

Hans Eberle, Friedrich Ritzer

Excrementum caninum

Proving 1996

One shouldn't get old over recelebrating the same old things.

Joachim Ernst Berendt

Published in German in the book:

Hans Eberle, Friedrich Ritzer, Arzneimittelehrel, Heilung von Krankheiten in modernen Lebenssituationen, Verlag Müller und Steinicke, München 1999

You can order it from:

Friedrich Ritzer: friedrich-ritzer@t-online.de

Preface by Alfons Geukens to the book:

When reading the Materia medica of these newly proved remedies I was most impressed by the thoroughness of the book. Also, and above all, because the principles of homeopathy which is based on pharmacological proving only, have not been violated as is so often clearly the case with other authors.

It is also remarkable that apart from mental-emotional symptoms many physical complaints are reported, demonstrating the totality of these remedies.

The clinical cases sometimes show spectacular reactions and simultaneous disappearance of physical complaints which is of great importance for the judgement of the efficacy of a homeopathic remedy.

Clinical cases have been observed for periods of about 2 years, showing definite improvements which goes to prove the profound action and can hardly be imagined to be accidental (Placebo effect).

I should like to express my admiration to both authors for their efforts and their extreme persistence.

As a next step all the symptoms should be entered in our repertory so we will be reminded when we come upon them during repertorization and are able to confirm them on the basis of this Materia medica.

I am deeply grateful to both gentlemen for their contribution to the further development of homeopathy.

Dr. Alfons Geukens

The authors

Dr.Hans Eberle (born 1950) and Friedrich Ritzer (born 1961) have been cooperating and done research together for 10 years. For 2 years they have performed daily treatment of patients together. This book is the result of their research. A good hand for interesting, modern, in part omnipresent new material as well as very conscientiously performed remedy proving and the courage to put the results into clinical practice have made possible development and recognition of these reliable, frequently applicable homeopathic remedies. Both authors treat many patients with homeopathic therapy and reserve regular periods to research work.

Friedrich Ritzer, Dipl.theol. has studied theology and philosophy in Passau and Munich. With classical homeopathy he has been concerned for 20 years and has been working as qualified healing practitioner (Heilpraktiker) and homeopath for 15 years. He also teaches Traditional Chinese Medicine (TCM) in Munich. First publication: Healing by similarity from a homeopathic and theological view, Munich 1990.

Dr.med.Hans Eberle has studied medicine in Freiburg and Munich. Working on his own since 1979. Since 1982 student and graduate student of classical homeopathy, mainly with Prof.Matthias Dorcsi, Jürgen Becker, Alfons Geukens, Rajan Sankaran and Jeremy Sherr. Vast clinical experience in classical homeopathy from 1982 to 1992 with National Health patients, since then in private practice. Also he is composing (already over 100 musical pieces of contemporary music), playing double bass, cello and guitar.

Excrementum caninum

Official denomination of proving material:

Excrementum caninum

Feces of a hybrid dog fed with cow's paunch (mother: German shepherd, father: mix of Hungarian shepherd and setter)

Producer:

Helios Homeopathic Pharmacy

97 Camden Road TN1 2QR

Tunbridge Wells, Kent, England

Tel. +44 1892-536393

Fax +44 1892-946850

Number of provers: 22 (after each symptom number of prover in brackets - m for male, f for female)

Short pharmacology

The symptoms of this short pharmacology are based either on proving symptoms plus clinical Konfirmation or symptoms proved repeatedly by provers, or repeated clinical Konfirmation without proving symptom. All symptoms described herein are therefore particularly reliable and safe.

Excrementum caninum so far has been prescribed by us in 273 documented cases. Out of these we have had so far 118 healings with marks 1-2 in both chronic and acute diseases.

Excrementum caninum

Sphere of activity

Head, stomach, intestines, hip trouble, allergies, nose, eyes, skin

Guiding symptoms

'Nidicolous' child syndrome: children who don't want to leave parents' home, avoiding severance and remaining in close, 'sticky' relation with them (incestuous-symbiotic relationship)

Dependency: no severance from dependent relationship (parents, profession, marriage partner, friends, children), consequences of abuse

Repression: consequences of repressive education at school, in family etc.

Inhibition: 'Doesn- 't speak out', smiling

Language: children late in learning to speak

Suicide: extreme feeling of futility and Depression with suicidality

Unemployment: consequences of unemployment

Turbidity of mind: unable to think clearly, is in a dazed state, forgetting things just said or thought

Fear of illness

Hemicrania

Short pharmacology

Multiple allergies: hay fever and asthma, extreme itching in nose, running nose and sneezing fits, waking up by night from sneezing fits, tears watery, feeling as if sand was in eyes

Painful hips: severe hip trouble such as arthrosis and very painful dislocation of hip

People who cannot find place in life: uprooted, seeing no meaning in life, no profession, no partner

Intestinal diseases: morbus Crohn, colitis ulcerosa

Eating disorders

Neurodermitis

Chocolate/alcohol abuse

Emotions/ living phase

Nidicolous child syndrome: children who don't leave parents' home, severance problems, 'adhesive' dependency from parents, marriage partners, friends, profession; feeling guilty and obliged to stay; suppressed hatred, anger, and contempt, especially toward mother, or staying because of laziness or lack of independence. Helpless with children, instrumentalized by them, cannot set them limits. Consequences of incestuous relations and abuse, compulsive, unconscious pottering/fidgeting around. Severe depressive state with suicidality, threatening to commit suicide by way of ultimate rebellion and refusal they are unable to accomplish in life; cannot set limits, cannot say no, 'don't speak out' (key note), pushing everything 'off', often with perfect facade; like golden objects, shoes, bag, genuine or fashion jewellery; excessive make-up; fearing the state they are in could be recognized; alcoholism, chocolate abuse, addictions, anorexia, inferiority

Short pharmacology

complex, begging pardon for existing. Refusal to learn, school pressure, fear of exams, concentration problems, illegible writing, retarded learning and language development, lack of stamina and various physical ailments connected therewith, unemployment, fear of re-entry into professional life.

Head

Frontal headache, pressing hemicrania, headache from sinusitis, headache because insecure in professional work.

Eyes

Allergy, hay fever, reddening, itching, burning, flow of tears, conjunctivitis, swollen upper and lower lids.

Nose

Allergy, hay fever, fits of sneezing, itching, obstruction, running nose with fits of sneezing, < during night and when waking up, sinusitis, rhinitis.

Face

Sinusitis frontales and maxillaris, pain under jugal bone, herpes on lips.

Stomach

Nausea rising from lower abdomen, pregnancy nausea, anorexia, loss of appetite, cannot eat but feeling gnawing hunger, feeling full after a few bites, gastritis, stomach ache, pain in upper abdomen, bloated above stomach. Craving for: chocolate, sweets, canned fish, coffee, coke, alcohol, wine, whisky, tobacco; dislike for alcohol.

Short pharmacology

Abdomen

Abdominal pain caused by school problems, painful abdominal cramps before having stool, feeling full after a few bites, meals lying heavily in stomach.

Proving symptoms clinically not yet confirmed: pressing pain right lower abdomen, > firm pressure, < letting go again, McBurney point sensitive to pressure (appendicitis symptoms), putrid pustules in abdominal region.

Rectum

M.Crohn, colitis ulcerosa, chronic enteritis, chronic diarrhea, mucous, soft, mushy, watery, bloody stools, obstipation, itching anus, sharp, burning pain after stool. Diarrhea before leaving for school.

Proving symptoms clinically not yet confirmed: flatulences during urination.

Bladder

Cystitis, urinary incontinence, frequent urination, large amounts of light coloured urine.

Proving symptom (male provers) clinically not yet confirmed: urination interrupted, must restart repeatedly and press.

Genitals, female

After sterilization undulating heat with sweating, also with premature menopause, amenorrhea after abdominal operation, interrupted menses.

Thorax

Bronchitis, relapsing infections, asthmoid Bronchitis

Back

Cervical syndrome, acute torticollis before leaving for school,» slipped thoracic disc with pain between shoulder blades, pain lower lumbar vertebrae extending across iliac crest, sacralgia extending to buttocks, hips and inside of thighs, < standing, < bending over, < first movement until straightened, @ lying and turnin over in bed.

Short pharmacology

Extremities

Arthrosis of hips, sore hips calcificating, extremely painful dislocated hip, limping because of pain in hips, sore pain shooting in, spreading movement very painful, < after having walked for some time, < standing, < getting up in the morning, 'warmth, pain in hips combined with backache and aching knees; feeling to be overstrained and tired in buttocks and thighs as after strong efforts, stabbing pain in knees, like muscle ache, like straining in hollow of knee, feeling weak, paralyzed, tired and numb in knee, knee suddenly buckling.

Skin

Atopia, neurodermitis, itching, hot skin but freezing, must be covered.

