just myself. Felt good – felt like I like me with all the good and bad bits – NS 5:30c:07:xx:xx

Felt very laid back about it. Interesting, curious, I related it to the proving. 5:30c:08:xx:xx

I feel very level. Grounded – kind of centered state. 5:30c:08:xx:xx

Unconcerned about homeopathy essay assignment – would normally be anxious. 5:30c:09:xx:xx

Delight – Shopping and spending money with gay abandon. NS!! Feel very carefree. Impulsive buying. Spent more money in the last week than for ages. Very very tired though. 5:30c:10:xx:xx

Disinterest. Not interested in sex. Complete disinterest. Disinterested in my husband's feelings. Bad feeling between us going to sleep. Don't care. NS 5:30c:10:xx:xx

Carefree. Better for shopping. Could shop till I drop. Just love it and feel no remorse. 5:30c:11:xx:xx

Contentment. Having arrived and unpacked, in spite of the tiredness, contentment. 5:30c:12:xx:xx

Feeling calmer. I am stuck in traffic and feeling quite calm OS 16:xx 01:11:40

### Concern Health

I keep having this fear / thought that I am going to haemorrhage - through my mouth, ears, eyes, nose, urinary or digestive tract. It is an image in my head. NS 9:30c:16:xx:xx

All day. I felt very detached and didn't want to be involved in anything – even conversation. Nothing bothered me much. I felt like I was an observer. Wanted to be a watcher “leave me alone” – would normally engage. 5:30c:xx:xx

Woke at 6.00am refreshed! NS!! (Normally prefer to wake up later). 5:30c:00:20:45

“I'm growing a tumour on the back of my head. Very uncomfortable to touch but I keep touching it.” 5:30c:07:xx:xx

I'm irritated that coordinator doesn't feel the need to look at it. Feel abandoned and a bit scared. 5:30c:07:xx:xx

Coordinator looks and tells me it's the size of a 10c piece... Red – looks inflamed but no pus. That's it. No ambulance, no surgery, no comment other than that its interesting. Hmmmmp! I'm irritated at the lack of concern. 5:30c:07:xx:xx

Anxious. With the cramping pains I also woke up feeling anxious about dreams that I had that evening, but cannot remember them. 4:xx:xx:xx

Weepy NS. I am feeling emotional due to this UTI (ROS). The pain is excruciating at times. NS 4:xx:xx:xx

Clear. Feeling better this morning, no longer so emotional and weepy. NS 4:xx:xx:xx

Exhaustion and Irritable. Exhausted and somewhat irritable (frustrated) and bored. Am tired of all of this now. Would like to get back to my normal life and go outdoors and go to school and go beyond the walls of this flat. NS 4:xx:xx:xx

Irritability. NS. The pain has intensified and I am ready to cut out and get rid of my entire urinary system! (ROS) 4:xx:xx:xx

Normally when staying at my parent's house (large house) I feel some anxiety when switching off all the lights. Didn't feel scared or threatened at all. AS 16:xx01:18:00

All morning feeling sad about how my journey is solo. That I do want to succeed and have some material success. That I do want to have nice things in my life that do cost money. That having money is important to me – not top of my priority list though. NS 16:xx 02:04:xx

Generally feeling down, slow, tired, contemplative, sad. Needing nurturing. My mind feels foggy and tired yet a sense of calmness. NS 16:xx 02:07:xx

Noticing that my mind is clear and sharp. I am at an audition and normally have trouble remembering so many different combinations. But today it doesn't seem to be a problem. NS 16:xx 03:05:xx

Waiting for a friend to sort out what she wants to do. Feeling annoyed, frustrated and triggered by being in a treatment centre. Feeling fear of the thought of me having ended up in such a place. This is the first time I have felt this way visiting a friend at a treatment centre. Normally I feel jealous that they get to "drop out" of society and the world to deal with their problems, where as I had to continue life as well as look at my issues. NS 16:xx 05:xx:xx

Feeling happy that a delivery came at earliest possible

time. Meant I could do other things I needed to do. NS 16:xx 06:xx:xx

Doing training. Trainer is haughty 'Miss Thing!' Is really pushing the marketing side of treatment and the money side. I am finding it a challenge to be in her energy. She is contradicting my beliefs and approach to healing. NS 16:xx 07:xx:xx

Upset from news from my dad. Sad, fear, anxiety, shock. NS 16:xx 17:xx:xx

Fear, anxiety around changes already taken place, changes about to take place. NS 16:xx 17:xx:xx

Feeling like I am in shock, stunned, in a daze. NS 16:xx 17:xx:xx

Finding myself judgmental, critical, fault-finding and making fun of others and situations. I am not normally like this, but have been increasingly like this from hanging out with friends. NS 16:xx 23:xx:xx

All day – feeling grief. There are a lot of anniversaries this week and I am just trying to be gentle with myself. Still living life and being there for others, but need time for me. NS 16:xx 25:xx:xx

All day – feeling of failure. Because of the anniversary of collapse of Ansett I feel like I have actually not done anything in the year since. I can also see that this is not true. But still feel like a failure because at my age I don't seem to have career success and I have financial insecurities. NS 16:xx 28:xx:xx

Resentment, feel used and taken advantage of. I am massaging at a new place I am contracting for. Because I didn't get all the information I needed to I have just found out that I am being paid less than I feel I am actually worth. I am angry, feel used, mostly angry with myself for allowing myself to get into such a situation again. I prayed whilst doing the massage not to get myself into this kind of situation again. NS 16:xx 31:xx:xx

All day – more focused on my business, my future as a practitioner. Feeling more positive and excited about the future. NS 16:xx 32:xx:xx

11.00am feel better. Hungry and horny. AS 21

Afternoon. Horny. RS 21

Wake feeling relaxed, no fear. A bit off balance "woozy". But happy and enthusiastic. AS 21

Morning tired and woozy morning, but okay. A little woozy all day. AS 21

Late morning clear, calm. RS 21

Early afternoon agitated and irritable. RS 21

Late afternoon clear, relaxed. RS 21

Early evening until late, irritable. Emotionally far away (over agitated). AS 21

On waking, clear and alert. RS 21

Afternoon tired - food reaction? AS 21

Evening - very, very tired. AS 21

Morning - relaxed. RS 21

Afternoon - a bit agitated, tired, exhausted, irritable. AS 21

Mental energy and well-being on the train. RS 21

Better in the evening. RS 21

Emotional turmoil all day. Blocked, guarded heart [observable as 'not yourself' by friends.] NS 21

Mental energy plummeted, almost fell asleep during class. AS 21

Mentally quite clear headed. RS 21

Defensive, guarded, fearful. NS 21

Very uptight and tired. AS 21

During the day, agitated, defensive, a little blue. A little tired. RS 21

During the day, fairly clear headed, mentally. RS 21

All day mind clear, emotions calm and relaxed. RS 21

## Squashed

Lying in bed had vision on closing my eyes of being in a room squashed against a wall, the room was very narrow and dark. I was there for an exam. Squashed, narrow feeling and trapped. NS 11:30c:01:16:xx

## Guilt

I put off the phone call to my supervisor, the whole emphasis is on the prover. Feel like I should be reciprocating supervisor's concern and I'm not. I didn't feel worthy of all the attention. I wanted to say how are you and find out how she was. It made me feel guilty. NS 19/08/02 11:30c:04:xx:xx

On waking until 6.00 pm wake feeling funny, not myself, not connected to feelings. Guilty, anxious - very much as if committed a crime the day before. Think about my previous days actions. 21

Still feeling of general mess, things starting to pile on top, easier not to come to college, tempted to play hooky, avoided ringing colleague about not coming to work. NS 11:30c:05:xx:xx

Driving to train station, kept feeling tense that there is not enough time, I'm going to be late - not relaxed. Arrived at College 1/2 hr early. (Because travel by trains and buses is unpredictable I can't control it, I never know how long it will take). RS 11:30c:05:xx:xx

The strange thing was when the proving lifted, on 10.50pm on Wednesday, it was like a diseased veil had come off. I felt more alert and quite astute on things. I noticed it in my conversations. My conversation was quite focused, whereas before hand I didn't have that. That is, in regard to the last few days. This has continued since Wednesday. When I do things now, I'm quite tired, but not that exhausted. 13:30c:11:xx:xx

Very aware that while doing the proving I have not worried at all about anything. Get the feeling that the remedy, or the proving, has had the effect of really clarifying my issues: Is this substance, or is this process? My issues are around boundary setting; anxiety (that comes from doubt about ability to cope or doubt about appropriateness of boundary setting); and being an outsider see dreams. Being an outsider has been a HUGE issue in my life (I grew up moving around the world). I no longer experience pain or confusion around being an outsider - but clearly being an "outsider" in the proving (or the substance itself, or

both) stirred that stuff up: See Dream analysis. Again, whether this is substance or process, I haven't got a clue - but it will be really interesting to find out what the substance is. It's curious to me that doing the proving has indeed, as promised, raised my vitality. Why haven't other remedies, which from time to time I've taken, just for the hell of it really, had the same effect. 3:30c:11:xx:xx

Depression feeling aggravated. Impossible to be left alone. Very sensitive to storms (<) > when rain comes. I feel "free". Dizziness and confusion of mind. 2:30c:xx:xx:xx

Reaction of great hypersensitivity to everything (any stimuli of the normal life). Tendency to let tasks undone. Impossibility to concentrate. 2:30c:xx:xx:xx

Cold sensation in my feet and my legs, every time I'm in contact with this remedy. 2:30c:xx:xx:xx

I want to work on my lessons, but I cannot fix my attention. I feel it too difficult to work. 2:30c:xx:xx:xx

When I arrived to my place from the college, I had a big anger when I smelled the odour of fish that had been cooked. It was Salmon. From this day on, I cannot see, smell or eat Salmon (I loved it before). 2:30c:xx:xx:xx

I feel sighing. 2:30c:xx:xx:xx

I cannot support strong odours like fish cooking, even in the street when I go shopping the fish odours coming out of the restaurants are unbearable for me. 2:30c:xx:xx:xx

Angry; I feel very angry. Smell of fish makes me angrier!! 2:30c:xx:xx:xx

Anger. Cannot bear the smell of cooking fish, even the smell of the sea in the harbour. Even the sight of Salmon makes me uncomfortable. 2:30c:xx:xx:xx

*Note; The overall feeling*

*I have had my boundaries invaded or crossed, and I have to therefore smash.*

*I have had my boundaries crossed and invaded, and then I have to react.*

*violent*

## **VERTIGO**

Sensation of being uncoordinated, knocking into things, not moving as precisely as usual e.g. went to pick something up from the right but mis-stepped to the left slightly. NS 1:30c:00:00:55

Into early evening - feeling funny - really strange - head dizzy with pressure in the forehead, out of the world, spacey all evening, but mental function okay. NS 21

experiencing giddiness whilst working on the PC. It is < looking down at paper and then the screen and vice versa. Feels like I am going to fall off my chair. Doesn't last very long and is not constant but rather intermittent. NS 9:30c:03:xx:xx

## **HEAD**

Radiating inward/outward sensation on crown / top back of head (area covered if had Jewish cap on). Not painful but slightly throbbing. NS 1:30c:00:13:10

Vertex, slight throbbing/ pulsating. NS 1:30c:00:13:30

Pressure on vertex, slight throbbing downward into brain. NS 1:30c:00:23:15

Head feels heavy, like a big weight, so obvious it distracts from sensing the rest of my body. NS 1:30c:01:10:xx

Sensation of slight throbbing around the brain. NS 1:30c:01:17:xx

Feels like it's hard to move my head, even though it actually moves fine. Sensation of delay before movement, as if mechanical like a robot. NS 1:30c:01:20:xx

Pressure in vertex and crown of head. Brain throbbing. Temples both sides are tense - drilling-in sensation. NS 1:30c:02: 03:xx

Pressure over head as if cap; not very painful, more just a pressing-in awareness taking up the focus so it's

not easy concentrating on other things. NS  
1:30c:05:xx:xx

Sunrise to bedtime - heavy, disconnected sensation in head < talking / thinking. NS 1:30c:05 - 06:xx:xx

All morning – slight throbbing on vertex. NS  
1:30c:06:xx:xx

All evening – pressing in sensation, as if had cap over head. Continual heavy sensation, which makes head feel separate from body (i.e. noticing head more than rest of body). NS 1:30c:07:xx:xx

Crushing, throbbing pain, inward, at vertex. NS  
1:30c:13:xx:xx

Slight sensation in my right temple almost like a headache pain, hardly noticeable, but its there. AS  
11:30c:00:00:18

Full blown headache frontal pain, desire to close eyes and be in the dark. Better for being still and telling supervisor symptoms. Very sudden onset, intense pain worse on right and radiating away. AS  
11:30c:00:11:38

Nausea with headache through class, I can't leave because don't want to ask Ken to move his car. Feel like missed my opportunity because its not break time. (Never had nausea with headache before). NS  
11:30c:00:11:38

Driving home, overwhelming desire to close my eyes, this urge was way more intense than the pain - it was like my eyes stuck together in a long blink. (Very, very dangerous driving 5-6 times went over towards barrier). Most unusual as I wasn't sleepy feeling just wanted to close my eyes. Headache pain at a intensity 3 lasted 3hrs. NS 11:30c:00:14:28

Another dose. When lying in bed felt like with every breath the pain was subsiding. I could feel the pain reducing very calmly. (Unusual - usually it throbs with each breath). NS 11: 30c:0016:43

Woke at 7am headache pain still there, intensity 1 but its not bothering me that much. I feel a bit wiped out and want to take it easy because of big week. Worse movement, walking and bending. Better sitting, staying still and lying. The first wave of pain is intense but then back of to be just there. AS 11:30c:01:01:xx

Headache pain vaguely there on waking but gone by 10 am. Lasted three days. NS 11:30c:xx:xx:xx

I felt fuzziness in the head, light sensation, as if the head had no weight. NS 7:30c:00:00:05

Dull headache on both sides above the eyes. Lasted less than a minute. < straining the eyes (e.g. reading, computer). AS 7:30c:00:02:30

Afternoon – the headache returned from Saturday, similar sensation of dull ache above the eyes. The head felt heavy. The pain was in both sides. < mental worries. AS 7:30c:01:xx:xx

Heavy feeling, dull ache above the eyes, both sides. Accompanied by tiredness, apathy, laziness. Dull ache has come and gone over three days. AS 7:30c:02:00:xx

5.00 pm sensation of heat inside my head. I feel like I have fever, but I don't have temperature. Only my head has heat. < indoor, > open air. NS 7:30c:03:07:xx

Pleasant feeling of warmth and tingling for a few minutes 3:30c:00:00:05

Vertex head. Vertigo with feeling of great pressure on top of head. Fleeting. 3:30c:00:10:45

On walking into college head became heavy and foggy. NS 24:

Slight sharp headache on Left side of top of head. Sore to touch also. NS 24:

Really bad headache, felt like there was too much blood in my head, pulsing, teeth ached. Lasted entire night. < night. NS 24:

A dull ache, constant headache in my head. This is day 2 of detoxing from coffee. I have stopped drinking coffee in the past, yet the reaction has not been as intense. NS 16:xx:00:00:00

Dull ache in head. Still think the headache is from not drinking coffee. Pressing on my temples relieves the headache slightly. NS 16:xx:00:02:50

Pain in head and neck. Had a massage yesterday from a friend who is not that experienced with massage that may have stirred things up in my neck.

16:xx:13:xx:xx

Experiencing pressure across the bridge of my nose, causing a headache. Stopped when I removed my glasses. NS 19:

There is a tingling sensation of my scalp at the back of my head - occiput to the right side. NS 19:

My head feels closed in dull ache. AS 19:

Feels heavy and full. > for walking outside near the beach. AS 19:

Really deep headache, feels like its in the centre of my left hemisphere. A deep ache. > after a rest. NS 19:

Lump. Whilst working on the computer I became aware of a lump (pimple?) on the occiput part of my head. Thought "strange place to get a pimple!"  
5:30c:06:xx:xx

Back/top of head 6.30am. Sore. Rolled over in bed onto my back and felt pain at the high back part of my head. Felt it. Really sore huge lump. Dull ache. Worse for pressure. Can hardly touch it. Got my husband to feel it - he thought it wasn't a big deal - maybe a pimple or something. 5:30c:07:xx:xx

Back of head sore. Washed hair - it was really sensitive to pressure. 5:30c:07:xx

Back of head. At work. I asked my husband to look at it carefully for me. It felt like there was something sticking out of the lump - something rough - maybe a scab/scratch or worse..... maybe a tick!!! (Horrors!). He looked, said it was red and that there was a stiff white hair sticking out. He got his Swiss army knife tweezers (Macguiver like!) and pulled it out. It looks like a very fossilised white hair with burned out roots. Huh? I kept the hair to show - (in proving book.)  
5:30c:07:xx:xx

Sore lump. Its sore. I can feel it even if I don't touch it. I can feel it being sore if I raise my eyebrows because that lifts my scalp. I asked my husband to look at it. He gasps and says it's double the size it was this morning - says I should go see a doctor. I tell him its probably the remedy. He thinks I've lost the plot. I phone supervisor (must admit I'm a little shaken by husbands reaction). Alastair tells me to relax and that Jude will look at it and we'll talk tomorrow.

5:30c:07:xx:xx

I asked my A&P lecturer to tell me anatomically where it is so I can be more precise (didn't tell her why). She asked me how I got it - I said I didn't know. It is sited at the Lamda - which is the junction of the parietal and occipital lobes. The lecturer is studying to be a chiropractor and asked if she could work out why I had it. I didn't think it would be a problem so said okay. She did this balancing/arm resistance thing, touching various pressure points while I touched the rotten sore lump on my head and she said the following: Its not physical, Its not nutritional , It is emotional, It is homeopathic. I asked what she meant by "homeopathic" and she said "I don't know really - its what we learn and has something to do with earth, fire, wind and water - I don't know but you're okay physically - maybe its got something to do with a remedy you're taking." She had no idea how close she was to what I was thinking and how comforted I felt.  
5:30c:07:xx:xx

Sore. The lump feels smaller. Pain is still localised but not as bad as yesterday. Its definitely smaller - maybe half the size. Worse for touch. Half in size and still looks red. 5:30c:08:xx:xx

Mildly sore. Lump is just a bump now. Only slightly sore to touch. 5:30c:09:xx:xx

Felt lump. Its still there but smaller and not sensitive to touch. I think I feel 2 other small lumps on the left side of the occiput. Just above my neck. Not sore, not sensitive - just there. 5:30c:10:xx:xx

Aware that the lump on my head has gone except for a very small bump and there is no sensation on touching it. 5:30c:13:xx:xx

I have a constant pressure on my temples, as if a clamp has been attached to my head. It is worse for pressure. NS 4:xx:xx:xx

There is slight pressure in my head, not as severe as yesterday. NS 4:xx:xx:xx

My head is still the same as this morning, with slight pressure. NS 4:xx:xx:xx

Aches. Like a pressure, a band around the temples extending to the parietal, that is too tight. It is better for > pressure and deep breaths. Causation: 2 glasses of champagne? AS 4:xx:xx:xx

The ache I had a few days ago is back again. It is at the parietal extending back to the back of the head (occipital bone). NS 4:xx:xx:xx

Tightness. Woke up with a tight bank feeling around my head. NS 4:xx:xx:xx

Pressure on my head (from parietal to the occipital bones). NS 4:xx:xx:xx

Head. Tightness sensation in the forehead, above the eyes. 2:30c:xx:xx:xx

Head pain in the sinuses. 2:30c:xx:xx:xx

I feel pain in my neck, between the 1<sup>st</sup> and 2<sup>nd</sup> cervical vertebra 2:30c:xx:xx:xx

## EYES

Have a twitch in the bottom of my right eye. The twitching lasts for 30 seconds. NS 16:xx 00:11:40

Sleepy, droopy eyes, keep wanting to close them. NS 1:30c:00:00:45

Sensation of heaviness. 2:30c:xx:xx:xx

Harder to focus eyes when walking outside, as if eyes glazed, misty. Sunlight seems too bright, I want to shield my eyes. NS 1:30c:00:01:25

Closing my eyes a lot, at least every few minutes. NS 1:30c:00:04:25

Shutting my eyes every few seconds, can't keep them open. NS 1:30c:00:01:30

Still have droopy tired eye sensation from during the day – not just my usual after-midnight tiredness. NS 1:30c:00:13:10

Eyes feel very tired, lifeless, whole of eyeballs aching and sore < sunlight, > closing; keep closing my eyes for a few seconds. NS 1:30c:00:23:15

Eyes heavy, too tired to read in bed (normally can manage a few pages at least). NS 1:30c:01:10:xx

Eyeballs throbbing and sore, tired and bruised

sensation whether open or closed. NS 1:30c:01:10:xx

Whole eyeball feels heavy and sore, I want to close my eyes which partially >. NS 1:30c:05:xx:xx

All morning – eyes aching and sore, deep pressure felt in whole eyeballs, > closing eyes, < sunlight. NS 1:30c:06:xx:xx

Eyes feel sore > closing them, < sunlight. NS 1:30c:13:xx:xx

Desire to close eyes still there, dozed on couch till 11.30am. NS 11:30c:01:02:xx

R. eye. Eyelashes crusted together a bit with colourless exude. Eye puffy. Was fine by 7:30. 3:30c:00:23:00

L. upper, outer side. Twitching, twice. It happened a few times last night too, but because I've had this in my life before, I didn't write it down. In the past though, I think it's been more the right eye, and definitely the bottom lid. 3:30c:06:xx:xx.

L. twitch This has happened a number of times in the last hour. 3:30c:06:xx:xx

Eyelid 9:50 am. Twitch 3:30c:06:xx:xx

Eyelid l. twitch 3:30c:06:xx:xx

Eyelid 12 noon. l. twitch, numerous x ½ hour 3:30c:06:xx:xx

Eyelid twitch became a droop 1/3 down eye for a split second. 3:30c:06:xx:xx

Woke with eyes feeling puffy, swollen, sore, and I just want to close them and go to sleep. < straining the eyes. NS 7:30c:02:xx:xx

Burning pain constant. < crying, < reading. NS 7:30c:02:01:xx

All day from morning – sore, burning, stinging, deep pain, puffy upper lids. Tired looking. Bruised feeling in the eyes – like an operation in the eye. Opaque vision. Deep pain, deep inside the eyes – unbelievable how sore they are. < straining the eyes (computer, reading). NS 7:30c:03:xx:xx

Very tired. Bit sore. Eyes watery. It was commented

that my eyes looked tired. NS 19:

My eye was blurry, gummy looking and uncomfortable when I woke up. It looked better after a shower. 5:30c:00:20:45

All day. Eyes felt uncomfortable all day – OS. Felt like they had wind blowing in them NS. Light sensitive. OS 5:30c:01:xx:xx

Discomfort. RS – My old ‘bad eyes’ are back. Slightly burning, very scratchy and dry and uncomfortable feeling. 5:30c:09:xx:xx

Eyes fell gritty and sore and tired. I feel tired again but this time my eyes seem the full focus of the tiredness not my whole body. Heavy. My sight is also tired !!!! NS and RS 9:30c:20:xx:xx

Eyes. Some minutes later I feel soreness, a pain above my eyes. 2:30c:xx:xx:xx

Sore, aching pain in the eyes. 2:30c:xx:xx:xx

## VISION

Harder to focus eyes when walking outside. NS 1:30c:00:01:25

I am very aware of the colour red. The light is great winter afternoon sun but I have driven often in this area and I am noticing signs and shapes that were red that I had not paid attention to before. NS 19:

## EAR

Very sudden pain in my left ear, inside the eardrum, severe. Like a tic bit my eardrum (similar sensation to a past experience in left ear). Throbbing and pulsating. It made my head jerk when it began. It lasted for less than a minute. > swallowing. NS (similar to an OS) 7:30c:00:02:30

Same pain returned in left ear. Throbbing. Whole body jerked when began. Strange feeling in the left ear – irritation. Lasted about 10 sec’s. NS 7:30c:00:02:49

The feeling of pressure is getting worse. My ears have not been clear of pressure since the flu a month ago.

