

## **Nicotiana Rustica:**

May the scent of the Tobacco  
I have thrown on the Sacred Fire  
Reach Thee, Creator Father, to let Thee know  
We are still good and that thou mayest give us  
All that we have asked.

### Iroquois Prayer

Those human cultures which demonize death or pain or sickness are thus less able to deal with the bitter side of nature, with intoxications; and make themselves doubly sick.

Gary Snyder

A cigarette is the perfect type of a perfect pleasure. It is exquisite and it leaves one unsatisfied. What more can one want?

Oscar Wilde

I believe that pipe smoking contributes to a somewhat calm and objective judgment in all human affairs.

Albert Einstein

## **Introduction**

A homeopathic proving is one of the most profound ways to find out about the essential nature of a substance. The proving substance allows us to explore the “consciousness” of a substance – be it plant, animal or mineral – and reveals the potential to its healing power through the physical and psychological experiences of each prover. Every substance in nature is unique, and the relationship between humans and the proving material offers a great amount of information and knowledge about both the substance and human beings.

One of the most essential aspects of a homeopathic proving is its experiential nature. It is an immediate empirical process, a journey into the essence of the substance. However, in order for a proving to help us understand the full spectrum of a substance, that substance has to be taken by as large number of people as possible. One prover's response cannot reveal all there is to see in any substance. Likewise, a substance needs to be given in a number of homeopathic potencies to reveal a more complete remedy picture. In practical terms, this means that many homeopathic provings are incomplete and only reveal a shell or foundation of information about the substance being proved.

The complete healing potential of a substance can only be seen and confirmed in clinical practice. The challenge involved in a proving is therefore to accurately analyze and apply the information derived from the proving to the treatment of real patients in clinical situations.

Another way to find out about the "nature" of a substance is to study it in its natural (unpotentized) form and observe its impact on the world of nature and human activity. Nearly every substance interacts with or influences humans in some ways, and many are used for practical and economic benefit. Information about these interactions can also give us insight about the nature of a substance and its possible clinical effects. Considering that every characteristic may be an expression of some quality or facet of the whole, interesting – or even essential – information about a substance can be gleaned in many ways.

Given that a homeopathic proving is a means of exploring the healing power of a substance that has been ingested in some form by human beings, the knowledge gained through this method can be usefully compared to knowledge about the substance gained from other sources. The relative importance of possible therapeutic information taken from sources outside of provings is a matter of contention in homeopathic thinking. Some homeopaths are inclined to dismiss the significance of any information that does not come directly from provings, adhering to the idea that only information gleaned directly from provings is acceptable. However, as is well known to those who have been involved with provings, the challenge of extracting authentic remedy information from such a large amount of subjective material can be difficult, as can be seen in some of the original provings of Hahnemann, as well as in some provings conducted in modern times.

Therefore, if it is possible to study correspondences between provings and other more “observational” phenomena, this may add to our knowledge of the substance and its homeopathic affinity. It should be kept in mind, however, that the homeopathic healing potential of a substance can only be reliably verified by clinical results.

The chapters that follow – before the information from the proving is presented – will explore the substance *Nicotiana rustica* from many different angles. A brief overview of botanical and pharmacological aspects of tobacco is given, followed by a more detailed story of the relationship between humans and tobacco. Considering the extraordinary impact tobacco has had on human civilizations, it seems worthwhile to explore this history, even if it is not directly connected to the proving. The next chapter is a study comparing tobacco with other homeopathic remedies, including other Solanaceae. Next comes an elucidation of some of the main themes from the proving. We then take a deeper look at some of the symptoms, thoughts, and feelings arising during the proving and compare them with experiences described by Native Americans who have used these plants in other ways. This is followed by the complete picture of the proving, followed by the repertorization of the proving and a case in which the remedy *Tabacum* was given. The final part of the book is a more detailed discussion of proving methodology and the challenges of doing homeopathic provings.

**The information in this book is by no means a complete description of the remedy-picture of *Nicotiana rustica*. It would be interesting to conduct future provings using even higher potencies. The presentation of this material is, however, an attempt to use the foundation of a homeopathic proving as a means to study one of the most intriguing substances known to humans, which has had a significant impact on the history, lives, and consciousness of human beings. Chapter One**

**The Proving Substance:**

The idea of conducting a homeopathic proving of *Nicotiana rustica* was inspired, in part, by reading Jeremy Narby's book, *The Cosmic Serpent*, which explores experiences with the drug Ayahuasca by Shamans of South America's Amazon region. Tobacco is also used by the people of this region and is one of the substances allied with Ayahuasca and used as a tool in their purification ceremonies and explorations of other states of consciousness. The form of tobacco used is *Nicotiana rustica*, which is closely related to *Nicotiana tabacum* (which is potentized to make the remedy Tabacum), the two being the only two cultivated species of tobacco. The main distinction is that *N. rustica* has approximately four times the nicotine that *N. tabacum* contains. Although Tabacum is a well-known remedy in homeopathy, its remedy picture is incomplete, especially in its emotional and psychological aspects.

Therefore, it occurred to me that a proving of a different botanical form of tobacco with greater concentration of nicotine might bring out more themes and symptoms for the study of tobacco-related remedies. Also, given the extraordinary history of the use of tobacco by human beings, and the current cultural "war" against tobacco, its significance as a homeopathic remedy has perhaps not been completely understood.

### **The Botany and Pharmacology of Tobacco:**

Tobacco is a member of the Solanaceae family. There are two cultivated species of tobacco, *Nicotiana tabacum* and *Nicotiana rustica*. Both of these species are tetraploids, the result of a fertile hybrid between two wild species at some time in antiquity, evidently in the Andean region of South America. Almost all American and European commercial tobaccos are *Nicotiana tabacum*. There are some five dozen wild species of *Nicotiana*, three-quarters of them native to the Americas. These species include *N. glauca*, *N. sylvestris*, *N. trigonophylla*, *N. attenuata*, *N. bigelovii*, and *N. petuniodes*. Nicotine content is highest in the cultivated species, and is much higher in *Nicotiana rustica* than in *Nicotiana tabacum*. (10)

Nicotine is the key alkaloid found in tobacco. Extremely addictive and poisonous, one or two drops of pure nicotine can be lethal. In some varieties of *Nicotiana rustica*, the nicotine content of the leaves can be as high as 20 percent. Nicotine is structurally similar to acetylcholine, a neurotransmitter active in both the sympathetic and parasympathetic nervous systems, as well as in the somatic nervous system at neuromuscular junctures. Research has shown that acetylcholine is present in the Central Nervous System (CNS), which gives some

neurochemical support for findings that nicotine affects learning. In the CNS, nicotine increases arousal and enhances the learning and performance of simple tasks. Nicotine can act as either a stimulant or a sedative, depending on the amount taken. Nicotine's parasympathetic stimulation of the smooth muscles of the digestive tract has been understood for some time. Its actions on the sympathetic nervous system are less well-known, but, in addition to its mimicking of acetylcholine, nicotine also stimulates the release of epinephrine (adrenalin) and dopamine, and in smaller amounts, norepinephrine and serotonin. Norepinephrine is a neurohormone chemically related to mescaline. The significance of these neurotransmitters to the alleged hallucinatory effects of tobacco is still inconclusive, although *N. rustica* contains the alkaloid harmaline, absent in *N. tabacum*, which has been demonstrated to potentiate the psychoactive properties of other alkaloids. Toxic effects of tobacco include perspiration, light-headedness, general weakness, tremors, convulsions and respiratory paralysis. (10)

Tobacco's connection to other psychoactive substances was explored during research into the effects of Ahayuasca when toxicologists extracted the active compound from the *Banisteriopsis* vine from which Ahayuasca is made, naming it Telepathine. In 1957 researchers discovered that Telepathine was actually Harmine, one of several compounds from the beta-carboline family of hallucinogens. Secondary alkaloids called Harmaline and Tetrahydroharmine were also identified. (18).

The action of nicotine on the brain is now being explored in regard to the treatment of Alzheimer's disease. It could be that the harmaline alkaloid found in tobacco is involved in part of that action on the brain. Nicotine acts on the nicotinic receptors for acetylcholine, which exist in the brain as well as in the rest of the body.

Several brain-areas that can be affected by Alzheimer's disease contain nicotinic receptors for acetylcholine, but the number of these receptors seems to be greatly reduced in Alzheimer's disease patients. If nicotinic receptors are blocked in normal people by drugs such as mecamylamine, the subjects do not perform as well in learning and reasoning tests. Conversely, the receptors can be activated by nicotine itself, and tests in animals and humans show that nicotine increases the ability of patients to pay attention to events and to remember new things. Smokers, of course, will not be surprised by this, as it has long been claimed that alertness, attention, memory, and thinking are enhanced by smoking. Nicotine patches are now being developed for use in Alzheimer's disease, to help the

mental condition without the serious health problems that accompany smoking. Because nicotine activates receptors in the muscles, intestines and nerves, leading to digestive and cardiovascular problems, several companies are developing drugs that activate the nicotinic receptors in the brain. (19)

## Chapter Six

### The Proving

#### Remedy source:

The remedy was made up by Helios Pharmacy of Tunbridge Wells, England, using a piece of dried leaf of *Nicotiana rustica*. The substance is freely available and was bought on line at the website [www.mazatecgarden.com](http://www.mazatecgarden.com). It can be smoked like any other form of tobacco.

#### Proving:

There were 18 provers, 14 women and 4 men. 12 were from the San Francisco Bay Area, 4 from Southern California (San Diego), and two from Vancouver, BC, Canada. There were two placebo provers, one of whom dropped out.

Prover #	Sex	potency
3.	Male	12c
4.	Female	6c
5.	Female	12c
6.	Female	30c
8.	Female	6c
9.	Female	30c
10.	Female	12c
12.	Female	30c
13.	Female	6c
14.	Male	6c

15.	Male	6c
16.	Female	12c
17.	Female	30c
18.	Female	6c
19.	Female	30c
21.	Female	30c
22.	Male	12c

## **The method of proving and analysis**

The proving consisted of a single blind study with two placebos used. Potencies used were 6c, 12, and 30c. Provers were instructed to take one single tablet 3 times a day for up to 2 days, but to stop at any point if an effect were noticed. On the day of the proving, all the provers from the San Francisco Bay Area met and took the remedy at the same time. For the next two hours, the group stayed together or took a walk alone. Any conversation was kept to a minimum and provers could not discuss their experiences when taking the remedy. The intention behind this was to create an atmosphere where the consciousness of the substance and of the provers could be elucidated more clearly. When beginning a proving in the midst of daily life, provers can easily miss more nuanced effects, so the environment was controlled to see if a greater level of consciousness could be achieved. Analysis of the proving symptoms showed that a few provers definitely had very immediate effects. This methodology has been one of the more disputed aspects of modern provings, some people feeling that it potentially distorts the authenticity of a proving and leads to false conclusions based on notions of the collective consciousness of the proving process. However, the main intention was to see if more subtle influences of the remedy could be perceived in this way.

About 2 hours prior to the proving commencement, a small earthquake hit the San Francisco Bay Area. Not everybody felt the earthquake yet the proving also reflected its influence. Commentaries and references to the earthquake were included in the proving as seemed appropriate. The possibility that the provers were in fact partially proving “earthquake” is an interesting consideration. Given the notion of the synchronicity of events that seems to surround a proving, some connection between the earthquake and that of the proving might be

speculated (or hotly debated depending on your position on these things). The symptoms produced did seem to mingle both influences, with the images of cracks opening up, and the feelings of falling and sinking, at times into the earth and at other times just a falling sensation. However, given the fact that taking the remedy, feeling the earthquake, and experiencing the first symptoms all happened around the same time, references to the earthquake became recorded in the symptoms in the same way as any other phenomenon. It should be noted though that some of these images – the crack opening up in the world, the abyss, the sinking feeling - were also characteristics found in the writings of Native Americans, (see above) especially when Mature Flowers is thrown into the abyss, holding tobacco in her hand! Also, in the case presented, the patient spoke of being on the edge of an abyss. Is this a coincidence or part of the dynamic of the proving? The significance of any phenomenon in a proving has to be connected to its replication in as many places as possible.

At both the place where the provers originally met to take the remedy and six weeks later at the prover's reporting meeting, a large map of the world was on the wall. These maps were commented on by one prover directly, especially in connection to falling into the world and the ideas of the universe which came up.

In analyzing the effects of the proving the only symptoms chosen were ones in which (ideally) there was no ambiguity as to their cause. Only new symptoms not previously experienced were included unless very similar symptoms were experienced by more than one person. So-called cured symptoms were omitted, as were any modified symptoms or old returning symptoms unless replicated by more than one person. It is debatable whether to include a cured symptom within the time frame of the proving, as other remedies might also "cure" a given symptom, making the uniqueness of the effect questionable. In addition, including data outside of strictly new symptoms risks including effects that, instead of reflecting the substance's "primary" action, are mixed with the "secondary" reaction of the person, a situation seen in some provings. Some provings tend to include material that does not belong exclusively to the remedy but also symptoms more intrinsic to the person, perhaps being modified somewhat by the proving action and as such the provings become a mix of the substance action and the inherent qualities of the person. One could say that all proving symptoms result from this mixture, otherwise the remedy would have no effect, but given that the prover is incarnating the spirit of the substance, it is the "essential" (primary) quality of that spirit that is significant, not the extraneous qualities of the prover. This relates to the inclusion of the return of past symptoms or current symptoms that are somewhat changed or altered.

Their significance in a proving is relevant to the degree to which other provers had similar experiences and that the different “pattern” due to the remedy influence can be deduced. If only one person experienced this shift, then it is not necessarily a unique quality of the remedy being proved, but more to do with the person doing the proving. Other remedies may have a similar effect.

Many proving substances can produce similar results and therefore many provings give the impression of being rather generalized, vague and difficult to analyze. This effect is further compounded by the blanket inclusion of these remedies in the repertory, where they dominate certain rubrics and are found so often as to be almost redundant. By deciding to include only emphatic symptoms, it is hoped that a clear image of the remedy can be seen and that clinical usage will further develop its picture.

## **Proving of *Nicotiana rustica***

**My body so at ease, some moments I didn't feel quite connected to it, as though I was an “immaterial point of experience”, a “black essence” in this room. I was relating to the other sense experiences – mostly sounds – as though they were like me, an immaterial point of momentary existence. Shadow side of the world. Dappled light and shadows on the plants. No light w/out shadows, and no sense of shadow w/out light. Ying and Yang.**

**#15, 00:00:00**

### ***MIND***

#### **Themes:**

**Separation from body; falling, sinking; other worlds – universe, vaults, earth, space, cracks, earthquakes; ½ awake, ½ asleep; beauty, light; blackness, darkness; birds; apprehension, insecurity and speediness; mental clarity; well-being, lightness, freedom; sadness, weeping; mental fog, dullness.**

#### **SEPARATION FROM THE BODY**

Taking first dose –My body so at ease some moments I didn't feel quite connected to it, as though I was an “immaterial point of experience”, a “black essence” in this room. I was relating to the other sense experiences – mostly sounds – as though they were like me, an immaterial point of momentary existence.

#15, 00:00:01

Had a strange feeling while falling to sleep. Felt nothing – a numbness – in body, like I was separated from it. Envisioned my body was falling into a stone vault in the earth, while my consciousness was stable, watching what was my body descend. I was aware enough, and afraid enough, to wake myself up at that point.

#15, Day 7

With eyes shut, feels as if I start to sink into and through the sofa on which I am sitting cross-legged, as if I'm about to separate from my body, but feeling is transient. Whatever was leaving returns and again becomes part of the breathing rhythm.

#8, 00:00:12

It isn't my body, it's the essence of me that is doing this, bobbing about like a helium balloon on a tether, sometimes floating out beyond the surface of my body only to be brought back by the short tether. I go down into and through the mattress and then bounce back.

#8, Day 2

I was feeling the bobbing-out-of-body sensations again, when it began to feel as if a cone of blue energy was rising up from my chest and I was really leaving my body via that route. I couldn't really let go, tensed up, and it came down into me again.

#8, Day 3

## **FALLING, SINKING**

Thought of slipping into a fold, like bulldozed earth.

#6, 00:00:30

A waking dream of falling through a horizontal space.

#6, 00:00:30.

Thought: Diving, going horizontal and then jack-knifing down a narrow, long chute, but outdoors, black on both sides, a very long fall.

#6, Day 3

Thought: The walls of a house are falling, shifting. I have come to prop them up.

#6, 0:02:00 to 0:02:45

Dream: Going to visit a property in the UP. Dried up Niagara or some other falls. Coming back this guy puts me on this flying tank. His wife is there too and there is not room for both of us. We fly over the forest and are both falling off.

#6, Day 3

With eyes shut, feels as if I start to sink into and through the sofa on which I am sitting cross-legged.

#8, 00:00:12

I half-gaze out into the well-length world map, and I imagine traveling into that world, as going down the rabbit hole into a blue make-believe world.

#15, 00:00:00

Had a strange sensation while falling to sleep. Felt nothing – a numbness – in body, like I was separated from it. Envisioned my body was falling into a stone vault in the earth, while my consciousness was stable, watching what was my body descend.

#15, Day 7

Dream: I move towards the pick-up truck, between it and the wall. I want to get onto the loading dock. I climb onto a kind of mechanism against the wall, one foot on a steel box, the other on the bumper of the truck, and hoist myself up. I'm at the front of the truck. Something is wrong, the truck is moving. Both the truck and the box my left foot is on are rising. The mechanism is actually a part of a lift. I'm just getting my balance; the panic is abating, when the front of the truck starts to move away from the box, pulling my legs apart. The truck is on a turntable and is beginning to rotate. Now I really do panic, as I start to fall backwards.

#22, Day 5

Dream: We are quite high up. I say we because there are a number of senior women up here as well. I cross the flat parts ok, but I am too frightened to cross the arches. I go down on my hands and knees but when I grasp the bricks the whole arch moves. It has become as wobbly as my legs. I'm very frightened by the heights. It feels like vertigo. I won't cross, I'm too scared.

#22, Day 4

Dream: I stare at a still area of congested water, an iridescent film on top, and much life below. I get lost looking into it. Then I am alone in the cave; I see that the side of the road (path) plunges into an abyss. I slip. There appears to be nothing to grip onto. I reach out anyway and my hand reaches something implanted in the ground but not visible. I hold on with all my might and more. I think I have to hold on until someone can help me. Then I envision myself climbing out but cannot get foothold. A second vision comes into my mind but I cannot imagine doing it, a back flip out. I say I can do it more or less and then did a perfect back flip up onto the path and began walking toward the mouth of the cave.

#10, Day 23

## **EARTHQUAKES**

Working at the computer, I realized I was dizzy; my head spun standing up. Standing this evening produces a vertigo that seems to rock my whole body like an earthquake.

#8, Day 4

During 2<sup>nd</sup> meditation, a feeling of being on a wave, undulating sensation – just like earlier earthquake though not as violent. (A mild earthquake occurred just before the provers met together to take the remedy).

#15, 00:03:00

Sat on the bench at the park. I thought it was an earthquake, but the bench was broken. Thought of the earthquake before the proving.

#9, Day 3

Today a second shelf fell. That's 2 shelves in 2 days + the attic door on me the week before. It's a wakeup. Also I thought of the earthquake that happened right before the proving.

#9, Day 23

### **OTHER WORLDS - UNIVERSE, VAULTS, SPACE, CRACKS**

Thought of opening up crack in universe, being at vortex of universe.

#6, 0:00:20

Dream: I was going to take a class on "the universe."

#6, 3:20:00

Thought: What if all the planets were on the end of fishing nets and I was pulling them all in?

#6, 00:02:45

I half-gaze out into the well-length world map, and I imagine traveling into that world, as going down the rabbit hole into a blue make-believe world. A feeling of going into a huge world, coming from outer space.

#15, 00:00:00

Dream: The moon is reflecting the planets, and many other things. It's like a holographic projection onto the surface of the moon. I see all the planets and all their moons, rotating and revolving at their various rates. Of course I recognize Saturn by its rings, but all the planets are there. There are also these three odd structures which look like they were built, sort of like spaceships, and they look bigger than the planets. Maybe they are just closer.

#22, Day 17

Dream: I was looking down at the Saint-Lawrence Seaway, the Ottawa valley, and the northeastern United States. It looked like my Civilization game, with lots of forest and then these square cities plopped down . . . . When I was looking down on the continent,

the forest was in its autumn colors and I could see the twin spires of cathedrals in the towns or cities I looked upon.