Sleep

Dazed state between sleeping and waking, like drugged, sudden need for sleep, need to lie down and sleep immediately, continuous yawning, desire to rest in bed for long time, restlessness during sleep.

Short casuistics

(Healed diseases, symptoms, Komplexes of symptoms
from healed single cases)

Depression/ tiredness/ instrumentalization/ ridicolous children

Depressed, smoking and drinking much, exhausted by work, ignoring one's limits, fearing that bad Kondition might be recognized.

Depression after abortus, together with extreme craving for chocolate.

Humiliation through parents, stops cleaning for them.

Depressed and joyless since return to parents in hometown after death of brother a few years ago. Begs pardon from doctor for her existence.

Instrumentalization through/problem of severance from mother, feeling guilty, has neurodermitis, feeling her life to be scheduled and having no time for herself left.

Instrumentalization through children, has colitis ulcerosa, hasn't left house for years, husband workaholic.

Anorexia, eating disorder with lump in throat because instrumentalized by mother, unemployment, raising children alone.

No drive in woman who lives with boyfriend and all relatives in the same house 'because it saves so much money'.

Short casuistics

Tiredness, apathy, extremely hungry.

Tiredness and sinusitis, young woman still living with mother who does everything for her, excellent understanding with her parents, working 'without stress' in neighbour's firm.

Feels pressed into the structures of the farm, doesn't dare moving freely, depressive anxiety symptoms (Plutonium had helped well before).

Depressive exhaustion, instrumentalized by her children who are always around her, helpless in their education, husband pressing her into traditional family schedule.

Full of hate and furious at mother whom he tells: 'I don't need you'; easily offended and angry, going to kindergarten.

Painful polyarthrosis after death of dog.

Work

Helpless because unemployed, fearing to get no work, severe, roaring cough, < at night after lying down.

Fearing re-entry in professional work after caring for children. Expectancy suspense.

Lack of selfconfidence, insecure in new work.

Working in father's firm, can't develop due to instrumentalization through father, lack of selfconfidence.

Unemployed after raising children, feels 'left in the lurch' by previous employer.

Short casuistics

School/education

Helpless with child, can't set limits, 'run over' by her child, losing nerves vis-à-vis child, angry, could wreck everything. Fearing child could get seriously ill.

Torticollis related to school (2 cases).

School problems: laziness, impatience, bad writing, no staying power.

School and pressure leading to plucking at fingers until bleeding.

School pressure, feels burdened by school)" doesn't want to do homework.

Compulsive learning, premature menopause with undulating heat and partnership conflict (lesbian)
Abdominal pain and diarrhea before leaving for school.

Taciturn child, then telling mother for the first time what's weighing on his mind.

Delayed articulation/speech.

Depression, circulation problems, gastritis, sinusitis and drug addiction (lost status after change of school)-previously school speaker.

Learning difficulties, lying

Concentration problems and fear of exams.

Short casuistics

Dyslexic child: can not differentiate between d and b. Weak in arithmetic, strained by school, wants sweets, craving for chocolate developing into dislike.

Concentration problems, discouraged and crying because of school, urinary incontinence.

After starting school becomes hard of hearing, but at school only.

Depending on help with homework and stool incontinence together with flatulences.

Asthmoid Bronchitis under school pressure (fear of bad marks).

Dizziness

Dizziness, weakness and vaginal mycosis, itching and burning.

Head

Headache when insecure in her work.

Chronic inclination to headache in woman who is suppressed by her older sister from whom she hasn't severed.

Chronic hemicrania.

Headache and pulling pain in maxillary sinuses.

Hemicrania and obstipation.

Hemicrania, lack of concentration, in a haze, forgetting what she has just read, conversation etc., fearing failure when re-entering professional life after raising children.

Losing hair.

Seborrhea (head).

Eyes

Seasonal allergy, reddened eyes, fits of sneezing.

Seasonal allergy, eyes itching and burning, fits of sneezing.

Seasonal allergy, scratching in corners of eyes.

Seasonal allergy, itching eyes, sneezing, running nose.
running, itching anus, itching skin.

Ears

Hard of hearing after otitis media, noticeable only at school.

Hard of hearing, discharge from auditory canal, fearfulness.

Nose

Seasonal allergy, fits of sneezing, obstructed nose, prickling inside nose with itching in throat and reddened eyes.

Seasonal allergy: fits of sneezing, itching eyes, burning eyes.

Seasonal allergy: sneezing, running nose, itching eyes.

Sinusitis.

Short casuistics

Sinusitis: instrumentalized by father in his firm.

Obstructed nose by night.

Obstructed nose, rhinitis and obstipation in newborn baby.

Chronic rhinitis and feeling ashamed about smallness.

Face

Cough with reddening in face.

Neurodermitis, lids extremely swollen, whole face swollen: problem of severance and instrumentalization by mother.

Mouth

Mycosis in mouth and anus.

Throat

Lump in throat past which she cannot swallow, eating disorder: instrumentalization through mother and unemployment.

Seasonal allergy: itching throat and nose, sneezing fits, obstructed nose, nose tingling, eyes reddened.

Mucous obstruction of pharynx with breathing difficulties in bachelor still living with mother.

Stomach/ abdomen

Eating disorder, anorexia, feeling full after each bite: unemployed and instrumentalized by mother.

Short casuistics

Craving for chocolate (observed frequently).

Craving for sweets.

Feverish gastroenteritis with cough after overstrain in first year at school.

Gastritis after change of school and loss of status.

Gastritis, bloated in upper abdomen, feeling- driven, failed as artist.

Hyperorexia, tiredness and apathy.

Pregnancy nausea < 3-4 p.m. with desire for chocolate and cake and extreme tiredness, wants only to lie down.

Pregnancy nausea with weakness, no effort possible. Unwanted pregnancy.

Flatulences.

Abdominal pain and diarrhea before leaving for school.

Painful abdominal cramps, flatulence colics with colitis ulcerosa.

Rectum

Obstipation.

Obstipation in newborn baby.

Obstipation and hemicrania.

Short casuistics

Itching anus and skin, running tears. Mycosis in mouth and anus.

Small boy: continuous diarrhea, lactalbumin intolerant

Diarrhea and abdominal pain before leaving for school.

Chronic enteritis.

Morbus Crohn.

Colitis ulcerosa, feeling instrumentalized by children, hasn't left house for years, husband workaholic.

Colitis ulcerosa with mucous blood stool, painful abdominal cramps before and after stool, flatulences with colic and tiredness.

Stool incontinence with flatulences in schoolchild who needs help with homework.

Bladder

Incontinence after two operations: bladder prolapse, resection of uterus; has been caring for her father for years (instrumentalization), no partner.

Incontinence.

Incontinence, urine dripping, bad smell, < laughing /, romping suffering from school problems, concentration problems, discouraged, crying.

Cystitis.

Cystitis: abuse in case history

Female genitals

Amenorrhea since abdominal operation, woman wearing many golden things.

Irregular Menstruation

Depressed after abortion.

Undulating heat, sweating, since sterilization.

Undulating heat, premature menopause, separation from lesbian girlfriend, craving for chocolate.

Dysmenorrhea:.. during menses painful cramps in lower abdomen, lower thighs feel leaden (pubescent girl).

Vaginal mycosis, itching and burning, weakness and vertigo.

Larynx

Learning late to speak, can't utter what he wants to say.

Thorax

Asthmoid bronchitis: breathing fast, coughing, dyspnea, occurred twice after school pressure for good marks.

Asthmoid Bronchitis living with mother who is spoiling him, want- only to look at videos , craving for chocolate.

Short casuistics

Severe fits of coughing in 36 years old fat unemployed woman still living with her parents.

Cough, burning in trachea.

Acute Bronchitis with relapsing infections.

Back

Acute torticollis related to school (2 cases).

Slipped thoracic vertebra with pain between shoulder blades.

Short casuistics

Extremities

Ischialgia: pain extending from sacrum over buttocks to inside of thigh: female patient can't say no and can't express desires.

Dislocation of hip.

Pain in hip < movements. Pain as if sore.

Arthrosis of hip (many healings).

Stiffening arthrosis of hip.

Arthrosis of hip, every step brings pain. Restless.

Arthrosis of hip, pain < by night, waking up from pain.

Craving for chocolate.

Woman with heavy legs, married to alcoholic.

Plucking fingers until bleeding, < school.

Skin

Neurodermitis (frequent).

General

Undulating heat (frequent).

Sinusitis (frequent).

Complete pharmacology

Basic essentials

Original proving symptoms

Differential Diagnose

Casuistics

Basic essentials

Suppression of one's self regarding place, needs and expression due to instrumentalization, abuse, (industrial) conformity and convenience/ laziness.