RS 19:

I did a steam inhalation to try and clear my left nostril and hopefully eustachian tube. My right ear is clearing after the remedy but not the left side. My left ear has still lots of pressure in it. > steam. AS 19:

My left ear has improved after my nose started to run last night. My right ear has lots of pressure in it. Really hard to clear my ears with Valsalvers manoeuvre. AS 19:

Ears feel blocked - like I’m in a cocoon. Not better for swallowing. < humming, throbbing, noise of any kind. NS 9:30c:02:xx:xx

Right ear lobe is swollen and red. Not noticed till late evening. No real discomfort, just a slight sensation of heat. 9:30c:16:xx:xx

## HEARING

Notice that I have a sensitivity to the sound of running water. Feel the need to urinate frequently. NS 9:30c:10:XX:XX

## NOSE

7.30am, 10.00 am 12.00 pm episode of sneezing without any cause or discharge from the nose. Paroxysms of sneezing – 4 to 5 in a row. < indoors. AS (When sneeze, usually < in sun) 7:30c:01:21:xx 7:30c:02:00:xx 7:30c:02:02:xx

Sneezing/Itching. An itching sensation has been making me sneeze. It itches only on the left side. NS 4:xx:xx:xx

I am sneezing consecutively this morning. This is unusual for me because I am not usually a sneezing-type. The sneezing is causing me to blow my nose. This produces little mucous. NS 13:13:30c:01:xx:xx

Twitching. I have an itching sensation in my left nostril, quite high up. It excites me to sneeze on one occasion. The feeling is coming and going, air conditioning. NS 19:

## Burning

Slight burning sensation in right nostril. NS 24:

**Drip**

Onset at 4pm. Nose dripping incessantly, pours out when lower my head. < lowering head, < outside. NS 24:

Continuing to drip freely, still < head down, dripped all day. NS 24:

Cold deteriorated, nose still drips on standing with lots of sneezing. Dripping stops on lying. NS 24:

Lots of clear mucus - suddenly pouring out of my nose. NS 19:

Blocked - clogged up, also runny nose. Have a cough but it seems to be suppressed rather than an easy cough. NS 9:30c:00:xx:xx

AM clogged. Feels like a cold coming, but somehow I don't think so. RS 9:30c:01:xx:xx

I have a slight feeling of sinus, return of hay fever? RS 19:

Back to normal except for nose – Inner nostrils feel swollen, uncomfortable and a bit sore. Like the start of a cold – wet dog's nose. Bit sneezy. Neutral discharge. Need a box of tissues next to me - feel like its going to run quickly. 5:30c:02:03:xx

Still running – just lots of clear liquid – no sneezing or discomfort. 5:30c:03:01:xx

It is congested with thick, somewhat stringy mucous. The congestion is better for > blowing my nose and worse < for heat. NS 4:xx:xx:xx

I can smell again and it is very intense sense of smell. NS 19:

**Itchy**

Wildly itchy nose. Just inside the nostrils. Feel like I could grind it into my face – madly itchy! Lasted 10 minutes. NS. Too polite to bore. Internal. Both sides. Lasting about 10 minutes. 5:30c:00:00:25

Woke with a raging itchy nose – wanted to grind it away. Also very runny – clear bland liquid as if the inside is inflamed – fat. Burning – imagine there will

be sores. Better for scratching. 5:30c:01:21:45

Evening. Itching. 5:30c:xx:xx

Itchy. Massively itchy nose again – wanted to rub it off my face! Better for rubbing. 5:30c:06:xx:xx

**Blood**

My nose was bleeding when I woke up, watery blood. (No blood was noticed on the bed sheets.) NS 4:xx:xx:xx

My nosebleed has stopped (12:00pm), though it is now slightly painful with slight congestion. NS 4:xx:xx:xx

My nose is bleeding with tiny specks of yellow mucous when I blow my nose. There is also slight congestion. NS 4:xx:xx:xx

Woke up early and found my nose bleeding like a faucet. The blood was water-like and bright red. NS 13:30c:09:xx:xx

**FACE****Lips**

Slight numb sensation coming on all over my face - like it's hard to move the muscles on my face, especially my mouth. Need to ask lips to move like a delayed reaction. NS 11:30c:00:00:18

Face /Lips Sitting in classroom before remedy is handed out, felt like face and particularly lips were swollen and numb, like an allergic reaction. NS 24:

Numb feeling around the edge of top and bottom lips. NS 1:30c:00:00:05

Definite tingling sensation around the edge of the lips. NS 1:30c:00:00:25

Lower lip, left side. Pin point (prick) sensation. Feels like a cut on lip in a small area but the sensation is of a very large area. Tingly - feels like getting a cold sore. NS 9:30c:00:01:30

Lips feel dry and have done for the last 2-3 days. RS 9:30c:12:xx:xx

Upper left hand side Lip 9.10am . Irritation. Feels like there are little hairs that are being blown by the air coming out of my left nostril. Feels like I must keep licking it or rubbing it to make it stop. N.S. 5:30c:00:00:25

All day. My lip (upper left lip – just above) felt uncomfortable all day. Stopped at 9.30pm. Gone while eating. 5:30c:xx:xx

Lip Creepy. Uncomfortable upper left side. Itchy 5:30c:02:xx:xx

The cut (on the upper lip) from yesterday now looks like a blister that has popped. (Unusual outcome for a cut.) NS 4:xx:xx:xx

My lip feels swollen and cold. This lasted for a few minutes (5 min's). Same sensation as what had occurred in class yesterday. NS 4:xx:xx:xx

Lip. Sensation of coldness at the top lip has returned. I am also now feeling the coldness on the bottom lip as well. I noticed it tonight after being given the remedy yesterday. NS 4:xx:xx:xx

Freezing lips, upper gums and nose, as if an icy cold draft goes over my gums. NS 4:xx:xx:xx

The freezing/numb sensation of the top lip is back. 4:xx:xx:xx

My upper lip is bleeding from a cut. Woke up with a sharp pain on my upper lip with it bleeding. Causation unknown. NS 4:xx:xx:xx

My upper lip feels swollen and cold. NS 4:xx:xx:xx

My lip starts to bleed. The swollen sensation has subsided. NS 4: 4:xx:xx:xx

Face /Lips Sitting in classroom before remedy is handed out, felt like face and particularly lips were swollen and numb, like an allergic reaction. NS 24:

Lips night - Very dry with slight burning sensation. NS 24:

Lips. Walked into college and lips immediately became numb. NS 24:

Face, cheek, mouth, upper left lip. A sensation of

numbness. Feels like after an injection especially upper lip → cheek - left side. Moved to right lower lip, but less intense (15 minutes later). Extending to ears - very mildly. NS 9:30c:00:00:35

The cold feeling on the top of the lips is back. It is as if a very cold wind is gently blowing on the area. NS 13:30c:11:xx:xx

Within minutes of being in the same room as the remedy, my upper lip became itchy. I also felt a tingling, followed by a numbness. It felt like an allergic reaction. Had a repeat of this symptom twice more around my prover and when in class on the 11<sup>th</sup> September (we were discussing proving symptoms). 13:30c:11:xx:xx

### Sinuses

There is pressure in my left sinus. Ice cream I ate late last night? It lasted until I had a cup of tea. > massaging the area & pressing. Haven't had this feeling for a few years. I have had sinusitis in the past. 19:

Pressure in my sinuses. Made appointment to see my GP. > for steam. AS 19:

Cheeks flushing - no heat elsewhere. Seems sensitive to sun and direct heat (including heaters). Stays a long while. Hadn't really taken any notice of it before but this is not the first time this has occurred since taking the remedy. Has been for a few days. Cheeks feel really hot and blazing red. Feel embarrassed and self-conscious - makes it worse. RS 9:30c:09:xx:xx

Itching on face returning. I remembered I first noticed it on Wednesday night - 3 days ago. But now I have like an eczema spot just below my left eyebrow. NS 9:30c:14:xx:xx

Face continues flushing on cheeks. Same sensations and mental characteristics as previously. RS 9:30c:19:xx:xx

A freezing, cold sensation at the top and bottom of my lips. This lasted for 30 seconds. NS 13:30c:00:00:10

Red, flushed, congested face. NS 13:30c :07:xx:xx

**MOUTH****Taste**

No desire to eat 3, which is unusual. Slight taste of blood in my mouth 2. Headache pain now about 1 but no interest in food at all. NS. 11:30c:01:05:xx

A gluggy mouth and croaky voice again this morning. RS 9:30c:20:xx:xx

**Ulcer**

Noticed an ulcer developing on the inside of my left cheek, slowly developing. NS 17/08/02 11: 30c:02:10:xx

Ulcer inside left cheek much improved. (quick to heal almost didn't even develop) NS. 18/08/02 11:30c:xx:xx:xx

Ulcer inside left cheek still there, no better than yesterday and no worse. NS. 11:30c:xx:xx:xx

9pm. Ulcer on left side of the tip of my tongue. Red, blackish centre. Mildly sore. Have been biting on a biro for several hours (and pencil) at lecture. Indented. Sucking and biting ends of pencils without realising. Something I don't usually do. NS 9:30c:05:xx:xx

**Tongue**

Tongue, tip. Pimple, sore, right side. Yesterday thought I'd scratched it with a straw - but it's a pimple. (It lasted till Day 7) 3:30c:02:23:xx

Tongue Pimple near r. tip is sore 3:30c:04:xx:xx

Numbness on the tip of my tongue – about 2cm along the outer edge of the tip. Very strange feeling. Ate with lack of sensation. NS 5:30c:03:03:xx

Jaw joint. r. cracked at back when I was eating a slice of orange. 3:30c:06:xx:xx

AM Feels gluggy and spongy. NS 9:30c:01:xx:xx

**TEETH**

Cold sensation in my top front teeth like a nerve pain,

but cold feeling. 17:

Cold sensation in my top front teeth like a nerve pain but cold feeling. Cold throbbing sensation in my top teeth. 17:

Pain, as if they are freezing. Though freezing is not really the appropriate term. It is as if one bites into a very cold piece of food and you get freezing-like pains. Lasted for two hours. NS 13:30c:09:45

Teeth ached (related to headache). < Night. NS 24:

**THROAT**

Back of throat feels thicker/slightly swollen on swallowing. NS 1:30c:00:00:05

Slightly sore throat, right side, top neck gland, slightly swollen sensation as if lump was there (especially noticeable on swallowing). NS 1:30c:00:05:15

Mild soreness of throat. NS 24:

My throat is beginning to feel sore and raw. NS 19

The left side is feeling very raw. It is difficult to swallow > warm drink. NS 19

Have a sensation of palpitations in my throat and oesophagus. Intermittent. Can't quite put my finger on it. NS 9:30c:03:xx:xx

My throat is tickling and itching with a cough. It is better > for swallowing air and worse < for coughing. There is a sensation as if swollen from a bee sting. NS 4:xx:xx:xx

Sore. Throat feels sore as if a sore throat is coming. NS 4:xx:xx:xx

Itchiness, irritation. An irritating itch in my throat came on, on my way to school, making me cough to try and clear my throat. NS 13:30c:01:04:00

Irritation, itchiness. There is an irritating itchiness in my throat that is making me cough in order to clear my throat. NS 13:30c:02:04:35

Irritation. I feel as if there were something in my throat causing the irritation. This lasted for two hours. NS 13:30c:03:07:45

Throat and larynx. Throat burning at tonsils and down larynx. Better for tea. 5:30c:01:21:45

## EXTERNAL THROAT

Neck and shoulders. Sore, aching - related to head cold. NS 24:

## STOMACH

One hiccup. NS 1:30c:00:00:05

### Nausea

Nausea comes in waves and it is better > for deep breaths and worse < for swallowing. NS 4:xx:xx:xx

Nausea. After lunch I started to feel nauseous. The thought of < food makes this feeling worse. NS 4:xx:xx:xx

Feeling nauseous with the headache. NS 16:00:02:50

Feeling nauseous. Any strong smells make the nausea worse and makes me want to vomit. NS 16:00:03:05

Nausea. I woke up feeling nauseous. It may be because I did not eat a proper supper last night. NS 4:xx:xx:xx

Nausea. Still feeling nauseous and it has intensified. It is not better for eating, but much better > for fresh air. 4:xx:xx:xx

### Pain

Top left side. Dull, cramp like pain. Under left rib - thought stomach or spleen. Has now moved to centre - so think it is stomach- have belched (small) but still have the dull ache. It is like someone has poked me in the stomach now. NS 9:30c:00:00:05

### Eructations

Belching after eating now. Belching just happens and am unable to prevent. Easy, no discomfort really from it. < eating. NS 9:30c:02:xx:xx

Eructations burning. < Sugar. Sweets agg. Reflux in

oesophagus returned. Burning in oesophagus < sugar again. RS 9:30c:07:xx:xx

### Distention

Sore and bloated. Very sore stomach. Feels bloated and rock hard and sore. Had an explosive stool - very windy. Didn't take away the hardness and soreness - only marginally better. Stool just soft. Pain in lower abdomen. Better slightly after passing wind. 5:30c:04:x:xx

Sore and hard. On a flight to Melbourne. Lots of wind and very painful cramping. 5:30c:04:xx:xx

Sore and hard. Bowel movement - soft but not runny. Lots of wind and cramps. Feel constipated and like when I go, its going to be diabolical but it isn't - no runs - just pain and discomfort - hard distended stomach. 5:30c:04:xx:xx

Sore and hard. Bowel movement again with lots of wind - not smelly - and cramps. Been uncomfortable and sore all day - in and out of cars and planes and wondering if I'll make it to the loo in time whilst in meetings. My stomach never felt better for the bowel movement. Still swollen and hard afterwards. N.B. the sale of our house was concluded today - yay! Stressful negotiations back and forth all day but all good now! 5:30c:04:xx:xx

Sore and distended. Tummy still not 100% but much improved. Got up to go to the loo and mostly had just wind with a small amount of soft stool. 5:30c:05:xx:xx

Sore and distended. Better for farting. Feeling still there but not so intense. Not so distended. 5:30c:05:xx:xx

Noticed I was feeling completely better! 5:30c:05:xx:xx

Sore and distended. After eating, my stomach felt hard and sore and distended again but it was gone by the time I got home +- 20 minutes. 5:30c:05:xx:xx

Rumbling. The pie I had for lunch rumbling in my tum like it's going to erupt. Lots of gurgling weird noises. 5:30c:03:05:xx

### Appetite

Ravenous. I feel very hungry, even eating doesn't

seem to help stop my hunger. NS 13:30c:04:xx:xx

Hunger. My hunger continues and causes me to be more irritable. I even ate two breakfasts, which is never like me – yet I am still hungry. NS 13:30c:04:02:45

Burning sensation. <sweets. Sweets or sugary things have caused a burning sensation in my oesophagus. Very uncomfortable. Have eaten a few sweeter things than usual and had a few drinks of soft drink yesterday during a social function. Today the burning is present and very uncomfortable. NS 9:30c:01:XX:XX

Appetite, no interest in food. AS 21/08/02 11:30c:06:xx:xx

Hunger. Am ravenous, I feel I can eat anything and eating does not help. NS 13:30c:04:xx:xx

Ravenous hunger 10.00 pm. Eat other people's food in refrigerator. RS 21

Not feeling so nauseas, now feeling hungry. Not craving anything in particular 16: 00:04:50

No hunger, but know I need to eat, so I do. NS 16:17:xx:xx

## ABDOMEN

### Pain

Pain in abdomen- right side. Could be around liver. Uncomfortable. Seem to be belching a lot with no effect on the pain. NS 9:30c:00:xx:xx

Slight discomfort felt again in abdomen. Also belching still. RS 9:30c:02:xx:xx

Discomfort in abdomen. Distended with sharp localised pains. Very noticeable on right side under umbilicus. But they are shifting. RS 9:30c:05:xx:xx

Abdomen uncomfortable. Could be menstrual - but not sure! RS 9:30c:10:xx:xx

Abdomen and stomach increasingly tender, uncomfortable and painful. Concentration is difficult and I don't feel mentally very good. I feel very isolated and inadequate. I feel alone and abandoned. I

feel I can't cope anymore.< Walking, > Sitting RS 9:30c:11:xx:xx

Very uncomfortable < walking, pressure, sitting initially > resting. Sensation of a sea urchin spinning in abdomen. Spasms < peristaltic motion. I feel sick - nauseous - especially traveling on the train to work. I feel intolerant of the crowds and feel like I needed to get off the train and just go home. Very painful. I am in pain. RS 9:30c:11:xx:xx

Lower abdomen especially right side - excruciating walking, > bending, <<< walking. Really bad after 3pm. Slight temp -37.9. > rest, sleep < stool (though normal). Not affected by eating, little thirst, in fact am conscious that I have no desire to drink so am making the effort to drink water - not < or > for drinking. I am fatigued and anxious but have no desire to seek help. Told husband "I'm all right". Better lying left side - the most painful side is my right - also better lying on my back. Despite pain and anxiety - I really thought I'd end up seriously ill in hospital - I slept well. I feel really bad and I don't want to talk to anybody. RS 9:30c:12:xx:xx

Woke, still with discomfort but could manage to get dressed and go to work. Despite pain I felt I had a duty to go and wouldn't give in - but this is characteristic of me. No thirst, no hunger but stomach noises like rumbling and groaning. Whilst I had a desire to stool and urinate - I have a fear to go as I know it will be painful. << walking > rest < sitting initially (very painful). Feel a need to act like nothing is wrong and very scared others might find out about my discomfort. Husband wants to have the doctor but I have lied about feeling better. This has dominated all my symptoms for the last few days. Had first loose stool - spasms were just as painful. Over the last few days have been poring through medical books trying to find out what might be wrong with me. I kept feeling that I would pass a bowl full of blood with stool - it was a very intense feeling. I also craved a cup of Earl Grey Tea. It was the best cup of tea I have ever had! RS 9:30c:13:xx:xx

Slight improvement in pain. I feel less cloudy. I had a cup of coffee at the hairdressers this morning. It made me hyper (< coffee) and flushed my cheeks. It made everyone laugh - they even offered me a second cup - but a decaf! I feel hyper. I want to talk and yell about the lack of intelligence in the world and the lies at government level, the lack of respect for life. But I also

feel happy. Vowed not to drink coffee again! I wanted to stand up on a soapbox and “bugger the consequences”, which is not me! RS 9:30c:14:xx:xx

Pain in abdomen like indigestion, then I thought I think I need to go toilet, felt like it was going to be diarrhoea. Went to toilet but nothing there - empty feeling when I strain. NS 11:30c:01:13:xx

Slight tummy pain on urination. NS 16/08/02 11:30c:01:13:xx

Pain in left, lower abdomen - constricting and twisting, so painful it takes my breath away. NS 24

Drawing pains – oblique on the right side. Was at the shop when suddenly this drawing pain came on. It was very strong - almost bringing me to my knees. I had to grip the sales counter to steady myself. It felt as if my muscles on the side all contracted and were drawing together. Thank goodness this intense sensation only lasted for ten seconds, though I was wary of it coming back again. NS 4:xx:xx:xx

I woke with a sharp pain over appendix area, right iliac fossa. Lasted 10 minutes. It eased with a change of position in bed. I went back to sleep for half an hour. It was not there on waking. NS 19:

### Noises

I am having a shower noticed loud gurgling in my lower abdomen. Very loud, crackling, gurgling and bubbling very loud. NS 15/08/02 11:30c:00:00:27

### Distention

Lower abdomen bloated - but I don't feel bloated. Lower abdomen quite big/huge and very soggy/spongy, but don't feel at all bloated. Big lump at the caesar scar, I couldn't stop poking at it. NS 11:30c:00:00:27

I feel bloated. Pain in my gall bladder (It has been surgically removed 8 years ago!) 2:30c:xx:xx:xx

Sensation of coldness in the abdomen, near my heart. Then, sensation of warmth is coming. Then, acceleration of my heart rate. 2:30c:xx:xx:xx

### RECTUM

### Pain / Hemorrhoids

Feels like a hot stick poking up my bum. Really bad bleeding haemorrhoids. AS/OS 18/08/02 11:30c:03:13:xx

Painful haemorrhoids, feeling like something poking up my bum. Size of large grapes/plums. Bleeding. Haemorrhoids are kind of funny in a ridiculous way, they are so huge, unreal and uncomfortable. AS 11:30c:04:03:xx

Haemorrhoids still same. Desire to put something cold on them, better from the cold but it annoyed me, still there but doesn't feel as congested. Bleeding has stopped one is size of grape and other is size of raisin. AS/OS 11:30c:06:xx:xx

Haemorrhoids slightly better now about the size of raisins. Still bleeding slightly better for passing stool which passes easily. AS 11:30c:05:xx:xx

Haemorrhoids almost gone, protrusion is still there but not at all noticeable and on touch it almost feels tighter, i.e. like there is tension back in the sphincter. AS/OS 11:30c:07:xx:xx

My whole lower bowel feels paralysed, can't feel anything. NS 11:30c:07:xx:xx

Stool requires more straining; I felt like I needed to go beforehand but yet no obvious urge when on the loo. NS 1:30c:00:12:50

Stool passed easily but it was orange clay coloured, normal odour. NS 11: 30c:02:02:xx

Stool a bit like diarrhoea, consistency like lumpy pickle, normal odour. NS 11:30c:03:09:xx

### Straining

Rectum. Lower gut/rectum pressing urge to stool. Came out easily, quickly as one (though it was in pieces when I looked in the bowl) 3:30c :00:01:48

Felt very constipated; constricted when I went to do a poo. X 1-2 min's, after which, stool passed as normal. 3:30c:09:xx:xx

I feel that I need to have a bowel movement, but when

I try to go it is difficult. NS 4:xx:xx:xx

Bowel movement – lots of wind – smelly – rotten eggs. Sore, cramping stomach. Soft, normal looking stool. Sudden urgency to go the toilet. Crampy. No colour change in stool. 5:30c:03:06:xx

## STOOL

Stool more formed than usual. Small quantity, brown colour, slightly briny smell. Not as easily evacuated as normal. Not my usual morning stool time. NS 1:30c:00:12:50

## BLADDER

I awaked at 5am with a need to urinate. This is very unusual! I don't urinate much usually. 2:30c:xx:xx:xx

## URETHRA

Cutting and burning pain in my urinary tract. Woke up to cutting pains and an urgency to urinate. Only a small amount of urine was passed with a very intense burning pain. Taking a shower helped relieve the pain for a few minutes. It was also better for > lying on the left side and crossing my legs. RS (UTI are common for me, I usually get them once a year, with the last infection in December 2001.) It is unusual for me to have this symptom at this time with no obvious cause. 4:xx:xx:xx

Urinary tract. Cutting/Stinging pains. Feeling better though still going back and forth from the toilet frequently. Nausea seems to be subsiding, although any < movements exacerbates the pain. RS 4:xx:xx:xx

Urinary tract. Cutting/Sharp pains. The pain's sensation has changed to a cutting, sharp pain. The pain has also diminished greatly, though feel it in the background. I am able to move again without too much pain. AS 4:xx:xx:xx

Urinary tract. Cutting, sharp pain. Pain is still excruciating! A > shower seemed to help. AS 4:xx:xx:xx

## URINE

When I urinate my urine is hot and a brownish-yellow colour. NS 13:30c:07:xx:xx

## FEMALE GENITALIA/SEX

### Itching

Whilst in London with my husband, I had an embarrassingly itchy vagina. I thought it was from my panties initially but it wasn't. It lasted for about 4 days (on and off) from about 5<sup>th</sup> September to 8 September. 5:30c:16/17/18:xx:xx

Sunrise to bedtime – creamy itchy discharge, small quantity, thickish, causing soreness and itching on labia, > cool bathing. RS Note that after I took the remedy the itching subsided for a few days, which is unusual CS) 1 30c 03:19 - 04:11:xx

### Menses.

### PMT

They came on suddenly without any indication – no mental/emotional distress, no cramping and no physical pain. Remarkable! I've never had my menses in such an easy, painless way. AS 13:30c:11:xx:xx