#22, Day 7

Dreamed I was looking down on a terrain of mesas lined up in a row on a fault line. The mesas were called "Californias."

#13, Day 26

Had a strange feeling while falling to sleep . . . Envisioned my body was falling into a stone vault in the earth.

# 15, Day 7

### **HALF AWAKE, HALF ASLEEP, TRANSITIONAL STATES**

Went for a walk. The clarity of the air is almost surreal, the sky is not exactly changed, but has a green/yellow radiance on the limits of visibility.

#8, 00:00:55

I lay down and went into a sort of transitional mental state for a while.

#8, Day 2

I went to bed and whilst just drifting off, seeing green and yellow leaves, the powerful, sultry scent of tropical flowers seemed to come in through the window, something like gardenia and plumeria combined. I thought about this half asleep and slowly realized it was February and there were no flowers in the garden or anywhere else.

#8, Day 3

I was relating to the other sense experiences – mostly sounds – as though they were like me, an immaterial point of momentary existence. Shadow side of the world. Dappled light and shadows on the plants. No light w/out shadows, and no sense of shadow w/out light. Ying and Yang.

# 15, 00:00:01

### **BEAUTY, LIGHT**

Sensation of incredible of clarity in the head, accompanied with sensation as if streaming light into surroundings

#3, 00:20:xx

Again, desire to laugh, smile, a lightness and clarity.

#10, 00:00:30

Went for a walk. The clarity of the air is almost surreal, and the lacy outline of redwoods against the sky is not exactly changed, but has a green/yellow radiance on the limits of visibility.

#8, 00:01:55

With eyes closed in the dark, light dappled colors in field of vision, yellow and green.  
#8, 01:10:30

Shadow side of the world. Dappled light and shadows on the plants. No light w/out shadows, and no sense of shadow w/out light. Ying and Yang.  
#15, 00:00:00

Dream: A play being rehearsed. I see it from all angles. Am able to see each actor entering and exiting. A door, sunlight coming in with actor's entrance. Door remains open with glare of light from outside lighting the stage. The light source reverses, comes from somewhere else. I watch as the actors become shadowy then clear. Two women, one darker, one lighter in coloring. One character becomes evil and menacing, then changes again to good. She is frightened by the changes, by the oncoming dark side. My response within the dream: fear and reassurance repeating and alternating.  
#10, Day 5

**BLACKNESS, DARKNESS (SEE DREAM IMAGES AND PHYSICALS: BLACK GROWTHS, DISCHARGES)**

Thought: Diving, going horizontal and then jack-knifing down a narrow, long chute, but outdoors, black on both sides, a very long fall.  
#6, Day 3

My body so at ease, some moments I didn't feel quite connected to it, as though I was an "immaterial point of experience", a "black essence" in this room. I was relating to the other sense experiences – mostly sounds – as though they were like me, an immaterial point of momentary existence. Shadow side of the world. Dappled light and shadows on the plants. No light w/out shadows, and no sense of shadow w/out light. Ying and Yang.  
#15, 00:00:00

Dream--I saw little black mice, like embryos almost, being fed to cats.  
#21, Day 2

Dream: In my bedroom was a mail slot in the wall. Half a dozen black kitties jumped through it into my room  
#19, Day 9

Dreamed of black caterpillars.  
#19, Day 15

Dream-- We hook up with a couple, a man and a woman. The man is tall and broad with black hair. The woman also has black hair and is beautiful, though I cannot remember her features.  
#22, Day 16

Dream: A play being rehearsed. I see it from all angles. Am able to see each actor entering and exiting. A door, sunlight coming in with actor's entrance. Door remains open with glare of light from outside lighting the stage. The light source reverses, comes from somewhere else. I watch as the actors become shadowy then clear. Two women, one darker, one lighter in coloring. One character becomes evil and menacing, then changes again to good. She is frightened by the changes, by the oncoming dark side. My response within the dream: fear and reassurance repeating and alternating.

#10, Day 5

Dream: I am walking to my car. I see a stout dark man smoking. I try to let him go by first, but he slows down. He tries to stop me & grabs me. I scream for help as I see other people walking close by. But they don't hear or see me.

#5, 00:20:45

The brown thing might be the gradual organization of my anger into a separate entity or it might be the spirit of the remedy. It is dark, primitive feeling and immensely strong.

#8, Day 12

## **BIRDS**

Feeling of long nose, beak-like. Air coming through bridge of nose, drew picture of long bill and where holes on water bird's bill are, that is where I feel the air coming through.

#6, 0:00:03

Feeling of having a long neck: from crown of head to collar bones

#6, 0:00:04

Thought: "The birds are not singing,

Singing, singing, singing

They are spacious in you." These lines composed

#6, 00:02:45

Thought: second-guessing remedy, thinking of totem poles in Pacific Northwest having "long bird snouts," "long necks."

#6, 00:11:06

I heard a few birds outside calling to each other. The sound penetrated me deeply, and I felt abruptly that I transitioned into their world of swift motion, passion and keen life. It felt totally alien from human experience. I was up in the air and swaying leaves with them, could feel the full power of emotion and meaning in their cries and dance, and felt the keenest love for them, oneness with them and their society.

#8, Day 3

To my eyes his face looked totally changed, as if it had shifted in the direction of bird, a bird of prey. I actually felt a raptor vibration coming from him rather than a human one.

#8, Day 7

Thoughts of birds  
#9, 00:00:05

Dream-Vague thoughts from a dream-birds soaring above tall trees.  
#9, Day 2

I almost feel that this is a bird of prey remedy and my children are the prey.  
#9, Day 8

Thoughts of a bird remedy. The relationship that I have with the kids at this moment seems like a bird.  
#9, Day 13

I keep finding that I am using a lot of words I don't usually use. Like flying the coop, flighty, free as a bird, just ducky, flying free.  
#17, Day 18

### **APPREHENSION, INSECURITY, SPEEDINESS**

Anxious feeling, kind of speedy sensation in chest and heart area like being on a mild stimulant.  
#19, 00:00:20

My body feels speedy. I feel racy and anxious.  
#19, Day 28

Mind anxious, flustered, difficult to center myself.  
#19, Day 2

A sense of dread and not wanting to be involved with responsibilities.  
#19, Day 2

Feelings of insecurity. I'm usually very confident, but I feel insecure about myself. Still feel like I am not very evolved.  
#9, Day 13

Mind: Heavy- racing, lots to do and not enough time to do it  
#17, Day 9

Mild, anxious feeling, kind of a speedy feeling, in chest and heart area, like being on a mild stimulant.  
#19, 00:00:20

Again slightly speedy feeling, feel it in chest, heart, and upper limbs, five minutes after third dose.

#19, Day 2

I am talking fast when on the phone with Mary. I feel speedy. I am mopping the floor.

#5, Day 2

I feel industrious, buzzy, cleaning, cooking. Unusual for this time of day

#5, Day 2

Mind – active, jumping, too agitated to sleep, read.

#10, 00:10:10

Sense of emotional shakiness as if from scare after cigarette (cigarettes normally ameliorate.)

#10, 00:19:17

Entire being is tremulous, overly alert, fear of going to bed/sleep. Smoking more to ease agitation.

#10, Day 2

Thoughts flowing quickly – speed, not thoroughness; one comes up, look at it briefly, it goes and another comes up – rapidly, within seconds. No sense of completed thoughts and no need to.

#10, Day 2

Workday – again, unable or unwilling to take time to write notes – state of agitation. Great desire for coffee, not as stimulant but as a quieting ritual – removal of self from time.

#10, Day 3

Very restless, sleeplessness after 20 hours. = Hyperactivity

#10, Day 29

All sensations very fast and fleeting

#4, 00:10:13

Realize I am going thru emotional cycles very quickly.

#4, Day 5

## **MENTAL CLARITY**

Sensation of incredible clarity in the head, accompanied with sensation as if streaming light into surroundings

#3, 00:00:22

I am feeling clear-headed, confident, a deep sense of satisfaction with myself, my work and my accomplishments, life is good.

#19, 00:14:20

Clear, focused energy. Mind full of thoughts which connect. Able to talk through irritation and to see others as human.

#10, Day 11

Took my test. The test went well. My head is clearer than it has been for days. Another odd thing worth mentioning, my cars left headlight has been out since day 3-4 of the proving. Yesterday, Monday, I noticed that the headlight was working again. The light of my car came on as the fog lifted from my head, odd.

#9, Day 17

I think it's time to go on with my life. I've put some things on hold for a while, some day-to-day living things, like work. Now that I've cleared my head a little, there's room to move.

#22, Day 13

Once again, the weather reflects my mood - such clarity and lightness.

#4, Day 15

Mental clarity. More insights about the way energy flows in relationships. Rearranged the feng-shui at work.

#4, Day 19

I feel aware, sharper, dialed in. Keener, have an edge. Not speedy enough to be threatening or unbalancing. I have been very aware of every detail.

#19, Day 2

## **WELL-BEING, LIGHTNESS, FREEDOM**

Clear & free- I feel freed! Free as a bird, a little flighty, I flew the coop today, went to girl friends and said hey lets go to a movie. We dropped everything and went, something I have never done before. I normally plan things out, been a little more organized today – getting back to normal. People aren't aggravating me.

#17, Day 11

Laughing, joking, feel really good, no worries, no stress, nothing clouding up my mind. Feel great. Having a lot of fun- I needed to do this a long time ago. I didn't realize it was 5:30.

#17, Day 4

Need to smile, want to laugh, sense of glee.

#10, 00:00:02

Again, desire to laugh, smile, a lightness and clarity.

#10, 00:00:30

Could be chatty if I was allowed to talk. Trying to follow physical sensations but feeling too good to pay attention.

#10, 00:00:24

Sense of mental and emotional lightness.

#10, Day 7

Animated, open, at ease in conversation and expression. Sensation of a plug having been removed. No control over output, wanting no control.

#10, Day 20

I'm feeling clear headed, confident, a deep sense of satisfaction with myself, my work, and my accomplishments. Life is good. Emotional and Spiritual wellness. A balanced place within myself. Content.

#19, 00:14:20

Remember drinking a beer at Johnny and Cedar's house earlier, how happy and buoyant I felt.

#6, 00:12:01

While typing notes for supervisor noticed that some of the 1<sup>st</sup> day's words, images and emotions are very childlike, as if I could see myself as I could have been as a child. Sense of joy at seeing connection and the expression of childhood possibilities.

#10, 01:10:20

Felt happy and relaxed and in tune with the beautiful day. Decided not to take the remedy again [tingling tongue].

#13, 00:04:30

My happy mood from yesterday continues.

#13, 00:21:30

I was also aware of a feeling of happiness that seems to be associated with this remedy. It's a quiet kind of upwelling feeling that starts at the base of the spine and radiates up and out. Sort of like water that spurts up from a fountain, but quiet and contained so that others wouldn't notice it. Both these sensations (happiness and tingling) seem more intense when I'm more introspective, but fade out of awareness when I'm more outward and active.

#13, Day 10

Very, very calm and serene feeling throughout the room – people falling asleep – a peaceful, easy feeling. No physical changes yet for me.  
#15, 00:03:00

Felt quite relaxed, cheerful and calm [after first dose]  
#21, 00:00:35

Calm, stress free day – felt extremely calm, relaxed and patient, feeling lots of love, affection and appreciation of family  
#21, Day 2

Patient, calm and relaxed feeling is persisting.  
#21, Day 4

Awoke very refreshed. Accompanied by the thought that I would have a completely relaxing day today – no work, study, and no errand running. Just lie around and do nothing. A rare feeling for me.  
#15, Day 15

Felt good when I woke. I smiled. Suddenly I was not apprehensive about the day. I was not in a hurry to get somewhere. I felt an acute awareness of myself in the exact place I was, instead of in constant transition. I felt that my limbs tingled especially because they are so involved in doing, which is what I'm about most of the time. This morning I could be in bed and that was ok. My being was not identified through my action or my inaction, but rather I felt in harmony right there and then.  
#22, Day 2

I was an hour late for work and I didn't care. Usually in this case I would be either apologetic or resentful. Here I simply got on with my work.  
#22, Day 2

Cheerful, dutiful, accepting of others, sympathetic, fairly calm, industrious, letting things go or rest.  
#5, Day 2

## **SADNESS, WEEPING**

Sad and hopeless. Like I was grieving the possibility of love and connection in my life. I cried from my toes. I couldn't stop crying. About two hours I cried. It didn't feel like a cleansing cry. It was hard. I haven't been able to shake that feeling. I feel like it's hopeless for me today.  
#16, Day 23

Yoga class is heart-opening poses. Doing this makes me very aware of my sadness about Ann (dying friend.) Participate in class for two hours with this sadness until finally in shivassana I cry uncontrollably. Still crying all the way home. So sad for her.

#6, Day 8

Cried again in therapy and all that evening I'm sad and angry about Ann.

#6, Day 9

I am sitting on the bus crying and I don't know why. I am emotional about something. Feel as if this relates somehow to my teenage years. They were traumatic for me.

#9, Day 8

I have been emotional over my father, who is not dead physically, but he has estranged himself from the family. I thought I had come to grips with his leaving, but I am very emotional. I go into see Willa, who helps me out with hypnotherapy.

#9, Day 46

Watching sad movie was overwhelmed with sadness, missing deceased husband, three years almost to the day. Sobbed for 2 hours. Huge sobbing and lots of release. Heart hurt.

#19, Day 15

In the morning I was very sad to leave the kids – I wanted to wake up with them.

#21, Day 6

Thinking sad thoughts and feeling quite tearful

#21, Day 6

My Mum called and said she was quitting her job. I was sitting on the couch crying. Not sure why. When my Mum got home she was crying, she was having pains again like gallstone pain. I made her call her homeopath. I realize she is doing nothing to help herself. I can't do anything. My friend says I am like a cow that wants to give more milk than the baby really wants. Sounds better in Hebrew! I was crying until midnight.

#18, Day 12

(Dream of cat dying), cry in sleep.

#12, Day 25

Weeping – continues for over 1 hour until connection, identifying source – how I approach life

#10, Day 4

In store – tears start flowing with romantic music – difficult to contain tearfulness.

#10, Day 7

## **MENTAL FOG, DULLNESS**

Full-blown sick brain fog

#3, Day 12

Dull, clumsy. Just going through the motions.

#16, Day 5

Having a hard time concentrating. My mind doesn't stay on any one topic for very long.

#16, Day 11

It feels like I'm deadened. I feel dull. Loud noises aggravate.

#16, Day 28

Hard time focusing on anything. Today was a bitch in class I couldn't concentrate. Like I'm in a fog.

#17, Day 8

Concentration terrible.

#18, Day 5

Very absentminded. Went to water and trim the plants at Coldwell Bankers and totally lost track of which rows of desks had been done and which not; had to go back two separate times and test for wet soil to find my place again. Between clients went to Berkeley Hort. for liquid fertilizer and drove three streets past my turn.

#8, Day 3

I am making a lot of writing mistakes. My brain is not working properly.

#9, Day 23

Head feels like cotton candy

#12, 00:02:30

Head feels groggy

#12, 00:08:00

Feels like I can't think. Not better until I get my constitutional and start taking it on March 13th.

## ***DREAMS.***

### **Themes:**

**½ awake, ½ asleep, dimensions between; seeking and communicating with the divine, teaching and learning, beauty; out of body, above the earth, soaring, coming**

**into the earth – vault, grave; other dimensions; birth and death. Dreaming while asleep or half-asleep of the historical past. Dreaming of friends, loved ones and scenes from the personal past not thought of for many years, including loved ones who had died, and of enhanced communication and closeness. Heightened sexual activity or awareness.**

### **HALF AWAKE, HALF ASLEEP, TRANSITIONAL STATES, OTHER DIMENSIONS**

In sleep, similar feeling to awake state (out of body, free, traveling above the vast world, coming down into the world), going deep into the earth, detached, out of body, a deep vault, into my grave. Far into the earth (when taking a nap). ½ awake and ½ asleep. Scary.

#15, Day 2

Dreamt of people I had not seen in years, as if I had been in continuous communication with them (perhaps on another dimension). Feel less attached to things, can let go more easily.

# 4, Day 11

I was not feeling well, so went upstairs to lie on the floor so I could be in the sun. I felt chilly and tired. A bit later I started to have a dream although I knew I was actually still partially awake. I had a dream my cat died and I started to cry. I was crying in the dream but I was moaning in real life and feeling really sad and upset. I was having these surges of energy that ran through my body and head that felt like electrical surges. It didn't feel good. It was more like radio waves surging through my body, especially into my head. When I actually woke up totally, I thought my cat had died and I felt very down.

# 12, Day 25

A waking dream of falling through a horizontal space.

#6, 00:00:30.

I wake up with a jolt of adrenaline. I lie there unable to move. Sometimes from these dreams it feels that you either wake or you die, there is such a confrontation of worlds, of powerful primal urges.

#22, Day 17

### **OUT OF BODY, ABOVE THE EARTH, SOARING, COMING INTO THE EARTH - VAULT, GRAVE**

In sleep, similar feeling to awake state (out of body, free, traveling above the vast world, coming down into the world), going deep into the earth, detached, out of body, a deep vault, into my grave. Far into the earth (when taking a nap). ½ awake and ½ asleep. Scary.

#15, Day 2

Vague thoughts from a dream- birds soaring above tall trees.  
#9, Day 1

Dream: I was looking down at the Saint-Lawrence Seaway, the Ottawa valley, and the northeastern United States. It looked like my Civilization game, with lots of forest and then these square cities plopped down . . . . When I was looking down on the continent, the forest was in its autumn colors and I could see the twin spires of cathedrals in the towns or cities I looked upon.  
#22, Day 7

Dreamed I was looking down on a terrain of mesas lined up in a row on a fault line. The mesas were called "Californias."  
#13, Day 26

Fell asleep rocking and woke like a bolt of lightning from a dream in which my cat Gemma was sitting on my chest and spoke to me. I could see the words come out of her mouth in a cartoon balloon. I think this remedy has psychic elements.  
#8, Day 10

### **SEEKING, GUIDE FIGURE, COMMUNION WITH THE DIVINE**

Dreamed of my father last night. Can't remember much. He was looking for me, and there was a house in a city on a hill. Had a second dream I remember just before waking. I was speaking with Pope John Paul in Rome. He was a younger, more robust and healthy John Paul and he spoke with me in a language that was not English but which I could understand. I simply asked what I could do for him, how I could help him. He told me many of the priests in the Curia leave paperwork outside their doors, that there was probably much work there I could do.  
Now, I've never had the Pope (or my father) in a dream before. My family is all Catholic, and I attended Catholic schooling through high school. But I don't much consider the Pope's presence was very inspiring to me; you could tell he was a beautiful, holy and wise man. I had the sensibility of a religious seeker in this dream, and he was helping me by assigning work. The predominant feel of the dream was that I was seeking.  
#15, Day 7

Deanna and the Pope are in my dreams tonight. It's like a weird competition for who can give the best blessing. I see one then the other making motions with their hands, just before I wake up. Deanna seems to be trying harder, smiling more. The pope is more sober, more aloof. (In dream prover begins shoving stepdaughter around.) That's when I see Deanna, her arms in an outward movement from her chest, supplicating, offering her own heart instead, smiling, beaming, beautiful. And then the pope, like her opposite, slowly moving his hands with that incense ball. An inward expression on his face, all decked out in white and gold, mostly gold.  
#22, Day 8

Dream: I was going to take a class on “the universe.”  
#6, Day 3

Dream: Discursive, philosophical dreams. Instructional.  
#3, 00:09:xx

Dream: There was a volcano and it was filled almost to the rim with molten lava. The lava swirled around and there were lights zigzagging just under the surface. A wise old guru-type man sat on a rock protruding from the lava. He knew the mountain would burst like a pimple. It was a good thing.

#19, Day 2

Dream: I was in a car approaching a traffic light from a long distance on a long stretch of open highway. There were a lot of cars already stopped at the light and I knew I'd better slow down to stop in time. When I arrived God gave me “The Survival Book for Living Through the Rapture”. It was all about being grounded and centered and standing in my own personal truth. I felt at peace and deeply in tune with the message. The book glowed. I felt loving and happy after this dream. The connection with God was such a peaceful feeling, a secure feeling. Almost impossible to describe the calm, inner feeling of unity and peace. (This was a truly remarkable dream and I feel it marks a shift in my life, a deeper sense of connection with my God.)