Excrementum caninum, helping to end paralyzing instrumentalization, abuse and convenience/laziness leads to 'being oneself':

1. One's own place as one's own mental-spiritual roots (own philosophy, realm of thoughts, political ideas, moral and social placement of a person) but also as place in real life such as, above all, own flat, home, family and professional destination.
Ex.-can. illness consists in not finding one's own place since personal spiritual and philosophical values are being suppressed due to:
 - not yet severed from dependency states (parents, partner),
 - amalgamation /adhesion inside of any existing relations too strong,
 - laziness and indulgence, making no efforts to find one's place,
 - suppressed professional desires or unemployment,
 - rigid moral system not allowing discovery of one's own values.
 - repressive education at home, school, studies
 - dazed state.

Basic essentials

1. One's own need and expression of oneself through language, communication and eros. Which means, what one has found inside oneself wants to find outside expression. In provings blockade can be noticed by:
 - inhibited articulation,
 - dazed state, lacking perception.

One basic problem of suppressed personal expression with resulting feeling of futility in modern industrial society is to be seen in never ending 'adhesive', unctuous relation with parents. Instead of increasing freedom, personal development and severance we find only seeming freedom and intensified relationships between parents and children. Amongst adults this illness finds expression in symbiotic relationships. In such cases the partner is not left free but instrumentalized.

Over-dominance and sweetness are two possibilities to enforce instrumentalization and thus suppression of needs and personal expression, and to keep it up. Modern types of instrumentalization and thus suppression and blockade of the personal needs of an Ex.-can. patient will no longer be found mainly in family or partner/friendship dominance, but rather in sweet seduction leading to paralyzation of personal expression (modern 'nidorolous child syndrome', small family, addicted to festivities and indulgence).

Another important point of Ex.-can. pathology is to be seen in loss of or inability to find or get one's own place in society. In this regard unemployment constitutes a major problem. Work being an important factor of one's own place in society, unemployment leads to loss of meaning and of social relations. Modern life with mass unemployment, loss of bonds, sense of futility are 'miasmatically pervaded' by Excrementum caninum.

Basic essentials

In the case histories of Ex.-can. patients we therefore find unemployment, disconnectedness, feelings like 'nothing is functioning any more' and refusal by others. Sense of futility, depression with suicidality are the logical consequences.

Original proving symptoms

Emotions/ symptoms of living phases

(listed according to basic essentials)

1. **Leaving parents' home**
2. **. A place of one's own: religion, futility, work, unemployment**
3. **Suppression of personal needs and personal expression**
4. **Old ruts, rigid moral system, group pressure, (industrial) conformity, refusal**
5. **School, learning under pressure**
6. **Dazed state**
7. **Inferiority complex, shame, hushing up**
8. **Therapeutic relation, lies, abuse**
9. **Indulgement, laziness, sensuality, erotism, dazed state**
10. **Other mental and emotional symptoms**

1. Leaving parents' home: for ridiculous children and in cases of symbiotic, incestuous adhesion

In the introduction we have already pointed to one of the main problems of Ex.-can. pathology - no or incomplete severance from parents.

For adult children parents cannot offer the permanent living space, since development of their own needs and finding ways of expressing themselves will not be possible there: Proving has brought out a large number of symptoms belonging with severance problems of parents and children as well as with other 'adhesive' relationships:

- Fear, desperation, crying for hours thinking that daughter, who is moving out, might die. Relieved when he can say: 'I'm letting you go.'
- Doesn't keep mouth shut any more just because father is depressed, and can stand seeing him cry.
- Withdrawing from depressive, chronically 'adhesive' relationship with his parents.
- Withdrawing from girlfriend who is only exploiting him
- Dares refusing help his mother had urged him to accept.
- Fear, desperation, crying for hours thinking that daughter, who is moving out, might die. Relieved when he can say: 'I'm letting you go.' (10 m)
- Fear to lose near ones clearly reduced (22 f)
- Leaving home which he hadn't dared to until now because he didn't want to confront his depressive father with this wish. (14 m)

Original proving symptoms

- Getting flue after daughter has left home (10 m)
- Doesn't keep his mouth shut any more because of father's depression and can stand seeing him cry (14 m)
- Daughter leaving home: Prover waking up at 4 a.m., fearing for health and life of her (19 years), fears she might die. Crying for her for an hour and thinking of his own death (10 m)
- Withdrawing from depressive, chronically 'adhesive' relation with parents (14 m, 18 m)
- Ever since he left home 7 years ago feeling his parents like a huge burden on his shoulders. They have preserved his childhood rooms, he is telling them he doesn't want that since he has moved out so long ago. Mother crying for two days. Then parents decide to move from big house to a nicer, smaller flat without a 'imemorial' room. Great relief, prover feels tons falling off his shoulders. Starting a new, good relation with parents (new living phase) (18 m)
- Finally withdrawing from girlfriend who is only exploiting her (22 f)
- Ending longstanding friendship after noticing that he has always been the active part in it (6 m)
- Extreme dislike of children, whom she experiences on.1.y as de manding diminishes (22 f)#
- Getting away from dominant father-in-law, thus risking great disadvantages (18 m)
- Feeling defenseless and insuffizient at 32, unable to oppose parents' interference (2 f)
- Wants no more reproaches from wife and family and to free himself from obligations to them (10 m)
- Dares refusing help in his house mother had urged him to accept (8 m)

Original proving symptoms

- Accepts living alone and having to cope with it (9 m)
- Great relief and feeling free after having been rejected by children, glad to move freely with his wife, without other family members (10 m)
- Feeling hurt by other people's refusal of his ideas (10 m)
- Feeling at a distance from other person, doesn't know whether this feeling is permitted (3 m)
- Feeling liberated through less dependency on near ones, on the other hand less emotions (22 f)
- Feeling free of obligation to love his wife (10 m)
- Has a certain contempt for women, who without men feel being half a person only (22 f)
- Less stubborn, more relaxed, tolerant (21 m)
- Dares going on holiday by herself though she realizes her boyfriend is sad about it (11 f)
- No longer so easily involved in symbiosis and dependency, feels she is not so much at the hands of others any more (22 f)
- During a weekend excursion she can 'switch off' within 2 Kilometers and fall asleep (12 f)
- Firmly demands from father who has neither cared for him nor supported him one of his many houses for his own family, finds his request brazen in a positive sense (16 m)
- Fearing to have too little money for construction of house (2 f)
- Doubting ability to renovate house (6 m)

2. A place of one's own

Religiosity

Placidity, ease

Futility

Work

Unemployment

Ex.-can. has to do with the place where we are rooted mentally and spiritually - loss of these roots leads to severe depressions, sense of futility and suicidality (frequent clinical confirmation).

Unemployment represents loss of external place causing futility syndrome and Depression (frequent clinical Konfirmation - all subjects of Ex.-can.

- Sense of futility, asking for the meaning of life and what life all is about (8 m)
- Doesn't feel like meeting demands. Enjoys looking at his Tanka (religious buddhistic picture)(8 m)
- Absentminded during negotiations, reflecting seriously about himself (17 m)
- Can't concentrate on his interior being because of noisy surroundings (10 m)
- Asking himself each time what exactly he wants (8 m)
- Enjoying thought that his life is under guidance (8 m)

Original proving symptoms

- Intensive religious feelings (8 m)
- Upon waking up in the morning there is praying in him immediately (8 m)
- Can't find his keys believes them to have been stolen (8 m)
- Strong desire to wear big cross around neck (8 m)
- Daily life and work are felt to be inner prayers (10 m)
- Prover's idea: maybe what I'm experiencing now is the best time of my life, even though I shall and want to go on changing it (10 m)
- Helpless anger because father of her child leaves raising it to her; he is working all the time and she never finds time for drumming and, is never alone (15 f) Commentary: Loss of own intimacy and composure. Child instrumentalizing mother with its strong eros. Mother can never be by herself. Overstrained and instrumentalized because she is the only person the child can refer to.