I didn't have any PMT- no pain, no nausea. It was the easiest period I've ever had. I got none of the mental/emotional stuff I've usually had. It only lasted for 3 days (Saturday, Sunday, Monday). It was gone by Monday evening. This is really unusual for me. Usually it lasts 4-5 days. The colour was red. I didn't have the weepiness I normally do. NS 13:30c:11:xx:xx

Period started with absolutely no pain, only aware of slight dragging sensation which led me to think my period had started. (Although this has happened before it is very rare). Like the headache, there but not noticeable. AS 15/08/02 11:30c:00:00:23

Fantastically good period, normal flow, not heavy, tiny clots, rice size, no discomfort no nothing, not bothered by it at all. AS 17/08/02 11:30c:xx:xx:xx

Period still going which is longer than usual even though it has been a really easy period. NS 19/08/02 11:30c:04:03:xx

Period started, very early for me (3wks since last period/28dys). Never happened before. No Pain only slight ache down left thigh. NS 11:30c:30:xx:xx

No build up to my period (physically or mentally) – NS. My period was almost a week early. The first day I had horrendous pain and then nothing. NS The period was very heavy though, lots of clotting and lasted 5 days (normal time but heavier than normal). 5:30c:21:xx:xx

### **End/cease quickly**

Menses. My menses are no longer present. Unusual that it was three days of bleeding without any PMT. AS 13:30c:14:xx:xx

Period seems to have slowed off much earlier than normal (past year or so my period has started medium flow quite early on and this lasts for three days then tapers off over two days). Also, no way near as much fresh red blood, more stringy bits and darker coloured. NS 1:30c:07:xx:xx

Menstruation was short and stopped suddenly. Only for 2 days (normally 4-5 days, with some stain toward the end). NS 7:30c:06:xx:xx

Menses, shortened. Day 3 - no bleeding during night of day 2, no show of blood so far this morning. This is definitely at least 1 day shorter than normal. 3:30c:12:xx:xx

Menses. Night. Flow never resumed. Less trailing off than usual. 3:30c:12:xx:xx

Menses Less vaginal/labia ache than usual. Less uterus ache than usual. 3:30c:12:xx:xx

### **Clots**

10pm – menses slightly more clotted than usual, with small stringy dark-brown clots. NS 1:30c:05:xx:xx

Period lasted longer 6 days NS. No pain. Blood consistency always changing, dark, light, almost watery and stringy little clots. Blood almost like bright red water. NS14/09/02 11:30c:30:xx:xx

Period started with huge mood swing, fight with ex husband over house. (27 days since last period finished) unusual - Not usual pain, sometimes sharp

pain poking up vagina, mostly heavy dragging feeling. When sharp pain comes it makes me scream, very intense. Blood watery and bright red, glistening like mucous with blood. Period lasting exactly six days again. Pain > lying down. NS 17/10/02 11:30c:63:xx:xx

Delayed menstruation for 3 days. 11.00am got my period. Profuse menstruation. Painful (dysmenorrhoea). Bearing down sensation. Clots dark red, stringy. Tired. I haven't had periods like that for a few years. I used to have bad ones like that, but lately it has been good. Accompanied by pain in the thigh. > warmth and lie in bed, on the tummy. > pressure on tummy. AS 7:30c:04:xx:xx

When I looked, it was like worms, thick, lots of blood, never had it like that. Like losing a baby. 7:30c:xx:xx:xx

Continuing. Bleeding, excessive clots, dark red, dysmenorrhoea. AS 7:30c:05:xx:xx

Menses. Less endometrial lining floating around in the bath than I usually see on the first or second heavy day of flow. There was none. Last month there were tons of little weeny bits, and usually there're at least one or two smallish clumps. Generally, flow of blood has been utterly smooth. No gushes, no lumps or clots. 3:30c:12:xx:xx

### **Late**

Menses started two days late NS, slight dragging in back beforehand. Light reddish colour at start RS 1:30c:34:xx:xx

Menses. No flow, no show - where is my period? 3:30c:09:xx:xx

Menses, No backache, no headache, not 'womby'. 3:30c:09:xx:xx

### **Light**

Menses. Unusual that on the third day the flow is light, usually signifying the end of the cycle. AS 13:30c:13:xx:xx

### **Pain**

Slight dull ache, congested uterus feeling, as if my

period will start soon (period due today) RS. No usual increase in libido before menses. NS 1:30c:01:17:xx

Noticing an aching pain in left thigh and in left side of abdomen with period, but its not bothering me like it normally would. 11:30c:00:03:43

Am very aware I don't have any vaginal/uterus/lower back/headache premenstrual symptoms. In a short cycle, this would be unusual. (Post proving comment: as this was a long cycle - day 20 in a day 27 cycle - this is normal.) Uterus; none of that dragging feeling. Usually I'd feel it all day? 3:30c:10:xx:xx

Menses. Less vaginal/labia ache than usual. Less uterus ache than usual. 3:30c:12:xx:x

### Libido

Night – aversion to sex. Don't want to be touched. Low libido. Accompanied with bad feelings of body image. NS 7:30c:02:xx:xx

Have noticed that libido is practically non-existent throughout this proving. May also have something to do with all the stomach/abdomen symptoms. NS 9:30c:19:xx:xx

Period continues uneventfully but is lighter than normal for second day. NS 9:30c:20:xx:xx

### Pain

Ovaries. Pain as if being continuously punched. It is better > for deep breaths and for pressure/bending forward, although I am unable to get comfortable. NS 4:xx:xx:xx

Ovarian pain comes and goes, but still the same intensity, making me lose concentration in class. NS 4:xx:xx:xx

Ovaries. There is pain, a dull ache radiating upwards to the abdomen. The pain is better > for pressure. NS 4:xx:xx:xx

Ovaries. The pain is better for eating, but along with it is a general nausea that exists in waves. NS 4:xx:xx:xx

Ovaries. Stabbing pains. Cramps felt lower down than a few days ago. Only lasted a short while – 5 seconds, but intense enough for me to notice. NS

4:xx:xx:xx

Ovaries. Cramps. Woke up with cramping pains, though not as intense as usual. NS 4:xx:xx:xx

Lying in bed reading I suddenly felt a very strong pulsating vibration occur for several seconds (around the ovary regions). NS 4:xx:xx:xx

Upward shooting pain, quick like a dart, posterior right side uterus. NS 1:30c:00:14:xx

Really strong ovulation pain on my left side. It was hard to walk, it hasn't been this bad for ages. Very sharp pain in my left lower quadrant in my pelvis. < walking OS 19:

A heavy ache which lasted until the afternoon. Has become central in my pelvis. Haven't had it last this long for ages, at least 2 years. Didn't feel like moving much. RS 19:

Cervix. Slight feeling of weight x 2 seconds. This happened 2 or 3 times within a few minutes. 3:30c:00:00:38

Cervix. Slight feeling soreness/pinching x 10 seconds 3:30c:00:01:00

Cervix. Slight feeling soreness/pinching x 2 seconds. Happened again. 3:30c:00:01:09

Cervix twinge x 2 seconds. Slight dull pain. 3:30c:01:00:xx

Cervix. Same plus a concomitant fleeting twinge inside top l. thigh in one small spot. 3:30c:01:00:xx

Cervix. Dull ache. 3:30c:01:01:xx

Uterus. Concomitant with uterus, tender, pain, extending into top of vagina and toward ovaries. 3:30c:01:01:xx

Cervix. Overall pain. Not pinching. For a while, but gone by 10:45 or earlier. 3:30c:01:02:xx

Cervix. 2 fleeting twinges in 20 minutes. 3:30c:01:04:xx

Cervix. ½ second twinge 3:30c:01:08:xx

Vagina. Burning, inflamed feeling x 5 min's. Very similar to thrush. Just after I lay down to go to sleep. 3:30c:02:15:xx

Uterus. Vague feeling of tenderness. Very, very slightly crampy. This is a normal pre-menstrual sensation. It's not as localised as the sensations day 1 and 2 were. (Post proving comment: however, day 21 in a day 27 cycle is a bit early for this feeling.) 3:30c:02:23:xx

Vagina. Very, very, very slight cramp. Normal vaginal feeling pre-menstrually (but day 21 too early in a 27 day cycle). 3:30c:03:01:xx

Cervix cramp < heat of bath. Diminished as the bath got less hot. (Normally, any symptom I have is > heat, especially humid heat.) 3:30c:03:09:xx

Vagina. Burning, "thick", inflamed x 5 min's. Thrush-like sensation. Like yesterday, it happened upon lying down (I'd been in bed since 10:30, but propped up), as soon as I turned the light off. 3:30c:03:16:XX

Uterus/thigh cramp uterus concomitant with cramp in a spot upper l. inner front thigh, > sitting. 3:30c:05:xx:xx

Cervix, tip of - strong cramping twinge x 1 sec. Very similar to the local pain the speculum causes when you get a pap smear. 3:30c:05:xx:xx

Vaginal entrance. Piercing pain x 1 sec. in the scar tissue where I tore having my first child, just after I got into the bath i.e. caused or < by warm wet heat. NS 3:30c:06:xx:xx (I have felt this piercing pain less dramatically a few more times since then - most recently on day 15 or 16 - but not related to showers or baths.)

Uterus/lower back. Feeling of weight/constriction. Not quite a cramp - but as if I was going to have bad cramps. Concom. with a slight feeling of dread. 3:30c:08:xx:xx

### Odour

Strong smell. One I consider pleasant. Normal for me but usually only this strong when having raunchy sex. Sort of a sweet hay smell plus musty sexual smell. X 1 hour. (Don't normally associate this smell with premenstrual or period) AS/NS 3:30c:09:xx:xx

Vagina/labia, did not feel any discomfort while cooking. Not normal 3:30c:10:xx:xx

Cervix. Pinching feeling x 2-3 min's. (Had sex last night - though it wasn't bang up against the cervix type sex). Was aware of cervix a few more times during day. More a tension than pinching. (Day 18, being occasionally aware of my cervix - a tension rather than pinching is still happening: I'm due for a pap smear (I have moderate cervical dysplasia - I think I'll go get a pap smear in a couple of weeks). 3:30c:14:xx:xx

Prover 7; Cured symptoms. Four months later.

- Menses pain
- Cramping pain.
- Pain extending to thigh.
- Bearing down sensation.
- Duration was longer – 5 days minimum. Now three.
- Flow was heavy. Now light. Now the flow is the same through the three days.
- PMS cured.
- Craving sweet and chocolate.
- Anger. Anger trifles.
- Depression.
- Breast tenderness. Breast swelling. Can't walk.
- Clots dark red

### RESPIRATION

Respiratory. Feel the need to take a deep breath, from time to time. Since last night in bed. 3:30c:09:xx:xx

Respiratory. Hiccoughs x 5-10 min's. Very slightly tight lunged (wheezy). Don't know why 3:30c:09:xx:xx

Lungs/Mind. 11:30pm. got wheezy x 30-40 min's. Husband woke me up by coming to bed. Getting wheezy/upset when he wakes me up happened 3 x before I began the proving (but after I'd received the remedy). This is a new thing. It could be related to the gardening. On Day 4 I gardened, but didn't get wheezy, and I didn't do any gardening today, though I did do some yesterday. It's as if while doing the proving, my weakness got fixed, and now the remedy is wearing off. 3:30c:11:xx:xx

**COUGH**

Irritating dry cough while trying to sleep. < lying down. AS 19

Still coughing. It feels as though it comes from nowhere, or a tickle in my throat. Very irritating. AS 19

Cough seems much dryer. Still have pressure in my ears. 19

Intermittent cough. I am beginning to think it is gone and then it comes out of nowhere and annoys me. Then goes as suddenly. Occasionally little plugs of mucous come up. AS 19:

**CHEST**

Feeling a tightness in my chest/upper thoracic from exercising, breathing and using my diaphragm. Normally, I don't breathe properly so I see this as a good thing. I feel as though I have used my lungs. NS 16:xx:03:05:xx

Pain in my right rib cage under my right breast when bending over. Digging blunt pain. NS 11:30c:01:06:xx

Pain in right rib cage (roughly half way down), stabbing pain coming in bursts, at times very sharp lasting 30 seconds. NS 11:30c:06:xx:xx

General unwell feeling - can't quite put my finger on it - but I feel awful. I feel tired but not quite like earlier and I have a disturbing congestive feeling in my chest / sternum almost like there is a big ball stuck there! Gets better as night approaches but I feel a bit apprehensive about it - though I am sure it is the remedy. A heart attack has crossed my mind. NS 9:30c:08:xx:xx

Still some discomfort in chest / sternum area. Feels constricted still. < swallowing. RS 9:30c:10:xx:xx

Sensation of constriction in centre of chest - sternum - in oesophagus continues still. RS 9:30c:11:xx:xx

More fluttering in chest and deep inspiration. RS 9:30c:16:xx:xx

Palpitations and slight discomfort in my chest

especially right side of sternum - stabbing sensation. RS 9:30c:17:xx:xx

Heart. Sensation of feeling the beat of my heart. 2:30c:xx:xx:xx

**LARYNX**

Voice croaky this morning for about 1 hour. NS 9:30c:16:xx:xx

**BACK**

10.00pm for one hour – sudden sensation of sharp stabbing at the back, inferior left scapula. While driving. Scared me. NS 7:30c:03:12:xx

6.00pm I felt stabbing, sharp localised pain at my back, inferior right scapula while driving. Same sensation as before, but right side, like a bee sting. Also stinging. It last only a few seconds, but very intense. > pressure. NS 7:30c:12:xx:xx

Right scapula, same symptom as before. Just for a few seconds. While driving. > pressure. NS 7:30c:17:xx:xx

On waking (<10am)– woke up from the bed, feeling same sensation of burning, stinging. Just for a few seconds. Superior right scapula. > pressure. NS 7:30c:18:xx:xx

Back pain right side, lumber region shooting down my leg. 17:

Backaches right side sharp aching pain lasted a few hours. 17:

Backaches came back, accompanied by neck pain and shoulder pain going down through to my lumber. Sore muscles aches and pains everywhere. Took some arnica and calc-phos didn't help one bit. 17:

Pain over my right kidney. Felt like something had been pressing into me – like a belt. Lasted one or 2 minutes. Bruised and tender. NS 5:30c:00:10:35

Feel bruised on pressing. Lasted about 10 minutes then nothing. 5:30c:00:10:45

Lower back and waist. Was woken by severe lower

back pain, OS and painful stiffness and aching in my waist as if I've been exercising like crazy. Nothing improved it. Eventually went back to sleep. NS 5:30c:01:19:45

Draft/Coldness. Throughout the day I have had a cold draft-like sensation going up and down my back. NS 13:30c:00:24:xx

Neck is stiff – better from rubbing. Very stiff left side of neck. NS 5:30c:09:xx:xx

Coldness in the back 2:30c:xx:xx:xx

## EXTREMITIES

### Sting

Thigh, five minutes after taking the remedy I felt a sudden burning pain on my left posterior upper thigh, close to the hip. It was a localised pain, 1 cm diameter. Stinging and burning, like a bee biting me. > pressure. Visually slight dots of red in area of pain, soon after, but not for long. 10-15 minutes very intense, then gradually decreasing over the next hour. NS 7:30c:00:00:05

### Shaking Trembling

Hands, my hands felt shaky, and after a few seconds they were trembling. > making a fist. < holding them in the air, head height. Duration worse 10-15 min's, gradually subsiding over the next hour. NS 7:30c:00:00:05

Woke up in the morning, and my hands were trembling and shaking. Lasted most of the day. > making a fist, < for grasping an object, > holding them in the air. NS 7:30c:xx:xx:xx

Daytime – trembling, shaking. It is constantly what I have felt since the proving. I cannot grasp things. < for holding them in the air. NS 7:30c:02:xx:xx

Shaking completely gone today. 7:30c:03:xx:xx

Left little toe, twinging pain while lying in bed. NS 1:30c:00:13:30

10pm – weird throbbing aching in left hand joints and muscles. Hand feels stiff and weak. I usually only get

aching in my right-hand little finger middle joint (which is a bit swollen). Also, my thighs feel a similar achy weakness to my left hand, > rest. NS 1:30c:06:xx:xx

My 4<sup>th</sup> toe on my right foot continues to twitch intermittently. NS 16:xx 02:07:xx

### Warmth

Upper body. Pleasant upward surge of warmth from armpits through to head. Wavelike, slightly tingly, x a few minutes 3:30c:00:01:15

Upper body feeling of warmth, suffusion, a rolling wave-like sensation especially in arms and shoulder blades - rolling upwards to my head as well. 3:30c :00:01:37

### Pain

My right ankle has a throbbing pain, on the lateral aspect. NS 4:xx:xx:xx

### Radiating

Left leg. Sharp radiating pain. < movement. Doesn't last long, but it is quite an intense radiating, shooting pain (upwards) on the left side of the shinbone on my left leg. I have experienced this a couple of times before in the past but never as often or as long lasting. NS/OS 9:30c:00:00:15

Leg - radiating pain. Continuing sharp radiating pain in leg. Momentarily takes breath away. RS 9:30c:00:xx:xx

Pain in shin now seems to be in foot - emanating from above smaller toes up foot about 2". Curiously, when talking about this symptom the pain returned to the shin. Pain sharp, shooting. Left leg/foot. RS/NS 9:30c:02:xx:xx

My index finger on my left hand. The joint between the middle and distal phalanx feels stiff and sore. It feels like a block of wood or something similar. < movement, < jarring. I have a sensation of grating which makes the hairs on the back of my neck stand up. Quite intense for the size of the joint. NS 9:30c:03:xx:xx

Finger continues to be painful. RS 9:30c:06:xx:xx

## Cramp

Early hours of this morning a large cramp in right leg. Easily stopped but initially severe. No after effects (like strain, bruising) whatsoever - which is good. NS 9:30c:07:xx:xx

Extremities. Thigh, l. middle, top front. Twinge of pain x 5 seconds, twice, almost deep enough to be bone. 3:30c:00:08:04

Thigh, upper, inside, l. slight cramp in muscle, extending to arch of l. foot in the shower, i.e. < warm, wet heat. Lasted until I got out of the shower. 3:30c:05:xx:xx

Foot arch l. foot cramp when crossing legs, > uncrossing them. 3:30c:05:xx:xx

Calf r. lower end middle calf muscle. Cramp in a small spot while in the bath. Several twinges x 5 minutes till I got out. 3:30c:13:xx:xx

Right Hip 11pm -Kept giving way when walking, on only slightest pressure. Not very painful, just uncomfortable. NS 24:

## Heaviness

On walking into college limbs became very heavy, difficult to lift. NS 24:

Right arm. Heaviness of right arm < writing. Dull ache and tightness in right shoulder, dont feel like lifting my arm. NS 24:

Legs. Extreme heaviness of limbs, took great effort to walk and push pram. Did not want to do so, especially uphill. Chose routes without hills. Did not want to pick legs up. < Walking. NS 24:

Arm. Heaviness of right arm, again when writing. Do not want to pick arm up. NS 24:

Arms. Reluctant to carry Spencer, feels so heavy. NS 24:

Neck and shoulders. Sore, aching - related to head cold. NS 24:

Extremities, lower limbs. Walking through the QVB I

am acutely aware of the difference and change in gradient levels of the floor. NS 16

## Prickling

Prickling pain. While I was sitting on the bus, a prickling pain appeared on my left calf. NS 13:30c:00:05:45

Prickling pain. Appeared again (left calve) while we were in class. NS 13:30c:00:24:xx

## Tired

My legs feel tired from this mornings audition. NS 16

My legs feel puffy and heavy. I need to elevate them to circulate the blood. Probably due to being on my feet all day yesterday. Elevating them improves the oedema and circulation. NS 16

## Cold

My fingers, especially at the tips are freezing cold and damp with sweat. NS 13:30c:01:04:00

Clammy-sweaty hands and feet. It seems that the last few days have left me with clammy, sweaty hands and feet. Walking in flip-flops is a whole new experience. NS 13:30c:09:xx:xx

Clammy. I've noticed that around 12pm for the last 4 days my hands and feet get hot and sweaty. If I am wearing sandals, I slip and slip around on them. NS 13:30c:12:xx:xx

Clammy. My hands and feet are clammy. (Such an unusual symptom because they are usually freezing cold.) Upon touching them they feel damp and warm. NS 13:30c:13:xx:xx

Sweaty and clammy. It feels like moisture, my hands and feet feel as if they're wet. It's duration is only about half an hour and then it goes away. 13:30c:14:xx:xx

Clammy. My feet and hands felt sweaty and sticky. Walking to get lunch I felt I had to walk very slowly (which irritated me) in order that I wouldn't slip because I was slipping and sliding in my sandals from the moisture of the sweat. NS 13:30c:32:xx:xx

My fingers are blue from being cold. RS. No reason for

this. 4:xx:xx:xx

A feeling of coldness on my legs, more on my RIGHT tibia, then on my left side. This coldness goes in my back. 2:30c:xx:xx:xx

Sensation of coldness in the legs 2:30c:xx:xx:xx

### **Numb**

Right hand. Just below my little finger and down the outer side of my inner palm (away from my thumb). It feels like a pinched nerve – weird. Tingling, numb, completely numb. Felt swollen like a pinched nerve. NS 5:30c:03:01:xx

Hand Numbness. Not all along the hand – just at the base of the little finger on my right hand. It went away again at 5.20pm. Nothing visible. 5:30c:03:08:xx

### **Eruption**

Spot on right shin - left side. Small infected pinhead centre, red around about 10mm. Painless NS 9:30c:06:xx:xx

Spot on leg continues - now 25mm surrounding red with pinhead centre - suppurating head. Painless. RS 9:30c:07:xx:xx

Noticed my foot (skin eruption) was very itchy (it is unusual that it hasn't been itchy at all in the last week) almost like it has been dormant (not better) just no activity. Also noticed eruptions, which is unusual as usually notice these things at least once a day. AS 21/08/02 11:30c:06:xx:xx

On my most lateral toes of both feet a blister has formed on top. Never have had this before and is unusual as my boots are old and I have been wearing them for the past two years. NS 4:xx:xx:xx

### **Cut**

I noticed on the lateral aspect of my thumb what appeared to be a cut like a paper cut, aching. Unusual as I hardly (not at all) get paper cuts. Strange that a few days earlier I had a cut in the same area – with the same description and ache. This second cut comes just as the other cut is almost healed. (Thumbs represent intellect/worry – Louise Hay) NS 4:xx:xx:xx

## **SLEEP**

### **Sleepiness / Relaxed / Sedated / Weary**

I fell asleep on the lounge room floor while I was on the way to the kitchen trying to make myself a cup of tea. 13:30c:12:xx:xx

I've been sleeping a lot. Yesterday morning and this morning as the first time I woke up on my normal time (5.50am - 6am). Otherwise, I'd been waking up at 10 -11am. 13:30c:14:xx:xx

More physically relaxed, as if sedated (it's quite nice to feel more in the body, less in the mind). NS 1:30c:00:00:25

Feel like a sleepy animal, keep shutting my eyes and resting my head on my hands in between writing. Irresistible desire to curl up and sleep, but I'm hungry (didn't have breakfast) so I go to make lunch. NS 1:30c:00:00:45

Sensation of being uncoordinated, knocking into things, not moving as precisely as usual e.g. went to pick something up from the right but mis-stepped to the left slightly. Have to concentrate more when doing things around the apartment (picking things up requires more conscious focus). NS 1:30c:00:00:55

Feel sleepy while sitting at bus stop. Feel quite out of it, hard to concentrate or stay awake. NS 1:30c:00:01:30

Continually sleepy, just want to rest, can't think NS; reminds me of the tired feeling in early pregnancy. 1: 30c: 00:01:45

Couldn't stop yawning all through college class, whole body feels very lethargic, like I am very close to sleep; could easily have put my head on the table and gone to sleep. NS 1:30c:00:04:25

Tiredness/ sleepy feeling wore off, leaving a nice relaxed sensation. Definitely feel less tense than usual. NS 1:30c:00:05:30 – 00:11:30