#19, Day 4

## **TEACHING, LEARNING, EDUCATIONAL ENVIRONMENT**

Dream: I was supposed to teach this high school math class. Instead of having people do math problems I told them all to write a story that had math in it. They were excited and wrote good stories; then we started reading them to the class. At this point they became younger kids, so proud of their stories. Then cut to Elizabeth talking about her kids' poetry class and showing me a closet with all their work in it. I was thinking, “This feels kind of good; I could teach again.”

#6, 00:20:00

Dream: I was going to take a class on “the universe.” First I thought it was taught by Professor Casper (college astronomy teacher) but then I realized it was my high school physics teacher. (Though I've spent a lot of time in school, I don't usually have so many dreams having to do with school or classes.)

#6, Day 4

Dream of being in school taking the review and the answers are just coming to me as I am looking at the questions.

#17, Day 20

Dream: I was supposed to with Leslie K. She wanted to meet before class; we did and she wanted to meet students. She walked into their dorm room (which looked like a lecture hall) and started asking questions.

#6, Day 3

Dream#1- I was in a school, and we were talking about a medications and one of the women stood up and said she had been doing a proving and she thought it was Duck, and started to describe what was going on with her and the proving.

#17, Day 24

Dream: Sitting in class learning remedies. I begin by separating them by lines, organizing them to keep track of differences; it comes to me: I am doing it wrong. They cannot be separated by differences and be understood. (Waking, I want to know why this remedy is full of homeopathy dreams)

#10, Day 30

Had dreams of attending night school.

#4, Day 14

## **HISTORICAL PAST**

7a.m. I have a vision of a knight in armor (I'm half awake).

#5, Day 5

Dream: Some kind of keelhauling party. I'm being towed behind a ship, an old galleon perhaps, and there are 5 or 6 of us on ropes. It's like a social event. We jockey for position; some of us move forward, or prefer this one or that one's company. There is no horror or impending death; it is our mode of transport. There is more but I do not remember.

#22, Day 9

In the first dream, a group of people from the area was staging a re-enactment of a historic event that had taken place there. As part of the festivities, my husband or boyfriend (not my real-life husband) and I were in a peculiar relay race. The women were to walk across the yard and get a piece of paper and write the names of ancestors on it, then return to their partner and then the men do their part of the race.

#13, Day 9

I dreamed I was in an old-west type of environment. I followed a trail into the town. I had to pass by a band of Indians to get there. I went to a store and bought a Tiffany-type lamp from a woman shopkeeper. But somehow I didn't take my lamp with me. Later, I was traveling with my group down the same trail. We almost turned to go toward the town, but then I realized that the Indians would see us. So we had to go the other way and I had to leave my new lamp behind.

#13, Day 17

## **PERSONAL PAST, RECONNECTION WITH YOUTH, LOST FRIENDS & LOVED ONES, ENHANCED CLOSENESS**

The first dream involved me and a dwarf, like in Lord of the Rings, in an office. I work at this place with a friend from high school.

#22, Day 4

Dream: I am worried about the boss catching me in his flat listening to records with two friends from high school, Adrian and Pat.

#22, Day 4

Dream: We are on Preston St. near the corner of Somerset in Ottawa. I used to transfer from one bus to another on my way to high school. Later I worked at two jobs in that neighborhood.

#22, Day 17

Dream: I was going to take a class on “the universe.” First I thought my college astronomy teacher taught it but then I realized it was my high school physics teacher.

#6, Day 4

Dreams: being with friends from high school I haven't thought of in many years. Friends who I had forgotten about. They were here with me in San Francisco, on the streets, going into stores. Very pleasant feeling to be in their company once more.

#15, Day 3

Had dream last night with my Mom in it, something that rarely if ever happens. Cannot remember substance of dream, however.

#15, Day 6

Dreamed of my father last night. Can't remember much. He was looking for me, and there was a house in a city on a hill. . . . Now, I've never had the Pope (or my father) in a dream before. My family is all Catholic, and I attended Catholic schooling through high school.

#15, Day 7

Dream: I dreamed of my childhood home. It was haunted and I was frightened. I was up for adoption and Mom kept trying to get me back. There was a restaurant in the attic. I felt lost and confused.

#19, Day 8

Dream: In my childhood home again. In my bedroom was a mail slot in the wall. Half a dozen black kitties jumped through it into my room. My stepmother was upstairs visiting with my stepsister who was visiting from out of town

#19, Day 9

Dream: I was at a restaurant with my mom, dad, and other relatives. It was a spaghetti restaurant and the spaghetti was served on huge platters that everyone at the table ate from. My mom and I sat at the counter, my dad at a different table. Mom addressed a question to the restaurant owner and he addressed his response to my uncle across the room.

#19, Day 3

Dream: I'm in the bedroom of my childhood house. A child came in and then left. A man came in and lay down naked on the bed. I was undressed from the waist down. We had sex. I recognized that my (late) husband was at the door. I went after my husband explaining that the other man meant nothing and that I loved my husband. The feeling after this dream is that I'm attempting to convince Loyd of my love after some form of betrayal. I want to redeem myself for the way I felt before he died. I had so much anger and felt a lot of relief when he passed, as well as grief and sorrow. A sexual betrayal in the dream. I felt frustrated and sad when I awoke. Mostly missed my husband.

#19, Day 5

Dream-I had kids that were teenagers. I had a black friend with a gorgeous daughter. Daughter had long legs, large breasts, and a long neck. When we got to the playground, I became Sara. My friends' daughter was my friend now. My teenager friend went to play basketball in high heels. Sara (me) sat down on the curb to watch. Kids playing kick a glass bottle. Bottle shatters. Sara (me) protects herself and friend. The themes of the dream were getting old, and as a teenager getting lost.

#9, Day 7

Dream: Standing, watching a young woman. I am enjoying her age, losing myself in observing her motions, energy. I start repeating to myself, I am old but not feeling so.

#10, Day 21

Dream: Boys against girl's college football. I was playing. I watched a few fraternity guys that I haven't seen in years play. The girls weren't into the game, just the guys.

#9, Day 18

Dream: Two or three dreams of old close friends, whom I don't see anymore in real life, who were very depressed and going to suicide: The first one was about a friend who I rarely see anymore in real life due to a lack of common ground. . . . The second one was about the very first friend I was really close to in real life that I became estranged with due to certain circumstances. This happened many many years ago.

#21, Day 4

I dreamed that I was trying to arrange to meet people in Grass Valley and to set it up so that I could get a ride there. In real life, Grass Valley is significant to me because my father lives there and my sister lives in the area, and I lived there during my first marriage.

#13, Day 23

Dreams: I was at a spa getting this strange hair treatment; my dad, brother and my grandmother were there, telling which treatments to get while my father brother and grandmother sit watching. This is real strange because I don't talk to my father and my grandmother is dead and how my brother fits into that I don't know.

#17, Day 33

Dream: I'm back in my old family home, where I grew up. Karin and Avalon, my wife and child, are sleeping, but I'm awake. The bed is too small, we can't all fit. There is a lot of noise coming from outside – too much noise, my parents will wake.

#22, Day 5

Woke from a wondrous dream. My childhood friend D. was visiting us; it was so good to see him.

#22, Day 11

I dreamed of a community gathering at Beaver Point Hall. All the friends our age were there for a potluck and carol sing. [Prover feels foolish but sings.] It meant enough to me to be a part of this community that I would do it. When I was done singing, the party got started. People came down the stairs, lots of whom I know and we had a feast. I think it was Christmas. Then I felt the warm embrace of the community. The anonymity of acceptance, not the notoriety of standing alone. This is a feeling I have longed for more and more recently. When I was younger, I would always do the oddball thing which would make me stand out. Make a spectacle of myself. How I would like to put that energy into something positive for my family. My BIG family. BP Hall represents the people in my community who share my values.

#22, Day 10

## **BIRTH AND DEATH**

Dream: hanging out at my home: I had Laney (my dog) and another big dog, the next-door neighbors had tons of small dogs. Two tiny, new little ones are nursing from their goat.

#6, Day 7

Dream: at Jonah's new apartment, reading the baby announcement. There were blue, stained glass panels in it.

#6, Day 15

Dreamed I was at a birth. The child was given to my husband to hold. For a moment, I thought he was given the child because he was the father, and then I realized he was the grandfather.

#13, 00:13:30

Dream: Three midgets appeared at my front door, two men and one woman. The men were mentally retarded and were holding babies. Each man holding one baby (newborn) under their armpits, dangling in front of them. The woman was pregnant and smiling.

#19, Day 23

Dream: going to meet Lewaii (a Husky dog who died earlier this year that I was close to.) I had been chopping onions and the smell on my hands made her cry. I didn't know she was so sensitive to them.

#6, Day 9

Dream that somebody I know in Hawaii dies. Attending the funeral with David, consoling the mother of the boy who's died. He is very popular, and there is that warm feeling of a Hawaiian family at the funeral. Then most people leave and I am left talking to his mother. It is getting dark and he is laid out on a casket about to be lowered into the earth at the end of a road in the cemetery. His mother is telling me about how she has this chance to pursue a Ph.D., and she is thinking about taking it. I am wondering whether it is appropriate for me to be there, since I didn't know him well. I am also feeling glad for this experience of death and funerals because I was not close to him so the pain is not heart-rending. I am able to be close to death in an intimate way without the terrible emotion.

#6, Day 37

Dream: We (Al and I) were supposed to go to a ball game or something when somehow both young and old Al were killed. Both of us (old and young) were grief stricken. I was in shock as well as being mad and resentful of my older self's grief because at least she had him for a lifetime and they were old and retired anyway whereas I never even got to start with him. My life with him was stolen from me just when there was hope and something to look forward to. I had been happy and now it wasn't fair.

#21, Day 2

Two or three dreams of old close friends, whom I don't see anymore in real life, who were very depressed and going to suicide:

#21, Day 4

Dream about friend who died. I remembered it Friday afternoon.

#18, Day 11

Dream of cat dying, cry in sleep.

#12, Day 25

Dream – In a building (as a boarder) with a man. Got told my son had killed himself. Paralysis then kept thinking he is only 15. I knew I had to claim his body. My body kept feeling him as an infant. I had to keep reminding myself he was 15. I kept rocking my arms as if holding a baby. Told someone to cremate him. I held the thermos his ashes were in under my jacket, next to my heart.

#10, Day 11

**SEX**

Dream: husband and I at a restaurant w/ friends. A friend of his went and got food and came back to the table. I'm at the table; this guy said "oh hang on a minute" and I didn't hear him and ended sitting on his lap. Then he said "just a minute I'll move over," so he moved over and I moved next to him and the next thing I know we didn't have any clothes on. We were having a lot of fun. We were having sex at the table. After I got done I got some tingling and I woke up.

#17, Day 3

Dream: I was showing Maureen's house for sale, it had three swimming pools and one of the neighbors was interested. I cleaned it up so it would show well. Then my wife was there and we started to get sexual in a carport, sort of outside.

#14, Day 2

Dream: Riding on a long bus that takes a circuitous route home at the end of daycare. Geoff is there, lonely as always, but this time I actually have a crush on him and am moving closer to him, marveling that I feel attracted.

#6, Day 9

Dream: Having sex with David but woke knowing it wouldn't feel good. (We did later-pain in vaginal canal.) In part of the dream there was a young girl in the house and I was checking to make sure she wasn't in the room while we were having sex.

#6, Day 10

Dream: With my family and brother at someone's house: they all go to sleep and I fool around with Jeff C.

#6, Day 11

Dream: In a loft, I am roommates with this lonely guy with no cooking pots. David P. is there and there is sexual tension between us.

#6, Day 37

Dreams - about sex. (usually dream about day's events).

#18, Day 5

I dreamed I was having sex with a married man. Every so often, I would go to his room and have sex with him. His wife didn't seem to care. Then one time I'm having sex with him and I think, "Why am I doing this? I don't even like him." So I stop having sex with him and he goes back to having sex with his wife. Then I'm in a throng of people walking on the road. I wave and smile at everyone I know. I want them to like me so they'll invite me to do things with them. Then I'll meet their friends and maybe find someone else to have sex with.

#13, Day 38

Dream: my boyfriend and a close friend, (a woman, who was my lover briefly before I came out 13 years ago) were very interested in having me circumcised. Both of them wanted me to, even though in the dream I did not want to and really didn't have any

intention of going through with it. Both of them were examining my penis and trying to convince me that it would look better if I had it circumcised. I awoke from dream before there was an “outcome”. After waking, the dream was strange to me from the standpoint that I am already, and was in the dream also, circumcised. I was flattered by their interest in my penis.

#15, Day 6

Introduced to two young men in a band, someone my son admired? I am then sitting on a bench watching something off in the distance. It is now night, then day, alternating. In daylight one young man, long blonde hair comes over to talk, sits next to me, gently puts his hand on my right shoulder, sits down next to me, and puts his arm around me. Gradually we lie down together on the bench. Night comes, day comes again. Very sensual, safe feelings. Accepting of the moment, mentally not intruding with logic. Wake up to see we are in public. Get up, disheveled and begin walking.

#10, Day 30

Dream: The two side branches, seen from below the cut have hollow cores, with these tunnels disappearing into their depths. It’s sort of erotic, like a woman seen from behind, on her hands and knees.

#22, Day 6

Erotic dream: At first I am in a bedroom with a woman. She has dark hair and a petite build and seems very familiar. We are very attracted to one another but I am a little nervous. Karin is in the other room and I don’t want to wake her up. We fool around and flirt, but when she opens her legs wide and invites me in I cannot go. I don’t want to abandon myself to this desire only for Karin to come in and see us in the act. Then we are outside, Karin and I, in the woods. We get to our cabin in the woods and inside are Chester and Sarah, a couple of acquaintances. I find Sarah very attractive. There are two other people there, and they are watching Hindi movies. There are cushions on the floor and the place looks very warm and inviting. Sarah greets us and she is very inviting. The whole situation is quite erotic, and I’m sure there would be great pleasure but then I awaken. I feel a sense of longing; I miss the physical comfort of a woman.

#22, Day 18

Dream: I am walking to my car. I see a stout dark man smoking. I try to let him go by first, but he slows down. He tries to stop me & grabs me. I scream for help as I see other people walking close by. But they don’t hear or see me. I try several times to yell for help but even with significant straining, I’m barely audible. He takes me prisoner in a bedroom where he forces himself on me. He tells me how his penis is large for his size and how “he” used to have sex with “him”, that is, a friend. There are people outside of the bedroom, like in another bed next to ours. I become sexually excited & he starts to penetrate me.

#5, 00:20:45

Dream: I go upstairs & see a bedroom set with an ornate backboard that is partly a large clock. The man who walked in earlier is trying the bed out & is enjoying the experience by rubbing his body on the bed. I join him & fondle his penis which is getting enlarged.  
#5, Day 33

Dream: I'm in the bedroom of my childhood house. A man came in and lay down naked on the bed. I was undressed from the waist down. We had sex. I recognized that my (late) husband was at the door. I went after my husband explaining that the other man meant nothing and that I loved my husband.  
#19, Day 5

## **VERTIGO**

Whole body head rush getting out of bed  
#6, 00:22:15

Slight dizzy feeling all day  
#6, Day 2

Tired, feeling dizzy and depleted.  
#12, Day 25

Next three weeks [day 25-45) constant vertigo  
#12, Day 46

Vertigo is very bad [for three weeks], feels like I can't think and there is a blanket covering my head, eyes very sensitive, sensation as if I can't see as well as I used to. Not better until I get my constitutional and start taking it on March 13th.  
#12, Day 46

Slightly light headed while cleaning the kitchen for approximately 15 minutes.  
#21, 00:00:35

Quick feeling of dizziness when shifting focus suddenly while playing computer game – tired eyes.  
#21, 00:10:08

General feeling of lightness, supportedness, especially side body.  
#6, 00:11:00

Watching TV, the screen had wavy line and was moving. It made me feel dizzy and I had to sit down.  
#9, Day 4

Working at the computer, I realized I was dizzy; my head spun standing up. Standing this evening produces a vertigo that seems to rock my whole body like an earthquake.

#8, Day 4

Feeling slightly dizzy.

#5, Day 20

From that day on, I had constant vertigo. I would get up in the morning and feel OK but then gradually the vertigo would start. It felt as if a ship were inside my head tipping back and forth, as if in a storm. It reminded me of the feeling I had when I was pregnant. The vertigo made me feel disoriented, like I couldn't think clearly. It would make me nauseous and I would want to lie down. I felt better if I was lying down, even though I could still feel the vertigo, it would make the ship stop tipping as much.

#12, Day 46

While still lying in bed sense of floating, maybe more of a surging, as if lying on a raft floating in moving water. If I keep my eyes closed the sensation of rocking and floating becomes more prominent and is pleasant, like the surge in one's veins after a day swimming in the surf.

#8, 00:08:15

Every time I lie down now there's a renewal of the sensation of rocking and floating in place like a boat at mooring. Very pleasant, helps in drifting off.

#8, Day 2.

Working at the computer, I realized I was dizzy. My head spun standing up. Standing this evening produces a vertigo that seems to rock my whole body like an earthquake.

#8, Day 3

The only physical symptom I have left is the floating, rocking and surging when I am horizontal.

#8, Day 9

## **HEAD**

Crawling on left upper scalp, yawning.

# 21, Day 1

Itching at right vertex

#3, 00:00:42

"Skull as is a helmet" with slight formication

#3, 00:00:42

Right scalp itchy, scratched for a moment.

#5, 00:00:27

Occasional itching around scalp

#5, Day 3

Forehead feels like a metal sheet inside, along with renewed sense of being tired, wanting to close eyes and sleep. < movement, < open air.

#15, Day 2

Headache in back of my head

#14, Day 3

Headache left occiput

#3, Day 12

Huge head ache [on waking], forehead to right temple like a migraine. Went back to sleep & when I woke again the headache was a lot better. More like a dull throb, took a hot shower & headache went away

#17, Day 2

Migraine headache started at 6a.m. and I still have it. The pain is throbbing, it generates from the forehead to the right temple, sharp throbbing pain.

#16, Day 10

Headache on parietal & temple areas, aching, better with pressure massage on head.

#5, Day 19

Temporal headache with small veins pulsing > pressure momentarily < inside glare of sunlight from windows.

#10, 00:01:40

Sharp pain cutting through center of forehead. Flashes in and out. Pain in left temple and area above left ear.

#19, Day 10

Neuralgic pain on top right side of my head. Feels as if a knot has developed where the pain is. Feels burning and raw.

#16, Day 30

(After lunch) Pain coming in through left temple/forehead still, now boring through left ear (began before lunch, awareness comes and goes.)

#6, 0:02:00

After chocolate birthday cake slight left-sided headache again.

#6, 0:05:00

Pulse (heartbeat) in center of head

#3, 00:00:45

Have a dull headache at temples and forehead.

#9, Day 29

Most of the day I have had a headache at the temples across forehead. Dull, like a weight is on my forehead. I woke up with a headache. I am not getting enough sleep.

#9, Day 30

Forehead right temple all day dull ache

#17, Day 3

Sustained headache – rt. temporal – parietal region; behind right eye.

Headache persisted all night and into morning. Pain is pressure-like, feels like a sinus headache. Sometimes extends down into right jaw. < on movement, of head and body.

#15, Day 2

Mild headache, coming from left sinus, pain and pressure in frontal left sinus. Beginning to spread to right sinus.

#19, Day 11

Sharp pain cutting through center of head. Flashes in and out. Pain in left temple and area above left ear. Lots of pressure in left frontal sinus. Clear nasal.

#19, Day 12

Pressing pain R. temple then L. temple

#10, 00:18:45

Headache: pressure, tightness, fullness, shifting sites; base of neck, temples, parietal.

#5, 00:07:25

My head feels slightly full.

#5, Day 5

Running caused headache & increased sensation of head fullness.

#5, Day 5

Drinking hot tea relieved head fullness.

#5, Day 5

Pressing pain at root of nose

#17, Day 14

Inflamed sinuses, especially right side behind cheeks; pressure not too bad.

#15, Day 2

Sharp pain in left sinus. Left nostril was stopped up when I got up. Pressure in left sinus and behind left eye.

#19, Day 11

Lots of pressure in left frontal sinus.