2. Suppression of personal needs and personal expression

Personal expression

Language, speaking about things

Formulation

Opposition to conformity

Ex.-can. helps ending suppression of personal expression and makes it possible to formulate one's self, one's own needs. In this regard provings show symptoms like inhibited speech, opposition to such suppression and against conformity:

Can't express ideas spontaneously

Can better formulate what he/she perceives

Doesn't know how to express himself

More communicative

Freudian slip

Feeling defenseless and insufficient, at 32, to oppose parents' interference

Clinical confirmation: children learning late to speak (frequently confirmed)

Original proving symptoms

- More aggressive, more Konsequent in quarrels: thinking at first 'I won't say this now, it would be too hard', then he does say it and is surprised about it (22 f)
- Admitting conflicts to himself, daring Konfrontation (9 m)
- Can't open his mouth to say what's necessary (14 m)
- Is able to give up friendliness (resulting from inhibition) towards former friend and even scold him openly - afterwards happy and relieved (11 f)
- Defenseless and insuffizient, at 32, to oppose parentst interference (2 f)
- Doesn't feel capable of dealing with life (10 m)
- Doubting his own professional qualities (8 m, 9 m)
- Realizes that he is doing qualified work (9 m)
- Recognizes what's due to him from his father's side and demands it, no longer hurt and shy# learning to differentiate (16 m)
- Tongue heavy feeling it getting thinner and falling motionless into lower maxilla (22 f)
- Dares to refuse help in his house his mother wanted to force upon him (8 m)
- Can't express themselves spontaneously (10 m, 14 m, 8 m, 11 f)
- Doesn't know how to express himself (8 m)
- Surprised about the good replies suddenly coming to his mind (8 m)
- Can formulate better what he/she perceives, express thoughts in a better way (8 m, 22 f)
- Has phases of exzellent formulation capacity (8 m)
- More talkative (5 m)
- More communicative (4 m, 5 m, 16 m)
- Meeting people saluting him or whom he hasn't seen for a long time, hailing him, talking to him - some of them he doesn't even know (4 m)
- Thinking in English phrases (17 m)

Original proving symptoms

- Using English expressions when talking (17 m)
- English words coming to him automatically (17 m)
- Misreading, misunderstanding: instead of:

Winter - weather

Convince-converse#

- Writing getting very bad, as if he had no energy or no will to write (8 m, 10 m)

3. Old ruts

Rigid moral system

Group pressure

Conformity

▪ **Refusal**

Eternally unchanged living and behavioural patterns partly having become devoid of meaning, pressure, conformity and deep inner refusal - many provers have become aware of these states and want to change them.

- Refusing to do the same old things over and over again. Feeling he is leaving old ruts.
- Would like to do something else instead of treating patients. Ending long-standing friendship noticing that only he has been active in it.
- Feeling his rigid moral system and becoming conscious of it.
- When he has dirtied something taking care to clean up quickly so dirt doesn't amass.
- Less militant with his children.

Original proving symptoms

- Distaste of doing the same old things over and over again (10 m, 16 m, 11 f)
- Wants to stop working regularly, thinking of other patterns (10 m)
- During a weekend excursion capable of switching off and going to sleep after only 2 Kilometers (12 f)
- Feeling he is leaving old ruts (21 m)
- Always been jogging along the same path, during proving period deciding to take another one (21 m)
- Changing composition of breakfast (21 m)
- Would very much like to do something else instead of treating patients forever (10 m)
- Feeling that things can be done this or that way bringing relief (16 m)
- Ending long-standing friendship noticing that only he has been active in it (6 m)
- Isolation, crying and vomiting out of loneliness due to refusal to go on with old drinking and drugging rituals of group (11 f)
- Dry brushing since 2 months believing it helps; often did not feel like it but didn't break off. Has stopped it after Ex.-can medication (18 m)
- Childlike feeling, unprejudiced (16 m)
- Feeling sad about having lost childlike behaviour (16 m)
- More dreams (21 m, 4 m)
- More drive (6 m)
- Work has become easier (6 m)
- More optimistic (6 m)
- Enjoys being like a child and seeing that it doesn't matter what he is doing (10 m)
- Is capable again of reading a textbook like fairy tales, finds it pleasant (18 m)
- Feeling his rigid moral system and becoming conscious of it (10 m)
- Greatly enjoying meal in big round at pub; also enjoying repeat orders. Non-smokers start smoking. „Letting go all pressure-i-mood“ (1 m, 2 f, 3 m, 4 m, 5 m, 8 m)#

Original proving symptoms

- Verbal eroticism (8 m)
- Urge to visit brothel (8 m)
- Didn't dare admitting small damage done to another car, very bad conscience (8 m)
Commentary: small deed looks like big crime, very much ashamed.
- Thinking that fulfilment of his obligations in life doesn't start with work bringing relief (8 m)
- Taking care when he has dirtied something to clean up quickly so dirt doesn't amass (8 m)
- Things don't have to be so correct any more (21 m)
- More relaxed in education of his children, not so militant any more (21 m)
- No more adaption to others, whether that's o.k. doesn't know (3 m)
- He doesn't care what others are saying, but isn't sure if he may indulge in this attitude (3 m)
- Less stubborn (21 m)
- More confident (21 m)
- More relaxed despite more appointments (6 m)
- More relaxed, things don't excite him so much any more (21 m)
- More relaxed (4 m, 5 m, 6 m, 9 m)
- More patient (5 m)
- Softer (5 m)
- Relaxed (3 m)
- Balanced (4 m)
- Feeling fully relaxed; would like to stay in bed (5 m)
- Relaxed living conditions need not be harmonic; capable of observing life without being tense (3 m)
- Feeling industrial production to be hostile to human creativity and to be absolutely bad (16 m)
Commentary: pressure exerted by industrial production suppresses individual needs and is standing for conformity.

Original proving symptoms

- Sudden idea to go on holiday with camper (8 m) #
- Distaste of driving, especially with#, camper feeling almost ashamed for doing the same things as everybody else (8 m)
- Buying clothes for daughter, feeling well and relaxed; at other times always thinking: when will she be through with it? (21 m)
- Deeply felt refusal - has been under too much pressure in his life - at boarding school, at school; despite inner refusal always done, what was required, with great effort and diligence (8 m)
- What do I want, feeling his will getting stronger and being able to do what he wants (8 m)
- Feeling blocked by external circumstances, family and professional work, can't do what he would like to do and is getting tired, with abdominal tenseness, as if he had eaten too much (8 m)
- Would like to close his office, wants to be off (8 m)
- Thinking; how much time till retirement? (10 m)
- To be drawn into patients' morbid swamp (8 m)#
- Four provers breaking off proving, because of preponderant manager of provings (18 m, 20 f, 19 f, 7 f)

4. School, learning under pressure

Proving and clinical experience have shown Ex.-can. to be a remedy against suppression, -repression and pressure for good marks at school.

- Extreme dislike for school and books (18 m) feeling like having blackout at exam (5 m)
- Distaste for books(after Having had to learn too much) disappearing (19 m)
- Capable again of reading a textbook like fairy tales, finds it pleasant (18 m)
- Feeling his head to consist of meshwork he doesn't want to draw closer but this makes him feel stressed
(18 m)
- Would have preferred to finish exams with medium marks but feeling confident instead of getting best mark (18 m)
- Deeply felt refusal - has been under too much pressure in his life, at boarding school and at school; despite inner refusal always done what was required, with great effort and diligence (8 m)

6. Dazed state

With Ex.-can. clinical patients a kind of dazed state has frequently been observed. They are not completely conscious, patients/provers often forgetting within seconds what they had thought or said and unable to think clearly. Ex.-can. patients also are afraid one might notice their state since this is frequently - happening in professional work.

- Feeling in a haze, seeing and hearing everything, but at a delay
- Seeing everything but as if not quite there yet, like being between sleep and waking, in the waking phase.
- Forgetting things just thought or said.

Unable to think clearly.

- Playing stupid computer games.

- Feeling in a haze, seeing and hearing everything, but at a delay (21 m)
- Seeing everything but as if not quite there yet, like being between sleep and waking, in the waking phase
(21 m)
- Forgetting things just thought or said within seconds (8 m, 1m)
- Feeling as if he had taken cannabis (3 m)
- When opening his eyes feeling everything to be far away, as if he had taken drugs (5 m)
- Unable to think clearly, feeling as if enveloped in cotton wool, as if had been woken up suddenly and didn't know what was going on, like floating; feeling as if time was stopped, only this moment present (5 m)

Original proving symptoms

- Feeling empty: nothing can touch him, a kind of indifference (5 m)
- Feeling to be on his own, no help to be expected from anyone, nobody is interested in helping him (5 m)
- Feeling as with blackout during an exam (5 m)
- Feeling as after fainting, not yet quite there. Can perceive, but doesn't really get into picture. As in pub when Others are talking and he is sitting there with everything going past him (5 m)
- Feeling before fainting as if mind and body were separating (5 m)
- Feeling 'it's all the same to me' (5 m)
- Indifference (5 m)
- Feeling as before passing out or when legs are giving way, like losing control (5 m)
- There is an invisible wall between him and the world which no feeling can penetrate. Perceiving everything but is not touched, no feeling, would only like to lie down and be left in peace, nobody wants to enter this world and help him (5 m)
Commentary: this symptom reminding autism, with longing that isolation be broken up.
- Trying to push thoughts away and flee from own responsibility (9 m)
- Able to sit all day long in front of computer surfing in internet and communicating anonymously - for the first time - stupid stuff in chatrooms (9 m)
- Playing stupid computer games (9 m)

5. Inferiority complex, shame, hushing up tendency

Depression

Feeling excluded

Feeling chucked out

Inferiority complex, severe depressive states with anxiety symptom, feeling excluded or chucked out, suicidality

and trying to hush it all up all come within the realm of Ex.-can.

- Feeling rejected and overlooked very easily.
- Feeling like sitting in a swamp wallowing in sorrow.
- Feeling ashamed for being in such a bad state doesn't greet anyone Ao# nobody can find out what he feels like inside.
- Feeling alone and chucked out, fame and success are gone because he was avoided by everybody.