No difficulty falling asleep (unusual). NS 11:30c:00:16:58

4.30am – 5.30am – woke for a wee (usual) then couldn't get back to sleep (unusual) because the neighbour upstairs was clomping around getting

ready for early work shift (he's always like an elephant but generally this doesn't bother me so much). Felt restless and unsettled lying there trying to get back to sleep. 1:30c:04:17:xx

### Waking

Woke unrefreshed, really sleepy. AS 22/08/02 11:30c:07:xx:xx

7.00am. Woke up excessively tired, couldn't get out of bed (up in night with sick child - no huge interruption) stayed in bed till 9.45/10.00am. RS 11:30c:07:xx:xx

Difficulty waking up, kept dozing in and out, body absolutely exhausted and aching, no energy to get moving till 9.45am (really unusual for me - usually 8am the latest I get out of bed). NS 1:30c:07:xx

Long (9.30 pm to 6.30 am) but felt exhausted during sleep (waking occasionally) and on waking in the morning. RS 21

Deep and exhausting. Wake exhausted, but okay (7.00 am). RS 21

Slept very well for 5 hours, then woke and slept only lightly for another few hours. AS 21

### Sleeplessness

Inability to fall asleep. Couldn't fall asleep. Woke up every few hours. Looking at the watch and worried not to wake up in time for an appointment. AS 7:30c:01:xx:xx

I found it difficult to go to sleep Very restless, too much tea in the afternoon, usually I only have 1 cup but I had 3. NS 19

I am unable to fall asleep. I feel cold even though I have a doona, blanket, PJ's and hot pack. Need to put the hot pack up and down my spine. Especially between my shoulders and on my chest. NS 19

I went to sleep automatically by the time I got home. I slept from 5pm to 10am the next day. I was sweating in bed (which is odd for me). I had all the doors and windows open. I was burning, burning, hot. 13:30c:11:xx:xx

AM. Woke earlier than usual. Didn't need the alarm clock. This is very unusual for me as I am a night owl. - so wake begrudgingly early. Not this morning though. NS 9:30c:00:12:15

Didn't sleep well - again dreamt about remedies. Woke up very frustrated. NS 9:30c:09:xx:xx

Fitful sleep - recall dreaming and can remember 1 dream - I dreamt my mother was dying. The second I can't recall. I woke up at 3.30am - just like I did yesterday morning (but didn't record). RS 9:30c:10:xx:xx

I have a kind of excitation. Difficult to sleep. My heart is beating a lot. 2:30c:xx:xx:xx

### DREAMS

I had a very disturbing dream (prior to taking the remedy) that the remedy was going to be "Anaesthetic" and I was really worried about feeling drugged and not being able to cope with my busy life. I remembered (in the dream) - Karen (my supervisor) saying when she took my case that I needed a remedy to make me slow down and I remembered one of the people in class getting a numb lip before she took the remedy and it made me even more convinced (in my dream) that the remedy was going to be "anaesthetic". Karen had also had a weird dream beginning with the letter A and we decided we were the "A" team!! 5:30c:xx:xx:xx

I dreamt of a TV show. The host was a tall, thin, dark haired man, talking about homoeopathy and potencies. I saw the label - old brown around the edges with Anthrax printed on it. My focus was on the letter A. 19:

Anxious dream in which I left my grocery shopping on the bus. H (student at college) had a stall near the bus stop where I got off. I talked with her then I woke up as I was trying to work out how to get back my shopping. NS 1:30c:01:17:xx

On waking second time, remembered dream of swimming in an outdoor pool with homeopath and talking about the pros and cons of swimming goggle design! We are asking how could we create a better swimming goggle that would improve vision in the water. Before that, I'm in a house that's also like a

college, and I'm going into all the different rooms ... there are people in each. The main sensation is one of exploring, seeing what's there. NS 1:30c:01:20:xx

Dreamt of a room with lots of pictures on the walls. There was a piano with a fish tank built into it, containing lots of colourful little tropical fish. I'm lying down in the room and then I feel a lizard caught in my hair near my neck. I wake up as I shake my head to try and flick it off. S, my friend whose party I went to, was also in the dream but I can't remember the details, except she was a friendly positive figure. 1:30c:02:15:xx

I can't remember much about my dream except I'm in a big house; I think I go from one house into the neighbouring terrace house. NS 1:30c:03:19:xx

Dreamt I was arguing with a woman who was saying I just try to help people too much/try to fix them. I argued back that I felt I cared about people and that my personal boundaries were good too. I wasn't so much upset in the dream as really determined to stand my ground. NS 1:30c:07:xx:xx

Dreamt I had been smoking cigarettes for several months and I was upset that I had started again. Imagined my lungs were full of smoker's phlegm. I felt I had to stop smoking immediately and get out all the thick phlegm. (NB: my craving for tobacco has reduced drastically since taking homeopathic remedies. Occasionally I get a craving but nearly always don't follow up - unless I've had alcohol - because even after the first puff I feel pretty awful.) NS 1:30c:08-09:xx:xx

Meals on wheels and delivering stuff. NS 15/08/02 11:30c:xx:xx:xx

Woke up remembering drinking glasses filled with cold tinned spaghetti. NS 11:30c:xx:xx:xx

Mum rang me and my sister to say that my Dad had died. I answered the phone, said hello and gave it to my sister; she told my sister first; she didn't seem sad (an issue for me in dream feeling a disconnection with mother). She said my Dad had died at Xmas time (it was now month later). I thought this can't be right because I had spoken to him and asked to borrow money. But thought maybe that's why I haven't heard from him. I was crying and saying No he can't be, No, and my sister didn't even seem upset she went

back to bed. Felt sad and perplexed at sister's reaction. When I woke thought this was real and that same feeling with my brother. Relieved when I realised it was just a dream. NS 11:30c:xx:xx:xx

Dreamt sitting around at night with people, talking about snakes, bull ants and all nasty things, etc, then all of a sudden this baby brown snake approx. 1 metre long, came by us, then it was on my back and up my jumper. All these people were telling me what to do, but I took notice of a quiet male who told me to just stay still and wait for the snake to leave you, his advice rang true and I wanted the others to stop fussing, I was drawn to his calm advice. I wanted to leave it there and be perfectly still so it would go away. Someone was pulling on my jumper and that is why it came up the top of my jumper through the neck opening beside my R ear giving me such a fright that I jerked in sudden movement and the snake bit me, bit me on head on R side through hair above ear - I woke up. On waking in half awake state I thought I must be coming to in hospital, I wonder how many vials of anti venom I had and if only I hadn't moved. NS. 11:30c:xx:xx:xx

Husband and I were looking after a house, asleep and 2 rats were running around over the bed we were in, vicious rats, tried to chase them out and they attacked us (bit us). We chased it and wanted to kill it. Husband caught it under some wire and I said throw a rock at it, he did, but it just stunned it so I picked up a rock and threw it and killed it. Then the owners came home and it turned out it wasn't a rat it was the little girls rabbit and I had killed it. The pair of rats had both bitten us on the arm and I was so convinced they were rats, running over the bed etc. We chased them around thinking we have to kill them otherwise we won't be able to sleep. Felt like I had destroyed something that this little girl loved and cared about very much, she wasn't upset but I felt she was holding back her grief. The parents were saying its OK we understand it was an accident but I felt so bad. The parents were getting ready to bury the rabbit. Husband was there but the feeling was I was the one who threw the deadly rock (it hit it square on the head and crushed its skull) very, very sad, its all my fault how could I have done something so terrible. Feeling of responsibility and guilt and sadness for the little girl, I could relate to the sadness. NS 11:30c:xx:xx:xx

A; youngest child aged 3 yrs, in bed with me, screamed (intensely) with bad dream, demanded to

sleep on my side because a bee would get him on his side, insistent it would sting him - he seemed still asleep through this whole thing. NS 11:30c:xx:xx:xx

All I can remember is that I thought /felt guilty that I had offended supervisor somehow. NS 11:30c:06:xx:xx

In my dream I woke in the night to find one of my back teeth had fallen out and was resting on my tongue. I sucked on it to save it and asked M to put it back in for me. He said tooth had not fallen out, yet I was sure as I was sucking on it. He finally convinced me it hadn't fallen out and I went back to sleep. On waking next morning (in the dream) I saw my Mum as soon as I got up and she said in horror "Oh my god you've lost one of your front teeth and it looks terrible." I could feel the gap between my teeth with my tongue. I felt great despair and a certain knowing that I knew I had lost a tooth in the night. AS 24:

All the provers were sleeping over at my house, we couldn't get too sleep, all too excited. We would finally get to sleep for 5-10min's then wake up really excited, we were walking all over the house. Supervisor was getting cross with us telling us this wasn't part of the proving just our excitement at being involved. NS 24:

Went for a bike ride with my sister, in fictional city, like a sci-fi cross between New York and London. All intersecting highways, people thought we were mad to ride but I thought it would be the quickest way to get to destination. Very wrong, the roads turned into a labyrinth, sister and I kept getting split up and had to do crazy things on bike to get back together. Then realised we were never going to make it by bike, started to walk with them, at this stage in a subway type series of tunnels. No other people around just very fast impersonal cars. NS 24:

Dreamed about a seminar I did where I learned how to treat animals (not just Homoeopathy). I was thinking about the right remedy to treat a black donkey who was injured. I won prizes for getting the right remedy, but was never given them. Got upset. 7:30c:xx:xx:xx

I dreamt that I was supposed to make a specific thing from a special flower, like a medicine. Leaf like a fig tree leaf. Petals were purple. I knew it was a therapeutic flower. It was for a competition group. Later in the dream I remember a child that I found on

the street, and I wanted to put him to sleep. I found a quiet place on the pavement and put him to sleep. He was 6-7 years old and very poor. I wanted to take him to another place, I needed to go down on a steep slope. I was scared, and I also had very slippery shoes. I was so scared, I almost fell down. And then someone came and helped me, pulled me. And showed me to my left side steps - easy way to go down. How come I didn't see the steps? This was a mystery to me. 7:30c:03:xx:xx

I dreamed about me practicing therapy (?) I just remember the colour purple appearing a lot in the dream. Healing. 7:30c:08:xx:xx

My friend and I are giving a class in a school classroom with kids - a seminar. We have to prove to officials that our programs are good. Just before they arrive, my big boss tells me I can't wear jeans or they will close us down. I look down and I am wearing nothing! I hide myself with my shirt. I clamber into a very small, cluttered closet. I rummage through my bag but can only find jeans - but I know I have a pair of blue trousers! I can hear the inspectors outside the door, and try to keep it closed, but they open it and are surprised to see me there. I look down and notice I have at least got a pair of boxer shorts on. I tell them I am just getting changed. They are not too worried. 21

Pictures of children with mutilated eyes, faces, as part of a campaign to create awareness of suffering in other countries, situations. 21

I am accompanying Darth Vader (evil), he is in disguise, back to the area (Sydney Uni) where they filmed Star Wars. He manipulates and hurts ordinary people with his advanced mental powers. I have to stop him with mental agility. 21

Wanting to kiss a married girl who has no personal boundaries. Having to hold myself back. 21

Dream fragment: I was a passenger in a car with a distraught "well-heeled" blonde haired mother of 2 girls (who were in the car). She was driving recklessly (countryside landscape) but only briefly. Told me she was concerned that she finds herself doing this when she's upset/angry. VERY uncharacteristic of her normal character/behaviour. I was pleased later in the dream, that T had given her one of the extra loaves of

bread (in real life I bought too many the other day).  
3:30c:03:xx:xx

Dream. Another dream fragment: In a café in Sydney, overheard 2 women who were homeopathy students. I joined in. 3:30c:03:xx:xx

Dream fragment: In a high rise Sydney apartment - A's - with a bunch of other homeopathy students. A looked unwell - his face was milky coffee coloured, and he was a bit confused. He wanted to leave, and was trying to explain what he needed us (me) to do - which I thought would be about locking the apartment when we left. He sat on the window sill to try and see something down on the street and was leaning really far back. I felt a little worried he was using poor judgement and going to fall backwards off the sill. I said something about New York and locking up when he scoffed at me about how I thought what he wanted us to do was lock up. I put my hand on his knee because I was scared he was going to fall out, so then he hopped back in. Bit of boundary confusion around putting my hand on his leg. Then there was a teacher, who looked like N a bit, pacing and lecturing, who said "and what don't we EVER think the Miasms are?" And there was a well-rehearsed chorus from the rest of the group (I was a bit of an outsider to this group) of (I forget the exact words, but something like) "sinful taint" (meaning all that Kentian stuff). In real life I've been reworking an old essay on just that, and I really like Kent's idea about thinking willing and doing and not-right-mindedness. So in the dream I felt dismayed. 3:30c:04:xx:xx

Snatches of Dream: Husband, myself and 2 daughters were in America (New York City - which in real life is sort of home), staying at a hotel. I was an office temp. I had apparently worked there before because I found it upsetting that a new secretary had reorganized things, and I couldn't complete the task (!! of mailing out a package. The man (lawyer type) who needed it mailed was looking for something in a filing cabinet to complete the package. He was black and very handsome, solicitous and soft-spoken. He was a reassuring presence as I was getting anxious that this girl hadn't a clue how simple mailing things out used to be, and wasn't making any suggestions. Then other office workers started to look out a window, which was about 40' high and only 2' wide (very long and thin) at the plane falling out of the sky. It was descending in a semi-controlled way. I knew it was heading for the river and then had a heated

interchange with a young man (office worker) about his judgement that crashing in the water was much worse than crashing on the streets would have been. Then I was back at the hotel with the girls, at night, and there was a splat, and T and I knew a body had hit the ground. Indeed, the next morning when we went out for a breath of fresh air before breakfast, there was this ogre type man ½ smooshed with a puddle of thin green and light red blood in a huge puddle around his pulpy head. I knew it was because he was homeless; the city hadn't bothered to remove him. I was glad J (4 yr. old) didn't see him. Then we went back into the hotel, and we meant to have breakfast there, because it was part of the room price, but found ourselves in Queens without having had breakfast (just me and the 2 girls). On the one hand I liked the idea of the 3 of us having breakfast in a café, on the other, I worried about the extra \$ I was going to spend. 3:30c:05:xx:xx

Another dream snippet: In bed with J, meaning to give her a dose of Hep. Sulph., but thought I'd "test it" first, for some reason (!!!) and by mistake put a liquid dose of Merc. in my mouth - realised I might antidote the proving remedy, and managed to spit most of it out, but knew the 'damage' was done in an instant. Felt bad I'd been so careless. 3:30c:05:xx:xx

Dream: Went into a club (NYC), seeing that these days the cool garb is sort of dingy white t-shirts with various very cool logos and un-noteworthy shorts, no make-up, hair undone. I knew I was obviously 20 years older than the stream of people exiting, and some were amused by this. I was slipping in, expecting to be stopped at any minute - because I wasn't planning to buy a ticket - but I wasn't; and anyway I wasn't planning to go into any of the "side" rooms, I just wanted to see what it looked like inside. 3:30c:06:xx:xx

Dream gap then a shift into: Went to a disco, came out at "closing time". Was annoyed to see a mother of one of A's primary school friends sitting in the driver's seat of my car, and another mother in the passenger seat. Oh well, I thought, I'll sit in the middle. When I got to the car, though, F (mother for real of one of A's primary school set, and who I set eyes on in the supermarket for real earlier this evening), was sitting in the middle. Cheek! I thought. I'll just talk to someone before I boot them all out of my car - but then when I turned away from the conversation, the car was gone. I was really annoyed, but assumed it

would come back after dropping the other 2 off. I was as annoyed by their inappropriate presumptuousness as the inconvenience of being stranded. These women are not even my friends. I complained bitterly to Tony, who said the only thing for it was to spend the night waiting/sleeping on the bench. I was head to head with a homeless woman sleeping on her bench. She smelled and muttered. Then I was home, sleeping on the top bunk of a bunk bed, and T was sleeping in a single bed across the room. Someone thumped on the door, it was the police, who came and sat down in the armchair. They weren't real clear on why they'd come. I was very annoyed he was wearing my leather bomber jacket - how did he get it? and what cheek! They hadn't come to help about the car either. I couldn't get down from the top bunk, which was unusually high - like 20 feet up - and complained bitterly to T that there wasn't even a ladder: HOW was I supposed to get down? Then I thought I'd ring F, and had to find her number in the phone book, kept thinking her name was Sidgewick (other friends of mine for real), finally remembered it was (while writing this it took me till this pm to remember) Siegert. Rang them up; no one home. Went round and walked in their house, went into an office/pantry, where F (who's son is very fat) had stacks and stacks of packages of sausages on the edge of her desk. Some were in the bin. Some were clearly off. I began throwing more away, and then realized it was none of my business and put them back. Called up the stairs, and F appeared - I think she didn't know about the car - J woke me up for real. 3:30c:06:xx:xx

Dream fragment: Getting on a suburban train as part of a group, pulling out and the 3 oriental girls who were having a smoke choosing to step off the train and miss the trip (maybe knowing they could get another train) to finish their smokes. 3:30c:06:xx:xx

Dream: It took me ages to dredge up what I did end up remembering - as if it too were weighed down. Introduced by a hearty gay guy who sort of took me under his wing to a group of gay men/transvestites. One of them drove by in his powder blue, incredibly long American car. J and I were waiting for him to come home - we'd been invited over. Somehow, standing near the street corner on a street of closed-for-business shop fronts, he came by before I had a chance to finish pulling up my trousers (I wasn't wearing undies) and I had trouble getting them up - my bum was exposed - but it wasn't that much of a worry. Julia and I entered his house while he was

putting his car (which was his pride and joy) away. We were on a balcony level. As he entered with his sister and an entourage, the neighbours bowed - he was a Moroccan or Algerian Prince. I figured I couldn't be bothered to pay homage. The sister said "he won't be eating, he's fasting". I felt confused about what religion he was: I knew it was Rosh Hoshonnah (in the dream and in real life), but didn't think he was Jewish or that RH was about fasting (I've just looked it up - it's Jewish New Year). I started to say something to the sister about this, and then stopped - realising with a familiar feeling of dread what a complete outsider I was to this group of people - completely ignorant. 3:30c:08:xx:xx

Dream: of being in a loft - definitely an unencumbered individual - no kids, no husband. There were 2 other women, one younger, one older, and the woman owner of the space. We were engaged in something together - dance? The older woman (not much older than me) and I fell in love, which felt good. Then the scene transposed to an outdoors community scene where all the people I'd met recently came to help me finish a planting project, and I was really looking forward to seeing the person I'd fallen in love with, but it was a man - but somehow the feeling of closeness to the other woman was still there, but as we walked through the outdoors space, my husband and children were with me, which was ok. The general dream feeling was one of warm and connecting. 3:30c:10:xx:xx

Dream: Had to work quite persistently at dredging up this fragment: Standing at the kitchen sink with T and his brother J (who I don't fancy in real life) embracing me from behind on either side. We were there working together as part of a larger team - with a "rescue" flavor to it (influenced by watching stuff on TV last night re. 9/11). John and I went up to an upstairs bedroom (all the bedrooms had mattresses on the floor - again - a kind of makeshift image influenced by seeing bedding on the Spirit of New York - the harbor cruise boat set up for rescue workers: but mattresses appeared in another dream, and the makeshift nature of sleeping on a bench with the bag lady too), and got sexual with each other (foreplay). His penis was very thin and long. We had to stop because we could hear T coming - I felt a bit panicky - because I was worried about T's feelings, but J seemed to take it in his stride - didn't seem to feel guilty - and obviously couldn't wait to get back to it. Scene shifted to wandering around the building

with large empty rooms. There were children involved somehow - but they weren't present. There was a slight air of mystery, or not knowing and even threat. 2 of the rooms downstairs were like garage/workrooms. I was amazed at the way a huge number of tools had been affixed to the walls, and, curiously, the ceiling. Not only was the ceiling 20 or 30 feet high (which meant retrieving the tools might be hard), but I wondered at just how confident the securer was about the way they were hung up. It could cause a bit of damage falling on someone's head. (Again, possible shades of twin towers collapse.) Then there was a scene with needing to find mustard to dollop on a whole tray of hot dogs (again, shades of doco. Footage NYC post 9/11). 3:30c:12:xx:xx

Dream: Knew I'd dreamed something, but it was very far away by the time I woke up. Finally dredged up: Living a life in an apartment in a town like D.C. - a student life. My mother returned from somewhere, and it felt odd that I had to worry about her worrying when it hit midnight (even though at the beginning I had my own apartment). (A mother returning and her son's social life/freedom affected was in the novel I was reading before bed). Was in a movie theatre, and saw R - my old college boyfriend - sitting in the row behind me. It was clear he was involved with someone he was thinking about/just parted from/waiting for (an intense relationship - like the pair in the book). I felt sorry he was unavailable. After the movie he saw me, and we ended up in the park with others (his friends). I lay down in the grass, hoping to look attractive to him, on top of a bunch of ants nests, and got bitten, though not badly. They decided to go back to R's apartment, and I went into his bathroom to strip off and attend to the bites. I was very impressed with how clean his bathroom was. So like R, and so different from T. He knocked on the door and asked if I was alright. I was hoping one thing would lead to another, but it didn't. Scene switched to needing to put food away in a tiny fridge that looked like a microwave oven in my apartment. 3:30c:13:xx:xx

Dreamt I was sitting around talking with older female friends. Then doing a "mock homoeopathic/counseling" session, trying to come up with a "topic". My old homoeopath was part of the group. I came up with a topic that is no longer applicable to me, but was one I originally discussed with my homoeopath - "I don't fit in" 16:

Recalled dreaming about talking to people about my

tiredness and seeing rubrics with remedies - but I am currently repertorising a case so this may have influenced my dreaming. Good to recall them again though. 9:30c:06:xx:xx

Dreamt that the circulation in my fingers had been cut off and my fingers and hands were swollen and going black. They were painful and numb. I was also wearing white gloves. In my dream I panicked and went rushing to my mother. 9:30c:16:xx:xx

Last night I dreamt I was in a war - on the side of the oppressed. It involved guns and torture. Very disturbing and I awoke disturbed immediately from the dream. I was a freedom fighter and very bold. NS 9:30c:20:xx:xx

I must act in a play the part of the waitress. For some reason, the room where to act is not free: "The scene is occupied"! I heard this phrase. So we have to go to another place. I need to put on my costume but there is no place to do so. There are a lot of people around, spectators, etc... I put on a white shirt with a long pink skirt and a pink pearls necklace. The colours of the pearls are of a strange pink. I go to "make up" and I hear this phrase "Michele it is your time"! I answer, "I'm not ready, my make up is missing"! I have not time to revise my piece. I feel great distress. I have the stage fright. I don't know I have forgotten everything. There is a movement in the crowd. The grand mother arrives. I don't know who she is, but certainly somebody very important. All the people stand up. Because of this, I think I have time to "make up". I look at the bottom of my skirt, in the front. There are folds and between the pink folds some pieces of material yellow and black. It's horrible! I think it is for the stage and later I will take it off. 2:30c:xx:xx:xx

I am in a place I don't know. The colours around me were predominantly white and pink. I'm in a room that looks at if it may be a bedroom. There are least 2 bedrooms in this room and a brown wardrobe. The bathroom is adjoining this room, the walls are white and curtains are in faded pink with a pattern. The pattern is very old fashioned and a "toile de Jouy" design. I can hear rain falling and I see the ceiling and walls moving inwards, as in slow motion. It seems to me that this was developing into a big pocket full of water, to my left side; but in fact it is on the right side of the window. Nobody else seems to see the phenomena and I say, "take care, this will burst and the water will flow". But to my surprise, it was full of

air. The ceiling fell down but it was held in place by a white sheet, which was attached to the ceiling. Later on I was walking in a street with people and we are going to a wedding. I see the bride dressed in an old-fashioned style lace dress. She is in a garden, in front of a house with a tower. I told the people "I know this house". There are a lot of beautiful ceilings "French style". Nobody is listening to me. The external walls of the house are white and it has a pink tiled roof. Even though I'm outside the house, I can describe its interior. The battlements on the top of the tower are half destroyed and half renovated. We walk towards the meeting point and then I am in a car. I hear voices telling me "nineteen fifty-two" (1952), "since 1952".  
2:30c:xx:xx:xx