#19, Day 12

Right forehead feels full.

#5, Day 12

I wake up and have head fullness

#5, Day 6

Woke up with a headache on top & sides of head; head feels heavy & full.

#5, Day 29

Slight dull neuralgia over right eye, above midline of eyebrow.

#3, 00:00:37

Woke up with a full head – sinus pressure and ears hurting and throat somewhat sore.

#13, Day 26

I wake with (a sore throat) and a heavy congested head. I think I'm getting a cold.

#22, Day 5

When I woke up, my head was turned to one side and I had a pain in my skull. It radiated out from the center of my head until it hit my skull where it would then diffuse itself into the bone. It was throbbing and corresponded to the beat of my heart.

#22, Day 10

My sinuses are very congested. They drip more than they run and I can't even get one side to open up. My head is heavy.

#22, Day 8

Head feels tight & heavy.

#5, 00:00:33

Heaviness on left side of my head.

#5, 00:03:50

After rising and walking, I feel a fullness in the head especially around the nose, forehead, and above eyes, feeling foggy and sleepy, neck feels stiff. Want to sleep.

#12, 00:00:45

I saw a friend and asked him if he had tobacco. He was smoking my old brand and so I rolled a cigarette. I may have smoked one more...driving home, a headache began that stemmed from the back teeth of my upper jaw. I thought I was just hungry and when I got home I ate, but that didn't really help. The headache was worse.

#22, Day 16

Headache worse with cigarette.

#10, 00:01:50

Sensation as if left hemisphere of brain opens in a lateral direction

#3, 00:00:34

As if right hemisphere opens through vertex

#3, 00:00:34

Right vertex extends to inner ear, sensation as if "ear is opening on an energetic level", which is like formication, more subtle, less annoying and accompanied by sensation of opening of capillaries.

#3, 00:00:08

Tingling, maybe vibrating a better word, from upper lip extending all the way back through head and soft palate. The vibration feels like waves of energy about a second apart, spreads to the angles of my jaw on either side and up through the sinuses. The whole face feels more receptive and open.

#8, 00:00:31

Woke this morning 0710 with clear breathing in left sinus, US. I felt as though I'd taken an anti-histamine, my sinuses were so dry, though only the left was open. There was a slight raw pain at the back of the left sinus, almost in the throat.

#22, Day 2

## **EYES**

Watery eyes.

#14, 00:00:15

Right upper eyelid (inner) itchy, slightly red, watery, burning slightly while writing this.

#5, Day 2

Eyes watery & slightly burning.

#5, Day 4

Significant left eye tearing.

#5, Day 9

Right eye watery & slightly burning.

#5, Day 12

Burning sensation in eyes.

#10, 00:01:10

Pain in both eyes, entire eye socket and around eye – need to blink to open them – lasted several minutes.

#10, 00:00:57

Pain in eyes and temples. Sensation that pain in temples is pushing eyes outward, bulging them out.

#10, 00:00:58

Drawing pain at the right outer canthus through skull to right vertex.

#3, 00:00:07

Left eye is tearing. Sensation of a needle poking my eye.

#15, Day 9

Eyes stinging with tiredness better by closing eyes.

#21, 00:00:08

Eyestrain, tired from looking at the computer all day

#17, Day 19

Itching of right eyelid

#3, 01:07:55

Left eye itch,

#12, 00:01:00

Eyes itching, burning, especially left

#5, Day 7

Irritation at left canthus for few days, Itchy feeling, like dry and tight, even a bit burning.

#15, Day 6

Significant burning, itching sensation around left eye, esp. canthus. Feels dry, tight.

#15, Day 10

Canthus area of left burning, itching again. Sensation seems to be > after I have had my glasses on and am reading for some time. Especially seem to notice sometimes on MUNI when riding home from work at end of day.

#15, Day 12

Eyes dry, tight.

#15, 01:00:54

Left eye itch,  
#12, 00:01:00

Eyes tired, squinty, dry  
#17, Day 3

Eyes: Tired, dry, itchy,  
#17, Day 10

Tired eyes.  
#5, Day 6

My eyes want to shut. They feel dry.  
#22, Day 16

Sensation eyes are wide open, alert – wider than normal.  
#10, 00:00:23

My left eye is dry, worse in the morning on getting up and worse again in the late evening.  
#19, Day 8

Alternating quickly between internal and external; opening eyes to look and shutting them; a spasmodic movement, no even flow between but sudden jumps.  
#10, 00:03:18

Right eye had redness veins, redness  
#17, Day 2

Bloodshot, right side, left eye fluttering  
#17, Day 15

My right eye got really red and itching and burning. Also, the lid all around my right eye was red and puffy.  
#16, Day 3

Right eye still a little bloodshot day  
#17, Day 3

Both eyes blood shot right side more than left, particles floating around like fibers of strings in both eyes day  
#17, Day 10

Blood shot, red in right eye on the inner eye  
#17, Day 24

(Remedy Dose #2) Eyes felt heavy  
#5, 00:00:30

Eyes feel heavy [after third dose]  
#21, 00:10:02

Bright [light] agg eyes  
#17, Day 17

In sunlight, eyes cannot open; aversion to least direct light; small, black specks before eyes in direct sunlight (lasting several minutes); need to shut eyes or move quickly to shade.  
#10, 00:01:15

Sensation eyes have been dilated. – Lasted a few minutes until inside.  
#10, 00:01:26.

The dark room was easier on my eyes.  
#22, Day 18

Eyes: Hurt, feeling like they are swollen. Very sensitive to light, I have been in a dark room all day. Typing this is very aggravated.  
#17, Day 9

Eyes very sensitive. Not better until I get my constitutional and start taking it on March 13th.  
#12, Day 46

## **VISION**

Along with the vertigo was the sensation that I couldn't see. It was as if my peripheral vision was impaired even though I could tell it was the same as usual. It seemed as if my head were covered by a blanket that was heavy and obscuring my vision when I looked to the side. Eventually, it became only my left eye that I had trouble with. It was like a hat that came down over my head, so close to my eyes that it blocked off some of my vision. It stayed that way for 3 weeks.  
#12, Day 46

Sensation as if I can't see as well as I used to. Not better until I get my constitutional and start taking it on March 13th.  
#12, Day 46

In my field of vision, as I stare out the window, several of the prints on the wall appear to swing in and out from the wall as if they were attached at top to curtain rods.

#8, 00:00:39.

Acute vision. Staring intently on my bran muffin, husband and dog.

#5, 00:01:13

Clear, intent vision;

#5, 00:07:25

1 p.m. Vibration of the tattoo needle caused visual fuzziness while I was tattooing.

#5, Day 6

Vision: blurry in the morning when I get up, clears up about 5 minutes after I am up

#17, Day 29

Tinge of headache temples – eyes slightly blurred. Gone in 5 minutes

#10, Day 4

## **EAR**

Upper hard cartilage and rim of left ear is sensitive to the touch > rubbing.

#21, Day 5

Sore spot on my right ear just inside notched part of the earlobe. Tender along the inner edge of the notch. When I lay on my right side, the pressure makes that area hurt. I realize that it has been there for a couple of days.

#13, Day 8

3:30 am - I woke with soreness in my right outer ear – the part on the upper ear that curls over. It was hurting even without me touching it but worse with pressure. Pain in the left inner ear was almost gone

#13, Day 26

Sensitivity on my left ear. It felt hot and burning. Sensitive to touch.

#16, Day 3

Ear pain- felt as if something draining from top of head to right ear. Ear pain came in waves every ten minutes. For an entire day. Still bothering me a little.

#16, Day 28

Burning sensation, redness and pressure in left ear like I'm on an airplane, extends along left jaw line, teeth hurt, jaw cracking

#5, 01:10:12

Inner ear pressure increases

#3, 00:00:08

Ears a little stuffy.  
#6, Day 2

Pain at bottom of mastoid bone as I close jaw, pressure in ear.  
#3, Day 9

Both inner ears hurt as well [with jaw pain] as from a strong infection. Not separate pains but all part of the same crushing pressure.  
#8, Day 19

Ears hurting  
#13, Day 26

My left ear is full  
#13, Day 31

Ears plugged up.  
#12, 00:02:30

My ears are plugged up, like a wax build-up, or water in them.  
#22, Day 13

Left ear with some fullness.  
#5, Day 5

Sensation as if "ear is opening on an energetic level", which is like formication , more subtle, less annoying and accompanied by sensation of opening of capillaries.  
#3, 00:00:08

## **HEARING**

Hearing seems more acute, especially in the higher ranges. The room is full of many sounds but I hear higher tones that I wasn't aware of earlier.  
#8, 00:03:50

Everything seems to be louder than normal, aggravated, in your face.  
#15, Day 10

[On waking] Left ear is crackling & stopped up  
#5, Day 8

7:30a.m. Right ear crackles with swallowing.  
#5, Day 12

## **NOSE**

Feeling of long nose, beak-like. Air coming through bridge of nose, drew picture of long bill and where holes on water bird's bill are, that is where I feel the air coming through  
#6, 00:00:03

My sinuses have expanded. They weren't blocked before, but now they're as open and wide as possible.  
#8, 00:00:27

"Opening" of both nostrils  
#3, 00:00:36

Left nostril opens up when lying on my back.  
#5, Day 8

Drawing sensation L nostril through to L occipital.  
#10, 00:03:00

Nose-tissue inside is swelling, especially near the root, as if congested but with no congestion worse on right side, [after first dose].  
#12, 00:00:30

Discharge from nose watery  
#3, Day 12

My nose is slightly runny with clear watery discharge.  
#19, Day 23

Plug of congealed blood from left nostril  
#3, Day 13

Slight blood from left nostril when I blew my nose. Mild runny nose.  
#19, Day 2

Gluey discharge from nose  
#3, Day 13

Left nasal congestion worse; slight nasal discharge when blow my nose. Improved with hot bath & hot tea.  
#5, Day 7

Nose stuffed up, whatever side lain on, now right side running; left side thick and stopped.  
#6, 00:22:15

Woke [morning], left nostril to back of throat plugged

#6, Day 2

Nose congested, left side more

#6, Day 5

As I write this my nose is running, and I blow it frequently. Mostly this happens in the left sinus and lasts for about 5 hours, until I go outside, which greatly improves my breathing.

#22, Day 5

Drinking water immediately elicits a sneeze and my sinuses start flowing – aah! It's good to be back at it. The mucous is clear and yellow, very bright.

#22, Day 8

[On waking] runny nose, clear mucous

#22, Day 11

I am sneezing & have a drippy left nostril. Blowing my nose of clear discharge.

#5, Day 8

[On waking] left nostril burning. Loose pale yellow nasal discharge; nasal congestion, especially left.

#5, Day 9

I wake up; blowing my nose of clear loose discharge; left nostril plugged up most of the time.

#5, Day 11

Runny nose, sneezing.

#6, Day 5

My nose itched.

#17, Day 17

Nose itching, burning.

#5, Day 7

Itching at root of nose, then left side of root of nose (left half of brow chakra)

#3, 00:00:32

Itching sensation inside left nostril, outside wing of nostril.

#3, 00:00:13

Right nostril itches

#3, 00:01:00

Tickling in right nostril, extends to left cheek along rear jaw line.  
#3, 00:00:33

Felt a tickle in my nose [after second dose]  
#17, 00:07:28

I smell weird, putrid, a smell like mucous, almost like very old, moth bally, like grandma.  
#6, Day 8

Went to bed and, while just drifting off, the powerful, sultry scent of tropical flowers seemed to come in through the window, something like gardenia and plumeria combined. I thought about this half asleep and slowly realized that it was February and there were no flowers in the garden or anywhere else.  
#8, Day 4

Smelled tropical flowers again last night around 11 p.m.  
#8, Day 16

I keep smelling smoke and I am not around any one that smokes.  
#17, Day 19

Noticing a strong odor, someone is cooking. Thyme? the herb.  
#18, Day 9

Clear no mucus. Sensitive to smell, could smell everything on snack table mainly chocolate- that will give you a headache, smell was over whelming  
#17, Day 10

The candles had an over whelming scent, so much so I ended up with a headache, right sided above right eye brow, instantly got head ache.  
#17, Day 21

## **FACE**

Piercing warm sensation on right lower jaw diagonally through to left nape of neck;  
#3, 00:00:24

Face: It has been feeling hot to the touch, like I am running a fever, I have not taken temperature I can't read the numbers.  
#17, Day 9

Right cheek feels warm; it began by feeling pleasantly "fizzy" inside mouth next to that cheek.  
#8, 00:00:10

My hands are faintly tingly or fizzy. So is my face from the eyes downward, especially the lips. Whole face feels very slightly warm and tingly, quite pleasant.

#8, 00:00:26

Have the strange sense of air flowing in and out through my skin as well through breathing passages, and I feel the oxygen flowing through the cells of my face. It's increasing steadily; each slight intake of breath feels as if I'm in an oxygen chamber.

#8, 00:00:27

Tingling, vibrating from upper lip extending all the way back through head and soft palate. The vibration feels like waves of energy about a second apart, spreads to the angles of my jaw on either side and up through the sinuses. The whole face feels more receptive and open.

#8, 00:00:31

Stinging line between L temple and end of R. nostril, deadening R. side of nose as if clogged or closed off.

#10, Day 3

When I awoke I had a dry cracking pain in my left sinus, which was much worse when I swallowed. It goes from the back of my sinus, around my upper jaw, to just above my upper left wisdom tooth.

#22, Day 8

Sensation of lower lip tingling and full feeling.

#9, 00:00:05

Dull pain in right jaw / chin (radiates to right back molars)

#3, 00:00:33

Some really frightening pains going on in my face and jaw, crushing, on the left side, and curling from my left cheekbone around under my jaw. It seems to extend inward, crushing on the surface but sharp in the soft throat tissue under the jaw. There seems to be a tight spasm on the front of my left shoulder joint as well. They came on quickly but not shortly after sunset. Both inner ears hurt as well, as from a strong infection. Not separate pains but all part of the same crushing pressure. This sounds like descriptions of referred pain from heart attacks, which would not surprise me.

#8, Day 18

Slight inflammation of left hinge of jaw

#3, 00:20:xx

Crunching noise when jaw closed

#3, Day 8

Slight neuralgia along right jaw line, pops when clenched

#3, Day 13

Morning neuralgia in left TMJ

#3, Day 14

Tightness in jaw, gritting teeth

#17, Day 2

Stiffness of jaw from clenching

#17, Day 13

Clenching jaw a little bit today, might be because I have been studying

#17, Day 17

Slight pain in inner arch of both eyebrows, sinus?

#6, Day 15

Sinus pressure in cheeks, along crest of cheekbones

#3, 00:20:xx

New sensation: my face is being pressed all over, especially over my cheekbones and angles of my jaw.

#8, Day 14

The facial pressure is there again and seems to have spread slightly underneath the jaw.

#8, Day 16

Brief, deep, sharp pain passed through left sinus to left of base of nose under left eye. It is a stab feeling, one stab at a time. Real deep stab where nose meets face. However, have had sinus infections in past with similar feeling after bending over, and this time I was sitting up.

#19, 00:07:45

Sharp shooting pain in right maxilla radiating to right temple lasting a fleeting minute.

#5, Day 13

Simultaneous itch at vertex of right ear and right corner of mouth.

#3, 00:00:14

Itch at left corner of mouth.

#3, 00:00:18

Tic under right eye

#3, Day 2

I have a rash in the middle of my forehead slightly left of center. I think I first noticed it yesterday. This morning it occurred to me that I hadn't been using my usual face soap lately so maybe I've broken out from not getting my face clean enough. But now I see that these aren't ordinary blemishes. They are a line of small white eruptions and the skin around them is reddish. They don't itch, and there's no discomfort.

#13, Day 20

Face, eruptions along nose side of cheek down to below nose – spotty rash.

#10, Day 33

Bump on nose between nostrils painful on touch. NS

#5, Day 12

I have 2 new eruptions, one on the right cheek beside the nostrils and one on the left chin below my mouth. You can still see the others with a magnifying mirror in a good light.

#13, Day 37

Pimple on chin, sore and big. Another on upper lip, very sore, another on middle of left cheek, and another on center of chest. They are red, shiny and sore. And big.

#19, Day 12

Another pimple coming up on right outer tip of eyebrow. Painful to touch.

#19, Day 13

Pimple on lip is tingly.

#19, Day 15

Breaking out with pimples between eye brows on forehead & left side of lip right cheek and left side of neck

#17, Day 8

Breaking out on upper lip-itchy red bump late last night woke up this morning and it had come to a white head

#17, Day 7

Right cheek redness under eye puffy

#17, Day 2

Red blotches on cheeks,

#17, Day 30

[After third dose] flushed. Not better by fresh air

#12, Day 2

## ***MOUTH***

Saliva in mouth and feeling salivary glands active.

#21, 00:10:08

Saliva in mouth – the sensation is as if it is coming up from my chest, not the actual saliva but just the sensation is.

#21, 00:10:13

Still getting sensation of rushes of saliva – still yawning, worse when writing.

#21, 00:10:22

Salivary glands active – feeling of saliva rushing.

#21, 01:00:28

Sensation of slight tightness in throat, tongue and mouth, lots of sensation in mouth – electric like but not quite.

#21, 01:00:30

Saliva sensation again while relating symptoms to my supervisor – kind of electric like under tongue – reminiscent of taking a dose of LSD.

#21, Day 2

Chancre sore on bottom, left part of tongue – painful to the touch.

#15, Day 22

I realized that sore in mouth is another canker sore. Unusual to have 2 so close together. That hasn't happened since I was a teenager.

#9, Day 23

Noticed small aphthous ulcers inside my mouth.

#5, Day 30

Blisters on lower gums on left side

#16, Day 3

Greatly diminished sense of taste.

#15, Day 2

Food tastes just so so, no flavor to it.

#17, Day 10

Numb, swollen feeling on tongue, sort of like Novocain. .

#13, 00:00:01

Tingling, tip of tongue felt intense.

#13, Day 9.

Tickling roof of mouth when waking in morning, extending to right ear canal. Tickling changed to tingling. Tongue tingling as well.

#13, Day 15.

Tingling of the tongue.

#14, 00:00:10

Tingling left upper lip.

#5, Day 20

Feeling pleasantly "fizzy" inside mouth next to [right] cheek

#8, 00:00:10

Tingling, maybe vibrating a better word, from upper lip extending all the way back through head and soft palate.

#8, 00:00:31

Flowing tingle over and inside my mouth [after second dose].

#8, Day 2

Continued tingling of the tongue.

#14, 00:07:00

I still had tingling on my tongue and my mouth seems drier than normal.

#14, 00:21:00

Mouth: Dry, like I need to drink more water

#17, Day 6

Thirst: Dry mouth, I keep drinking and I can't seem to get enough water

#17, Day 8

Mouth: dry, drinking doesn't help

#17, Day 10

Great thirst, licking lips. Sucking on lips lightly

#10, 00:00:40

Dryness of mouth

#3, 00:00:18

Lips are drier than normal since taking remedy.

#15, 00:00:00

Dry lips, esp. bottom.

#15, 00:21:10

## **THROAT**

Heat and pain in throat  
#3, 00:20:xx

Awoke with sore throat  
#3, Day 8

Sore throat, left front side  
#3, Day 9

Sore throat left side at night  
#3, Day 11

Throat sore and feels like sinuses are draining through it. (These sensations in throat gone ten minutes after waking up)  
#6, Day 17

Sore throat in a line down pharynx from sinus cavity.  
#10, Day 3

Swollen feeling in back of throat  
#6, 0:00:10

Furry, swollen feeling in upper throat  
#6, 00:11:50

Throat somewhat sore.  
#13, Day 26

Some resistance when swallowing. Throat feels a bit constricted and tight. It's like I have to make a conscious effort to get past my tongue and down my throat.  
#19, 00:01:30

Swallowing a bit difficult. Throat feels constricted, as if tongue were slightly enlarged at base of throat. I have to work to swallow past it. Thirsty right now.  
#19, 00:07:40

Feel sore throat coming on. It's due to a lack of sleep. I have not had much sleep in last 3 days. Difficult swallowing, when swallowing left side is worse than right. Usually the right side is worse than left.  
#9, Day 12

I wake with a sore throat and a heavy congested head. I think I'm getting a cold.  
#22, Day 5

Scratchy throat 10:45 p.m. on march 10<sup>th</sup>, woke up with sore throat, scratchy hard to swallow, scratchy through out the day, cold drinks help  
#27, Day 23

Mild pain left throat radiating to left ear with some fullness.  
#5, Day 5

Realized that for a few days now, when I talk on the phone I have to clear my throat in order not to lose my voice.  
#6, Day 11

Throat: feels dry.  
#17, Day 6

Woke with unbearably dry throat. I got up and drank water. My throat feels like it's made of cardboard.  
#22, Day 7

Throat dry and scratchy.  
#12, 00:00:45

Back of throat feels scratchy  
#12, Day 2

Scratchy throat, better swallowing  
#6, Day 7

While crying my throat itch clears  
#6, Day 8

Tickle in the back of throat near nose root [after first dose].  
#12, 00:00:30

Tickle in throat, coughing helps  
#17, Day 7

Throat tickle.  
#5, Day 5

Burp, burning in esophagus/throat.  
#6, 1:00:00

## **STOMACH**

Empty sensation of my stomach. Sighed. Abdomen felt sunken.