- Feeling set back and overlooked very easily (9 m, 10 m)
- Feeling set back because near ones go to others for treatment (9 m, 10 m)
- Feeling like sitting in a swamp, wallowing in sorrow (9 m)
- The world is desolatei feeling alone and excluded which causes melancholy feelings (9 m)
- Doesn't feel like doing things, leave me all in peace, you only want to hurt me anyway (9 m)
- Easily taking things personally (9 m)

Original proving symptoms

- Dark cloud clinging to him like something sticky, darkening his own sun (9 m)
- Feeling as if he had come to know death, has been struggling through a deep swamp, now more at ease with many things (9 m)
- Feeling excluded and inferior,.-feels hurt by arrogance and reserve of others, seeing at once in everyone only the roles they are playing (9 m)
- Seeing decay, nothing lasting forever, must be content with little (9 m)
- Depression and feeling alone was like death, like dying, like saying good-bye to sweet superficial life (9 m)
- Feeling ashamed for being in such a bad state doesn't greet anyone, so nobody can find out what he feels like inside (9 m)
- Feeling very shaken, doesn't feel like hiding it as he always had tried to do previously (18 m)
- Didn't dare admitting tiny scratch caused to other car, felt very guilty (8 m)
- Believing all peo.ple to think badly about him (9 m)
- Feeling alone and pushed out, fame and success are gone since all have been avoiding him (9 m)

Therapeutic relation, lies, abuse

To end therapeutic relations dense with lies, false expectations, dependencies and abuse also were proving subjects of Ex.-can.. In this regard the remedy can help both doctors and patients to free themselves from such entanglements.#

- Therapist very tense and fearing to fail with an Ex.-can patient (8 m, 10 m)
- Seeing that encroaching female patient is taking him for her husband he can find the right words to confront her With this and to reject her (8 m)
- Putting right immediately lies and slander a patient has told another doctor about him (10 m). (Patient had told classical doctor she was so ill because homeopathic doctor had made her discontinue with all pills. Prover calls that doctor immediately, without getting excited, and puts matters right)
- Starts writing out bills to patients, no longer feeling ashamed to talk about money (22 f)
- Finally dares telling a colleague who has always been taunting him: 'do keep your mouth shut!' (14 m)
- Declaring treatment of a patient to have been successful and has no problems to stay with this opinion even though patient denies having been healed (10 m)
- Telling patient he cannot help him on for the time being; inviting him to return in 3 to 6 months, if he wants to (10 m)

Original proving symptoms

- Telling impudent patient to leave (10 m)
- Shouting at severely ill first-class patient who hadn't come for a while not to quit after 2 consultations and leave things at loose ends again (10 m)
- Trying to reach patient, doesn't succeed (9 m)
- Finds that he doesn't want to continue treating a female patient of long standing whose health never improved and tells her so (10 m)
- Doesn't feel like getting entangled in patients' sickly swamp (10 m, 8 m, 9 m)

9. Indulgement, laziness, sensuality,erotism, dazed state

Provings resulted in a large number of symptoms on the subjects indulgement/erotism and their dark sides like laziness.,dazed state etc.

- **Very much enjoying meals, smoking and drinking.**
 - **Wants to stop working permanently.**
 - **Having strong, free erotic feelings when a woman is laughing at him.**
 - **Lazy and lethargic knowing that he is lacking perseverance to carry things through.**
 - **Body tense, mind dissatisfied, could go to pub and get drunk for sheer wretchedness.**
- Continuous laughing, giggling, compulsive grinning (2 f, 8 m, 10 m, 12 f, 13 f, 16 m)
 - Doesn't feel body any more, only mouth (13 f)
 - Funny ideas at which she is able to laugh ironically (12 f)
 - Telling jokes (8 m)
 - Dirtying table at pub, spilling beer, laughing about it all (16 m)
 - Relaxed, at ease (1 m, 2 f, 3 m, 4 m, 5 m, 6 m, 8 m, 16 m)
 - Observing his need for cold or warmth more, finds it pleasant to change clothes accordingly several times a day (10 m)
 - Wants to 'raise hell', to go out at night (16 m)
 - Feeling completely relaxed, would prefer to stay in bed (5 m)
 - Wants to stop working regularly, thinking of other types of work (10 m)

Original proving symptoms

- Very much enjoying meals with many people in a pub. Loves ordering second helpings; non-smokers start smoking; leave all pressure behind for once - mood (1 m, 2 f, 3 m, 4 m, 5 m, 6 m, 8 m)
- Dream: doing a pub-tour with siblings and friends (19 f)
- Dream: prover wants to fetch daughter from a party, finds great chaos there - beer cans, dirt everywhere. Drunk children. Her daughter is also drunk and doesn't want to go home with her yet (12 f)
- Continuous need to be with others. To eat, smoke, drink with others (8 m)
- Taking in useless information feeling tense inside, shoulder pain - knows it's due to giving in to curiosity instead of doing something else (8 m)
- Distaste and hatred for superficial pleasure-hunting (excessive alcohol, sex, drugs) (11 f, 9 m)
- Desire for talks, friendship and nature (11 f)
- Lascivious (8 m)
- Walking through streets feeling erotic quiver all over his body (8 m)
- Enjoys using lascivious expressions (8 m)
- Verbal erotism (8 m)
- Erotic feelings toward small girls (3 m)
- Has strong, free erotic feeling when his wife laughs at him, feeling vivacious (8 m)
- No courage to address women, sitting there feeling discouraged and tiny (10 m)
- Less shy, can flirt better (22 f)
- Great need for nearness (10 m)
- Avoiding nearness with female fearing to lose his way, his 'form' through her, to be manipulated by her (10 m)

Commentary: mother-incest- transfer?

-

Original proving symptoms

- Lazy (8 m, 9 m), doesn't want to start anything, but once started able to work quite well (8 m)
- Lack of stamina (7 f, 8 m, 9 m, 10 m, 18 m, 19 f, 20 f), provers breaking off provings (7 f, 18 m, 19 f, 20f)
- Thinking that fulfilment of obligations of life does not start with work pleases him (8 m)
- Wants to stop working regularly (10 m)
- Would like to close office, because he wants to be off (8 m)
- Thinking: how much longer till retirement? (10 m)
- Lazy and lethargic, knowing that he is lacking perseverance to carry things through (9 m)
- His body is tense, his mind dissatisfied, could go to pub and get drunk for sheer wretchedness (9 m)
- Homo-erotic feelings: before falling asleep getting the idea and feeling pleased about having his friend for sexual partner, to kiss him, go out with him etc. (10 m)
Commentary: possible remedy for transvestites

10. Other mental and emotional symptoms

- Desire for drumming (11 f, 15 f)
- Extreme irritability, also against his children (8 m) restlessness increasing toward evening, doesn't know how to lie, but remaining in bed (8 m)
- Very shaken, doesn't feel like hiding it any more; usually trying not to let others notice it (18 m)
- Nervous, hectic-, unbalanced, angry about any little thing (9 m)
- No concentration, jumping from one thought and one work to the other, subsequent resignation (9 m)
- When driving 'not all there', could have accident because he is looking at people alongside street for too long (17 m)
- Fear of illness (8 m, 10 m)(clinically often confirmed)

Original proving symptoms

- Terrible fear of tetanus infection when a wound starts pulling by night (8 m)
- Fear of induratio penis plastica ; tantalizing circling thoughts (10 m)
- Fearing money for construction of house will not be enough (2 f)

Physical symptoms

Head

- Pain right linea nuchae (16 m)
- Frontal headache with sinusitis frontales, vibration worsens, pressure improves, greenish secretion from nose (15f)
- Pain frontal region above nose (12 f)
- Feeling like cut in two - right side free and clear, left one furry, like formication (21 m)
- Pressure under skullcap as if something wanted to come out (22 f)
- Dull pressing pain at skullcap (7 f)

Face

- Herpes at lips (11 f)
- Feeling like slightly anesthetized under jugal bone (5 m)

Nose

- Right nostril itching (8 m, 17 m)
- Strongly itching nose (8 m)
- Fits of sneezing when waking up, and running nose (16 m)
- Sneezing (8 m)
- Sneezing and itching nose (8 m)
- Painful fissure inside right nostril, frontside, touching painful (10 m)
- Running nose, sneezing (10 m)
- Lemon-yellow mucous running from choanae (10 m)

Original proving symptoms

- Greenish mucous secretion (15 m) fit of hayfever when cycling (12 m) obstructed nose (17 m)
- Woke up during night from sneezing fits (16 m) running nose, feeling warm and sweating (16 m)

Eyes

- Lids getting heavy (13 f)
- Eyes running, watery eyes, water running from eyes (12 f, 8 m)
- Conjunctiva both sides reddened (12 f)
- Feeling like sand in eyes (12 f, 8 m, 10 m)
- swollen lids, upper more than lower ones (12 f)
- Pressure above and behind eye, like light headache (5 m)