I walk in a white landscape. Suddenly, on a wall, I see the numbers '5.0.6.7.' written in black and very big!  
2:30c:xx:xx:xx

Again a house with an enclosed yard in its middle. Different renters by floor. I go outside and I meet somebody I know. He is dressed in white. He puts his arms around my shoulders and I say "No". A lot of people go around us. I feel a strange sensation when walking into the yard where there is a small garden.  
2:30c:xx:xx:xx

I have dreamt of dark colours (see dreams)  
2:30c:xx:xx:xx

## PERSPIRATION

Warm and sweaty beneath breasts/top of abdomen, after a bath and x a few hours. Especially strange for me to feel too warm pre-menstrually. Happened yesterday morning also, while I was ironing.  
3:30c:08:xx:xx

## FEVER

Whole body. Slight fever. Feels like I'm "coming down with something". Feel hot and groggy and uncomfortable. 11.30 Feverishness gone. 5:30c:02:00:xx

## SKIN

L. forearm. Several small red, rough patches. Like eczema, but not itchy. I scratched at one, and now it's shiny, like a picked scab of a fresh wound. (Day 18 these spots are no longer red, but they are rough still.)  
3:30c:14:xx:xx

Very similar to a circular patch near wrist below thumb of r. hand that I've had for 2 weeks, which I noticed day 0 or 1 of the proving - but which I thought was from gardening. I garden without gloves - and in the past I've occasionally had very small patches of non-itchy eczema - I think not since I stopped drinking though. 3:30c:14:xx:xx

Pimples midline of chin (tiny with a head). Midline between top of breasts - blind. Pimple jaw line l. at back. It's quite sore - and looks like a bite. Blind. (It's still there Day 18 and still quite sore. Other 2 are pretty much gone.) 3:30c:14:xx:xx

Posterior right hand. 4 to 5 spots, eruptions, 2mm diameter, covered an area of about 2cm in diameter. Pink and raised, not itchy or painful. NS 7:30c:01:02:xx

I have a few spots - red bumps on my face and have had a few on my hands for the last couple of days. They are not itchy or sore. 9:30c:20:xx:xx

## Stinging

Pain stinging in different spots on my body, itchy scratched, it lasted 30 sec as though something has bitten me. Cold feeling all over my body. NS 17:

Pain stinging in different spots on my body, itchy had to scratch, no redness or spotting just stinging itchy feeling. 17:

Pain stinging, itchy, scratched till the stinging went away. Cold feeling all over. 17:

Pain stinging, itchy feeling on my legs, had to scratch my legs. 17:

## Rash

I have an old rash come back again, around my chest and neck area. It is worse < for alcohol and stress. The rash appears as red blotches that are slightly inflamed. RS 4:xx:xx:xx The rash from yesterday is no longer there. NS 4:xx:xx:xx

## Dry

Very dry hands – dry and scaly. Lotion helps a bit, but then they go back to being scaly and dry after ½ hour. Cause may be cleaning products, although I wore gloves. NS 4:xx:xx:xx

I noticed that my skin has become excessively dry (like sandpaper) in two areas of my face – on the right temple and on my left cheekbone (from my eye away towards my ear). No amount of cream improves it. Nothing is visible and it's not itchy. 5:30c:28:xx:xx

Skin rash of my R leg. It is a kind of itching above my R ankle, on the external part of the leg. < by the shower. I scratch it until blood comes out. There are 6 points above one another, as if an insect had stung me. 2:30c:xx:xx:xx

## GENERALS

### Exhaustion / Fatigue

I fell asleep on the lounge room floor while I was on the way to the kitchen trying to make myself a cup of tea. 13:30c:12:xx:xx

I've been sleeping a lot. Yesterday morning and this morning as the first time I woke up on my normal time (5.50am - 6am). Otherwise, I'd been waking up at 10 -11am. 13:30c:14:xx:xx

PM. Feel more tired than usual. Eyes feel heavy in particular 9:30c:02:xx:xx

Tiredness. < Driving. Feel very tired - extremely! I don't feel like going to lie down even, just feel like closing my eyes wherever I am and whatever I am doing. I noticed it this afternoon while driving. It took every effort I had to stay awake. It was extremely debilitating. Lecture was difficult to concentrate on and to participate in - even to say "hello" was an effort. Not good. NS and RS 9:30c:02:18:xx

Ultra tired late afternoon - eyes, legs, arms with a slight inclination to be irritable. Things annoy me more than usual - mainly when people are talking to me. My memory is also tired. RS 9:30c:05:xx:xx

Tiredness continues still but today not quite as debilitating. RS 9:30c:06:xx:xx

Tiredness. Not as bad. Seems to be diminishing. RS 9:30c:07:xx:xx

When driving today cars seem to be aiming at us - it's weird. This is even experienced by my husband. 9:30c:08:xx:xx

Car troubles today. The car was fluttering and spluttering. Not at all usual. 9:30c:17:xx:xx

Tiredness again this PM but nowhere near as intense as previously experienced. RS 9:30c:17:XX:XX

Woke up feeling absolutely exhausted. Was up late cleaning the house for potential buyers. 5:30c:02:21:00

Exhaustion. Feel like I'm dying with tiredness. 5:30c:09:xx:xx

Exhaustion. Better for sleep. On the flight and traveling for +33hours (Sydney – Bangkok – London – Paris – Lyon). Felt a need to sleep 80% of the time. 5:30c:12:xx:xx

Exhaustion and vagueness. Had a sudden wave of exhaustion come over me, but it wasn't exhaustion as much as a strange vagueness. Sitting at my desk reading and I could not concentrate. It is as if my physical body was present but my mind, my inner self was locked away trying to get out. As if my eyes could not translate the information, and my brain was unable to understand the information. Lasted for an hour. NS 13:30c:00:22:45 3+

Tired/Exhaustion. I woke up feeling tired and exhausted which is unusual for I am usually a morning person. NS 13:30c:02:20:xx

Achiness. I feel achy this morning. As one would feel as they are about to have the flu. NS 13:30c:04:19:45

Exhaustion. I feel so tired and drained. It's a struggle to try and keep my eyes open. This tiredness is making me irritable and not wanting to be around others. NS 13:30c:05:xx:xx

Tiredness/Dizziness. Feeling tired and dizzy suddenly. Even walking is a bit of work. NS 13:30c:04:23:45

Dizzy. I feel very dizzy, I must sit down. NS 13:30c:05:xx:xx

Exhaustion. It's an effort to just get out of bed. Feeling dizzy when I walk. It is as if all my energy has been sucked out. NS 13:30c:05:xx:xx

Hot. I am feeling hot and am perspiring with very little activity. Along with this is great tiredness. NS 13:30c:06:xx:xx

Dizzy. I feel dizzy along with feeling confused. NS 13:30c:06:xx:xx

Hot/flushed. Everyone in class has made a comment on how "unwell" I look, looking flushed. I am very hot and confused. NS 13:30c:05:xx:xx

Exhaustion and heat. Feel exhausted and sleepy. My eyes are hardly able to be kept open. And I feel so hot – even my breath has an intense heat. I go to bed (6pm) without any covers. (This is unusual because I like to sleep with the covers. I like the weight on my body.) NS 13:30c:06:xx:xx

Exhaustion. I woke up exhausted. Same exhaustion as yesterday. I slept in very late, usually sleeping in is 8am for me. It is an effort to move, I am so tired. NS 13:30c:06:xx:xx

Hot. I am very hot, burning hot. I feel as if it is 45 degrees. I feel better for a cold breeze. I've had all the windows and doors open in the flat. I even want ice in my drinks, which is very unusual. (Note: It is cold and rainy outside, so the weather is not influencing this heat.) NS 13:30c:06:xx:xx

Exhaustion. Everything no matter how little, exhausts me. Even a little stroll to buy milk (which took me hours to get enough strength and motivation to do) exhausts me, to the point that my eyes water. NS 13:30c:07:xx:xx

Hot. Still very hot and perspiring. Feel that I need to take a shower to wash away the perspiration, because of the stickiness. Hot, although it is cold and rainy outside. I desire all windows and doors open. NS 13:30c:07:xx:xx

Exhaustion. I feel so debilitated, so exhausted, which shouldn't be the case because I am falling asleep at 7pm and am waking at 10 or 11am the last few days. It takes all my strength to wake myself up and go and make a cup of tea, which is a usual ritual. I keep

thinking that this is what people with chronic fatigue go through. How can they live, how can they handle this? NS 13:30c:08:xx:xx 3+

Exhaustion. I haven't managed to do anything but sleep. Robert even found me asleep on the lounge room floor (I had gone to make a cup of tea and was so tired, I wanted to take a nap, but did not make it to the bedroom.) I don't know how anyone can live this way – it is so debilitating. NS 13:30c:08:xx:xx

Hot. I am still feeling hot, but not the same severity as yesterday. I perspire when in bed. NS 13:30c:08:xx:xx

Exhaustion. Robert has been chatting away while I try to stay up – we theorised that this may break the exhaustion cycle, but as I struggled to stay awake, I suddenly felt somewhat "normal" again, as if a cloud lifted. Very strange. I feel much more alive and energised. NS 13:30c:08:xx:xx

Woke up and felt normal, a hundred times better. I was a little tired, but felt amazing compared to the last few days. NS 13:30c:08:xx:xx

Tiredness. Perhaps I spoke too soon. After making my way to Leichhardt and back home (a normal everyday trip) I was very tired and needed a rest, although this was not the same severity as I've had over the last few days. Mentally I was in good spirits and feeling "free" again. NS 13:30c:09:xx:xx

Exhaustion. I am feeling exhausted and sleepy. I am trying to stay up past ten to get back to my normal pattern, but have decided to listen to my body and go to bed when it requests. NS 13:30c:09:xx:xx

Heat and perspiration. Had a wave of heat and perspiration come on for 5 minutes, especially affecting the hands and feet. The heat was just as I had experience over the last few days, although not to the same severity. NS 13:30c:10:xx:xx

Tired. My exhaustion has subsided, but I am still feeling somewhat tired and needing to recuperate. NS 13:30c:11:xx:xx

Hot. I still have the hot sensation, but I am feeling fantastic. My morning schedule is back, although I still haven't managed a long, rigorous walk. I am noticing that after a full day of activity, more so than before the proving. NS 13:30c:11:xx:xx

I felt exhausted, quite confused, really hot. Every movement was exhausting me. I've been putting all my energy in trying to concentrate. My notes are so scattered it's unbelievable. It took a lot of effort to try to get home that evening. (She is referring to after class 2 days previously). I was really confused. 13:30c:11:xx:xx

Tired. I am finding that I am more tired now after a day of activities than usual, although not to the same severity as I felt earlier on in the week. NS 13:30c:12:xx:xx

Hot. Woke up feeling hot and perspiring. I feel sticky with the bedclothes sticking to me. It is such an unusual sensation because I am usually a cold person. NS 13:30c:12:xx:xx

I couldn't do anything. It took hours for me to work myself up for a 10 minute walk to the shops. I couldn't do anything. I couldn't wash the dishes, couldn't read. I would fall asleep trying to read. 13:30c:12:xx:xx

This morning was the first time I was able to exercise and was not weary afterwards. I felt normal again. I was still feeling hot last night - only for five minutes. I'm getting waves of it (heat). On Friday and Saturday, I went out for a short while. I was exhausted, and took a nap afterwards. Even though I'd said it lifted, there were still sort of shadows and I don't feel I have those shadows any longer. 13:30c:14:xx:xx

9.45am – difficulty waking up, kept dozing in and out, body absolutely exhausted and aching, no energy to get moving till 9.45am (really unusual for me – usually 8am the latest I get out of bed). NS 1:30c:07:xx

Morning – sluggish on waking – possibly being affected by paint fumes from kitchen renovations. NS 1:30c:09-10:xx

2.30pm – overwhelming tiredness. Want to close my eyes and sleep. Was at college so I couldn't go and lie down – which is what I wanted to do. NS 16:xx:00:09:30

All day felt "hangover" from smoking. NS 16:xx:16:xx:xx

Tired. It's a cloudy day, and I'm running out of steam. Looking forward to watching the rest of a movie we taped with A and not doing much till I go to bed. 3:30c:04:08:xx

Not tired. Should be knackered, but am not. 3:30c:07:xx:xx

Not unduly tired. Unusual. I have been generally cheerful and pleasant all day. This is a bit unusual for being 1 or 2 days away from onset of menstrual flow. Don't know if this would have extended to Tony - he went to Sydney. 3:30c:07:xx:xx

Tired and stropky. Firm boundary setting. J got an earache and couldn't stop wriggling x ¾ hour. Gave her some Aconite and packed her off to her own bed. I was a bit snippy with her, but in reality I was merely firm with my boundaries. One good night's sleep for me was important. 3:30c:07:xx:xx

All night. Felt heavy, weighed down physically. 3:30c:08:xx:xx

So I feel like the remedy (or placebo effect) generally raised my vitality, so that I remained firm and clear, and able to cope without being tired or overwhelmed.

4:30pm. I am very lethargic. My eyes are unable to focus. I struggle to keep focus as if I'd taken a drug, a vague out-of-body experience. This lasted for 15 minutes. NS 4:xx:xx:xx

9:30pm. Very lethargic and vague. I am physically there but not mentally. Difficulty in conversation. A friend said that in mid-conversation I started to ramble on about people we should meet (who he did not know), and I then "woke up" and went back to being "normal". It felt as what people have described as drug flashbacks. It lasted for ten minutes. NS 4:xx:xx:xx

### Cold

I am feeling very cold, and have felt cold all day. As if an iceberg inside is not thawing. I am usually a cold-type constitution, but this ridiculous. NS 4:xx:xx:xx

I am very cold, as if an iceberg is in my body melting. Unable to get warm no matter how many layers I put on. NS 4:xx:xx:xx

I am still feeling very cold, but it is better for being outside and is better for being in the sun. NS

4:xx:xx:xx

I feel good and energised, but still feeling cold.  
4:xx:xx:xx

I am warmer than this morning, but still feeling slightly chilly, although it is a beautiful, sunny day.  
4:xx:xx:xx

Freezing. I feel frozen to the bone. I can't seem to warm up no matter how many layers I put on. It seems much worse <indoors, even though there is a heater in the office, once outside I feel better (< outdoors). RS 4:xx:xx:xx

Freezing. Still frozen! Haven't managed to get warm at all. I was indoors most of the day. I noticed that the chill is better > for eating. Have had my jacket on all day and my feet have been numb. I have also been sitting on my hands to warm them, for which they are slightly better. RS 4:xx:xx:xx

Thirst. Have been thirsty most of the afternoon – drank two litres of water. No desire for any other drink but water. (I usually drink a litre of water during the day, but two litres is a lot, especially since it is not an unusually warm day.) NS 4:xx:xx:xx

### Food

Craving for vegetables. Couldn't bear the thought of dinner with no vegetables, so went to the supermarket. Very unusual for me to go shopping after 4 pm-ish. Also frequently eat dinner with no vegetables. 3:30c:05:xx:xx

Craved a banana. Saw the bananas and really wanted one - almost never eat them, though I often buy them for the children, or to make banana bread with. 3:30c:05:xx:xx

Crave vegetable. Had cabbage salad for lunch. (Had brussel sprouts last night) 3:30c:06:xx:xx

1:30pm I have a generally healthy diet – no junk food, no fried foods, but today I had a strong desire for fried fish and chips. (Usually I opt for grilled fish). NS 4:xx:xx:xx

Desire fried food again. I bought a falafel and enjoyed it immensely. I still think that this is an unusual craving for me. (Perhaps my body is telling me it needs more fat?) 4:xx:xx:xx

Drank 4 glasses of wine, which is a lot for me now (tend to prefer 1-2 glasses). But didn't feel too bad on 4 glasses, enjoyed the taste more than usual. NS 1:30c:02:06 – 02:10

Desire to eat green veggies, broccoli, snow peas crunchy etc (didn't have headache at this stage). AS 11:30c:00:10:28

### Relaxed

As if I'm more in my body, calmer, physically relaxed. NS 1:30c:00:13:10

Afternoon – physically more relaxed despite busy time at work. NS 1:30c:01:02:xx - 01:06:xx

Feels like I'm slower, more physically relaxed. I stay in bed longer than usual, finding it hard to get together the energy to get up. NS 1:30c:01:21:xx

I am feeling lighter generally from exercising this morning. OS 16:xx 03:07:xx

### Fainting

Fainting. I was massaging and started to feel very light headed and almost fainted. I had to get someone else to finish off the massage for me. May have been due to a lack of protein. NS 16:

Fidgety, I am unable to get comfortable due to the pain. NS 4:xx:xx:xx

Thinking back at these 2 weeks, I have experienced:

- A kind of aggravation around 5pm, with
- Heart palpitation
- Anger
- Tinnitus in both ears
- Rash on the right ankle, < in the morning shower
- Tiredness.
- Aversion for salmon, that I usually crave; last 3 weeks – has gone back to previous stage now.
- Rejection, not willing to be with loved people; very contrary to my habits. 2:30c:xx:xx:xx

My muscles, I feel like my muscles become "loose" or relax but in relax, for me it is good. I don't feel good. I feel like if my muscles were losing their strength.

2:30c:xx:xx:xx

I feel tired, but I'm just back from France and that may well be the effect of the "Jet-lag"? 2:30c:xx:xx:xx

I have too much to do between my visitors, the class. I still feel the effect of Jet-lag. I feel so tired!

2:30c:xx:xx:xx

Tiredness; I have a tendency to sleep at 3pm and 7pm. When I need to study, I sleep in front of my books.

2:30c:xx:xx:xx

## 15 The Homeopathic Proving Of Culex

### Chronology Document



### The Chronologies of the Major Provers

#### Prover 7

Extremities, thigh. 10.05 am – five minutes after taking the remedy – I felt a sudden burning pain on my left posterior upper thigh, close to the hip. It was a localised pain, 1 cm diameter. Stinging and burning, like a bee biting me. > pressure. Visually slight dots of red in area of pain, soon after, but not for long. 10-15 minutes very intense, then gradually decreasing over the next hour. NS

Extremities, hands. 10.05 am my hands felt shaky, and after a few seconds they were trembling. > making a fist. < holding them in the air, head height. Duration worse 10-15 min's, gradually subsiding over the next hour. NS

Head. 10.05 am I felt fuzziness in the head, light sensation, as if the head had no weight. NS

Sensation of floating in the air, of lightness. I feel so light, like a feather. I had to stand up and move. > walking around, < sitting. NS

10.05 am inability to concentrate, lack of focus or clarity. I can't recall my thoughts. I can't concentrate on writing or thinking, not even what I was experiencing. AS

Ear. 12.30 pm very sudden pain in my left ear, inside the ear drum, severe. Like a tic bit my ear drum (similar sensation to a past experience in left ear). Throbbing and pulsating. It made my head jerk when it began. It lasted for less than a minute. > swallowing. NS

Head. 12.30 pm dull headache on both sides above the eyes. Lasted less than a minute. < straining the eyes (e.g. reading, computer). AS

Ear. 12.49 pm same pain returned in left ear. Throbbing. Whole body jerked when began. Strange feeling in the left ear – irritation. Lasted about 10 sec's. NS

All morning and afternoon – frustration, inability to concentrate and focus, can't find my place, can't collect myself. A day of wasting time without doing anything. Vague feeling. < company (especially people that I don't like). AS

Afternoon and evening – it is the best to stay away from me. Feeling rage, angry, violent intention, screaming. I even swear at people I don't like - "I wish you would die in a car accident". I had a fight with a boyfriend. > be alone. Unusual for Saturday night. Usually very happy.

I didn't enjoy myself at the party. It took me time to integrate with people. Couldn't naturally dance, not easy. Didn't feel right. I am not normally like that. > left alone. NS

Dreamed about a seminar I did where I learned how to treat animals (not just Homoeopathy). I was thinking about the right remedy to treat a black donkey who was injured. I won prizes for getting the right remedy, but was never given them. Got upset.

Extremities, hands. Woke up in the morning, and my hands were trembling and shaking. Lasted most of the day. > making a fist, < for grasping an object, > holding them in the air. NS

Morning and afternoon – inability to focus, or concentrate on study or anything else. I can't find my place, my mind is wandering. I feel a little bit weird, not myself, unsettled. Hard to relax. AS

Skin. 12 pm posterior right hand. 4 to 5 spots, eruptions, 2 mm diameter, covered an area of about 2cm in diameter. Pink and raised, not itchy or painful. NS

Head. Afternoon – the headache returned from Saturday, similar sensation of dull ache above the eyes. The head felt heavy. The pain was in both sides. < mental worries. AS

Sleep. Inability to fall asleep. Couldn't fall asleep. Woke up every few hours. Looking at the watch and worried not to wake up in time for an appointment. AS

Eyes. Woke with eyes feeling puffy, swollen, sore, and I just want to close them and go to sleep. < straining the eyes. NS

Morning – woke up in the morning after not much sleep feeling very much gloomy, very depressed. Weeping with not much tears (usually many tears). Arguing on the phone with my ex-boyfriend. Feeling hopeless. Lack of motivation. Inability to concentrate on daily tasks, such as studying. > occupation, physical activity, < thinking about my life, or theorising. NS

Morning – inability to concentrate on daily tasks, such as studying. > occupation, physical activity - baking, cooking; < thinking about my life, or theorising. AS

Nose. 7.30 am, 10.00 am 12.00 pm episode of sneezing without any cause or discharge from the nose. Paroxysms of sneezing – 4 to 5 in a row. < indoors. AS (When sneeze, usually < in Sun)

Eyes. 11.00 am burning pain constant. < crying, < reading. NS

Head. 10.00 am heavy feeling, dull ache above the eyes, both sides. Accompanied by tiredness, apathy, laziness. Dull ache has come and gone over three days. AS

All day aversion to people, desire isolation. I just want to stay alone by myself and not want to see my friends and socialise. I am normally a very social person – even when I am really upset, I like to see people. I cancelled all my social functions with friends, including work and massage. I couldn't touch people. NS

Extremities, hands. Daytime – trembling, shaking. It is constantly what I have felt since the proving. I cannot grasp things. < for holding them in the air. NS

Morning – nostalgia, dwelling on the past. This morning I walked to the surgery. It was a main road with many cars. Suddenly I was isolated from the scenery, and I was walking in Israel on a Kibbutz, remembering tiny parts of the places, and even remembering the smells. I was also noticing the dew on the lillies. I was amazed by its beauty. I was amazed by the beauty of life of the simple and natural things. Nostalgic things make me feel good. Worth living. Really calmed me down. Lazy, don't want to do stuff. Grounded me. Alternating with the depression and gloominess.

Female genitalia. Night – aversion to sex. Don't want to be touched. Low libido. Accompanied with bad feelings of body image. NS

Eyes. All day from morning – sore, burning, stinging, deep pain, puffy upper lids. Tired looking. Bruised feeling in the eyes – like an operation in the eye. Opaque vision. Deep pain, deep inside the eyes – unbelievable how sore they are. < straining the eyes (computer, reading). NS

All day – not much desire to do anything. Apathy to the world, I am very distant from everything. Tired and weary of everything. Worn out. Flat. Lethargic. Reserved and focused. Wiped out. Even friends notice – "seems like you are very distant". Generally > not doing any mental things (study, etc). NS

Extremities, hands. Shaking completely gone today.

Head. 5.00 pm sensation of heat inside my head. I feel like I have fever, but I don't have temperature. Only my head has heat. < indoor, > open air. NS

Nostalgic memories – reflection on good memories – good. While driving. AS

Back. 10.00 pm for one hour – sudden sensation of sharp stabbing at the back, inferior left scapula. While driving. Scared me. NS

10.15 pm I saw a car accident, I think it was a child lying on the road. I saw one small shoe on the road. That terrified me.