#5, 00:00:20

Hollow sensation in pit of stomach and ascending into chest - relieved when drawing deep breath. Passed after 5 minutes, mild sensation.

#19, 00:00:10

8:30 am. Hollow feeling still in my stomach, a little more pronounced for ten minutes.

#19, Day 2

9:30 am. Worked out on treadmill for 20 minutes. Afterwards, my consciousness is drawn to my stomach and intestines. A hollow sensation like a cavern with echos ringing through it.

#19, Day 2

Stomach growling, but not hungry

#17, Day 2

Stomach gassy, tense, tight, anxious in mind.

#19, Day 2

Short sick feeling in tummy – stomach rumbling and gurgling – around umbilicus as are all following symptoms - short feeling of air/gas bubble moving around – slight cramping disappearing quickly

#21, 00:10:08

Stomach hurts, bloated.

#9, Day 6

I wake up & feel tired & dragging. I want to sleep more. I have moderate nausea.

#5, Day 2

Nauseous during dinner – almost lost appetite but not quite – hard time finishing regular amount of food.

#21, Day 2

I felt slightly sick to my stomach – no energy.

#13, Day 4

Shaking, faint feeling, stomach feeling sick.

#18, Day 2

Feel nauseous. I ate rice/peas and Cran-grape juice. Nauseous feeling extends to ears on swallowing, salivary glands.

#9, Day 7

Sick to my stomach, but not enough to throw up  
#17, Day 9

Stomach: upset, feeling I am going to be sick, (pretzels helped) drinking 7up ameliorated.  
#17, Day 10

Slightly nauseous – queasy feeling  
#21, Day 2

Nausea strong with rising sensation; stomach, abdomen full of gas but no eructation.  
#10, Day 5

Sensation of wave of movement in stomach extending to left side.  
#10, Day 5

I saw a friend and asked him if he had tobacco. He was smoking my old brand and so I rolled a cigarette. I may have smoked one more...Driving home I felt nauseous. I thought I was just hungry and when I got home I ate. My nausea got a little better.  
#22, Day 16

Queasy, feeling of butterflies, empty feeling; sinking in feeling.  
#5, 00:07:15

[On waking] I have moderate nausea.  
#5, Day 2

Significant nausea in the morning, relieved after urinating.  
#5, Day 26

No appetite, haven't felt hungry but have still eaten.  
#17, Day 7

I have not eaten much food, yet I am not really hungry.  
#9, Day 9

Haven't really thought about food since the proving began.  
#8, Day 3

Gassy stomach, big turkey dinner last night, wine and cake.  
#6, Day 15

I have felt pretty bloated – especially after eating. My stomach is pooched out – and it feels like there is gas wanting to escape.  
#17, Day 15

I still have no appetite, but I am eating 3 meals a day, I noticed tonight I had a little bit of indigestion, burning in the stomach, seems to bubble up to the upper portion of my stomach

#17, Day 17

Stomach a little acidic, churning

#17, Day 22

My stomach bubbles if feels like it is bubbling up to my throat, almost like what I have eaten want to come out.

#17, Day 17

I burped 3 times while bending over.

#5, Day 6

## **ABDOMEN**

Empty sensation of my stomach. Sighed. Abdomen felt sunken.

#5, 0.00.20

Day 1. In shower looked down and shocked at size of my stomach – I looked pregnant because it was rounded from top of abdomen to the bottom – no feeling of being bloated, no discomfort, no pain or tenderness – partner said it was definitely fully rounded but not too much bigger than normal.

#21, Day 3

Abdomen swollen, accumulation of gas, internal hemorrhoids

#10, Day 14

Removed my underwear & PJ's because they were too tight around my waist.

#5, Day 16

Cramp came and went fast in lower abdomen

#21, 00:10:40

Woke [morning], Cramp two inches below belly button, better burping, passing gas. Moves from center to left side.

#6, Day 2

Cramp still there, milder

#6, Day 3

Lower abdomen cramps – sensation of fullness

#21, Day 7

Sharp pain lower abdomen and umbilicus

#21, Day 7

After I talked with my Mum, I had sharp pain, lower abdomen, until I fell asleep that night. Uncomfortable feeling inside from my chest to my stomach.

#18, Day 12

[On waking] bloated intestines, gas

#22, Day 11

Gas pains worse 3-5pm

#17, Day 15

## ***RECTUM***

Constipation yesterday and today. No bowel movement yesterday, and only scant one today.

#15, Day 8

Bowel movement difficult.

#19, Day 5

Incomplete bowel movement – no urge. Off and on again 2-3 days at a time.

#10, Day 14

Violent itching in anus

#3, 00:01:00

Rectum: itching, gassy,

#17, Day 17

## ***STOOL***

Stool is darker color, not as easy to expel, comes less frequently and is harder and more broken-off than normal for me [symptom enduring after proving].

#15, Day 48

Stool small and hard with lots of straining.

#19, Day 5

Intestinal activity feels like things are moving towards a loose bowel movement.

#19, Day 6

Loose bowel movement: stools, solid w/ gush of water and consistency and texture of liver cleansing debris.

#10, Day 5

## **FEMALE**

I wanted to have sex. It is unusual for me to have a desire that soon because we'd had very satisfying sex just the day before. So we made love and the climax had an unusual sensation. More of a feeling of satisfying an intense itch than in normal for me.

#13, 00:10:10

White, itching, thick leucorrhoea (mid-cycle, not just before period, as it usually is.)

#6, Day 29

Tiny vaginal itching feeling when urinating

#21, 00:20:20

Vaginal discharge – bloody mucous – not a lot. Only after urinating would I see it on the toilet paper

#21, Day 8

Began period, no cramps, no physical indication of period starting. Usually slight backache and some cramps. Blood is red, a little thinner than usual. Flow is not flowing yet, show is spotty and slightly mucousy.

#19, Day 5

Menses flow a little heavier at night, though less than usual. Flow is light during the day. Bright red blood, it is usually darker.

#19, Day 5

Menses began – heavier than it has been in the whole past year.

#21, Day 10

Light spotting from menses again.

#21, Day 13

At various times during the day I had creamy mucous discharge

#21, Day 16

Same as Day Sixteen – copious amounts [of creamy mucous discharge].

#21, Day 17

Period appears after 4 month absence.

#12, Day 6

## **COUGH**

Intense cramping cough developed.

#12, Day 6

Shallow cough sensation – need to cough.

#10, 00:00:25

[After waking at night] I was coughing from a tickling in my throat.

#13, Day 7

Rare dry cough from tickle in throat.

#5, Day 10

Cough: croupy and sometimes productive. There is a terrible tickle right at the start of the lungs (higher up on the lungs). It was more frequently on the right side. But it was impossible to not cough.

#16, Day 3

Coughed while swallowing some oatmeal that didn't go down quite right. I coughed several times with a gag on the end of each cough. It's unusual for me to gag when coughing unless I'm sick.

#13, Day 8

Asthmatic cough, hard time catching my breath. Lasted for 2 hours.

#17, Day 2

Dry cough.

#5, 00:01:55

Mild dry coughing spell

#5, 00:07:15

Cough dry, shaking whole body

#17, Day 3

Irritating cough, rapid consecutive from throat mainly – irritation in throat. Sudden start, sudden stop.

#10, Day 3

Cough < cool, cold air. Sensation of cold air in throat to bronchi

#10, Day 3

This cough seizes me in painful wracks. I blow my nose, or drink some water, and it's upon me. My chest seems to cave in, my shoulders hunch forward, I am almost propelled forward.

#22, Day 9

Cough after drinking cold water, cold water agg, like my throat is cold  
#17, Day 11

After writing for a while I am coughing. There is a frog in my throat that I can't bring up.  
#22, Day 10

## **CHEST**

Stabbing pain, upper left breast, under arm region. Intermittent, every 20 seconds or so. Duration about 30 minutes.  
#15, 01:06:20

Had chest pain on bus today. Again, drawing pains from upper and lower left breast area moving towards heart. This is becoming a constant symptom, though it is only intermittent and lasts but a second or two.  
#15, Day 11

I had throbbing aching of my right breast while driving home, lasting about 5 minutes & again but only briefly for 1 minute 2 hours later.  
#5, Day 22

Constriction at base of sternum, relieved by burp.  
#6, 00:00:30.

Piercing feeling under right breast, also nipple.  
#6, 00:11:25

Felt heart palpitations.  
#14, 01:23:00

Chest Sensations: slight burning at chest bilaterally above nipples.  
#3, 00:00:11

Burning sensation under left armpit  
#3, 00:00:18

Sensation of burning at heart,  
#3, 00:00:22

Right after I talked to the supervisor I had this heat in the upper part of my body on the sides where the ribs are.  
#18, Day 5

Cold, icy hot sensation on left lateral side of torso under left armpit

#3, 00:00:22

Breathing apparatus opens up – deep relaxed breathing.

#10, 00:00:03

Flowing tingle over and inside my lungs [after second dose].

#8, Day 2

Giddy, tickling sensation around my sternum, lasting 1 minute.

#5, 00:00:12

Chest movement more expansive, chest “butterflies”.

#5, 00:07:15

Mild, anxious feeling, kind of a speedy feeling, in chest and heart area, like being on a mild stimulant. I can really feel the pressure from my bra around my chest, it is binding and when i place my attention there the anxiety increases. Still mild though. This lasted until after breakfast, one and a half hours.

#19, 00:00:20

8:22pm almost like I was going to have asthma attack, tightening in chest and asthmatic cough, hard time catching my breath. Coughing ameliorated. Lasted for 2 hours.

#17, Day 2

Alight tightness in chest [after fourth dose]

#21, Day 2

Chest feels tight.

#16, Day 2

## **BACK**

Feeling of having a long neck: from crown of head to collar bones, awareness of glands on side of neck. Headache still present.

#6, 00:00:04

Slight dull pain where left shoulder attaches to body.

#9, 00:19:05

Neck feels stiff.

#12, 00:00:45

Back hurts

#12, Day 25

Aching right mid back while sitting & inactive.

#5, 00:00:22

Upper back & neck aching throughout the day.

#5, Day 5

Upper back pain while standing, burning and aching in scapula, directly between shoulder blades. Intense, severe, brief. Level of 9 on scale of 1-10.

#19, 00:14:20

There is a deep sharp pain behind my right shoulder blade. It aches and upon movement it stabs. I notice it mostly when standing erect with shoulders back.

#19, Day 6

Ache and soreness across shoulders.

#10, Day 7

Wake with stiff, aching upper back T 4 up to C I – remains for 2 hours, moves down spine while remaining at neck. < motion

#10, Day 21

Buzzing sensation at mid-back; tightness and pulling sensation follows.

#10, 00:00:55

Mid left side of back bottom of lung or below, small spot vibratory, focused.

#10, Day 10

Feels like some small animal jumping in a muscle, mid back.

#8, 00:00:21

In hot bath. Bubbles which are internal along spine move up spine to cervical disc. 5.

#10, Day 7

Burning up and down spine.

#10, Day 16

Trembling shoulders, blades up.

#10, Day 15

Tremendous pushing pressure from spine to shoulder blades.

#10, Day 16

## ***EXTREMITIES***

Lethargy. Legs feel like rubber. Yawning. I don't want to get out of the car or move. Dragging myself upstairs. Tired, sleepy. Legs feel heavy.

#5, 00:03:00

Arms feel weak; want to drop them at my side.

#5, 00:04:20

Left arm is weak.

#10, Day 16

Played basketball after taking first dose, knees felt weak. Couldn't run as fast as usual.

#18, Day 1

Weird sensation in right knee, like pressure. Something heavy, still here. When I walk up the stairs it bothers me.

#18, Day 5

Right knee still painful, last night pressure became pain. Now less than yesterday.

#18, Day 6

Right lower lateral thigh felt cold in localized area.

#5, Day 3

Feet exceedingly cold (warm socks and heavy shoes)

#10, 00:00:10

Much fatigue while walking to muni station. Legs feel heavy.

#15, 00:21:10

Ache in thighs as if from strenuous exercise or body ache from fever < walking.

Trembling begins in bed but at low level, ache continues through trembling. Moves up to L hip and down to L knee.

#10, 00:11:30

Pulsation begins in right biceps, shoulder ache extending upward to right side of neck.

Weakness in right hand from shoulder aching pain that has remained for 1/2 hour.

#10, 00:18:57

Arm stretching, pulling pain extends to interior right side radius

#10, 00:19:37

6 a.m. My left 4<sup>th</sup> & 5<sup>th</sup> fingers are numb for 2 minutes.

#5, 04:xx: xx

Right foot pain now being felt predominantly in toe, the sensation being almost as if sprained.

#15, Day 3

Standing on right foot, ankle hurts – pain radiates to foot. Pain as if sprained.  
#10, Day 3

Off and on again ankle toe injury symptoms.  
#10, Day 6

Right ankle ached when stretched & extended it.  
#5, 00:00: 23

Ankles, knees ache, worse going downstairs.  
#18, Day 10

There seems to be a tight, spasm point on the front of my left shoulder joint [with jaw pain].  
#8, Day 19

Very big jerking spasms from right side. Right shoulder flies upward; hip, leg, knee fling upward; rapid succession of jerking spasms. Releases a laugh – at visualizing and from a freeing sensation; sensation of body being looser – looser jerking spasms – freer flowing than ever before  
#10, Day 2

Spasm extends to right foot, now alternating sides as I roll over. Whatever side I am not lying on jerks and spasms. L side tighter movement than right side  
#10, Day 2

While driving my right shoulder suddenly painful and poppy – felt like it could pop out – front muscles and ligaments sore – slightly extending down to upper forearm < reaching forward, staying still, sudden movement > continued motion.  
#21, Day 6

Bumps with no color, rather wart-like, appeared on right elbow – itchy.  
#21, Day 28

On right hand, middle finger, 2nd knuckle, two red bumps have risen. The skin is shiny and very red and itches like crazy. When I scratch it it feels as if something is there, like cactus. I have scratched it raw, and there is a small ulcer there now. It resembles a small blister. It no longer itches after all that scratching.  
#19, Day 5

The skin on back of right hand is itchy and looking dry. Scratching felt good but didn't take it away.  
#19, Day 5

Large red bump on first knuckle of index finger of right hand. Very itchy. Has a hole in the center, hard, itchy and red.

#19, Day 15

Noticed a small red eczema type rash on palm of right hand – the upper right quarter close to middle of palm – along the line/crack were small dark red spots – no pustules – slightly itchy (– although I have eczema I have never had an eruption similar to this one)  
#21, Day 21

More red spots on palm extending down crack/line towards base of thumb and palm  
#21, Day 31

Palm still itchy  
#21, Day 22

Itching sensation in left wrist, medial side of upper forearm.  
#3, 00:00:16

Itching 3rd joint of right index finger; throbbing at underside of 1st joint of big toe.  
#3, 00:00:44

Knees, legs feel stiff, especially in the hips, itch on right ankle.  
#12, 00:03:30

Trembling shoulders, blades up.  
#10, Day 15

barely noticeable sensation throughout limbs of shakiness.  
#19, 00:01:00

I can feel the slight tremors in my limbs and a mild reminiscence in my chest of the speedy feeling.  
#19, Day 2

Most of the speedy feeling is gone, just a faint trace in my upper limbs and hands and fingers, a barely there tremble.  
#19, Day 3

Woke up with tingling hands 5:50 am.  
#8, Day 3

There was a tingling in my body, stronger in the limbs, a slight pulsating.  
#22, Day 2

Sensation of tingling down both legs as if the stinging, pulsating in back for past 2 1/2 hours is spreading downward.  
#10, Day 3

Right palm (eczema spot) burns, concomitant welling up of tears  
#10, 00:00:05

Burning and stinging on R. palm  
#10, 00:02:25

Right palm stinging diagonally across entire palm  
#10, Day 4

Sensation of burning, right elbow medial side  
#3, 00:00:22

Burning sensation in left shoulder  
#3, 00:00:39

Felt like something bit my toe check my toe and there was no mark and nothing was in my shoe. Felt like a pin prick, sharp and quick (1<sup>st</sup> pellet)  
#17, 00:00:03

## **SLEEP.**

In sleep, similar feeling to awake state (out of body, free, traveling above the vast world, coming down into the world), going deep into the earth, detached, out of body, a deep vault, into my grave. Far into the earth (when taking a nap). ½ awake and ½ asleep. Scary.  
#15, Day 2

Half awake and half asleep, (waking dream).  
#8, Day 2

Awoke to alarm (for partner, Rod). Strong sensation in whole of body that wanted to return to sleep. Very fatigued! Usually I get up between 6:00-6:30 each morning. This morning I had to make myself arise @7.30 am.  
#15, 00:19:05

Heavy nap from 10:30am-12:30 pm today after rising at 6:00 am. Had very heavy feeling of sleepiness. Head hit pillow and I was right off to sleep in a way that never happens at night.  
#6, Day 15

Incredibly sleepy, I want to nap [at 2 p.m.].  
#6, Day 2

1:10 p.m. Noticed that I'm tired and could take a nap, not like me to take a nap in the after noon. (After 1<sup>st</sup> pellet)  
#17, 00:07:10

Feeling foggy and sleepy, want to sleep.  
#12, 00:00:45

Very sleepy, hard to stay awake, [after second dose]  
#12, 00:08:00

Yawning and suddenly feeling quite tired – eyes feel heavy [after third dose]  
#21, 00:10:02

Yawning.  
#21, Day 2

Lay down for a moment in kid's tent while playing and suddenly very tired – didn't want to get up – just wanted to go to sleep right there  
#21, Day 2

Complete collapse – need to sleep.  
#10, Day 3

8 a.m. I wake up & feel tired & dragging. I want to sleep more.  
#5, Day 2

7:30 a.m. I wake up but I want to stay in bed  
#5, Day 3

8:30a.m. Went back to bed & slept for 3 hours.  
#5, Day 12

Woke 3 a.m.  
#6, Day 2

Took aspirin [for headache], ate at 2:00 a.m. and wrote until 4:00 a.m. (All of this waking in the middle of the night is not habitual for me. After I lost the pregnancies, I began having trouble getting to sleep some nights, but usually sleeping through the night once I feel asleep. It seems like waking in the middle of the night started with the proving.)  
#6, Day 19

Woke at 3 again, and then woke a bit before 6.  
#8, Day 3

2:30 am woke up with tongue tingling, was awake about an hour and a half.  
#13, Day 14

3:30 am – Woke up.  
#13, Day 17

1:00 am - [woke from dream], I couldn't sleep.  
#13, Day 23

3:30 am - I woke.  
#13, Day 25

Very restless, sleeplessness after 20 hours. = Hyperactivity  
#10, Day 29

Waked like a bolt of lightning from a dream.  
#8, Day 11

I wake up with a jolt. I can't move. I'm not really awake. The jolt pulls me from the horror [of the dream], but I have to make the decision to awaken – I do.  
#22, Day 17

Startled awake from unremembered dream – gasping with fright or a scared sensation  
#10, 00:18:44

I wake up startled and dazed, remembering nothing of any dream, became agitated enough to get up too early. On standing up, all dreams returned.  
#10, Day 23

## **SKIN**

Back of right hand is itchy and dry  
#19, 03:03:00

Several small red surface pimples when I looked in the mirror. They itch off and on.  
#8, 00:22:50

Mild itching  
#5, 00:07:15

Abdomen: itches but nothing visible on skin  
#17, Day 3

Abdomen: cold, itches  
#17, Day 20

Itching sensation in left wrist, medial side of upper forearm.  
#3, 00:00:16

Feel chilled on the surface of my skin like the warmth is being stripped away.