Ears

- Hearing all noise, even very low one very well, noticing how they are intermixed (12 f)
- pressing earache left inside, sensitive to touch with pressure on tragus (12 f)

Mouth

- Tongue getting heavy, feeling it is thinning and falling into lower maxilla, immovable (22 f)
- Biting into tongue with molars (8 m)
- Gum bleeding, lightred).in molar region (10 m)
- Tingling at root of tongue (17 m)
- Strange taste, strong and dry, at root of tongue, wandering to tip of tongue (17 m)
- Skin rash, herpes, right cornerburning, sensitive to touch (17 m)

Original proving symptoms

Teeth

- Pulling toothache left upper and lower maxilla (10 m)
- Eyetooth right upper side like anesthetized (21 m)

Throat-

water running down the backside of throat (12 f)

Heart

Throbbing heart, sweating (5 m)

Stomach

- No appetite, cannot eat, feeling to have a hole in abdomen, gnawing hunger, doesn't feel like eating anything (9 m)
 - Thirst; great thirst but doesn't feel like drinking (9 m)
 - Doesn't tolerate beer, after drinking it frequent stinking flatulences (9 m)
 - Nausea rising from stomach (17 m)
 - Nausea rising-from lower abdomen (17 m)
 - Nausea evenings (16 m)
 - Feeling full, meals heavy in stomach after having eaten heavy stuff, reason for not falling asleep (2 f)
 - Gargling, noise in abdomen (12 f)
 - Jet-like noise and gargling in stomach cause pleasant feeling (10 m)
 - Squirting and hissing, for days, in upper abdomen (11 f)
 - Cramping abdominal pain (18 m)
 - Cutting pain upper abdomen (9 m)
 - Warmth rising from stomach to throat (17 m)
 - Craving for coffee (2 f, 8 m, 19 f, 20 f)
 - Craving for chocolate (10 m, 11 f, 17 m, 19f, 20 f)
 - Craving cake (6 m)
 - craving sweets (8 m, 19 f, 20 f)
- 2 provers (19 f and 20 f) broke off provings because of unbearable craving for sweets, alcohol and coffee.

Prover 19 loves cooking for many people and would like to open a pub. Prover 20 secretly always wanted to sell chocolate sweets.

Original proving symptoms

- Craving cake (6 m)
- Craving coke (7f, 8 m)
- Craving alcohol (8 m, 10 m, 16 m, 19 f, 20 f)
- Evenings craving wine (7 f, 8 m, 16 m)
- Craving whisky (8 m, 10 m)
- Urgent desire to eat, appetite increased (7 f, 8 m)
- Craving canned fish (19 f)
- Not feeling body any more, only mouth (13 f) Commentary: oral rooting, symptom for oral fixation.
- Aversion: alcohol, pubs and discotheques (11 f)
- Aversion: fat meals, especially at night (2 f)
- Feeling unwell after having drunken much coffee or too much alcohol the evening before, lying down helps (18 m)

Abdomen

- Pressing pain right lower abdomen firm pressure helps pain when letting go
- McBurney painful upon pressure (8 m)
- Putrid pustules in abdominal region (7 f)

Rectum

- Flatulences after drinking beer (9 m)
- Flatulences when urinating (10 m)
- Frequent stools (17 m)
- Tool mucous, slippery (17 m)

Original proving symptoms

- Stool more formed (21 m)
- Stool softer (4 m)
- Burning acrid anal pain after stool (4 m)

Genitals, female

- Menses 4 days late (20 f)

Bladder

- Frequent urination, light coloured urine (5 m)
- Interrupted urination, must start again and again, pressing (10 m)
- Frequent urination, large quantities day and night (5 m)
- Frequent urination, large quantities, light coloured urine, sometimes every half hour, only in daytime (4 m)

Back

Cervical spine

- Muscle ache around shoulder girdle (10 m)
- Waking up during night with severe pain both sides of neck at muscoli scaleni, like cold, persisting mornings with severe pain at borderline between neck and both shoulders (16 m)

Lumbar region

- Pain lower lumbar spine when sitting, extending across left iliac crest (10 m)

Sacral region

- Blocked iliosacral joint causing absolute stiffness of lower back making walking strenuous (8 m)

Original proving symptoms

- Pulsating pain, synchronized with pulse in sacral region, warmth improves, wind and cold worsen (8 m)
- Extended pain iliosacral joint to 3rd lumbar vertebra till right hip (4 m)
- Pain right iliosacral joint, extending to right hip, feeling sore (4 m, 5 m)
Standing worse (4 m, 5 m)
Bending worse (4 m, 5 m)
First movement, until upright, worse. Lying and turning in bed worse (4 m, 5 m)

Thorax

Strong axillary sweat, like water, no smell (11 f) itching under armpits (12 f)

Constriction in sternal region, feeling unable to breathe through and trying to breathe in deeply (21 m)

Extremities

Shoulder

- Persistent pulling pain both sides shoulder girdle (10 m)
- Shoulder pain through irresolution (8 m)
- Shoulder pain right side, like being tired, with inner restlessness, pressure helps - started after passing morning irresolutely, doing this and that (8 m)
- Dull pulling pain left shoulder which is feeling tired - after having looked at a paper in shop. Was at a conflict between reading a seemingly interesting article and the desire to leave the shop (8 m)

Original proving symptoms

Arms

- Swollen fingers (12 m, 16 m)
- Heaviness, immovability and swelling both sides of 4th and 5th fingers (16 m),
- Swollen fingers mornings, cannot bend them completely (12 f)
- Pain in wrist, when propped up (15 f)
- Pain tip of right thumb extending to lower arm (13 f)
- Tingling in palms (5m)
- Tendovaginitis right lower arm after writing (10 m)
- Feeling extremities shortened: feeling as if left arm and leg were 10 cms shorter than right ones (12 f)

Hips

Ex.-can. in clinical experience has proved to be an excellent remedy in case of severe hip complaints

- Shooting pain in left hip after unsuitable movement like getting off bike, spreading particularly painful (8m)
- Hip pain more right than left, standing worsens (5 m)
- Mornings getting up worse - sore feeling (5 m)
- Hip pain after walking for some time (8 m)
- Feeling overstrained in buttocks and thighs (10 m)
- After biking persistent feeling of having overstrained buttocks and thighs (10 m)
- Pulling in buttocks and thighs as after long mountaineering (16 m)

Original proving symptoms

Knees

- Pain in hollow of knee (11 f, 14 m)
- Stabbing pain left hollow of knee (11 f)
- Pain like muscle ache or straining in hollow of knee (11 f) weakness left knee, sudden buckling (11 f, 12 f)
- Feeling paralyzed in left knee and surroundings and proximal calf, as if there were no lifting apparatus (12 f)
- Tired knees (10 m)
- Right knee seems numb, furry feeling extending through lower thigh to foot (21 m)

Skin

- Skin rash centre of thorax over sternum, dry, eczematous, itching (8 m)
- Skin hot, like sunburn, freezing underneath, must have 2 covers (10 m)
- Neurodermitis at neck which had disappeared years ago turned up again (11 f)
- Itching skin, shortly, stabbing, changing place quickly (11 f)

Sleep

- Dazed state between sleeping and waking (5 m, 21 m)
- Somnolent (21 m)
- Wants only to lie (10 m)
- Falling asleep (10 m)
- Extreme tiredness (7 f, 15 f) and need for much sleep (15 f)
- Sudden need to sleep (12 f, 13 f, 16 m)
- Could fall asleep immediately, only mouth is so wide awake and laughing (13 f). Need to lie down immediately and to sleep (16 m), wants to fall asleep immediately (12 f)
- Yawning (12 f, 13 f)
- Could yawn all the time (12 f)
- Must stretch away arms and legs when lying (12 f)

Original proving symptoms

- Restlessness during sleep (10 m)
- Wants to stay in bed for a long time (1m, 5m)
- Extreme restlessness increasing every evening, once in bed doesn't know how to lie but stays in bed (8 m)
- Sleepless after heavy meals (8 m)

General

- Feeling hot, hands sweating (5 m)
- From 10 p.m. onward incredibly tired, can hardly stay on chair (8 m)
- Extreme chilliness (8 m, 10 m, 13 f)
- Chilly after getting up in the morning (8 m)
- Desire to lie down (10 m)
- Influenzal feeling lessened by wine (10 m)
- Gooseskin when feeling chilly (12 f, 16 m)
- Extremely tired, wants only to sleep (10 m, 15 f)
- Freezing, needs several covers (12 f, 13 f)
- Feeling that right half of face and body are hers, left side is alien to her, feeling like cut in two (12 f)
- Feeling head to be cut in two: right half free and clear, left one furry, like formication (21 m)
- Extreme tiredness (1 m)

Dreams

- Can't find quiet place to sleep with previous girlfriend; telling her: 'Touching your cunt feels fucking good.'(8 m)
- About eating, rich meal, feeling full, knows must stop immediately and sees they are bringing in more food (8 m) (see clinical anorexia cases)
- Meaning of passion - suffering (10 m)#
- Visiting pensioners' homewatching- old people standing around vomiting gigantic, long straight gausageshaped feces (10 m)#
- Dreaming of 'mayor' (10 m)#

Original proving symptoms

- Dreaming of swiping things (7 f, 17 m)
- Dreaming of cutting someone's throat (17 m)
- Dreaming of stealing (7 f)
 - Dreaming of falsified# money (7 f, 8 m)

Differential diagnoses

Close to Plutonium: Because of severe depression with pressure symptoms and fear, feelings of inferiority, loss of dignity and uprightness'.