10.30 pm rage, anger, desire to kill – over spilt milk (literally). I threw things and break them (candle). Scream, hit the wall. Desire revenge. < being touched. Screamed at my boyfriend for no reason. Everything upset me. I felt like I am going to kill someone with lots of rage. I couldn't relax. I tried to take a walk but it didn't help. I wanted to cry, but I couldn't. I don't know from what, but it definitely brought my anger out from the past. NS

Dream. I dreamt that I was supposed to make a specific thing from a special flower, like a medicine. Leaf like a fig tree leaf. Petals

were purple. I knew it was a therapeutic flower. It was for a competition group. Later in the dream I remember a child that I found on the street, and I wanted to put him to sleep. I found a quiet place on the pavement and put him to sleep. He was 6-7 years old and very poor. I wanted to take him to another place, I needed to go down on a steep slope. I was scared, and I also had very slippery shoes. I was so scared, I almost fell down. And then someone came and helped me, pulled me. And showed me to my left side steps – easy way to go down. How come I didn't see the steps? This was a mystery to me.

8.00 am woke up in anger and rage, and afraid from the dream. Also desire to scream, break and kill. I had a fight with my boyfriend, and ex-boyfriend. I could not control my rage. I was screaming and screaming, no patience for anything. I was crying with outbursts of swearing and screaming. My whole body is tense. I even fall and got injured in my hands. Cuts and bruises. I felt so unfairly treated, I wanted to be in control of everything. NS

Can't be around anyone. Makes me very irritable. Need to be alone. NS

Morning almost had a car accident. RS

Female genitalia. Delayed menstruation for 3 days. 11.00 am got my period. Profuse menstruation. Painful (dysmenorrhoea). Bearing down sensation. Clots dark red, stringy. Tired. I haven't had periods like that for a few years. I used to have bad ones like that, but lately it has been good. Accompanied by pain in the thigh. > warmth and lie in bed, on the tummy. > pressure on tummy. When I looked, it was like worms, thick, lots of blood, never had it like that. Like losing a baby. AS

Morning – woke exhausted. No one to be angry with. Reserved, content, quiet, desire to be left alone, tired and lethargic. I woke up with not much desire to get up from bed. Tired and weak. Feel today like after the war. < sitting at home if upset. AS

I think I should be by myself for a few days. AS

Female genitalia. Continuing. Bleeding, excessive clots, dark red, dysmenorrhoea. AS

Female genitalia. Menstruation was short and stopped suddenly. Only for 2 days (normally 4-5 days, with some stain toward the end). NS

Throughout the day. Much better. Nostalgia in the morning. More balanced.

Evening anger, rage, screaming. I just had another fight with my ex-boyfriend. < company, > isolation. AS

Morning anger, rage. The moment I woke up, from little things I made a rage. I started screaming with no reason. Accompanied by shaking and shivering of the body. I was very bad until I cried. Then I apologised, and felt better. > crying. I felt like I vomited everything, and I emptied it from myself. AS

Dream. I dreamed about me practicing therapy (?) I just remember the colour purple appearing a lot in the dream. Healing.

All day. Joy, happiness. Today with no reason, I am happy. It seems that I am coming back to myself. It was the same feeling that when I saw the rainbow.

Back. 6.00 pm I felt stabbing, sharp localised pain at my back, inferior right scapula while driving. Same sensation as before, but right side, like a bee sting. Also stinging. It last only a few seconds, but very intense. > pressure. NS

Back. 6.00 pm right scapula, same symptom as before. Just for a few seconds. While driving. > pressure. NS

Back. On waking – woke up from the bed, feeling same sensation of burning, stinging. Just for a few seconds. superior right scapula. > pressure. NS

### Prover 3

Top of head 7:05 am. Pleasant feeling of warmth and tingling x a few minutes

Cervix 7:38 am. Slight feeling of weight x 2 seconds. This happened 2 or 3 times within a few minutes.

Cervix 8:00 am. Slight feeling soreness/pinching x 10 seconds

Cervix 8:09 am. Slight feeling soreness/pinching x 2 seconds. Happened again.

Upper body pleasant upward surge of warmth from armpits through to head. Wavelike, slightly tingly, x a few minutes

Upper body 8:37 am. Feeling of warmth, suffusion, a rolling wave-like sensation especially in arms and shoulder blades - rolling upwards to my head as well. While I was organizing a stack of paper out of my bottom desk drawer x 10 min's.

Gen/Mind. A possible feeling of a sense of distance between my brain and fine motor functioning of hands? I've felt it since 7 this morning.

Extremities 3:04 am. Thigh, l, middle, top front. Twinge of pain x 5 seconds, twice, almost deep enough to be bone.

Head, vertex head. Vertigo with feeling of great pressure on top of head. Fleeting. As I was walking between car and the mall.

Uterus, tender, pain, extending into top of vagina and toward ovaries.

Mind 9:00 am. Relaxed, slow, a bit vague and forgetful. Have forgotten twice to do the last step in a task: 1) milk in my tea; 2) press start on the microwave.

Mind. Transposed letters, e.g. suctom for custom (when typing), calbage salad (when talking last night). I've been doing this a bit. But when I'm very tired over a period of ongoing stress - I do sometimes mix things up or can't find a word. Don't think it's ever been so clearly the middle letter from the following word or from the same word coming forward.

Transposing letters. This happened quite a few times while I was talking to a friend in the kitchen for a couple of hours.

Menses. No flow, no show - where is my period?

Mind. Felt warm towards my husband. (See dream above) Felt like I didn't mind if his leg touched mine. Even thought it would be nice to get closer. Very conscious what a thawing this represented compared to the utter vigilance with which I keep him at bay, both physically and emotionally, pre-menstrually. Instead of feeling like I really just cannot stand him, I felt like he is ok. My attitude when I detest him is tough minded - I really don't see why he just can't get on with his own life, and not so clearly mope around and feel needy and rejected (this behaviour exacerbates my feelings of needing to keep him at arm's length: all of this is part of the Sepia inability to cope with energy/emotion/having demands made of one). This morning, though, I felt compassion for how difficult it is for him. Even, very briefly, thought about apologizing. However, the most external thing I did was make him a cup of tea (an act he sets a ridiculous amount of store by). The greater perspective on this cyclical phenomenon (as he calls it) is that I used to spend the premenstrual period absolutely raging - really possessed with hatred and rage and a desire to resolve every conflict and character defect (of his) this very instant.

### Prover 1

Stomach. 11.35am – one hiccup. NS

Mouth. 11.35am – numb feeling around the edge of top and bottom lips. NS

Throat. 11.35 am – back of throat feels thicker/slightly swollen on swallowing. NS

Mouth. 11.55 am – definite tingling sensation around the edge of the lips. NS

Mind. 11.55 am – less mental focus, can't concentrate. NS 1: 30c

Generals. 11.55am - more physically relaxed, as if sedated (it's quite nice to feel more in the body, less in the mind). NS

Eyes. 12.15pm – sleepy, droopy eyes, keep wanting to close them. NS

Generals. 12.15pm – feel like a sleepy animal, keep shutting my eyes and resting my head on my hands in between writing. Irresistible desire to curl up and sleep, but I'm hungry (didn't have breakfast) so I go to make lunch. NS

Mind. 12.15pm – can't think about what I've got to do, like my brain has slowed down - quite a pleasurable sensation not being able to think about what I've got to do, as if the sleepiness is in control. NS

Mind. 12.20pm – had to be careful with the knife when cutting an avocado for lunch. Normally I can cut it in my hand with confidence but this time I felt very unsure, like I didn't have the usual coordination control and sensitivity as to how far I had cut. NS

Mind. 12.20pm – spelt a simple word incorrectly when writing in diary – unusual for me to do this. NS

Generals. 12.25pm – sensation of being uncoordinated, knocking into things, not moving as precisely as usual e.g. went to pick something up from the right but mis-stepped to the left slightly. Have to concentrate more when doing things around the apartment (picking things up requires more conscious focus). NS

- Mind. 12.25pm – difficulty concentrating to coordinate myself better when moving around. NS
- Mind. 12.30pm – feel like I'm in slow motion. Difficult getting myself ready for college; can't think what I've got to do. NS
- Eyes. 12.55pm – harder to focus eyes when walking outside, as if eyes glazed, misty. Sunlight seems too bright, I want to shield my eyes. NS
- Generals. 1pm – feel sleepy while sitting at bus stop. Feel quite out of it, hard to concentrate or stay awake. NS
- Eyes. 1pm – shutting my eyes every few seconds, can't keep them open. NS
- Head. 1pm – sinuses middle of forehead tingly/throbbing, heavy sensation. RS
- Generals. 1.15pm – continually sleepy, just want to rest, can't think NS; reminds me of the tired feeling in early pregnancy. OS
- Generals. 3.55pm – couldn't stop yawning all through college class, whole body feels very lethargic, like I am very close to sleep; could easily have put my head on the table and gone to sleep. NS
- Eyes. 3.55pm – closing my eyes a lot, at least every few minutes. NS
- Mind. 3.55pm – not thinking much at all, nothing is bothering me (e.g. didn't get agitated about forgetting to do an assignment, which would normally make me feel agitated). NS
- Mind. 4.30pm – starting to feel more alert, not as sleepy, as if sleepy aspect of the remedy is wearing off.
- Throat. 4.45pm – slightly sore throat, right side, top neck gland, slightly swollen sensation as if lump was there (especially noticeable on swallowing). NS
- Generals. 5 – 11pm – tiredness/ sleepy feeling wore off, leaving a nice relaxed sensation. Definitely feel less tense than usual. NS
- Mind. 11.30pm – I felt a lot calmer than usual in coping with a semi-argument with my partner. It was like I was a bit removed but strong feelings of concern, annoyance, fear, were going on inside though. I communicated calmly, determinedly, without getting too emotionally charged. I felt more alone. NS
- Stool. 12.20pm – stool more formed than usual. Small quantity, brown colour, slightly briny smell. Not as easily evacuated as normal. Not my usual morning stool time. NS
- Rectum. 12.20pm – stool requires more straining; I felt like I needed to go beforehand but yet no obvious urge when on the loo. NS
- Head. 12.40pm – radiating inward/outward sensation on crown / top back of head (area covered if had Jewish cap on). Not painful but slightly throbbing. NS
- Eyes. 12.40pm – still have droopy tired eye sensation from during the day – not just my usual after-midnight tiredness. NS
- Mind. 12.40pm – even after the emotionally distressing situation with my partner (and bad news from family in UK the night before taking the remedy) I don't feel like I am reacting as hypersensitively, my mind less agitated than usual. Feel this calm, determined focus. NS
- Generals. 12.40pm - As if I'm more in my body, calmer, physically relaxed. NS
- Extremities. 1am – left little toe, twinging pain while lying in bed. NS
- Head. 1am – vertex, slight throbbing/ pulsating. NS
- Face. 1.05 am – slight throbbing in centre of forehead. RS
- Female. 1.30am – upward shooting pain, quick like a dart, posterior right side uterus. NS
- Mind. 10.30am – feel calm despite the fall-out from situation last night with my partner. He woke me up twice in the night but I don't feel irritable from the disturbed sleep. NS
- Mind. 10.40am – feel like I am slightly sedated, a bit removed from things that might normally cause agitation. Am able to focus but definitely thinking and feeling more slowly. NS
- Head. 10.45am – pressure on vertex, slight throbbing downward into brain. NS
- Eyes. 10.45am – eyes feel very tired, lifeless, whole of eyeballs aching and sore < sunlight, > closing; keep closing my eyes for a few seconds. NS
- Generals. Afternoon – physically more relaxed despite busy time at work. NS
- Head. 10pm – head feels heavy, like a big weight, so obvious it distracts from sensing the rest of my body. NS
- Eyes. 10pm – eyes heavy, too tired to read in bed (normally can manage a few pages at least). NS
- Abdomen. 10pm – flatulence and bloating after late dinner < meat, < lentils, > warm heatbag. Abdomen makes squirty gurgling noises occasionally. RS
- Eyes. 10pm – eyeballs throbbing and sore, tired and bruised sensation whether open or closed. NS
- Dream. 5.10am – anxious dream in which I left my grocery shopping on the bus. Helen (student at college) had a stall near the bus stop where I got off. I talked with her then I woke up as I was trying to work out how to get back my shopping. NS
- Head. 5.15am – sensation of slight throbbing around the brain. NS
- Stomach. 5.15am – thirsty on waking, take several gulps of water. RS
- Stomach. 5.15am – twinging pain every few seconds in stomach region, only when lying on left side. RS
- Female. 5.20am – slight dull ache, congested uterus feeling, as if my period will start soon (period due today) RS. No usual increase in libido before menses.
- Dreams. 8.20am – on waking second time, remembered dream of swimming in an outdoor pool with Al (homeopath) and talking

about the pros and cons of swimming goggle design! Before that, I'm in a house that's also like a college, and I'm going into all the different rooms ... there are people in each. The main sensation is one of exploring, seeing what's there. NS

Head. 8.20am – feels like it's hard to move my head, even though it actually moves fine. Sensation of delay before movement, as if mechanical like a robot. NS

Generals. 8.40am – feels like I'm slower, more physically relaxed. I stay in bed longer than usual, finding it hard to get together the energy to get up. NS

Head. 3pm – pressure in vertex and crown of head. Brain throbbing. Temples both sides are tense – drilling-in sensation. NS

Generals. 3pm – suddenly felt quite cold and shivery. RS

Mind. 4pm – had argument with partner. Screamed at him to “Just fucking leave me alone”. Had big cry during and afterwards. Really sobbed (I usually tend to cry small and often). Felt alone and un-united. NS

Mind. 6-10pm – went to friend's party. Really enjoyed socialising with all my old mates who I haven't caught up with for a while. Felt relieved I was not with my partner. NS

Stomach. 6-10pm - drank 4 glasses of wine, which is a lot for me now (tend to prefer 1-2 glasses). But didn't feel too bad on 4 glasses, enjoyed the taste more than usual. NS

Mind. 10pm – got home and just went to bed, needing to be alone. Wanted to avoid any confrontation with my partner. Felt hurt, scared, frustrated by his behaviour on Thurs night and the subsequent arguments.

Dreams. 3am – dreamt of a room with lots of pictures on the walls. There was a piano with a fish tank built into it, containing lots of colourful little tropical fish. I'm lying down in the room and then I feel a lizard caught in my hair near my neck. I wake up as I shake my head to try and flick it off. Sarah, my friend whose party I went to, was also in the dream but I can't remember the details, except she was a friendly positive figure.

Mind. 8.20am – communication minimal between my partner and I. The main feeling is that I want to avoid confrontation. I want to keep to myself. I feel solemn, quiet, tense, disheartened by all the antagonism between us. NS

Mind. 4pm – my partner and I reach a truce, we hold each other, which makes me cry and feel better. RS – crying always makes me feel better

Dreams. 7am – can't remember much about my dream except I'm in a big house; I think I go from one house into the neighbouring terrace house. NS

Mind. 9-6pm – made more mistakes than usual at work, e.g. writing wrong words. Still feel like my faculties are slower than usual, less awake. NS

Generals. Sunrise to bedtime – feel exhausted from all the emotional upheaval over the past few days. Feel as if I'm in a state of shock. My partner is working through some difficult personal issues (addiction/depression) and I feel like I haven't been as supportive as he needed. A few of my old fears have been pressed, making me

wary and on edge. I'm analysing my reactions. We're still treading carefully around each other; the easygoing playfulness we've shared before is now on the fringes. It's like we've reached a point that had been brewing for a long time. Deep reflection and forgiveness, and courage to face some raw fears, are needed. NS

Sleep. 4.30am – 5.30am – woke for a wee (usual) then couldn't get back to sleep (unusual) because the neighbour upstairs was clomping around getting ready for early work shift (he's always like an elephant but generally this doesn't bother me so much). Felt restless and unsettled lying there trying to get back to sleep.

Mind. 10.20am – cry a little as I write, > crying - RS. Head/mind still feels weird, like it's in slow motion. I'm definitely not thinking as fast or alertly. It's harder to concentrate on studies. NS

Mind. 11am – feel concerned about my family in England. Still haven't heard back from them. Also feeling vulnerable about the arguing with Joe – usual pattern. RS

Mind. 12.40pm – my head/mind feels slow moving, mentally sluggish, hard to concentrate, as if a bit drugged when I talk. Talking is a lot of effort. NS

Head. 12.40pm – pressure over head as if cap; not very painful, more just a pressing-in awareness taking up the focus so it's not easy concentrating on other things. NS

Eyes. 12.40pm – whole eyeball feels heavy and sore, I want to close my eyes which partially >. NS

Female. 2pm – period started late (it was due Sat 17 Aug). Nothing unusual in onset – slight dragging, sore sensation in uterus. RS

Mind. 2pm - Mentally/emotionally feel quite down/strained, but hormonally feel relieved from period starting. During college class felt less confident, more unsure and less alert than usual. NS

Generals. 2pm – feel very tired and drained with onset of menses. RS

Female. 10pm – menses slightly more clotted than usual, with small stringy dark-brown clots. NS

Mind. Sunrise to bedtime – low level sensation of being mentally sluggish, like brain not responding as alertly. NS

Head. Sunrise to bedtime - heavy, disconnected sensation in head < talking / thinking. NS

Extremities. 10pm – weird throbbing aching in left hand joints and muscles. Hand feels stiff and weak. I usually only get aching in my right-hand little finger middle joint (which is a bit swollen). Also, my thighs feel a similar achy weakness to my left hand, > rest. NS

Head. All morning – slight throbbing on vertex. NS

Eyes. All morning – eyes aching and sore, deep pressure felt in whole eyeballs, > closing eyes, < sunlight. NS

Mind. All morning – still don't feel my usual self; more mentally slower, dull, jaded feeling, less confident because I feel less alert. NS

Head. All evening – pressing in sensation, as if had cap over head. Continual heavy sensation, which makes head feel separate from body (i.e. noticing head more than rest of body). NS

Female. 6.30pm – period seems to have slowed off much earlier than normal (past year or so my period has started medium flow quite early on and this lasts for three days then tapers off over two days). Also, no way near as much fresh red blood... more stringy bits and darker coloured. NS

Mind. 10.30pm – my partner comments that I don't seem to be reacting as much. I feel flat, like I can't be bothered with anything. I'm too tired to react. Feel like it's easier being alone; less risk of causing upset by being irritable or saying the wrong thing. If I communicate I feel like I will be snappish, critical (Normally I'm much more concerned about trying to please, concerned if other people are not happy). NS

Dreams. Morning – dreamt I was arguing with a woman who was saying I just try to help people too much/try to fix them. I argued back that I felt I cared about people and that my boundaries were good too. I wasn't so much upset in the dream as really determined to stand my ground. NS

Generals. 9.45am – difficulty waking up, kept dozing in and out, body absolutely exhausted and aching, no energy to get moving till 9.45am (really unusual for me – usually 8am the latest I get out of bed). NS

Nose. 10.45am – watery coryza, sneeze once or twice. RS – usually have snuffles in morning after rising

Mind. 10.50am – tried to watch a great foreign film I'd taped a month ago but my partner had recorded cricket over it! Even though I knew it was petty I couldn't help but feel angry with him. Burst into tears which > RS. Focused on the difference between myself and my partner re interest in art, and resolved to nurture my interest in it more. Overall I'm feeling much more down than usual, little things are making me cry more. I'm feeling more alone, more irritable with our relationship, myself and my partner. NS

Dreams. Morning – dreamt I had been smoking cigarettes for several months and I was upset that I had started again. Imagined my lungs were full of smoker's phlegm. I felt I had to stop smoking immediately and get out all the thick phlegm. (NB: my craving for tobacco has reduced drastically since taking homeopathic remedies. Occasionally I get a craving but nearly always don't follow up – unless I've had alcohol - because even after the first puff I feel pretty awful.) NS

Generals. Morning – sluggish on waking – possibly being affected by paint fumes from kitchen renovations. NS

Female. 12noon – Feel more aroused. RS

Mind. 12noon – more content; haven't argued with my partner or got upset all weekend. More warm intimacy with my partner. RS

Female. All day – slightly itchy labia all day. Not much discharge. Itching possibly < after making love yesterday or from stress re: work. RS

Mind. Afternoon and evening – looked forward to seeing my partner. Having fun again, had relaxed evening, enjoyed each other's company. Feel content. RS

Mind. All day – feel back to normal again – clearer mentally.

Generals. All day – Felt strong and relaxed at yoga – fatigue of

remedy worn off.

Head. 8pm – crushing, throbbing pain, inward, at vertex. NS

Face. 8pm – throbbing pain in frontal and maxillary sinuses > pressure. RS

Eyes. 8am – eyes feel sore > closing them, < sunlight. NS

Nose. 8am – small amount watery coryza. RS

Female. On waking and all day – labia itching on waking (itchy from heat of bed) and small amount of acrid discharge (clear with little creamy lumps in it or a more consistently creamy texture). Gets too sore if I scratch, so try to resist. Washing with cool water helps for a while. Labia red, irritated and inflamed. RS

Mind. As day progresses – get more stressed/ emotionally exhausted by constant vaginal irritation. Feel like I'm on the edge of crying all the time when the itching is at its worst. If I do cry it's a small cry and this >. RS

Female. All day – libido high (ovulatory period : luteal discharge today). RS

Mind. All day – clearer mentally, feel focused and mentally energetic (usual for me around ovulation time). RS

Generals. All day – surges of energy, feel strong, a good "flow" of physical energy (usual for me around ovulation time). RS

Female. All day from waking to bedtime – only physical symptom for several days has been constant low-level labial itching, irritation from small amount of creamy coloured discharge, labia sore, red. Cool bathing is the only thing that temporarily ameliorates symptoms. RS

Female. 10am – menses started two days late NS, slight dragging in back beforehand. Light reddish colour at start. RS

### Prover 9

Stomach 7.20pm. Top left side. Dull, cramp like pain. Under left rib - thought stomach or spleen. Has now moved to centre - so think it is stomach- have belched (small) but still have the dull ache. It is like someone has poked me in the stomach now. NS

Left leg. Sharp radiating pain. < movement. Doesn't last long- but it is quite an intense radiating, shooting pain (upwards) on the left side of the shin bone on my left leg. I have experienced this a couple of times before in the past but never as often or as long lasting. NS

Face, cheek, mouth, upper left lip. A sensation of numbness. Feels like after an injection especially upper lip → cheek - left side. Moved to right lower lip, but less intense (15 minutes later). Extending to ears - very mildly. NS

Lower lip, left side. Pin point (prick) sensation. Feels like a cut on lip in a small area but the sensation is of a very large area. Tingly - feels like getting a cold sore. NS

Woke earlier than usual. Didn't need the alarm clock. This is very unusual for me as I am a night owl, so wake begrudgingly early. Not this morning though. NS

Feel calmer. Not so much noise in mind. Not as anxious or worried as normal. Feel distant somehow, as if on the periphery looking in - without judgment or preempting things. A very nice feeling. NS

Leg - radiating pain. Continuing sharp radiating pain in leg. Momentarily takes breath away. RS

Pain in abdomen- right side. Could be around liver. Uncomfortable. Seem to be belching a lot with no effect on the pain. NS

Blocked - clogged up, also runny nose. Have a cough but it seems to be suppressed rather than an easy cough. NS

Burning sensation. <sweets. Sweets or sugary things have caused a burning sensation in my oesophagus. Very uncomfortable. Have eaten a few sweeter things than usual and had a few drinks of soft drink yesterday during a social function. Today the burning is present and very uncomfortable. NS

Nose clogged. Feels like a cold coming, but somehow I don't think so. RS

Ears feel blocked - like I'm in a cocoon. Not better for swallowing. < humming, throbbing, noise of any kind. NS

Belching after eating now. Belching just happens and am unable to prevent. Easy, no discomfort really from it. < eating. NS

Pain in shin now seems to be in foot - emanating from above smaller toes up foot about 2". Curiously, when talking about this symptom the pain returned to the shin. Pain sharp, shooting . Left leg / foot. RS and NS

Still confident and calm. A nice feeling still and keep hoping that this will be a cured symptom later! RS

Feel more tired than usual. Eyes feel heavy in particular.