#4, 00:00:01

Have the strange sense of air flowing in and out through my skin as well through breathing passages, and I feel the oxygen flowing through the cells of my face. It's increasing steadily; each slight intake of breath feels as if I'm in an oxygen chamber.

#8, 00:00:27

I have had a skin tag or warty growth at right inguinal crease for roughly six months (actually, it first surfaced fairly soon after I received dose of my constitutional remedy at 1M potency). Started noticing today that the tag is rising higher, but not growing in any other way. It's a bit sore to the touch also, which has never been the case before.

#15, Day 31

Skin tag at right inguinal crease is still rising higher. It has gotten decidedly more painful to the touch. It is also changing color – the top of it is black, while the base at the skin is red, as if there is blood accumulation there.

#15, Day 34

## **CHILL**

Complete and total chill: bones, skin, and organs – shivering with cold.

#10, 00:20:40

Internal & external shivering.

#10, Day 3

Continue to feel chilled as if there is a draft.

#4, Day 1

Chilliness: off and on all day, all over the body, starts from feet and works its way up, alternating w/heat.

#17, Day 10

I have been so cold. I can't get warm. I had to get out to get some sun. Told supervisor I actually didn't call her for a while because I was so cold. My hands were freezing, my body is cold.

#19, 00:14:20

Chill went through my whole body from toes to head went out through the top of my head.

#19, Day 31

Chill, Chilliness: upper portion of body chest and upper back, morning and night.

#16, Day 3

Chilliness: some chilliness in upper part of body, long sleeves made it better.  
#17, Day 14

Cold all morning  
#5, Day 3

11a.m. felt chilly  
#5, Day 8

## **GENERALS**

I wake up & feel tired & dragging. I want to sleep more. I have moderate nausea.  
#5, Day 2

Lay down for a moment in kid's tent while playing and suddenly very tired – didn't want to get up – just wanted to go to sleep right there, slightly nauseous – queasy feeling, and saliva in mouth.  
#21, Day 1.

Difficult walking down stairs with headache; sensation entire body is in distress.  
#10, 00:18:55

Energy circulating around my body. I felt the rapid circuit it traverses, like an electronic pathway or circulating blood. With eyes closed this sensation is strong enough to rock me like a gyroscope. There's a vibration flowing downward over the backs of my hands and fingers.  
#8, 00:00:35

Felt energy in my body, like I was going to take off, fly or something. Used to feel like this when I was meditating but not as strong then.  
#18, Day 9

After taking the 2<sup>nd</sup> dose, surging and rocking, then the circulating vibration of energy, and the flowing tingle over and inside my skin, mouth and lungs. My sinuses expanded to their maximum again and I felt transparent to the flow of oxygen. The rocking and surging isn't my body, it's the essence of me that is doing this, bobbing about like a helium balloon on a tether, sometimes floating out beyond the surface of my body only to be brought back by the short tether.  
#8, Day 2

There was a tingling in my body, stronger in the limbs, a slight pulsating.  
#22, Day 2

Pleasant throbbing, like riding in a car on rolling hills, my body has that up and down sensation in the blood. (Is this the vital force being called upon?)  
#8, 00:11:30

Very aware of my pulse. I can feel it in my eardrums, see it by looking at my wrist, and it seems to shake my body slightly. Heightened by closing my eyes.

#8, 00:22:50

Feeling of pulse reverberating with echoes through whole body while sitting down with legs crossed.

#6, Day 3

Lying on right side: tingling, stinging, and burning on entire left side shoulder down to feet, posterior and anterior. Eases in 15 minutes.

#10, Day 11

Nerve excitation. Concomitant: heat rising from entire body.

#10, Day 15

Strings being pulled slowly through nerves – an exquisite sensation. Pulling away from spine towards left. Then a sensation of unraveling of nerves concomitant with drawing sensation.

#10, Day 16

Much energy at all levels; sensation of being a changed person.

#10, Day 18

Observation: cigarettes slow down the increasing energy - moderates energy.

#10, Day 20

I feel slightly benumbed, not unpleasant

#8, 00:00:39

Sensation that entire torso, neck down, was swollen, obese, rolls of fat layered downward.

#10, 00:02:16

Noticed that I seem to be losing weight.

#8, 02:00:05

Feels like I've dropped 2-3 pounds. I can tell by the way my clothes fit.

#19, Day 3

I also lost ten pounds

#14, Day 36

Lost 3 – 4 pounds.

#5, Day 11

This morning my daughter got me on the scale. I have gained 10 pounds. I don't know where it came from (yeah right)

#9, Day 22

During this time, I started a new job and lost 25 pounds

#3, Day 24

It's foggy today but not too cold. I notice that the cool damp open air feels good to me when ordinarily I like warm dry air. I remember that I noticed this yesterday as well. It wasn't as foggy then, but it was cool and somewhat humid and felt good.

#13, Day 35

I want it to be sunny, would rather it be sunny.

#19, Day 3

My muscles & mind are relaxed.

#5, 00:01:25

All sensations very fast and fleeting

#21, 00:10:13

Burning pulsations up and down spine. Feel as if I am vibrating but empty – no energy anywhere

#10, 02:05:00

Tiredness

#3, Day 3

[Awaken] slightly tired

#3, Day 9

Very tired, feeling like I don't want to get out of bed (unusual for me), Totally tired.

#6, 00:22:15

Very fatigued. [Morning on waking]

#15, 00:19:05

Much fatigue while walking to MUNI station.

#15, 00:21:00

Got busy and symptoms gone but still tired

#21, Day 2

Extremely tired, feel dizzy and depleted. Can't get enough sleep.

#12, Day 25

Left work. Exhausted. I have had enough of physical pain. Don't need this any more.  
#10, Day 4

Next three weeks [day 25-45) constant tiredness  
#12, Day 46

Lethargy. I don't want to get out of the car or move. Dragging myself upstairs.  
#5, 00:03:00

I keep drinking and I can't seem to get enough water  
#17, Day 9

Craves water  
#3, Day 13

[on waking] thirst.  
#22, Day 11

craving salt, not thirsty- drank hot tea  
#17, Day 5

Craving salt, cold drinks, tired afternoon 3p.m.  
#17, Day 10

Memory: turkey, mashed potatoes, gravy, salty and yum. (Salty is not usually especially delicious to me, sweet my usual craving.)  
#6, 00:11:50

All week: craves ice cream at night  
#3, Day 9

I am craving ice cream. I've had ice cream every day for the last five days and I'm thinking about having more. This is new.  
#19, Day 25

Craving more sweets than usual. Feel like I deserve dessert!  
#19, Day 5

Craving sweets again, unusual for me.  
#19, Day 16

craving salt, fish, sweets  
#17, Day 6

## NICOTIANA RUBRICS

The following rubrics are taken from the proving. They are designed to be referenced from this book and as such have been documented exhaustively, including creating some new rubrics as were expressed in the proving. Some repetition in sub-rubrics have therefore been included. Not all these rubrics would necessarily be included in the various repertories as inclusion in the broader rubric may be sufficient without repetition in sub-rubrics. Those symptoms seen in bold are new rubrics, not currently found in the repertories. Those rubrics with the number (2) found after it have been designated a 2<sup>nd</sup> degree of intensity. All other rubrics will have a single level of intensity. No rubric was given a 3<sup>rd</sup> level of intensity, requiring clinical verification before being given that level.

### Mind

Mind, Absentminded (1 prover)  
Mind, Alert (6 provers)  
Mind, Anxiety (3 provers)  
Mind, Anxiety – hurry with  
Mind, Anxiety - tobacco, from smoking (1 prover)  
Mind, Anxiety - shuddering, with (1 prover)  
Mind, Awareness, heightened (1 prover)  
Mind, Awkward (1 prover)  
Mind, Buoyancy (4 provers)  
Mind, Chaotic (1 prover)  
Mind, Cheerful (4 provers) (2)  
Mind, Clarity of mind (8 provers) (2)  
Mind, Concentration - difficult (3 provers)  
Mind, Concentration - impossible (1 prover)  
Mind, Conscientious (1 prover)  
Mind, Confident (1 prover)  
Mind, Confusion of mind (4 provers)  
Mind, Content (2)  
Mind, Content - himself with (1 prover)  
Mind, Content - himself with, world, and the (1 prover)  
Mind, Delusions, beautiful  
Mind, Delusions, bird – seeing birds (3 provers)  
Mind, Delusions, birds, seeing birds, **of prey** (2 provers)  
Mind, Delusions - **birds; bird of prey; seeing a human metamorphose into a** (1)  
Mind, Delusions - **birds; her children are birds** (1 prover)  
Mind, Delusions - **birds; remedy is a bird of prey and her children its prey** (1)  
Mind, Delusions – Black, objects and people, sees (3 provers) (2)  
Mind, Delusions – Body, immaterial (2)  
Mind, Delusions – Body, **sinking**  
Mind, Delusions - air, flowing through him, is (2 provers)  
Mind, Delusions - body, loosening, is, from jerking spasms (1 prover)  
Mind, Delusions - body, out of the body (4 provers)  
Mind, Delusions - body, out of the body; **on short tether like helium balloon** (1 prover)  
Mind, Delusions - body, out of the body, lying in bed, when (2 prover)  
Mind, Delusions – crack in his soul, or in the universe  
Mind, Delusions - earthquake, one were in a (3 provers)  
Mind, Delusions – falling, he is (3)  
Mind, Delusions – falling, **space from**  
Mind, Delusions – falling, **stone vault in**  
Mind, Delusions – falling, walls are  
Mind, Delusions – floating, air in,  
Mind, Delusions – floating, **balloon, like a**

Mind, Delusions, light, dark, and (2)  
Mind, Delusions - light [= brightness], **streaming from self into surroundings** (1)  
Mind, Delusions - light [=brightness], **green and yellow dappled, with eyes closed** (1)  
Mind, Delusions – light, is light, he (=incorporeal) (3 proverbs)  
Mind, Delusions - **man; dark man is inside her** (1 proverb)  
Mind, Delusions - **map is a real world into which he can fall** (1 proverb)  
Mind, Delusions - motion, all parts being in motion (3 proverbs)  
Mind, Delusions - motion, up and down, delusion of a motion (3 proverbs)  
Mind, Delusions - motion, downward (3 proverbs) (2)  
Mind, Delusions - motion, **falling from space into unknown world** (1 proverb)  
Mind, Delusions - motion, **wavelike (rocking, surging)** (3 proverbs)  
Mind, Delusions - **neck, long has** (1 proverb)  
Mind, Delusions - numb, being (1 proverb)  
Mind, Delusions - possessed, being; **by the remedy** (1 proverb)  
Mind, Delusions - possessed, being; **by the personification of her anger** (1 proverb)  
Mind, Delusions - separated – body – mind are separated, body and (2 proverbs)  
Mind, Delusions – sinking, to be (3 proverbs) (2)  
Mind, Delusions – sleep, half asleep, he were (5 proverb) (2)  
Mind, Delusions – space, carried into, he was (2 proverbs)  
Mind, Delusions – space, **outer space, being in** (2 proverbs)  
Mind, Delusions – transition, she is in (2)  
Mind, Delusions – traveling worlds, through (2)  
Mind, Delusions – **universe, vortex of, being at**  
Mind, Disconcerted (1 proverb)  
Mind, Dream, as if in a (3 proverbs)  
Mind, Dullness (8 proverbs)  
Mind, Excitement (3 proverbs)  
Mind, Excitement - coffee, **desire for to ameliorate** (1 proverb)  
Mind, Excitement - hurried, as if (1 proverb)  
Mind, Excitement - nervous (3 proverbs)  
Mind, Excitement - smoking amel. (1 proverb)  
Mind, Exertion, Aversion (3 proverbs)  
Mind, fear (3 proverbs)  
Mind, fear, falling of ( 1 proverb)  
Mind, fear, falling of, backward  
Mind, fear, heights of  
Mind, Fear - sleep, go to sleep; fear to (1 proverb)  
Mind, Freedom, remarkable (3 proverbs)  
Mind, Harmony - **feeling in harmony with world** (1 proverb)  
Mind, Hurry, haste  
Mind, Hurry, haste, occupation in  
Mind, Ideas, abundant (3 proverbs) (2)  
Mind, Impulsive (1 proverb)  
Mind, Industrious, mania for work (1 proverb)  
Mind, Jesting (1 proverb)  
Mind, Joy (2 proverbs)  
Mind, Joy - **sense, in, of her own childlike possibilities** (1 proverb)  
Mind, Laughing (1 proverb)  
Mind, Laughing - desire to laugh (1 proverb)  
Mind, Love - exalted love, family, for her (1 proverb)  
Mind, Mistakes - writing, in (1 proverb)  
Mind, Patience (3 proverbs)  
Mind, Restlessness -move, must constantly (2 proverbs)  
Mind, Sadness (7 proverbs)  
Mind, Sadness - **forsaken feeling, over** (1 proverb)  
Mind, Sadness - grief, after (1 proverb)

Mind, Sadness - love; from disappointed (1 prover)  
 Mind, Sadness - **parting with loved ones, over** (3 provers)  
 Mind, Sensitive - Noise, to; loud noise (1 prover)  
 Mind, Sensitive - Odors, to (4 provers)  
 Mind, Smiling (1 prover)  
 Mind, Speech - fluent (2 provers)  
 Mind, Speech - hasty (1 prover)  
 Mind, **Speediness - sense of, in mind and body** (6 provers)  
 Mind, Sympathetic (2 provers)  
 Mind, Thoughts - birds, of (4 provers)  
 Mind, Thoughts - birds, of; birds of prey (2 provers)  
 Mind, Thoughts - dead loves ones, of (3 provers)  
 Mind, Thoughts - **falling; down a long black chute, of** (1 prover)  
 Mind, Thoughts - **falling; down into a stone vault** (1 prover)  
 Mind, Thoughts - **light and shadow, of** (1 prover)  
 Mind, Thoughts - **momentary existence, of one's own** (1 prover)  
 Mind, Thoughts - **pulling the planets in with a fishing net** (1 prover)  
 Mind, Thoughts - **sinking into the shifting earth** (1 prover)  
 Mind, Thoughts - **universe, crack opening in** (1 prover)  
 Mind, Thoughts - **universe, being at the vortex of** (1 prover)  
 Mind, Thoughts - **Yin and Yang, of** (1 prover)  
 Mind, Thoughts - rapid, quick (2 provers)  
 Mind, Thoughts - rush, flow of (2 provers)  
 Mind, **Transitional state - waking and sleeping, between** (3 provers) (2)  
 Mind, Tranquillity (7 provers) (2)  
 Mind, Vivacious (1 prover)  
 Mind, Weeping (6 provers)  
 Mind, Weeping - causeless (1 prover)  
 Mind, Weeping - dreaming, while (1 prover)  
 Mind, Weeping - involuntary  
 Mind, Weeping - music from  
 Mind, Weeping - past events, thinking of (1 prover)  
 Mind, Weeping - sleep, in  
 Mind, Weeping - sobbing; weeping with (1 prover)  
 Mind, **Well-being - sense of** (5 provers)

## Dreams

Dreams, Adoption (1 prover)  
 Dreams, Amorous (4 provers) (2)  
 Dreams, Animals (6 provers) (3)  
 Dreams, Animals, black (3 provers)  
 Dreams, Animals - talking (1 prover)  
 Dreams, Animals - **giving homeopathic treatment to** (1 prover)  
 Dreams, **awake, while** (2)  
 Dreams, Birds (2 provers)  
 Dreams, Birds, prey of (2 provers)  
 Dreams, **Black - black caterpillars** (1 prover)  
 Dreams, **Black - black cats** (1 prover)  
 Dreams, **Black - black mice** (1 prover)  
 Dreams, **Black - black haired man and woman** (1 prover)  
 Dreams, **Black, objects** (2)  
 Dreams, Body, **out of** (1 prover)  
 Dreams, Brother (2 provers)  
 Dreams, Cats (4 provers)  
 Dream, Cats - **black** (1 prover)

Dreams, Childbirth (3 provers)  
 Dreams, Children, about - newborns (2 provers)  
 Dreams, Children (3 provers)  
 Dreams, Children - responsibility for (1 prover)  
 Dreams, **Closeness with friends and loved ones, renewing** (2 provers)  
 Dreams, **Confrontation of waking and dream worlds** (3 provers)  
 Dreams, Coition (5 provers)  
 Dreams, Coition - **public location, in** (2 provers)  
 Dreams, **Dark man, smoking (1 prover)**  
 Dreams, Darkness  
 Dreams, Dead, of the (4 provers)  
 Dreams, Death - friend, of a (2 provers)  
 Dreams, Death - pets; of dead (2 provers)  
 Dreams, Death - relatives; of (2 provers)  
 Dreams, Death - relatives; of - husband, of her (1 prover)  
 Dreams, Death - relatives; of - **son, of her** (1 prover)  
 Dreams, Eating - **family and friends, with** (1 prover)  
 Dreams, **Estranged - friends and loved ones, of** (2 provers)  
 Dreams, Events, past, long (2 provers)  
 Dreams, Falling (5 provers) (2)  
 Dreams, Falling - airplane, from (1 prover)  
 Dreams, Falling, abyss, into an (2 provers) (2)  
 Dreams, Falling, backwards (1 prover)  
 Dreams, Falling - **fear of, in dream** (1 prover)  
 Dreams, Falling - **saving oneself from** (1 prover)  
 Dreams, Falling - **deep into the Earth** (1 prover)  
 Dreams, Falling - grave, into a (1 prover)  
 Dreams, Falling - height, from a (1 prover)  
 Dreams, Family, own (7 provers)  
 Dreams, Friends - old (7 provers)  
 Dreams, Friends – seeing friends (7 provers)  
 Dreams, Father (5 provers)  
 Dreams, Funerals (1 prover)  
 Dreams, God, of  
 Dreams, Guidance, advice, looking for  
 Dreams, Grandfather (1 prover)  
 Dreams, Grandmother (1 provers)  
 Dreams, **Half awake and half asleep** (4 provers)  
 Dreams, **Hear her, no one can** (1 prover)  
 Dreams, High Places (3 provers)  
 Dreams, Historic (3 provers)  
 Dreams, Homosexuality - open, unabashed (2 provers)  
 Dreams, House, haunted (1 prover)  
 Dreams, House - youth, like the house of her (3 provers)  
 Dreams, Invisible, being (1 prover)  
 Dreams, **Light and Dark figures representing good and evil** (1 prover)  
 Dreams, **Looking down from a great height** (2 provers)  
 Dreams, **Looking for oneself, parent is** (2 provers)  
 Dreams, Lost, being (1 prover)  
 Dreams, **Midgets, dwarves** (2 provers)  
 Dreams, Mortification, grief (4 provers)  
 Dreams, Mother (3 provers)  
 Dreams, Nakedness (1 provers)  
 Dreams, Parties (3 provers)  
 Dreams, **Pets** (3 provers)  
 Dreams, **Play - watching rehearsal** (1 prover)

Dreams, Pregnancy (1 prover)  
 Dreams, Rape (1 prover)  
 Dreams, Rape - being raped (1 prover)  
 Dreams, Rape - pursued for rape; being (1 prover)  
 Dreams, Religious  
 Dreams, School (4 provers)  
 Dreams, School, **teaching** (1 prover)  
 Dreams, School, **being back in** (3 provers)  
 Dreams, School, **being back in; taking a class about the universe** (1 prover)  
 Dreams, Seduction (3 provers)  
 Dreams, Seeing again an old schoolmate (4 provers)  
 Dreams, Sexual (7 provers)  
 Dreams, Sexual - several people, having sex with (1 prover)  
 Dreams, Sexual - several people, having sex with, indifferent at the same time (1 prover)  
 Dreams, Sexual Identity, ambiguous about one's (2 provers)  
 Dreams, **Sexual imagery, landscape seen as erotic body** (1 prover)  
 Dreams, **Shadows, of**  
 Dreams, Sister (1 prover)  
 Dreams, **Solar system - its image projected onto the Moon** (1 prover)  
 Dreams, **Spiritual seeking** (3 provers)  
 Dreams, **Spiritual guide** (4 provers)  
 Dreams, Teacher, spiritual, of a  
 Dreams, Teaching  
 Dreams, Teaching, **philosophical**  
 Dreams, **Universe, taking a class about** (1 prover)  
 Dreams, **Vertigo** (1 prover)  
 Dreams, **Waking dreams** (1 prover)  
 Dreams, **Young, being again** (1 prover)  
 Dreams, Youth, Time of (3 provers)