Difference: Subject threat missing with Ex.-can, fear symptoms are stronger with Plutonium.

Close to Lac caninum: Because of dependency from another person and inferiority complex.

Difference: With Lac caninum dependency clearly doglike, e.g. servility and trying to run away. Ex.-can. dependency phenomenon wider. It's a 'creeping', hardly visible border'smudging' between I and you which can lead to symbiotic or incestuous relations.

Close to Kalium carbonicum: Because of craving for family and common rigidity and stubbornness symptoms.

Close to Aqua Hochstein: Because of common subject I - you crossover, children learning late to speak, allergies.

Difference: Subject relationship of Aqua Hochstein containing: separation or new relationship, obliteration of one's own identity through another person, doubting whether to remain in relationship. Ex.-can. appropriate in case of border smudging and adhesion with suppression of one's own needs and expression of them. Aqua Hochstein following Ex.-can., completing separation process toward clear personal identity.

Differential diagnosis

Close to Natrium muriaticum: Because of fear to hurt other person or to give notice or to end a relationship.

Difference: With Natrium muriaticum sharp borderline in existing dependency.

Close to Uranium metallicum: Because of common subject exclusion. In this regard Uran-met. is to Ex.-can. like outside to inside. Uran-met. the outward place in life, related to power of the I. Ex.-can. the place inside, related to the power of the subconscious and the need and desire for expression. Only both together enable us to be in this world in a meaningful way. The two remedies can be complementary with this subject of exclusion (family). Original proving symptom regarding this subject: 'Demanding from his father, who has neither cared for him nor supported him one of his many houses to live in.' Son (Ex.-can.) without place in life, demands such place from father (Uran-met.).

Close to Sulphur: Because of common indulgence and desire for sweet food.

Difference: With Ex.-can. no egotism.

Close to Sepia: With females because of hormonal irregularities and undulating heat, amenorrhea and great importance of selfexpression in professional life.

Difference: Ex.-can. females are friendly, rather sweet, excusing themselves. Sepia unwillingness, rejection missing in Ex.-can..#

Differentialdiagnosis

Close to Carcininum: Both suppressed, rather sweet and friendly and influence of parents too strong and suppressive.

Difference: Carcininum more serving and bearing, rather compulsive, trying to do everything the right way. Ex.-can. can be lazy and enjoy things.'

Casuistics

Patients on subjects instrumentation/leaving home

The following cases are about the Ex.-can. subject suppression through instrumentation and non-severance.#

Woman, 30 years

Diagnosis: eating disorder, depressive exhaustion

Patient says: 'Can hardly eat anything. Every day eating constitutes a problem to me; with the slightest difficulty I get a lump in my throat and then can't eat any more. Have lost all appetite. I am a secretary, unemployed, have a child, 2 years, and am anxious about my future. Have problems with my mother. She kept telling me I'm a bad person. empty, sort of expelled, not being taken seriously, am treated superficially. Have no Affirmation in life and am feeling my mother is treating me like a 12-year-old. Feeling I have to lie to my mother because she is debasing everything, it's always my fault. I am getting no love, neither from my mother nor my boyfriend. Feeling guilty about leaving mother, don't know whether that's o.k. All these problems make me distaste food.'

The patient's friend, is married and obviously not prepared to leave his wife. 3 years ago she had another man for a short time, the child is his. Between 18 and 23 she lived with a violent man.

Favourite film: Pretty women

Other complaints: hemorrhoids, fainting occasionally, always tired.

Feeling full after a few bites. Obstipated.

Casuistics

Appearance: attractive young woman, well dressed, flat very tidy, extremely clean.

Analysis: Instrumentation# through mother treating her as if she were only 12, unemployment, feeling expelled having no place in a relationship, single mother all subjects of Ex.-can..

Results: 2 weeks after Ex.-can.QI medication she reports: 'Am less anxious about unemployment, thinking less about it. Can now eat without any problems. Lump in throat preventing me from swallowing has disappeared. Feeling of guilt toward mother clearly reduced. Feeling of not being accepted which was so annihilating has gone.I know that I don't have to explain everything to my mother. Am seeing my friend's egotism more clearly. Hemorrhoids and obstipation are gone.'
Good to see that she found new work within weeks and former employer also wanted to have her back.

Observation period: 2 years

Woman, 20 years

Diagnosis: Neurodermitis

Has been suffering from severe neurodermitis in face for 3 months, starting around Christmas time. Face totally disfigured, eyes closed by swellings, oral rhagades. Living conditions: mother suffering from MS, wishing to see her as an intimate friend. Patient believes to have good relationship with mother but also feeling responsible for her and burdened. Mother keeps asking her what she is doing, where she is going etc. She feels her whole life to be scheduled, believing to have no time left for herself or her partner.

Favourite films: Dirty dancing/cocktail; both films treating severance from parents.

Analysis: Close relationship with mother, characterized by border tsmudging' between roles of intimate friend and daughter making severance (necessary for her development) difficult. Mother's illness making it even harder to impose separation on mother. Feeling that everything is scheduled and no time left for oneself frequently observed in people needing Ex.-can.

Results: 3 weeks after Ex.-can. QI medication patient reports swelling gone after 2 days. Also reporting talk with mother in which she made clear to feel under mother's pressure. Feeling 'everything scheduled, diminished- Thinking of leaving home during the next year. After 2 months' treatment skin still slightly rough around mouth afterwards healing with Terra 30.

Observation period: 2 years

Woman, 36 old

Diagnosis: Morbus Crohn

For 15 years (with interruptions) patient has been suffering from morbus Crohn, which first appeared during first pregnancy. despite 16 mg cortisone suffering from up to 5 watery-mushy stoolsdäll'y# and dissatisfied feeling after stools.

Accompanying complaints: stabbing shoulder pain, mainly by night, movement and warmth improve.

With minimal cortisone medication suffering from strong painful cramps in lower abdomen before stool.

Living conditions: Has married into a farm also catering to many tourists still belonging to in-laws.

Keeps trying not to give offence, working 16 hours a day and trying to do right by everyone.

In anamnesis it becomes clear that she is unable to open her mouth and say what it really all is like. Main problem of her situation is mother-in-law with whom she works in the kitchen; the woman is dominating her and she is feeling suppressed.

Analysis: Her present situation was assessed under the aspect of suppression of own needs and expression thereof, since her living space is completely taken up by mother-in-law.

Results: After 4 months Ex.-can. medication with potencies rising to Q10 the patient had no more complaints and didn't need cortisone any more. B-lood sedimentation reaction went back to normal. The patient also underwent positive mental development. She opened more and the suppression inside the family became clearer to her. Being more conscious now of her situation she was more at ease# in her relation to mother-in-law. A new perspektive also came up - the in-laws will soon retire and move to another place.#
Observation period: 11/2 years

Female patient, 35 years

Diagnosis: Tiredness, lack of self-confidence

Though patient is suffering very much from her professional work in her father's firm she doesn't quit.

He claims not to be able to retire because his pension would be too small. Telling her story she is crying because her brother who doesn't let himself be manipulated gets acknowledgement from their father instead of her who is staying in the firm for and because of this father.

Analysis: Instrumentation through the father who in a certain way is putting her to work for him is leading to non-severance and lack of self-confidence - indications for Ex.-can. pathology.

After Excrementum caninum medication she has the idea that she needn't be on good terms with brother, sister-in-law and her parents. Feeling much stronger, is sleeping less -'less escapism into sleep' she says. For the first time in her life she doesn't participate in the family Christmas party which always made her feel so bad. Feeling that she is throwing off a lot of ballast and taking things much easier.

Patients on subject unemployment

Unemployment can be a decisive guiding symptom for Ex.-can. medica:tibn. Patients feel abandoned and excluded by society. Their need for expression through professional work is suppressed and they have lost their professional 'place' in society. Women who want to re-enter professional work after raising their children also frequently have lost confidence in their professional capacities and for this very reason cannot find a new job.

Female patient, 32 years

Diagnosis: hemicrania, hypermenorrhea

Patient is suffering from hemicrania mostly starting before and during menses (1-2 days). Pressing pain concentrating round temples. Because of pain patient cannot fall asleep easily, in the morning she awakes with a headache. Cold lessens pain, vomiting accompanies the headache. Menstruation too long and too strong.