Tiredness. < Driving. Feel very tired - extremely! I don't feel like going to lie down even, just feel like closing my eyes wherever I am and whatever I am doing. I noticed it this afternoon while driving. It took every effort I had to stay awake. It was extremely debilitating. Lecture was difficult to concentrate on and to participate in - even to say "hello" was an effort. Not good. NS and RS

Slight discomfort felt again in abdomen. Also belching still. RS

Seem to be forgetting things, like leaving the gas on, boiling eggs dry, over filling the kettle, leaving the water running. I seem to get distracted - can only concentrate on one thing at a time - oh no! I'm becoming a man!! Could be very dangerous. NS

I'm forgetting words - especially nouns and adjectives at the moment. Seems to be only when I'm talking. I noticed it last night talking to Lili. Its very embarrassing and frustrating. I know what I want to say but the word just doesn't come ! NS

Vertigo, experiencing giddiness whilst working on the PC. It is < looking down at paper and then the screen and vice versa. Feels like I am going to fall off my chair. Doesn't last very long and is not constant but rather intermittent. NS

Have a sensation of palpitations in my throat and oesophagus. Intermittent. Can't quite put my finger on it. NS

I keep mislaying things - pens, pencils, paper, books, utensils. Even if I had only had them in my hand a few minutes ago. I get frustrated looking for them, and when I eventually find them I am sure I have looked in that place several times before! Strange feeling. NS

Repeating what others say, even to the point of singing what others have been singing. It is very frustrating and I can't stop it even though I know I am doing it. NS

My index finger on my left hand. The joint between the middle and distal phalanx feels stiff and sore. It feels like a block of wood or something similar. < movement, < jarring. I have a sensation of grating which makes the hairs on the back of my neck stand up. Quite intense for the size of the joint. NS

Late afternoon. Absolute tiredness - my limbs are heavy and my eyes feel heavy and sore. I feel utterly washed out - my hair is greasy and seems to be clinging to my head. I'm constantly yawning. Terribly tired - indescribable. Yet I still feel really calm despite this. RS

Worked on my Homoeopathy case typing up last night. At times I couldn't understand why I had made certain decisions, when at the time they seemed perfectly logical and clear. But now..... I feel that the paper is bad. But I still feel calm, not anxious like I would normally be. I like it better this way than mountaineering over molehills. In the paper trying to describe things and find words, was very, very difficult. RS

Forgetful/concentration issues. Seems I can only concentrate on 1 thing at a time and then only for short periods. RS

Ulcer on left side of the tip of my tongue. Red blackish centre. Mildly sore. Have been biting on a biro for several hours (and pencil) at lecture. Indented. Sucking and biting ends of pencils without realising. Something I don't usually do. NS

Discomfort in abdomen. Distended with sharp localised pains. Very noticeable on right side under umbilicus. But they are shifting. RS

Left breast lump reappears. Large, painful but not as bad as previously. Mental attitude with it is not too good - I know what they are but I feel worried. Could be menstrual but my mind starts working overtime about it - lasts about 30minutes - then returns to calm. OS

Ultra tired late afternoon - eyes, legs, arms with a slight inclination to be irritable. Things annoy me more than usual - mainly when people are talking to me. My memory is also tired.

Can't remember details of my dreams. I usually have great recall of them and dream regularly. But this could be part of the memory deficit that I am experiencing. I know I have dreamt - but can't remember what about. NS

Breast lump is still big, but not as painful. Mental attitude is calmer regarding it's appearance and prognosis. RS

Recalled dreaming about talking to people about my tiredness and seeing rubrics with remedies - but I am currently repertorising a case so this may have influenced my dreaming. Good to recall them again though.

Spot on right shin - left side. Small infected pinhead centre, red around about 10mm. Painless.

Tiredness continues still but today not quite as debilitating. RS

Spot on leg continues - now 25mm surrounding red with pinhead centre - suppurating head. Painless. RS

Early hours of this morning a large cramp in right leg. Easily stopped but initially severe. No after effects (like strain, bruising) whatsoever - which is good. NS

Lump smaller - less noticeable and less comfortable. Still tender around area. RS

Tiredness. Not as bad. Seems to be diminishing. RS

Less tolerant - get angry quickly, which is not normal for me. NS

When driving today cars seem to be aiming at us - it's weird. This is even experienced by my husband.

Eruptions burning. < Sugar. Sweets agg. Reflux in oesophagus returned. Burning in Oesophagus < sugar again. RS

General unwell feeling - can't quite put my finger on it - but I feel awful. I feel tired but not quite like earlier and I have a disturbing congestive feeling in my chest / sternum almost like there is a big ball stuck there! Gets better as night approaches but I feel a bit apprehensive about it - though I am sure it is the remedy. A heart attack has crossed my mind. NS

Face cheeks flushing - no heat elsewhere. Seems sensitive to sun and direct heat (including heaters). Stays a long while. Hadn't really taken any notice of it before but this is not the first time this has occurred since taking the remedy. Has been for a few days. Cheeks feel really hot and blazing red. Feel embarrassed and self conscious - makes it worse. RS

Boredom coupled with malaise and tiredness. Seems consuming. < sitting. NS

Memory / confusion / concentration continues. RS

Notice that I have a sensitivity to the sound of running water. Feel the need to urinate frequently. NS

Still some discomfort in chest / sternum area. Feels constricted still. < swallowing. RS

Fitful sleep - recall dreaming and can remember 1 dream - I dreamt my mother was dying. The second I can't recall. I woke up at 3.30am - just like I did yesterday morning (But didn't record).RS

Abdomen uncomfortable. Could be menstrual - but not sure! RS

Sensation of constriction in centre of chest - sternum - an oesophagus continues still. RS

Sensation of dryness causing a cough or need to clear throat. Have had for several days on or off. I can't recall why I haven't mentioned it before! RS

Abdomen and stomach increasingly tender, uncomfortable and painful. Concentration is difficult and I don't feel mentally very good. I feel very isolated and inadequate. I feel alone and abandoned. I feel I can't cope anymore.< Walking, > Sitting. RS

Abdomen / Stomach. Very uncomfortable < walking, pressure, sitting initially. > resting. Sensation of a sea urchin spinning in abdomen. Spasms < peristaltic motion. I feel sick - nauseous - especially travelling on the train to work. I feel intolerant of the crowds and feel like I needed to get off the train and just go home. Very painful. I am in pain. RS

Not feeling great mentally. I am full of doubts. I still feel the same as I did last night. RS

Lips feel dry and have done for the last 2-3 days. RS

Lower abdomen especially right side - excruciating walking, > bending, <<< walking. Really bad after 3pm. Slight temp -37.9. > rest, sleep. < stool (though normal). Not affected by eating, little thirst, in fact am conscious that I have no desire to drink so am making the effort to drink water - not < or > for drinking. I am fatigued and anxious but have no desire to seek help. Told husband "I'm all right". Better lying left side - the most painful side is my right - also better lying on my back . Despite pain and anxiety - I really thought I'd end up seriously ill in hospital - I slept well. I feel really bad and I don't want to talk to anybody. RS

Woke, still with discomfort but could manage to get dressed and go to work. Despite pain I felt I had a duty to go and wouldn't give in - but this is characteristic of me. No thirst, no hunger but stomach noises like rumbling and groaning. Whilst I had a desire to stool and urinate - I have a fear to go as I know it will be painful. << walking > rest. < sitting initially (very painful). Feel a need to act like nothing is wrong and very scared others might find out about my discomfort. Husband wants to have the doctor but I have lied about feeling better.

This has dominated all my symptoms for the last few days. Had first loose stool - spasms were just as painful. Over the last few days have been poring through medical books trying to find out what might be wrong with me. I kept feeling that I would pass a bowl full of blood with stool - it was a very intense feeling. I also craved a cup of Earl Grey Tea. It was the best cup of tea I have ever had! RS

Slight improvement in pain. I feel less cloudy. I had a cup of coffee at the hairdressers this morning. It made me hyper (<Coffee) and flushed my cheeks. It made everyone laugh - they even offered me a second cup - but a decaf! I feel hyper. I want to talk and yell about the lack of intelligence in the world and the lies at government level, the lack of respect for life. But I also feel happy. Vowed not to drink coffee again! I wanted to stand up on a soap box and "bugger the consequences", which is not me! RS

Itching on face returning. I remembered I first noticed it on Wednesday night - 3 days ago. But now I have like an eczema spot just below my left eyebrow. NS

I have to go to see a friend this afternoon but I can't remember the directions on how to get there despite have been a number of times before. Nothing seemed familiar looking at the map. I decided just to head off regardless and managed well. RS

Great loquacity this afternoon. Could still be the coffee effect! I'm very conscious of it but don't seem to manage to control it despite trying. NS

Not as hyper as yesterday. I feel irritable late afternoon - don't like being spoken to too much and can't tolerate too much noise - especially several different types at a time. Puts me in a bad mood - then depressed afterwards. I feel very despondent. I don't feel like being nice to anybody or talking to anyone. I feel like I want to

change everything - myself , my surroundings, the way I think. Takes a lot of effort to get on with my studies. Can't be bothered, bad concentration. NS

More fluttering in chest and deep inspiration. RS

Right ear lobe is swollen and red. Not noticed till late evening. No real discomfort, just a slight sensation of heat.

I keep having this fear / thought that I am going to haemorrhage - through my mouth, ears, eyes, nose, urinary or digestive tract. It is an image in my head. NS

Dreamt that the circulation in my fingers had been cut off and my fingers and hands were swollen and going black. They were painful and numb. I was also wearing white gloves. In my dream I panicked and went rushing to my mother.

Palpitations and slight discomfort in my chest especially right side of sternum - stabbing sensation. RS

Tiredness again this PM but nowhere near as intense as previously experienced. RS

Voice croaky this morning for about 1 hour. NS

Period started with period pain which is normal, but is better with hot water bottle. It started straight away - full on. Usually the first day is a lighter flow. There is clotting and odour uncharacteristic of a first day. NS

Face continues flushing on cheeks. Same sensations and mental characteristics as previously.

Have noticed that libido is practically non existent throughout this proving. May also have something to do with all the stomach/abdomen symptoms. NS

Eyes feel gritty and sore and tired. I feel tired again but this time my eyes seem the full focus of the tiredness not my whole body. Heavy. My sight is also tired !!!! NS and RS

Period continues uneventfully but is lighter than normal for second day. NS

I have a few spots - red bumps on my face and have had a few on my hands for the last couple of days. They are not itchy or sore.

Last night I dreamt I was in a war - on the side of the oppressed. It involved guns and torture. Very disturbing and I awoke disturbed immediately from the dream. I was a freedom fighter and very bold. NS

A gluggy mouth and croaky voice again this morning. RS

### Prover 5

Dream I had a very disturbing dream (prior to taking the remedy) that the remedy was going to be "Anaesthetic" and I was really worried about feeling drugged and not being able to cope with my busy life. I remembered (in the dream) - Karen (my supervisor) saying when she took my case that I needed a remedy to make me slow down and I remembered one of the people in class getting a numb lip before she took the remedy and it made me even more convinced (in my dream) that the remedy was going to be

"anaesthetic". Karen had also had a weird dream beginning with the letter A and we decided we were the "A" team!!

Upper left hand side lip. Irritation. Feels like there are little hairs that are being blown by the air coming out of my left nostril. Feels like I must keep licking it or rubbing it to make it stop. NS

Wildly itchy nose. Just inside the nostrils. Feel like I could grind it into my face - **madly** itchy! Lasted 10 minutes. NS Too polite to bore. Internal. Both sides. Lasting about 10 minutes.

Back. Pain over my right kidney. Felt like something had been pressing into me - like a belt. Lasted one or 2 minutes. Bruised and tender NS 5:30c

Back. Feel bruised on pressing. Lasted about 10 minutes then nothing.

All day. I felt very detached and didn't want to be involved in anything - even conversation. Nothing bothered me much. I felt like I was an observer. Wanted to be a watcher "leave me alone" - would normally engage.

My lip (upper left lip - just above) felt uncomfortable all day. Stopped at 9.30pm. Gone while eating.

Night. I had dreams all night but can't remember any details. I wasn't active in the dreams. I was just aware of having them. I wasn't involved - observer - was not attached. It was just happening.

Left eye. My eye was blurry, gummy looking and uncomfortable when I woke up. It looked better after a shower.

Woke at 6.00am refreshed! NS!! (Normally prefer to wake up later).

Mind. Apathetic. Bit of an observer. Feel indifferent. Don't want to be disturbed. My "do not disturb" sign is up. Usually good libido.

Lower back and waist. Was woken by severe lower back pain. OS and painful stiffness and aching in my waist as if I've been exercising like crazy. Nothing improved it. Eventually went back to sleep.

Woke with a raging itchy nose - wanted to grind it away. Also very runny - clear bland liquid as if the inside is inflamed - fat. Burning - imagine there will be sores. Better for scratching.

Throat burning at tonsils and down larynx. Better for tea.

Slight fever. Feels like I'm "coming down with something". Feel hot and groggy and uncomfortable. 11.30 Feverishness gone.

Back to normal except for nose - Inner nostrils feel swollen, uncomfortable and a bit sore. Like the start of a cold - wet dog's nose. Bit sneezy. Neutral discharge. Need a box of tissues next to me - feel like its going to run quickly.

Lip. Creepy. Uncomfortable upper left side. Itchy.

Feel slightly nauseous - just a general queasy feeling. Totally exhausted. Don't want to stay up and talk to anyone or do anything. Home from work late and going to bed after cooking dinner.

Woke up feeling absolutely exhausted. Was up late cleaning the

house for potential buyers.

Nose. Still running – just lots of clear liquid – no sneezing or discomfort.

Right hand. Just below my little finger and down the outer side of my inner palm (away from my thumb). It feels like a pinched nerve – weird. Tingling, numb, completely numb. Felt swollen like a pinched nerve. NS

Numbness on the tip of my tongue – about 2cm along the outer edge of the tip. Very strange feeling. Ate with lack of sensation. NS

Stomach. Rumbling. The pie I had for lunch rumbling in my tum like its going to erupt. Lots of gurgling weird noises.

Bowel movement – Lots of wind – smelly – rotten eggs. Sore, cramping stomach. Soft, normal looking stool. Sudden urgency to go to the toilet. Crampy. No colour change in stool.

Hand. Numbness. Not all along the hand – just at the base of the little finger on my right hand. It went away again at 5.20pm. Nothing visible.

Sore and bloated. Very sore stomach. Feels bloated and rock hard and sore. Had an explosive stool – very windy. Didn't take away the hardness and soreness – only marginally better. Stool just soft. Pain in lower abdomen. Better slightly after passing wind.

Stomach. Sore and hard. Bowel movement – soft but not runny. Lots of wind and cramps. Feel constipated and like when I go, its going to be diabolical but it isnt – no runs – just pain and discomfort – hard distended stomach.

Stomach. Sore and hard. Bowel movement again with lots of wind – not smelly – and cramps. Been uncomfortable and sore all day – in and out of cars and planes and wondering if I'll make it to the loo in time whilst in meetings. My stomach never felt better for the bowel movement. Still swollen and hard afterwards. (N.B. the sale of our house was concluded today – yay! Stressful negotiations back and forth all day but all good now!)

5.30am Sore and distended. Tummy still not 100% but much improved. Got up to go to the loo and mostly had just wind with a small amount of soft stool.

Stomach. Sore and distended. Better for farting. Feeling still there but not so intense. Not so distended.

Stomach 3.00pm. Noticed I was feeling completely better!

Sore and distended. After eating, my stomach felt hard and sore and distended again but it was gone by the time I got home +/- 20 minutes.

Feel very together. Controlled. Not worried about what people do – its their problem.

Feel healthier. Normally I would lack courage in meetings with high powered people but I had good interactions.

Itchy. Massively itchy nose again – wanted to rub it off my face! Better for rubbing.

Head. Lump. Whilst working on the computer I became aware of a lump (pimple?) on the occiput part of my head. Thought “strange

place to get a pimple!”

Back/top of head 6.30am. Sore. Rolled over in bed onto my back and felt pain at the high back part of my head. Felt it. Really sore huge lump. Dull ache. Worse for pressure. Can hardly touch it. Got my husband to feel it – he thought it wasn't a big deal – maybe a pimple or something.

Back of head 7.00am Sore. Washed hair – it was really sensitive to pressure.

Back of head. At work I asked my husband to look at it carefully for me. It felt like there was something sticking out of the lump – something rough – maybe a scab/scratch or worse..... maybe a tick!!! (Horrors!). He looked, said it was red and that there was a stiff white hair sticking out. He got his Swiss army knife tweezers (Macguiver like!) and pulled it out. It looks like a very fossilised white hair with burned out roots. Huh? I kept the hair to show – (in proving book.)

Head. “I'm growing a tumour on the back of my head. Very uncomfortable to touch but I keep touching it.”

Head 4.00pm. Sore lump. Its sore. I can feel it even if I don't touch it. I can feel it being sore if I raise my eyebrows because that lifts my scalp. I asked by husband to look at it. He gasps and says its double the size it was this morning – says I should go see a doctor. I tell him its probably the remedy. He thinks I've lost the plot.

I phone Alastair (must admit I'm a little shaken by Chris' reaction). Alastair tells me to relax and that Jude will look at it and we'll talk tomorrow.

Head. 5.30pm. supervisor looks and tells me it's the size of a 10c piece... Red – looks inflamed but no pus. That's it. No ambulance, no surgery, no comment other than that its interesting. Hmmpmph! I'm irritated at the lack of concern.

Head 7.30pm. I asked my A&P lecturer to tell me anatomically where it is so I can be more precise (didn't tell her why). She asked me how I got it – I said I didn't know. It is sited at the Lamda – which is the junction of the parietal and occipital lobes. The lecturer is studying to be a chiropractor and asked if she could work out why I had it. I didn't think it would be a problem so said okay. She did this balancing /arm resistance thing, touching various pressure points while I touched the rotten sore lump on my head and she said the following:

Its not physical

Its not nutritional

It is emotional

It is homeopathic.

I asked what she meant by “homeopathic” and she said “I don't know really – its what we learn and has something to do with earth, fire, wind and water – I don't know but you're okay physically – maybe its got something to do with a remedy you're taking.”

She had no idea how close she was to what I was thinking and how comforted I felt.

Mind 11.00pm. Clear – great. I feel very energised by this whole experience. Its all very real and tangible and even the discomfort is welcome. It makes it all “real” for me – gives homeopathy so much more credibility. Scary, scary powerful stuff.

I think that this lump on my head is like a purging of stuff. I feel more able to deal with the rush and the chaos in my life. I feel much calmer, not so concerned about what people think.

I can see the good in people without being threatened by it. We had meetings with some powerful people on Friday and I was cool –

was able to contribute. Felt valued and able to be rational and just myself.

Felt good – felt like I like me with all the good and bad bits. NS

Head. Sore. The lump feels smaller. Pain is still localised but not as bad as yesterday. Its definitely smaller – maybe half the size. Worse for touch. Half in size and still looks red.

Felt very laid back about it. Interesting, curious, I related it to the proving.

I feel very level. Grounded – kind of centered state.

Head 7.00am. Mildly sore. Lump is just a bump now. Only slightly sore to touch.

Stomach 3.45pm – Cramps. Stomach cramping again.

Neck 7.00pm. Stiff – better from rubbing. Very stiff left side of neck. NS

Exhaustion. Feel like I'm dying with tiredness.

Head 7.00. Felt lump. It's still there but smaller and not sensitive to touch. I think I feel 2 other small lumps on the left side of the occiput. Just above my neck. Not sore, not sensitive – just there.

Delight – Shopping and spending money with gay abandon. NS!! Feel very carefree. Impulsive buying. Spent more money in the last week than for ages. Very, very tired though.

Disinterest. Not interested in sex. Complete disinterest. NS. Disinterested in my husband's feelings. Bad feeling between us going to sleep. Don't care.

Carefree. Better for shopping. Could shop till I drop. Just love it and feel no remorse.

Sexual drive all gone. No interest. Like a bystander and not wanting any part of any involvement. Shop-a-holic – one jumper on sale would have done – I got 5. One jacket would have done – I got 2 (not on sale). Two tops would have done – I got 4.

The pretty see through spring top was irresistible NS (I'm normally pathetic about spending money. Very, very conservative. Don't buy stuff till I have to and never with gay abandon like the past 10 days.)

Indifference. All gone. Feel very focused on what will please me. Can't be bothered with anyone who interferes – even husband – especially husband. Don't particularly care a hoot about anyone or anything. Life goes on so my feeling is – relax!

Boarding a flight to Europe. Don't feel excited like I think I would normally. Feel very calm and "cool" about going. I feel very aware of my surroundings and what's happening in my life but not really affected by it. Like I'm able to look on objectively.

On the flight to Bangkok, the young couple next to me snuggled down after the lights went out, covered themselves up with blankets and behaved unbelievably! She gave him a blow job (they thought I was asleep and I pretended to be – don't know why I didn't stop them by showing them I was actually awake). He then gave her a hand job! All the time I was awake and aware and just observing. It was pretty outrageous stuff (although they were reasonably discreet – under the blankets and all!) I think I might have normally reacted differently – objected. I was pretty shocked but didn't really care. Their "gay abandon" and my indifference

both get an intensity of 3.

Head 8.00am. Aware that the lump on my head has gone except for a very small bump and there is no sensation on touching it.

Female organs. Whilst in London with my husband, I had an embarrassingly itchy vagina. I thought it was from my panties initially but it wasn't. It lasted for about 4 days (on and off) from about 5<sup>th</sup> September to 8 September.

Menstruation. No build up to my period (physically or mentally). NS My period was almost a week early. The first day I had horrendous pain and then nothing. NS The period was very heavy though, lots of clotting and lasted 5 days (normal time but heavier than normal).

I noticed that my skin has become excessively dry (like sandpaper) in two areas of my face – on the right temple and on my left cheekbone (from my eye away towards my ear). No amount of cream improves it. Nothing is visible and it's not itchy.

I have been busier than normal. I don't recall having such a busy and frantic time in many years. I've flown domestically and internationally and had meetings and outings and (mostly business) things on the go the whole time. Its been a crazy hectic time (I'm always busy but this was more). Lots has been accomplished. Trip to Melbourne, trip to Europe, moving house and lots of successful business stuff in between. Wednesday 5 September. Arrived in England for work and to stay with my closest friend. My friend got stung by a bee. A large, hard and very painful lump resulted on her finger. She was in real pain and was shocked by it. Hadn't been stung by anything since she was a child so I thought this was unusual. After the 3 days of business was over, I spent 5 days with my friend and my husband returned to Sydney. We walked every day and one of the people we walked with invited me over to her house. She had strange tiles with clay insects on them in her dining room. They were very beautiful and very delicate **mosquitos!** (I knew from my supervisor by this stage that the remedy was mosquito so was quite intrigued at the coincidence). From the emails I sent to my supervisor, it appears I was still very much in "observer" mode on the 10 September. I was noticing everything and was very focused on my surroundings. I particularly noticed and commented on colours in my email. I told my supervisor "I feel good in mind and body. Maybe it's the result of having some time to myself but I seem to be on a quest to rediscover myself and grow as a person physically (through yoga etc) as well as in spiritual ways (meditation). I bought books to read on the plane and read them hungrily. Maybe its because I had no time before but I think maybe we should put it down as a symptom."

#### Prover 8

Abdomen 11am. Sharp pinching discomfort left side waist level; stretching to the right gave relief, pain lasting 3-5min's., felt like a squeezing in the muscle layer. NS

Tightness of the scalp felt from forehead over top of head to top of neck lasted 2-3 minutes. NS

Mouth 12.30. Mainly tongue inside cheeks and gums metallic taste, felt like the inside of my mouth was coated with a sour metallic substance. This sensation was not brought about by eating food or drink. it lasted around 10 min's.

Awoke remembering the details of a dream. Dreamt of being

discovered naked in my front garden. Also dreamt my husband's car was stolen while I was in the post office.

Awoke remembering a dream of having an egg white discharge dripping from vagina.

Noticed on this day that an itchy weeping excoriated lesion on the left side perineal-labial region had completely resolved. CS

Experienced an acute pain in neck extending to the thoracic spine and from there to the sternum. The pain is so sharp it impedes my breathing. It feels like a wire is pulling my sternum and my thoracic spine together.