## Vertigo

Vertigo, Morning - rising, on (1 prover)  
 Vertigo, Morning - rising, after (1 prover)  
 Vertigo, Accompanied by - **Disorientation** (1 prover)  
 Vertigo, Accompanied by - **Weakness** (1 prover)  
 Vertigo, Continuous (3 provers)  
 Vertigo, **Earthquake, as if in a** (2 provers)  
 Vertigo, Exertion, on (1 prover)  
 Vertigo, Falling from a height, as if  
 Vertigo, Floating, as if (2 provers)  
 Vertigo, Floating, as if - lying, while (1 prover)  
 Vertigo, Floating, as if - **Sides of body** (1 prover)  
 Vertigo, high, places  
 Vertigo, Looking - downward  
 Vertigo, Looking - moving object, at (1 prover)  
 Vertigo, Lying - back, on (1 prover)  
 Vertigo, Lying - down; necessary (1 prover)  
 Vertigo, Lying, amel (1 prover)  
 Vertigo, Nausea - with (1 prover)  
 Vertigo, Objects - approach and then recede, seem to (1 prover)  
 Vertigo, Reeling - standing (1 prover)  
 Vertigo, Rising - on (1 prover)  
 Vertigo, Rising - seat, from a (1 prover)  
 Vertigo, Rocking - as if (2 provers)  
 Vertigo, Rocking - as if, **lying, while** (1 prover)

Vertigo, **Rushing sensation - body to head** (1 prover)  
Vertigo, Sitting - amel. (1 prover)  
Vertigo, Spin - **head seems to** (1 prover)  
Vertigo, Standing, on  
Vertigo, **Tipping, sensation as if ship in storm was tipping in head** (1 prover)  
Vertigo, Wavelike sensations: (3 provers)

## Head

Head, Congestion - morning, waking, on (5 provers)  
Head, Congestion - motion, rapid, from (1 prover)  
Head, Congestion - Forehead, **right** (1 prover)  
Head, Constriction (3 provers)  
Head, Constriction - air, open agg. (1 prover)  
Head, Constriction - motion, from (1 prover)  
Head, Constriction - Forehead (1 prover)  
Head, **Draining sensation - vertex, from, right ear, to** (1 prover)  
Head, Fullness (1 prover)  
Head, Fullness - rising on (1 prover)  
Head, Fullness - **walking agg.** (1 prover)  
Head, Heaviness (4 provers)  
Head, Heaviness - **left** (1 prover)  
Head, Heaviness - morning, waking, on (2 provers)  
Head, Itching (4 provers)  
Head, Itching - crawling (1 prover)  
Head, Itching - Sides, right (2 provers)  
Head, Itching - Sides, left (1 prover)  
Head, Itching - Vertex (1 prover)  
Head, Lump - sensation as from a - **Vertex, in** (1 prover)  
Head, **Metal sheet - sensation of, Forehead, in** (1 prover)  
Head, Opening - **Frontal sinuses** (2 provers)  
Head, Opening - **Frontal sinuses, morning, waking, on** (1 prover)  
Head, Opening - **sensation as if opening, left side** (1 prover)  
Head, Opening - **sensation as if opening, capillaries, in** (1 prover)  
Head, Opening - **sensation as if opening, vertex, at** (1 prover)  
Head, Pain - (12 provers)  
Head, Pain - morning, waking on (5 provers)  
Head, Pain - light, general, from light in (1 prover)  
Head, Pain - Odors, strong, from (2 provers)  
Head, Pain - Pressure, external amel. (3 provers)  
Head, Pain - Running, from (1 prover)  
Head, Pain - Tobacco, from (2 provers)  
Head, Pain - Eyes, **extending to jaw** (1 prover)  
Head, Pain - Eyes, **behind, left** (1 prover)  
Head, Pain - Eyes, **behind, right** (1 prover)  
Head, Pain - Forehead (5 provers)  
Head, Pain - Forehead, right (4 provers)  
Head, Pain - Forehead, extending to Temples (3 provers)  
Head, Pain - Nose, above root of (1 prover)  
Head, Pain - Occiput (2 provers)  
Head, Pain - Occiput, extending to, Neck (1 prover)  
Head, Pain - Sides (4 provers)  
Head, Pain - Sides, left (3 provers)  
Head, Pain - Temples (6 provers)  
Head, Pain - Temples, left (2 provers)  
Head, Pain - Temples and Forehead (5 provers)

Head, Pain - Vertex (3 provers)  
 Head, Pain - boring (1 prover)  
 Head, Pain - burning, Vertex (1 prover)  
 Head, Pain - cutting (2 provers)  
 Head, Pain - cutting, Forehead (1 prover)  
 Head, Pain - dull, Forehead (2 provers)  
 Head, Pain - dull, Forehead, right (2 provers)  
 Head, Pain - dull, Sides (1 prover)  
 Head, Pain - dull, Temples (2 provers)  
 Head, Pain - dull, Temples, right (1 prover)  
 Head, Pain - dull, **Temples and Forehead** (4 provers)  
 Head, Pain - pressing (6 provers)  
 Head, Pain - pressing, light agg. (1 prover)  
 Head, Pain - pressing, Eyes, behind, left (1 prover)  
 Head, Pain - pressing, Eyes, behind, right (1 prover)  
 Head, Pain - pressing, Forehead, Eminence, frontal (2 provers)  
 Head, Pain - pressing, Forehead - Eyes - Over, right (1 prover)  
 Head, Pain - pressing, Temples (3 provers)  
 Head, Pain - pressing, Temples, **right then left** (1 prover)  
 Head, Pain - pressing, Vertex (1 prover)  
 Head, Pain - pulsating (4 provers)  
 Head, Pain - pulsating, Forehead extending to Temples (2 provers)  
 Head, Pain - pulsating **with beat of heart** (1 prover)  
 Head, Pulsating (5 provers)  
 Head, Tingling - **wavelike, through head** (1 prover)  
 Head, **Vibration - wavelike, through head** (1 prover)  
 Head, Waving sensation (1 prover)

## Eye

Eye, Closing the eyes - desire to (2 provers)  
 Eye, Closing the eyes - must close, sunlight, from (1 prover)  
 Eye, Closing the eyes - **partial closing** (1 prover)  
 Eye, Discoloration - red (3 provers)  
 Eye, Discoloration - red, Lids, right (2 provers)  
 Eye, Dryness (4 provers)  
 Eye, Dryness - left (1 prover)  
 Eye, Dryness - morning, waking, on (1 prover)  
 Eye, Heaviness (2 provers)  
 Eye, Injected (2 provers)  
 Eye, Itching (5 provers)  
 Eye, Itching - left (3 provers)  
 Eye, Itching - right (2 provers)  
 Eye, Itching - Canthi, Inner, left (2 provers)  
 Eye, Itching - Lids, **right** (1 prover)  
 Eye, Irritation - **Canthi** (1 prover)  
 Eye, Lachrymation (4 provers)  
 Eye, Lachrymation - right (1 prover)  
 Eye, Lachrymation - left (2 provers)  
 Eye, Open eyelids - sensation as if wide open (1 prover)  
 Eye, Opening the eyelids - closing in quick succession, and (1 prover)  
 Eye, Opening the eyelids - difficult (1 prover)  
 Eye, Pain (6 provers)  
 Eye, Pain - Canthi (2 provers)  
 Eye, Pain - Canthi, outer, **extending to vertex** (1 prover)  
 Eye, Pain - burning (5 provers)

Eye, Pain - burning, left (2 proverbs)  
Eye, Pain - burning, Canthi, in (1 proverb)  
Eye, Pain - drawing, extending to vertex (1 proverb)  
Eye, Pain - pressing, outward (1 proverb)  
Eye, Pain - stinging (1 proverb)  
Eye, Pain - stitching, left (1 proverb)  
Eye, Photophobia (4 proverbs)  
Eye, Photophobia - sunlight (1 proverb)  
Eye, Protrusion - sensation of (1 proverb)  
Eye, Strain (1 proverb)  
Eye, Tension (1 proverb)  
Eye, Swelling - right (2 proverbs)  
Eye, Swelling - sensation of (1 proverb)  
Eye, Tired sensation (4 proverbs)  
Eye, Tired sensation - closing the eyes amel. (1 proverb)

### **Vision**

Vision, Acute (2 proverbs)  
Vision, Approach and then recede - objects seem to (1 proverb)  
Vision, Blurred (3 proverbs)  
Vision, Illusions of - Motion, of (1 proverb)  
Vision, Illusions of - Light, yellow and green (1 proverb)  
Vision, Loss of vision - **sensation of** (2 proverbs)  
Vision, Loss of vision - **sensation of, peripheral** (1 proverb)  
Vision, Loss of vision - **sensation of, left side** (1 proverb)  
Vision, Weak (2 proverbs)

### **Ear**

Ear, Discoloration - redness, left (1 proverb)  
Ear, Fullness, sensation of (5 proverbs)  
Ear, Fullness, sensation of - **left** (2 proverbs)  
Ear, Heat- left (1 proverb)  
Ear, Heat - **sensation of, Ear, inside, left** (1 proverb)  
Ear, Itching - Concha (1 proverb)  
Ear, Noises (2 proverbs)  
Ear, Noises - crackling (1 proverb)  
Ear, Opening, sensation of (1 proverb)  
Ear, Pain (6 proverbs)  
Ear, Pain - morning, waking on (1 proverb)  
Ear, Pain - Concha (3 proverbs)  
Ear, Pain - touch, on (3 proverbs)  
Ear, Pain - **wavelike** (1 proverb)  
Ear, Pain - Behind the ear (1 proverb)  
Ear, Pain - burning (2 proverbs)  
Ear, Pain - pressing (4 proverbs)  
Ear, Pain - pressing, extending to **jaw** (2 proverbs)  
Ear, Pulsation - Eardrum, sensation in (1 proverb)

### **Hearing**

Hearing, Acute (2 proverbs)  
Hearing, Acute - noises to, high-pitched (1 proverb)

### **Nose**

Nose, **Air - flowing through bridge of nose, sensation of** (1 prover)  
 Nose, Congestion (4 provers)  
 Nose, Congestion - **left** (3 provers)  
 Nose, Congestion - **bathing, hot amel.** (1 prover)  
 Nose, Congestion - **hot drinks amel.** (1 prover)  
 Nose, Congestion - morning, waking (1 prover)  
 Nose, Coryza ( 6 provers)  
 Nose, Coryza - morning, waking (1 prover)  
 Nose, Coryza - discharge, with (4 provers)  
 Nose, Coryza - discharge, without (2 provers)  
 Nose, Discharge (8 provers)  
 Nose, Discharge - one side (2 provers)  
 Nose, Discharge - left (2 provers)  
 Nose, Discharge - morning, **waking, on** (2 provers)  
 Nose, Discharge - bloody (2 provers)  
 Nose, Discharge - clear (5 provers)  
 Nose, Discharge - watery (7 provers)  
 Nose, Discharge - yellow (2 provers)  
 Nose, Itching (4 provers)  
 Nose, Itching - Nostrils, Inside (2 provers)  
 Nose, Long - sensation as if elongated (1 prover)  
 Nose, Obstruction (5 provers)  
 Nose, Obstruction - one side (4 provers)  
 Nose, Obstruction - left (4 provers)  
 Nose, Obstruction - morning, waking, on (1 prover)  
 Nose, Obstruction - lying, side on which he is lying (1 prover)  
 Nose, Obstruction - sensation of (1 prover)  
 Nose, Odors (4 provers)  
 Nose, Odors - **flowers, of** (1 prover)  
 Nose, Odors - food, of (1 prover)  
 Nose, Odors - **mothballs, of** (1 prover)  
 Nose, Odors - putrid, of (1 prover)  
 Nose, Odors - smoke, of (1 prover)  
 Nose, Obstruction - one side (1 prover)  
 Nose, Obstruction - one side, **left** (1 prover)  
 Nose, Open - sensation as if (3 provers)  
 Nose, Open - sensation as if, **left** (1 prover)  
 Nose, Pain - Nostrils, left (1 prover)  
 Nose, Pain - burning (2 provers)  
 Nose, Pain - burning, **morning, waking, on** (1 prover)  
 Nose, Pain - burning, Nostrils, inside (1 prover)  
 Nose, Pain - drawing, extending to **occiput** (1 prover)  
 Nose, Smell - acute (3 provers)  
 Nose, Smell - acute, everything smells too strong (3 provers)  
 Nose, Sneezing (4 provers)  
 Nose, Sneezing - **drinking, from** (1 prover)  
 Nose, Swelling - Inside, **sensation of** (1 prover)

## Face

Face, Air - **flowing through face, sensation of** (1 prover)  
 Face, Clenched jaw (1 prover)  
 Face, Clenching jaw, grinding of teeth; with (1 prover)  
 Face, Cracking - **Sinuses, Maxillary in** (1 prover)  
 Face, **Crunching noise - Jaws, when closing jaws** (1 prover)

Face, Discoloration - red (2 proverbs)  
 Face, Discoloration - red, Cheeks (2 proverbs)  
 Face, Discoloration - red, Cheeks, blotches (1 proverb)  
 Face, Dryness - lips (2 proverbs)  
 Face, Eruptions - (6 proverbs)  
 Face, Eruptions - painful, Nose (1 proverb)  
 Face, Eruptions - Cheek (4 proverbs)  
 Face, Eruptions - Chin (2 proverbs)  
 Face, Eruptions - Forehead (3 proverbs)  
 Face, Eruptions - Lips, upper (2 proverbs)  
 Face, Eruptions - Nose (2 proverbs)  
 Face, Eruptions - Nose, septum (1 proverb)  
 Face, Eruptions - pimples (3 proverbs)  
 Face, Eruptions - pimples, painful to touch (1 proverb)  
 Face, Eruptions - pimples, **tingling** (1 proverb)  
 Face, Eruptions - pimples, Cheek (2 proverbs)  
 Face, Eruptions - pimples, Chin (1 proverb)  
 Face, Eruptions - pimples, Lips, upper (2 proverbs)  
 Face, Eruptions - pimples, Forehead (2 proverbs)  
 Face, Eruptions - pimples, Forehead, **eyebrows** (2 proverbs)  
 Face, Eruptions -rash (2 proverbs)  
 Face, Eruptions - rash, Forehead (1 proverb)  
 Face, Eruptions - rash, Cheek (2 proverbs)  
 Face, Eruptions - rash, Chin (1 proverb)  
 Face, Eruptions - red  
 Face, Eruptions - red, **Lips, upper** (3 proverbs)  
 Face, **Expansion, opening up - Sinuses, in** (1 proverb)  
 Face, Fullness - **Lip, lower, sensation of** (1 proverb)  
 Face, Heat - sensation of, (2 proverbs)  
 Face, Inflammation - Sinuses (2 proverbs)  
 Face, Itching - Mouth, Corners, of (2 proverbs)  
 Face, Pain  
 Face, Pain - numbness with (1 proverb)  
 Face, Pain - Eye, below [= infraorbital] (1 proverb)  
 Face, Pain - Jaw, Articulation (2 proverbs)  
 Face, Pain - Jaw, Articulation, left (1 proverb)  
 Face, Pain - Jaw, Articulation, morning (1 proverb)  
 Face, Pain - Jaw, Lower Jaw (2 proverbs)  
 Face, Pain - Jaw, Lower Jaw, **extending to teeth** (1 proverb)  
 Face, Pain - Jaw, Lower Jaw, **radiating** (1 proverb)  
 Face, Pain - Sinuses, Frontal (6 proverbs)  
 Face, Pain - Sinuses Frontal, **left** (3 proverbs)  
 Face, Pain - Sinuses, Frontal, **left to right** (1 proverb)  
 Face Pain - Sinuses, Maxillary (2 proverbs)  
 Face, Pain - Sinuses, Maxillary, **extending to teeth** (1 proverb)  
 Face, Pain - cutting, Sinuses, Frontal (1 proverb)  
 Face, Pain, pressing (1 proverb)  
 Face, Pain - pressing, Jaws, Articulation of jaw (2 proverbs)  
 Face, Pain - pressing, Jaws, Lower (1 proverb)  
 Face, Pain - pressing, Jaws, Lower, extending to Chin (1 proverb)  
 Face, Pain - pressing, Jaws, Lower, extending to Angle of jaw (1 proverb)  
 Face, Pain - pressing, Jaws, Lower, extending to Ear (1 proverb)  
 Face, Pain - pressing, Jaws, Lower, extending to **Malar bones** (1 proverb)  
 Face, Pain - pressing, Malar bones (2 proverbs)  
 Face, Pain - pressing, Sinuses, Frontal, **left** (1 proverb)  
 Face, Pain - pressing, Sinuses, Maxillary (2 proverbs)

Face, Pain, pressing, Chin, under chin (1 prover)  
 Face, Pain - stinging, **Cheek, left** (1 prover)  
 Face, Pain - stitching (2 provers)  
 Face, Pain - stitching, extending to: Temple (1 prover)  
 Face, Pain - stitching, left (1 prover)  
 Face, Pain, stitching, Upper (1 prover)  
 Face, Pain, stitching, Upper, **Upper lip, extending to temple** (1 prover)  
 Face, Stiffness - Jaws, Lower (1 prover)  
 Face, Tingling (1 prover)  
 Face, Tingling - lips (3 provers)  
 Face, Tingling - lips, upper (2 provers)  
 Face, Tingling - lips, upper, **extending backward into head** (1 prover)  
 Face, Tingling - lips, upper, **left** (1 prover)  
 Face, Tingling - lips, lower (1 prover)  
 Face, **Vibration - lip, upper, extending backward into head** (1 prover)  
 Face, **Vibration, wavelike** (1 prover)  
 Face, Tic (1 prover)

### Mouth

Mouth, Dryness (3 provers)  
 Mouth, Dryness - thirst, with (2 provers)  
 Mouth, Dryness - lips (2 provers)  
 Mouth, Enlarged - Tongue, sensation as if (1 prover)  
 Mouth, Eruptions - vesicles, Gums (1 prover)  
 Mouth, Numbness - Tongue (1 prover)  
 Mouth, Salivation (1 prover)  
 Mouth, Salivation - **electric sensation, with** (1 prover)  
 Mouth, Swelling - Tongue, sensation of (1 prover)  
 Mouth, Taste - wanting (2 provers)  
 Mouth, **Tingling** (6 provers)  
 Mouth, **Tingling - morning, waking on** (1 prover)  
 Mouth, **Tingling - extending to, ear** (1 prover)  
 Mouth, **Tingling - inner lining** (1 prover)  
 Mouth, **Tingling - tongue** (2 provers)  
 Mouth, **Tingling - lips** (3 provers)  
 Mouth, **Tingling - lips, upper, left** (2 provers)  
 Mouth, **Tingling - lips, lower** (1 prover)  
 Mouth, Ulcers - canker sore (3 provers)  
 Mouth, **Vibration** (1 prover)

### Throat

Throat, Constriction (2 provers)  
 Throat, Constriction - swallowing difficult (1 prover)  
 Throat, **Draining - sensation of sinuses draining through throat** (1 prover)  
 Throat, Dryness (3 provers)  
 Throat, Hawk, disposition to - talking, before being able to (1 prover)  
 Throat, Heat (1 prover)  
 Throat, Itching (1 prover)  
 Throat, Pain (8 provers)  
 Throat, Pain - left (1 prover)  
 Throat, Pain - left, extending to Ears (1 prover)  
 Throat, Pain - extending to Ear (1 prover)  
 Throat, Pain - extending **downward** (1 prover)  
 Throat, Pain - burning (1 prover)

Throat, Pain - sore (6 proverbs)  
Throat, Pain - sore, left (2 proverbs)  
Throat, Pain - sore, swallowing, on (1 proverb)  
Throat, Pain - sore, morning, waking, on (3 proverbs)  
Throat, Scraping (4 proverbs)  
Throat, Scraping - **cold drinks amel.** (1 proverb)  
Throat, Swallowing - difficult (1 proverb)  
Throat, Swelling - sensation of (2 proverbs)  
Throat, Tickling (3 proverbs)  
Throat, Tickling - cough **amel.** (1 proverb)

## **Stomach**

Stomach, Acidity (1 proverb)  
Stomach, Appetite - wanting (5 proverbs)  
Stomach, **Churning sensation** (1 proverb)  
Stomach, Bubbling - **sensation of food rising, with** (1 proverb)  
Stomach, Distention (4 proverbs)  
Stomach, Distension - eating, after (2 proverbs)  
Stomach, Distension - painful (1 proverb)  
Stomach, Emptiness, **as if** (1 proverb)  
Stomach, Eructations (6 proverbs)  
Stomach, Eructations - **bending forward agg.** (1 proverb)  
Stomach, Flatulence, **sensation of** (4 proverbs)  
Stomach, Gagging - Coughing, from (1 proverb)  
Stomach, **Hollow, sensation as if** (1 proverb)  
Stomach, Indigestion (2 proverbs)  
Stomach, Nausea (7 proverbs)  
Stomach, Nausea - morning (2 proverbs)  
Stomach, Nausea - morning, waking on (2 proverbs)  
Stomach, Nausea - drinking amel. (1 proverb)  
Stomach, Nausea - eating, while (1 proverb)  
Stomach, Nausea - eating amel. (2 proverbs)  
Stomach, Nausea - tobacco, smoking (1 proverb)  
Stomach, Nausea - urination amel. (1 proverb)  
Stomach, Nausea - **extending upward** (1 proverb)  
Stomach, Nausea - **extending to, Ears** (1 proverb)  
Stomach, Nausea - **extending to, Salivary glands** (1 proverb)  
Stomach, Pain - cramping (1 proverb)  
Stomach, Pain, burning (1 proverb)  
Stomach, Rumbling (2 proverbs)  
Stomach, sinking, sensation of (1 proverb)  
Stomach, Retraction - sensation of (2 proverbs)  
Stomach, Thirsty (3 proverbs)  
Stomach, **Wavelike sensation** (1 proverb)

## **Abdomen**

Abdomen, Clothing, sensitive to (1 proverb)  
Abdomen, Coldness (1 proverb)  
Abdomen, Distension (3 proverbs)  
Abdomen, Flatulence (4 proverbs)  
Abdomen, Flatulence - morning, waking on (1 proverb)  
Abdomen, Flatulence - afternoon (1 proverb)  
Abdomen, Flatulence - eating, after (2 proverbs)  
Abdomen, Flatulence - **emotions, from** (1 proverb)

Abdomen, Flatulence - eructations amel. (1 prover)  
Abdomen, Flatulence, painful (2 provers)  
Abdomen, Fullness, sensation of (1 prover)  
Abdomen, Itching (1 prover)  
Abdomen, Pain, eructations amel. (2 provers)  
Abdomen, Pain, flatus amel. (1 prover)  
Abdomen, Pain - cramping (4 provers)  
Abdomen, Pain - cramping, sudden (1 prover)  
Abdomen, Pain - cramping, Morning, waking, on (1 prover)  
Abdomen, Pain - cramping, Umbilicus, region of (1 prover)  
Abdomen, Pain - cutting (2 provers)  
Abdomen, Pain - cutting, Umbilicus, region of (1 prover)  
Abdomen, Rumbling - **Umbilicus, around** (1 prover)  
Abdomen, Retraction - sensation of (2 provers)  
Abdomen, Sinking, sensation of  
Abdomen, Swelling - Abdomen, of (3 provers)  
Abdomen, Swelling - Abdomen, of, **morning, waking, on** (1 prover)

### **Rectum**

Rectum, Constipation (3 provers)  
Rectum, Constipation - ineffectual urging and straining (2 provers)  
Rectum, Flatus (1 prover)  
Rectum, Inactivity of rectum (2 provers)

### **Stool**

Stool, Dark (3 provers)  
Stool, forcible (2 provers)  
Stool, Hard (2 provers)  
Stool, Soft (2 provers)

### **Female genitalia**

Female genitalia, Itching - Vagina (2 provers)  
Female genitalia, Menses - bright red (1 prover)  
Female genitalia, Menses - copious (1 prover)  
Female genitalia, Menses - copious, night (1 prover)  
Female genitalia, Menses - scanty (2 provers)  
Female genitalia, Menses - return, ceased, **after the regular period has** (1 prover)  
Female genitalia, Menses - return, ceased, **after the regular menstrual cycle has** (1 prover)  
Female genitalia, Menses - thin (1 prover)  
Female genitalia, Sexual desire - increased (1 prover)

### **Larynx and Trachea**

Larynx, Cold sensation - on breathing (1 prover)

### **Respiration**

Respiration, Catching - cough, **amel.** (1 prover)  
Respiration, Catching - cough, from (1 prover)

### **Cough**

Cough, Asthmatic (2 proverbs)  
 Cough, Cold - air (1 proverb)  
 Cough, Cold - air, sensation of icy cold air in air passages, from (1 proverb)  
 Cough, Constriction - Chest, in (1 proverb)  
 Cough, **Cramping** (1 proverb)  
 Cough, Drinks - cold (2 proverbs)  
 Cough, Dry (3 proverbs)  
 Cough, Eating - from (1 proverb)  
 Cough, Eating - from, **gagging, with** (1 proverb)  
 Cough, Mucus - Larynx (1 proverb)  
 Cough, Sitting (1 proverb)  
 Cough, Irritable (2 proverbs)  
 Cough, Irritation - Larynx, in (1 proverb)  
 Cough, Painful (2 proverbs)  
 Cough, Paroxysmal (2 proverbs)  
 Cough, Paroxysmal - attacks follow one another quickly (1 proverb)  
 Cough, Racking (2 proverbs)  
 Cough, Sudden (1 proverb)  
 Cough, Tickling (3 proverbs)  
 Cough, Tickling - Chest, Upper in (1 proverb)  
 Cough, Tickling - Larynx (2 proverbs)  
 Cough, Violent (2 proverbs)  
 Cough, Violent - **blowing nose, from** (1 proverb)  
 Cough, Violent - **drinking, from** (1 proverb)  
 Cough, Violent - jerking **of body, with** (2 proverbs)

## Expectoration

Expectoration, Difficult (2 proverbs)

## Chest

Chest, Anxiety (3 proverbs)  
 Chest, Anxiety - Region of Heart (1 proverb)  
 Chest, Anxiety - Region of heart, thinking of it agg. ( 1 proverb)  
 Chest, Pain (7 proverbs)  
 Chest, Pain - Axilla (2 proverbs)  
 Chest, Pain - Axilla, **left** (2 proverbs)  
 Chest, Pain - Mammae, paroxysmal (3 proverbs)  
 Chest, Pain - Mammae (4 proverbs)  
 Chest, Pain - Mammae, right (2 proverbs)  
 Chest, Pain - Mammae, left (1 proverb)  
 Chest, Pain - Mammae, extending to **Heart** (1 proverb)  
 Chest, Pain - Mammae, Nipples, **above** (1 proverb)  
 Chest, Pain - aching, Mammae ( 1 proverb)  
 Chest, Pain - burning (4 proverbs)  
 Chest, Pain - burning, Mammae, Nipples, **above** (1 proverb)  
 Chest, Pain - burning, Axilla (2 proverbs)  
 Chest, Pain - burning, Axilla, **left** (2 proverbs)  
 Chest, Pain - burning, Heart (1 proverb)  
 Chest, Pain – stitching (3 proverbs)  
 Chest, Pain - stitching, Mammae (3 proverbs)  
 Chest, Pain - stitching, Mammae, left (1 proverb)  
 Chest, Pain - stitching, Mammae, under (1 proverb)  
 Chest, Pain - stitching, Mammae, Nipple (1 proverb)  
 Chest, Pain - stitching, Mammae, Nipple, right (1 proverb)

Chest, Pain – stitching, sides, left, extending to heart (1 prover)  
 Chest, Palpitation of Heart (2 provers)  
 Chest, Constriction, Chest, in (4 provers)  
 Chest, Constriction - band, as if (1 prover)  
 Chest, Constriction - Sternum (1 prover)  
 Chest, Constriction - Sternum, **eructation amel.** (1 prover)  
 Chest, Clothing agg. (1 prover)  
 Chest, **Expansion - Lungs, sensation as if** (2 provers)  
 Chest, Tickling in - Sternum, **around** (1 prover)  
 Chest, Tingling in - Lungs (1 prover)  
 Chest, Warmth, sensation of - **Sides** (1 prover)  
 Chest, Warmth, sensation of - **Axilla** ( prover)

## Back

Back, Bubbling sensation in - **Spine** (1 prover)  
 Back, Buzzing sensation, **Lumbar region** (1 prover)  
 Back, Elongated, **neck, as if** (1 prover)  
 Back, Pain (6 provers)  
 Back, Pain - Cervical region (2 provers)  
 Back, Pain - Cervical region, extending to: Shoulders  
 Back, Pain - Cervical region, extending to: down the back (1 prover)  
 Back, Pain - Dorsal region (3 provers)  
 Back, Pain - Dorsal region, Scapulae, between (2 provers)  
 Back, Pain - Dorsal region, Scapulae, right - Under (1 prover)  
 Back, Pain - Dorsal region, Scapulae, Between (1 prover)  
 Back, Pain - Lumbar region, right (1 prover)  
 Back, Pain - Lumbar region, sitting, while (1 prover)  
 Back, Pain - aching (4 provers)  
 Back, Pain - aching, Cervical region (2 provers)  
 Back, Pain - aching, Dorsal region, Scapulae, right, under (1 prover)  
 Back, Pain - aching, Dorsal region Scapulae, Between (1 prover)  
 Back, Pain - aching, Lumbar region, right  
 Back, Pain - burning, Spine (1 prover)  
 Back, Pain - burning, Dorsal region, Scapulae, Between (1 prover)  
 Back, Pain - dull, Cervical region (1 prover)  
 Back, Pain - dull, Cervical region, **shoulder, near** (1 prover)  
 Back, Pain - pressing, Dorsal Region, Scapulae, between (1 prover)  
 Back, Pain - sore, Cervical region, extending to: **Fourth dorsal vertebra** (1 prover)  
 Back, Pain - sore, Cervical region, **extending to: Shoulders** (1 prover)  
 Back, Pain – stitching, Dorsal region, motion on (1 prover)  
 Back, Pain - stitching, Dorsal region, Scapulae, right, under (1 prover)  
 Back, Pain - stitching, Dorsal Region, Scapulae between, moving (1 prover)  
 Back, Pain - stitching, Dorsal Region, Scapulae, standing, while (1 prover)  
 Back, Pain - stitching, Dorsal Region, Scapulae, **shoulders pulled back** (1 prover)  
 Back, Tension, Scapulae (1 prover)  
 Back, Spasms, Lumbar region (1 prover)  
 Back, Stiffness - Cervical region (3 provers)  
 Back, Stiffness - Cervical region, morning, rising, after (1 prover)  
 Back, Stiffness - Cervical region, extending **downward along spine** (1 prover)  
 Back, Stiffness - Dorsal region, extending **downward along spine** ( 1 prover)  
 Back, **Vibration, Lumbar region, small spot** (1 prover)

## Extremities

Extremities, Coldness - Foot, icy cold (1 prover)

Extremities, Coldness - Thigh (1 prover)  
 Extremities, Convulsion - one side (1 prover)  
 Extremities, **Convulsion - one side, side not lain on** (1 prover)  
 Extremities, Convulsion - Shoulder, small spot (1 prover)  
 Extremities, Dryness - Hands (2 provers)  
 Extremities, **Eruptions - red, spots (2 provers)**  
 Extremities, Eruptions - itching (4 provers)  
 Extremities, Eruptions - Elbow, elevations (1 prover)  
 Extremities, Eruptions - Elbow, itching (1 prover)  
 Extremities, Eruptions - Hand, Back of, elevations (1 prover)  
 Extremities, Eruptions - Hand, Back of, itching (1 prover)  
 Extremities, Heaviness - Lower limbs, walking, while (2 provers)  
 Extremities, **Itching (hands and feet)** (4 provers)  
 Extremities, Itching - Hand (1 prover)  
 Extremities, Itching - Palm (2 provers)  
 Extremities, Itching - Wrist, Inner side (1 prover)  
 Extremities, Itching - Fingers, First finger, Joints, Distal (1 prover)  
 Extremities, Itching - Ankle (right) (1 prover)  
 Extremities, **Jerking - lying, while, one side, side not lain on (1 prover)**  
 Extremities, Pain - Shoulder, sudden (1 prover)  
 Extremities, Pain - Shoulder, dislocation, as from (1 prover)  
 Extremities, Pain - Shoulder, extending to Forearm (1 prover)  
 Extremities, Pain - Shoulder, motion, sudden agg. (1 prover)  
 Extremities, Pain - Shoulder, continued motion amel. (1 prover)  
 Extremities, Pain - sore, Shoulder, extending to Forearm (1 prover)  
 Extremities, Pain - sore, Shoulder, extending to Neck (1 prover)  
 Extremities, Pain -sore, Thigh (1 prover)  
 Extremities, Pain -sore, Thigh, walking, while (1 prover)  
 Extremities, Pain - sore, Ankle (2 provers)  
 Extremities, Pain - Ankle (3 provers)  
 Extremities, Pain - sprained, as if, Ankle (2 provers)  
 Extremities, Pain - sprained, as if, Ankle, extending to foot (1 prover)  
 Extremities, Pain - sprained, Toe (1 prover)  
 Extremities, Pain - Toe ( 3 provers)  
 Extremities, Pain - Foot, standing, while (1 prover)  
 Extremities, Pain - stitching, Toes (1 prover)  
 Extremities, Pain - burning, Shoulder (left) (1 prover)  
 Extremities, Pain - burning, Elbow, Bend of (1 prover)  
 Extremities, Pain - burning, Hand, Palm (2 provers)  
 Extremities, Pain - stinging, Hand, Palm (right) (1 prover)  
 Extremities, Pain - drawing, Upper arm, extending to downward (1 prover)  
 Extremities, Pain - pressing, Knee (1 prover)  
 Extremities, Pulsation - Shoulder (1 prover)  
 Extremities, Pulsation - Wrist (1 prover)  
 Extremities, Stiffness - Lower limbs (1 prover)  
 Extremities, Tingling (6 provers)  
 Extremities, Tingling - Fingers (1 prover)  
 Extremities, Tingling - Hand (3 provers)  
 Extremities, Tingling - Lower limbs (2 provers)  
 Extremities, Tingling - Lower limbs, extending to, downward (1 prover)  
 Extremities, Trembling (2 provers)  
 Extremities, Trembling - Shoulder (1 prover)  
 Extremities, Trembling - Thigh, extending upward and downward (1 prover)  
 Extremities, Weakness - Upper limbs (2 provers)  
 Extremities, Weakness -Hand (1 prover)  
 Extremities, Weakness - Lower limbs (2 provers)

Extremities, Weakness - Knee (1 prover)

### **Sleep**

Sleep, Dreaming - **half awake, while** (2 provers)  
Sleep, Semi-conscious (2 provers) (2)  
Sleep, Sleeplessness - protracted (1 prover)  
Sleep, Sleeplessness - waking, after (3 provers)  
Sleep, Sleepiness - sudden (3 provers)  
Sleep, Sleepiness - daytime (6 provers)  
Sleep, Unrefreshing - rising, indisposed to (5 provers)  
Sleep, Waking - dreams, from (4 provers)  
Sleep, Waking - paralyzed feeling, with (1 prover)  
Sleep, **Waking - sudden, as if startled (3 provers)**  
Sleep, Waking - as from fright (2 provers)  
Sleep, Waking - too early (4 provers)  
Sleep, Waking - night - midnight - after, 1 h (1 prover)  
Sleep, Waking - night - midnight - after, 2:30 h (2 provers)  
Sleep, Waking - night - midnight - after, 3 h (2 provers)  
Sleep, Waking - night - midnight - after, 3:30 h (1 prover)

### **Chill**

Chill, Morning (1 prover)  
Chill, Forenoon - 11 h (1 prover)  
Chill, Chilliness - upper body (2 provers)  
Chill, Chilliness (4 provers)  
Chill, internal, (3 provers)  
Chill, internal, coldness, bones in (1 prover)  
Chill, external (3 provers)  
Chill, icy coldness of body (2 provers)  
Chill, Shaking (1 prover)  
Chill, **Beginning - feet, in, moving upward through body (2 provers)**

### **Fever**

Fever, Alternating with - chills (1 prover)

### **Skin**

Skin, **Air - flowing in and out through, sensation as if (1 prover)**  
Skin, Coldness - upper part of body (2 provers)  
Skin, Coldness ( 1 prover)  
Skin, Eruptions - itching (1 prover)  
Skin, Eruptions - red (3 provers)  
Skin, Eruptions, pimples (1 prover)  
Skin, Itching (5 provers)  
Skin, Pain, Stinging

### **Generals**

Generals, Morning, waking on (8 provers)  
Generals, air, open amel  
Generals, Anxiety, general physical ( 1 prover)  
Generals, Anxiety, general physical, acc. by Heat, sensation of

Generals, **Cold - feeling, upper body (2 proverbs)**  
 Generals, Cold - feeling (1 proverb)  
 Generals, cold – feeling, bones in ( 1 proverb)  
 Generals, Collapse (1 proverb)  
 Generals, Emaciation (5 proverbs)  
 Generals, Energy - excess of energy (4 proverbs)  
 Generals, Energy - excess of energy, smoking amel. (1 proverb)  
 Generals, Faintness - accompanied by, nausea (1 proverb)  
 Generals, Food and drinks - ice cream, desire (2 proverbs)  
 Generals, Food and drinks - salt, desire (2 proverbs)  
 Generals, Food and drinks - sweets, desire (2 proverbs)  
 Generals, Heat - sensation of (1 proverb)  
 Generals, Itching (7 proverbs)  
 Generals, Pain - appear suddenly (1 proverb)  
 Generals, Pain - appear suddenly, disappear suddenly, and (1 proverb)  
 Generals, Pain - burning (10 proverbs)  
 Generals, Pain - stinging, Externally (6 proverbs)  
 Generals, Pain - stinging, Externally, left side (1 proverb)  
 Generals, Pain - stitching (6 proverbs)  
 Generals, Paralysis - sensation of (2 proverbs)  
 Generals, **Paralysis - sensation of, on waking (1 proverb)**  
 Generals, Pulsation - Internally (4 proverbs)  
 Generals, Pulsation - **Internally, blood vessels, acc. by wavelike sensations** (2 proverbs)  
 Generals, Pulsation - **Internally, blood vessels, shakes body** (2 proverbs)  
 Generals, Pulse - sensation of, **reverberation throughout body** (3 proverbs)  
 Generals, Pulse - sensation of, **reberberating throughout body**, closing eyes agg. (1 )  
 Generals, Relaxation - physical (3 proverbs)  
 Generals, Relaxation - Muscles, of (1 proverb)  
 Generals, Restlessness (4 proverbs)  
 Generals, Side - one side (10 proverbs)  
 Generals, Side - left (8 proverbs)  
 Generals, Sudden manifestation (6 proverbs)  
 Generals, Sun - **desires** (1 proverb)  
 Generals, Tingling (10 proverbs)  
 Generals, **Tingling, flowing over body, sensation of** (1 proverb)  
 Generals, Tingling, left side (1 proverb)  
 Generals, Trembling, Externally (1 proverb)  
 Generals, Vibration (5 proverbs)  
 Generals, Wavelike sensations (6 proverbs)  
 Generals, Weakness (5 proverbs)  
 Generals, Weakness, vertigo with  
 Generals, Weakness - walking (1 proverb)  
 G enerals, Weakness - nausea, with (2 proverbs)  
 Generals, Weakness - sudden (1 proverb)  
 Generals, Weariness (10 proverbs)  
 Generals, Weariness - sudden (2 proverbs)  
 Generals, Weariness -morning, on waking (5 proverbs)  
 Generals, Weariness - walking (2 proverbs)  
 Generals, Weather - foggy weather amel ( 1 proverb; new rubric)  
 Generals, Weather - cold, wet amel (1 proverb)

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**Richard Pitt biography**

Richard has been practicing and teaching homeopathy in the San Francisco Bay Area for ten years. Richard originally trained and practiced homeopathy in England. He teaches at various homeopathic schools and is the Director of the Pacific Academy of Homeopathy. He is President of the Council for Homeopathic Certification, an organization which has established professional certification for the homeopathic profession in North America. He is in private practice in San Francisco.