### Prover 11

Riding in train on way home, very aware of cigarette smoke on persons clothes next to me, its starting to irritate me. AS/NS Really intense.

6.45pm. Guy next to me on train is very weird, asking me questions about God, Woy Woy, Blackwall Rd, can I read minds etc. I feel very scared that he might follow me. He asks me to save his seat while he goes to the toilet. As soon as he left I move seats but felt like he would find me and get angry with me, kept checking. When I got to Woy Woy scared walking to the car, walked very fast so I couldn't be followed. Had someone behind me, really scared I ran to the car (a little) and locked the door as soon as I was in. Felt safe inside car and drove off. Intensely scared, needed to feel safe. While driving started crying, could still smell cigarette smoke – like it was suffocating me, its all over me, then stopped crying trying to calm myself down, saying it's OK I'm safe now. AS/NS

Slight sensation in my R temple almost like a headache pain, hardly noticeable, but it's there. AS

Slight numb sensation coming on all over my face - like its hard to move the muscles on my face, especially my mouth. "Need to ask lips to move" like a delayed reaction. NS

Menses. Period started with absolutely no pain, only aware of slight dragging sensation which led me to think my period had started. (Although this has happened before it is very rare). Like the headache, there but not noticeable. AS

I am having a shower, noticed loud gurgling in my lower abdomen. Very loud, crackling, gurgling and bubbling very loud. NS

During the shower I felt slight pain, but felt like my receptors were detached from it, almost numb to the pain. My head kept cocking to the left like my mind wanted to go off in that direction, this happened repeatedly. Like I wasn't in my body, said to myself "I don't know if I like this, what have I unleashed?" NS

Lower abdomen bloated - but I don't feel bloated. Lower abdomen quiet big/huge and very soggy/spongy, but don't feel at all bloated. Big lump at the caesar scar, I couldn't stop poking at it. NS

Noticing an aching pain in L thigh and in L side of abdomen with period, but its not bothering me like it normally would. AS

A bit more bubbly in my person. I was more relaxed and happy. NS

Conversation with husband, calm peaceful, feeling, I'm usually ancy. NS

Left for College on time, even early (which is unusual for me) usually procrastinate and get anxious about time frames and deadlines. However today I have been early everywhere and no stress. Early to haircut, early to college. Drive to college was great, easy and stress free. Not rushing and confident driving. NS

Desire to eat green veges, broccoli, snow peas crunchy etc (didn't have headache at this stage). AS

Full blown headache, frontal pain, desire to close eyes and be in the dark. Better for being still and telling supervisor my symptoms. Very sudden onset, intense pain worse on right and radiating away. AS

Nausea with headache through class, I can't leave because don't want to ask teacher to move his car. Feel like missed my opportunity because its not break time. (Never had nausea with headache before.) NS

Misplaces letter when writing in lecture, especially when rushing, did this repeatedly. NS

Driving home, overwhelming desire to close my eyes, this urge was way more intense than the pain - it was like my eyes stuck together in a long blink. (Very, very dangerous driving 5-6 times went over towards barrier). Most unusual as I wasn't sleepy, feeling just wanted to close my eyes. Headache pain at an intensity #3 lasted 3hrs. NS

Dream. Meals on wheels and delivering stuff. NS

Dream. Woke up remembering drinking glasses filled with cold finned spaghetti. NS

Woke at 7am headache pain still there, intensity #1 but its not bothering me that much. I feel a bit wiped out and want to take it easy because of big week. Worse movement, walking and bending. Better sitting, staying still and lying. The first wave of pain is intense but then back of to be just there. AS

No desire to eat, which is unusual. Slight taste of blood in my mouth 2. headache pain now about 1 but no interest in food at all. NS

Pain in my right rib cage under my right breast when bending over. Digging blunt pain. NS

Feeling calmer generally with life, let the way things are come to me rather than struggling of fighting with it. husband came over to help with kids/car and when he left I just thought "Oh well, what will be will be." Normally I would be trying something, change it either to resolve or talk or just to get something out of him. Wasn't angry when husband there. NS/AS

Pain in abdomen like indigestion, then I thought I think I need to go toilet, felt like it was going to be diarrhea. Went to toilet but nothing there - empty feeling when I strain. NS

Slight tummy pain on urination. NS

Lying in bed had vision on closing my eyes of being in a room squashed against a wall, the room was very narrow and dark. I was there for an exam. Squashed, narrow feeling and trapped. NS

Sleep/Dreams. Mum rang me and my sister to say that my Dad had died. I answered the phone, said hello and gave it to my sister; she told my sister first, she didn't seem sad (an issue for me in dream feeling a disconnection with mother). She said my Dad had died at Xmas time ( it was now month later). I thought this can't be right because I had spoken to him and asked to borrow money. But thought maybe that's why I haven't heard from him. I was crying and saying - No he can't be, No, and my sister didn't even seem upset, she went back to bed. Felt sad and perplexed at sister's reaction. When I woke thought this was real and that same feeling with my brother. Relieved when I realised it was just a dream. NS

Still felt wiped out, lazy, low energy from headache until 12pm. RS

Head pain vaguely there on waking but gone by 10am. Lasted three days. NS

Stool passed easily but it was orange clay coloured, normal odour.

Feeling extremely relaxed, normally little things are getting to me but today feels like I could cope with anything, no angry feeling. No tension feeling. NS

Noticed an ulcer developing on the inside of my L cheek, slowly developing.

Fantastically good period, normal flow, not heavy, tiny clots, rice size, no discomfort no nothing, not bothered by it at all. AS

Feeling still calmer, no angry feeling underlying everything, almost indifferent. Little bit removed. NS

Ulcer inside L cheek much improved. (Quick to heal almost didn't even develop.) NS

Stool a bit like diarrhea, consistency like lumpy pickle, normal odour. NS

Mistakes, using wrong letters in wrong places. NS

Very happy, bubbly more talkative at work, more relaxed. NS

Rectum. Feels like a hot stick poking up my bum. Really bad bleeding hemorrhoids.

Dreamt sitting around at night with people, talking about snakes, bull ants and all nasty things, etc, then all of a sudden this baby brown snake approx. 1 metre long, came by us, then it was on my back and up my jumper. All these people were telling me what to do, but I took notice of a quiet male who told me to just stay still and wait for the snake to leave you, his advice rang true and I wanted the others to stop fussing, I was drawn to his calm advice. I wanted to leave it there and be perfectly still so it would go away. Someone was pulling on my jumper and that is why it came up the top of my jumper through the neck opening beside my R ear giving me such a fright that I jerked in sudden movement and the snake bit me, bit me on head on R side through hair above ear. - I woke up. On waking in half awake state I thought I must be coming to in hospital, "I wonder how many vials of anti venom I had and if only I hadn't moved". NS

Hemorrhoids, feeling like something poking up my bum. Size of large grapes/plums. Bleeding. Hemorrhoids are kind of funny in a ridiculous way, they are so huge, unreal and

uncomfortable. AS

Feeling a bit over it all, don't like the daily contact, like you have to rather than just run with it. Like everything I do and think is on show and I can't just be me. NS

11.10am period still going which is longer than usual even though it has been a really easy period. NS

Ulcer inside L cheek still there, no better than yesterday and no worse. NS

Everything feels a mess, out of order and its going to take a huge effort to put everything back into a new order - home, finances, work, study everything. Something's coming up are me others are not me. AS

Sleep/Dreams. Ex husband and I were looking after a house, asleep and 2 rats running around over the bed we were in, vicious rats, tried to chase them out and they attacked us (bit us) We chased it and wanted to kill it. Husband caught it under some wire and I said throw a rock at it, he did but it just stunned it so I picked up a rock and threw it and killed it. Then the owners came home and it turned out it wasn't a rat it was the little girls rabbit and I had killed it. The pair of rats had both bitten us on the arm and I was so convinced they were rats, running over the bed etc. We chased them around thinking we have to kill them otherwise we won't be able to sleep. Felt like I had destroyed something that this little girl loved and cared about very much, she wasn't upset but I felt she was holding back her grief. The parents were saying its OK we understand it was an accident but I felt so bad. The parents were getting ready to bury the rabbit. Jeff was there but the feeling was I was the one who threw the deadly rock ( it hit its square on the head and crushed its skull) very very sad, its all my fault how could I have done something so terrible. Feeling of responsibility and guilt and sadness for the little girl, I could relate to the sadness. NS

Dream. A (youngest child aged 3 yrs) in bed with me, screamed (intensely) with bad dream, demanded to sleep on my side because a bee would get him on his side, insistent it would sting him - he seemed still asleep through this whole thing.

I put off phone call to my supervisor, the whole emphasis is on the prover. Feel like I should be reciprocating supervisors concern and I'm not. I didn't feel worthy of all the attention. I wanted to say how are you and find out how she was. It made me feel guilty. NS

Rectum. Hemorrhoids slightly better now about the size of raisins. Still bleeding slightly better for passing stool which passes easily.

Mind. Feel like dream last night has some connection to relationship with husband. We keep talking about divorce but I don't really want to, feel like I have destroyed the relationship for the kids because I wanted it to be better and maybe husband can't be any different or understand. I started this separation process, don't really want it, killing the white rabbit is like killing this family's relationship, I have guilt and responsibility for driving this divorce process "wrecking the kids" feeling of what have I done if I had just kept quiet and never said I was unhappy it would have been all right for the kids. NS

Calmness when dealing with husband, normally trying to shine mirror, now what will be will be. Realised can't change everything, seeing the reality, haven't had the disappointment because no expectation of reaching point of change.

Still feeling of general mess, things starting to pile on top, easier not to come to college, tempted to play hooky, avoided ringing silver about not coming to work.

Driving to train station, kept feeling tense that there is not enough time, I'm going to be late - not relaxed. Arrived at College 1/2 hr early. (Because travel by trains and buses is unpredictable I can't control it, I never know how long it will take). RS

10.00am. Pain in R rib cage (roughly half way down) stabbing pain coming in bursts, at times very sharp lasting 30 seconds. NS

Haemorrhoids still same. Desire to put something cold on them, better from the cold but it annoyed me, still there but doesn't feel as congested.

Bleeding has stopped one is size of grape and other is size of raisin. AS/OS

Appetite, no interest in food. AS

Noticed my foot (skin eruption) was very itchy (it is unusual that it hasn't been itchy at all in the last week) almost like it has been dormant (not better) just no activity. Also noticed eruptions which is unusual as usually notice these things at least once a day. AS

Haemorrhoids almost gone, protrusion is still there but not at all, noticeable and on touch it almost feels tighter, ie like there is tension back in the sphincter. AS/OS

Mistakes with letters, remembering DOB, rang Electricity and Telstra and said my birth date wrong 2 times. NS

Mind. Mistakes in writing, using wrong letters. NS

My whole lower bowel feels paralysed, can't feel anything. NS

Woke up excessively tired, couldn't get out of bed (up in night with sick child - no huge interruption) stayed in bed till 9.45 10.00am. RS

Period started, very early for me (3wks since last period/28dys). Never happened before. No pain only slight ache down L thigh. NS

No pain. Blood consistency always changing, dark, light, almost watery and stringy little clots. Blood almost like bright red water.

## 16 The Rubrics - suggestions

- Abdomen bubbling S  
 Abdomen cracking and crackling S  
 Abdomen diarrhoea sensation as if diarrhea would come on S  
 Abdomen distension S  
 Abdomen enlarged S  
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## 19 Appendices

### Appendix One Sources of Information on Culex

<http://www.coronetbooks.com/books/cule1030.htm>

Culex Pipiens Pipiens Mosquitoes  
Taxonomy, distribution, ecology, physiology,  
genetics, applied importance and control

By Elena B. Vinogradova  
August 2000  
Pensoft

ISBN: 9546421030  
250 pages, illustrated  
\$72.50 hardcover

The present monograph is a real life-work of a well-known specialist on *Culex* mosquitoes, Dr. Elena Vinogradova, of the Zoological Institute in St. Petersburg. The book represents a major summary of the various aspects of *Culex pipiens pipiens* taxonomy, ecology, biology, distribution, physiology, etc., a group which influences adversely many kinds of human activities in the northern and temperate zones and is also of fundamental practical importance in general and veterinary medicine. The author pursues several well-defined objectives: first, to summarize and review thousands of papers on the subject scattered in numerous journals (Western, Oriental and Russian), and to provide the reader with a fair orientation in particular questions; second, to make foreign colleagues familiar with the enormous work done in the former Soviet Union and the present Commonwealth of Independent States on the study and control of mosquitoes, which remains still poorly known due to language barriers; third, to generally portray *C. p. pipiens* based on the knowledge acquired by numerous natural and laboratory observations in bionomy, ecology, physiology and control. The book can be of use to any specialist in mosquitoes and in human and veterinary medicine, as well as to control and quarantine officers.

### Appendix Two Australian Mosquito Issues

[http://www.brisbane.qld.gov.au/home\\_garden/pests/mosquitoes/species.shtml#australicus](http://www.brisbane.qld.gov.au/home_garden/pests/mosquitoes/species.shtml#australicus)

Mosquito species

In this section, you can learn about the most commonly found mosquito species in Brisbane:

- [Coquillettidia linealis](#)
- [Culex annulirostris](#)
- [Culex australicus](#)
- [Ochlerotatus alternans](#)
- [Ochlerotatus notoscriptus](#)
- [Ochlerotatus procax](#)
- [Ochlerotatus vigilax](#)
- [Ochlerotatus vittiger](#)

*Coquillettidia linealis* is a common pest in Brisbane and also coastal and inland areas. During the larval stage, they remain underwater and acquire oxygen from plants. This species is an efficient carrier of Ross River virus.

*Culex annulirostris* is the most commonly found mosquito across Australia. It breeds in temporary and semi-permanent freshwater pools, especially those with grassy borders. It feeds on mammals and birds and is the most significant carrier of Ross River virus throughout inland Australia. It also carries dog heartworm.

*Culex australicus* breeds in freshwater ground pools and swamps and is more plentiful in the cooler months. It is often found resting indoors but it only feeds on birds.

*Ochlerotatus alternans* is a large ginger coloured mosquito, which is also known as the "Scotch Grey" or "Hexham Grey". It has a shaggy appearance due to a layer of erect scales and breeds in both brackish and fresh water. The larvae are predators of other mosquito larvae. Adult mosquitoes feed on a wide range of hosts, but aren't considered a pest in Brisbane.

*Ochlerotatus notoscriptus* is the most frequently found species in Brisbane. It is a black mosquito with white markings on the legs and body. Under the microscope it's very attractive, with a lyre-shaped pattern on its thorax.

This mosquito breeds in containers such as tree cavities, gutters, tyres, bird baths and pot plant saucers. It is the species most likely to be found biting in winter. In summer it can be plentiful within ten days of rainfall. It is capable of carrying dog heartworm and both Ross River and Barmah Forest viruses.

*Ochlerotatus procax* is a small to medium sized species that breeds in temporary ground pools. Recent research has shown it is an efficient carrier of Ross River virus.

*Ochlerotatus vigilax* is a major pest in Brisbane, especially in the eastern suburbs. This species also carries Ross River virus, Barmah Forest virus and dog heartworm. It breeds in salt marshes around Pine River, Boondall Wetlands, Tingalpa Creek, Wynnum, Hemmant, Pinkenba and Whyte and Fisherman Islands. It is renowned for its ability to travel many kilometres from its breeding site.

*Ochlerotatus vittiger* is a persistent mosquito that will bite through clothes. This species breeds in shallow grassy depressions after they are filled with rain, especially at the start of the rainy season. It is a large pale coloured mosquito with four prominent dark stripes on its thorax.

### Appendix Three Article

#### Definition of Species in the *Culex sitiens* Subgroup (Diptera: Culicidae) from Papua New Guinea and Australia

H. F. CHAPMAN,<sup>1</sup> 2 B. H. KAY,<sup>1</sup> S. A. RITCHIE,<sup>3</sup> A. F. VAN DEN HURK,<sup>3</sup> AND J. M. HUGHES<sup>4</sup> J. Med. Entomol. 37(5): 736D742 (2000)

**ABSTRACT** Japanese encephalitis is a disease of major importance in Asia, which from 1995 has extended its range into the north of Australia. *Culex annulirostris* Skuse of the *Culex sitiens* subgroup of *Culex* was incriminated as the most likely mosquito vector. Because misidentifications previously have occurred within this subgroup, our paper defends electrophoretic methods to identify *Culex* specimens from Queensland and the Northern Territory in Australia and from Western Province in Papua New Guinea. In collections from 1996 to 1998 *Culex sitiens* Wiedemann, *Cx. palpalis* Taylor, and *Cx. annulirostris* comprised 93.1% of the total banded proboscis *Culex* mosquitoes collected; 6.9% remained unidentified to species by morphological or electrophoretic examination. The prevalence of *Cx. palpalis* was variable and appeared to be associated with below average rainfall during 1997. In Papua New Guinea, this species comprised up to 97.4% of banded proboscis *Culex*, with smaller numbers collected from the Torres Strait Islands and Cape York; none was collected from other Queensland localities. *Cx. annulirostris* was more prevalent during years of average or above average rainfall and was predominant in most localities, especially in the Torres Strait and Queensland. These data confirmed the problems in separating *Cx. sitiens* from *Cx. palpalis*

and *Cx. annulirostris* using morphological characters.

**KEY WORDS** Culicidae, *Culex* (*Culex*) *sitiens* subgroup, biochemical taxonomy, Australia, Papua New Guinea

JAPANESE ENCEPHALITIS (JE) is a disease of major importance in rural rice growing areas of eastern and southeastern Asia that produce large numbers of the primary vector *Culex tritaenorrhynchus* Giles. Ardeid wading birds, such as the night heron, *Nycticorax caldonicus* Gmelin, are important reservoir vertebrate hosts and pigs are the primary amplifying host (Hanna et al. 1996). In 1995, after three human cases of JE on Badu Island in the Torres Strait (Fig. 1), mosquitoes were screened for virus infection (Hanna et al. 1995). The widespread nature of the 1995 and 1998 outbreaks in northern Queensland indicated a large-scale immigration event, possibly caused by windblown mosquitoes or migrating birds originating from southern Papua New Guinea (Hanna et al. 1999). Of the mosquitoes tested in 1995, only *Culex annulirostris* Skuse yielded virus infections, indicating that this species most likely was the vector during the Torres Strait outbreak (Hanna et al. 1996). *Cx. annulirostris* is distributed widely throughout Australia, Papua New Guinea, South Pacific, Indonesia, and the Philippines and breeds in shaded or sunlit fresh water swamps, pools, and streams (Belkin 1962). *Cx. annulirostris* is also a putative species complex, belonging to the *Culex* subgroup of species (Lee et al. 1989). Marks (1982) previously discussed incorrect identifications of *Cx. annulirostris* and *Cx. sitiens* by experienced mosquito workers such as F. V. Theobald and T. L. Bancroft in the 1900s. Taylor (1912) described eight species of banded proboscis *Culex* (*Culex*) which were later synonymized with either of the above two species. Subsequently, authors have followed the convention of Edwards (1924) for both species. From various collections in Queensland, Northern Territory, and near the type locality for *Cx. annulirostris* at Emu Plains at the eastern foot of the Blue Mountains, NSW, Marks determined that two species occurred sympatrically, *Cx. annulirostris* and one commonly referred to as *Culex* "Normanton sp." that she nominated as *Cx. palpalis* Taylor (Lee et al. 1989). Morphologically similar species with distinct gene pools may differ in their ecology and vector status (Green 1981, Hii 1985). The current article is part of a broad study that aims to use population genetics (as per Chapman et al. 1999) to estimate *Cx. annulirostris* dispersal in the far north of Australia and Papua New Guinea to examine how JE may have reached Australia. Our article re-ports the electrophoretic methods developed to identify morphologically similar species within the *Culex sitiens* subgroup in Australia and Papua New Guinea.

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### Appendix Four

#### Comments by Provers

From Mosquitoes by Anthony Wootton

p.30 Their saliva prevents clotting.

p.38 Mos. is very sensitive to humidity (ie warmth and moisture). People who sweat more get bit more.

From Mosquito The Story of Man's Deadliest Foe (A Natural History of our Most Persistent and Deadly Foe) by Andrew Spielman and Michael D'Antonio. Faber & Faber, UK, 2001 or Hyperion, USA, 2001

Preface: mossies are considered a nuisance, a pain, an angel of death. (p.xv)

Xviii: all manifest exquisite adaptation to their environment.

More than most other living things, the mos. is a self-serving creature. She has no "purpose". She is not essential food for some other creature, is not a pollinator, or an aerator of soil, for instance.

For the most part, mossies feed on nectar or other sources of sugar, such as rotting fruit.

p.24. They eat "manna" – aphids' waste product.

p.40 Common house mosquito – culex pipiens. There is variation within the species culex pipiens: to the north and south of the 23<sup>rd</sup> parallel, we find one kind of c.p., toward the equator, another: culex pipiens quinquefasciatus. This tropical one feeds most frequently on people; the temperate c.p. on birds (also sometimes on humans), cf. West Nile virus.

p.79ff Sparrows are very appealing to culex pip. Also crows. Also horses.

p.24 Ants are predators of newly hatched mossies.

p.24 Nature has designed the limbs of the mos. to break off in a struggle. (Then they manage ok unless they lose too many).

p.27 Once sated (with blood acquired to assist maturing of eggs), mossie's nutrient load is so heavy that she can barely fly.

(cf. *provers physical and mental state last day of premenstrual period, day before onset of flow*)

She must then find a hiding place where she can survive the few days required for her to digest her blood meal and for her eggs to mature. To accomplish her tasks, she must find a humid place where she can rest safely amid a jungle of marauding predators.

(cf. *provers need to keep husband at a distance, and from what I've heard, other provers' aversion to sex or ?to being got at? in some way?*)

p.41 M's have a remarkable ability to adapt and specialize. One feature: identical mosquitoes that share the same gene pool may nevertheless form exclusive little

tribes which refuse to mix with outsiders. Indeed, a common house mossie from under the grandstand at Boston's Fenway Park may be unable to fertilise a female who resides in New York's Yankee Stadium.

p.41 M's have been found as high in the sky as 5,000 ft. (so can be windblown hundreds of miles), and typically travel 7-8 miles to feed.

p.44 For tens of thousands of years before humans evolved, mossie species held to their territories without much change.

(cf. *Good boundaries*)

Culex pipiens left Africa and spread around the world only 300 years ago.

(cf. *They are recent 'intruders' – see several dreams*)

p.45 culex pipiens is fully domesticated – adapted to man made environments, breeding in water that collects in window wells, basement sumps etc. Spends winters in warm basements and attics. "As human settlements expanded, mosquitoes of many species learned to enjoy our blood and to live in and around our homes where they had regular access to their source of nutrition. Because only the most alert mosquitoes escaped our efforts to squash them, natural selection allowed for these domestic and peridomestic species to become most agile, sensitive, even delicate in their feeding. It is no accident that the common house mosquito is a nervous little thing. If she weren't, she'd never survive." (On the jacket of the book, the authors say "what an elegant and hardy thing she is". *Don't laugh, but I think this describes me – a weird mixture of neurotic nervousness – fastidious elegant Arsenicum, with something feisty and tough.*)

At the end of the book there's an account of the 1999 West Nile virus "epidemic" in NYC. A couple of older guys who lived in Queens and had been sleeping outside during an especially hot summer (and because they bugged their wives with their restlessness) were the first to die. I'd already moved to Wagga by then, and I don't remember hearing about this either from the media, or from my family (who live in NYC, Connecticut and Mass.) But there is a weird resonance in the dream I had Day 4: It's in NYC, I go to Queens, "Splat:death" of a homeless guy. The issue of a city marshaling its resources: in real life, apparently Mayor Giuliani went all out and waged an incredibly well marshaled pesticide war in Queens - even though it was already September, and the cooler weather would probably have done the trick. This dream was followed by a dream snippet which is about being contaminated, and doing damage.