Casuistics

Presently patient is concerned with re-entry into profession after raising her children for several years. Since problems have turned up and delaying tactics are being used she is disappointed and feeling abandoned. She fears unemployment. Before taking Ex.-can. she had been treated with Urina equina which helped to cure her headache troubles to a large extent. Intensive worries about and fear for her parents which had been guiding symptoms for that treatment had also dissolved.

Analysis: Because of acute worries about future work and the feeling of abandonment I decided to prescribe Excrementum caninum.

Results: Only occasional light headaches, no more hemicrania. Soon 2 #afterwards she obtains an appointment with the regional functionary, who has to decide about her job previously she would never have dared taking that step she says herself - newly gained self-confidence has made it possible.

Menses also normalizing.

Observation period: 1 1/2 years

Patients on subjects from depression to suicidality

With severest depressive states one should always take Excrementum caninum in consideration.

Man, 38 years

Diagnosis: severe depression

Patient comes to my office without appointment. His deep depression can be recognized immediately, to me he looks 'steeped' in depression.

He reports: 'I am miserable, nervous, feel un'able to get anything done. Can't hold out against it any more, am smoking and drinking a lot. The last years were so full with work, I have given more than I really could.

I find it difficult to set limits and to say no and thus go beyond my own limits. I don't want to be seen and am afraid others might recognize the state I am in. I feel so ashamed to be so badly off.' He teaches at a school for handicapped children and is afraid of the new scholastic year about to start. Fearing he won't be able to cope with it any more. He is also suffering, from sleeplessness. 'I feel horribly tense inside.'

Analysis: This severe depression which made me think also of suicidality, shame and fear, others might recognize his depressive state (causing him to hide), trying to put up a 'faïade', need of alcohol, inability to say no have all guided me to Ex.-can. prescription. We always find it a guiding symptom for Ex.-can. if patients seem to be unable to say what they feel. (Expression problem of Ex.-can.) In anamnesis patients frequently report as a symptom: can't say no. No as strongest hallende for Ex.canfin the sense of setting limits, of rejaëti'ng-instrumentalization as well as doing without nearness and feeling safe.##

Results: After 10 days of treatment patient already reports clear improvement. Can sleep again, extrem tenseness has lessened and within 2 months the depression disappears, he can stand some stress, feels calmer and more relaxed. He recognizes the 'mill' he has been in so far. 'I had to work hard for everything, school, marriage etc., always fully immersed and no longer able to watch myself from outside or above. I never asked what I really wanted, I never stopped to observe my life.' The results clearly point out Ex.-can,again: daily pressure, being chained to existing structures (old ruts). The subject pressure/compulsion also shows close relationship between Ex.-can. and Plutonium which follow each other well.

Patient, 33 years

Diagnosis: severe depression with suicidality

Patient reports:'I'm in a hole and can't get out of it. I want to kill myself. I'm only in this world to tread the mill (my business) like a hamster. Death for me is not bad. I'm often thinking of my father, he is dead, he is past it all. Death has more meaning for me than life. In my life everything is alike: work, time off - all things merge in my life. I'm rich, but I feel like being in a golden cage.'

Patient is suffering from chronic fatigue syndrome, is able to fall asleep anywhere any time - even before the depression set in.

Personal situation: unmarried, employee in his mother's big firm. She is patronizing and humiliating him in public though he is fully in charge of the firm, with all competences in his hands. He rarely opposes-to this treatment. All his life he knew nothing but work.

Casuistics

Analysis: Severe Depression with suicidality, instrumentation through his mother, feeling to be stuck in in his life (old ruts) and chronic fatigue syndrome guided me toward Ex.-can..

Results: Depression with suicidality disappeared after 3 weeks. A severe cough with sweating head and nape set in, Calc.-c. followed well. Later he confesses abuse through relative. Aqua Hochstein follows. Chronic fatigue syndrome improving persistently only after Plutonium, giving him dignity and sttaichtening him, also strengthening his ability to set limits to his mothers trespasses. #

Female patient, 31 years

Diagnosis: amenorrhea and hormonal disorder, Depression

Patient is coming because menses has stopped 6 months ago, hormonal values according to gynecologist at the low level normal for beginning menopause. Personal impression: darkish, friendly, tense, restless in discussion.

Shortly before interruption of menses two major events in her life: abdominal operation (chronic appendicitis) and marriage. Is still unable to forgive previous companion to have left her 3 years ago. Her parents divorced when she was a baby. Her father never asked for her, she is also not interested in him or her step-siblings. At the moment they are living in a flat for which they have been given notice, it isn't clear yet whether her husband will lose his job because the firm is dissolving. In her firm she frequently feels to be unwanted.

Analysis: Have to leave flat, husband perhaps losing job, she also feels unwanted in her job - typical situation for Ex.-can.

in which almost everything seems to go wrong. This case, however, had at first been treated, without success, with Natrium muriaticum and Sepia because it was then seen from another angle. Differential diagnosis: Natrium muriaticum because of amenorrhea as a consequence of separation, sorrows and feeling hurt, was given first, with Sepia following for dislike of sex, hormonal disorder, dark habitus and the high value attributed to professional work which is obviously very much at the centre of her thoughts.

Results: Since prescription of Excrementum caninum: menstruation setting in immediately, basic pessimistic view of life disappears.

Observation period: 2 1/2 years, no repetition of Ex.-can. needed.

Female patient, 35 years

Diagnosis: Depression after abortion

Patient suffering from total emotional emptiness, has fallen into a deep chasm after aborting (5 days earlier). A

year before she lost a newborn baby after 2 days. Keeps staying in bed or getting up for short time only. Remarkably strong craving for chocolate.

Analysis: 4 years ago Carcinosinum had been given against neurodermitis, with great success; her modest, restrained and suppressed character still or again being noticeable (as well as craving for chocolate) seemed to call for repetition of Carcinosinum. No success. After Excrementum caninum, however, mood and drive improved immediately.

Commentary: Again we have hormonal disorder, suppressed personal expression (in this case regarding birth of child), as well as craving for chocolate which is frequently occurring with Excrementum caninum.

Patients on subject arthrosis of hips

Clinical experience shows frequent success of this remedy with hips. In case of severe hip complaint such as coxarthrosis or dislocation of hip Ex.-can. should always be taken into consideration.

Man, 34 years

Diagnosis: Severe' arthrosis of both hips

Pain starting around sacrum, changing from left to right and extending from hip down to ankle. Pulling pain. Warmths better. Repeatedly sudden strong stabbing in inguinal region severely weakening the respective leg. Stretching and moving around improves. Walking causes extreme pain, makes him limp. Most remarkable his inability to say things openly. 'Why should I object', he says, they are only laughing at me anyway.' Finds it difficult to say no (see above). Father: arthrosis of hips.

Analysis: Complaints changing from left to right and back plus emotional state first make me prescribe Lac caninum, bringing about 30-50% improvement for several weeks. After that total relapse. For three years several remedies are given, more or less successfully, until Excrementum caninum provings demonstrate his symptoms: painful hips, with pain starting in sacrum, improving with warmth, plus emotional state, his inhibition to say things openly and his inability to say no - all pointing to Excrementum caninum.

Casuistics

Results: 7 days after taking Ex.-can. dramatic improvement, according to patient by 70% (Q3). During 5 months treatment continued with rising potencies bringing about almost complete healing. An acute cervical syndrome appearing, when his new girlfriend tried to limit his contact with daughter was successfully treated with Uranium metallicum. Uran-met. and Ex.-can. are complementary. Observation period: 3 years.

Patient, 58 years

Diagnosis: Stiffening arthrosis of hip

Patient appears because of severe problems with hips. 7 years ago one hip had been operated (prosthesis), calcificated and stiffened again though with less pain than before operation. Around the other hip stabbing pain extending to knee, day and night. Muscle cramps around hip and in thigh. Can only limp around for about 5 minutes, every step painful. Patient very friendly, smiling frequently and almost excusing himself for his existence and stating that he needs harmony. Talking and negotiating, if necessary, done by his wife. When talking about unemployment 2 years previously face reddens. He had been prepared to do other types of work but there was nothing available. In childhood (after 2nd world war) his family lived in barracks for 5 years (11 people).

Analysis: Severe arthrosis of hips, apologetic and shameful behaviour were guiding symptoms. Feeling ashamed for unemployment also fitted in.

Casuistics

Results: after 3 days of Ex.-can. QI the long-standing pain this Patient had had in his hips diminished surprisingly. He could soon sit better, get up more easily in the morning. Continuous pulling and stabbing in hip disappeared. Previously he had to turn over so often during the night that he slept very badly also this is gone.

Observation period: 1 year.

Woman, 37 years

Diagnosis: Dislocated hip

Patient has already been operated. Pain in hip is connected with strong backache (near sacrum) and pain in knee. Hip very stiff and awkward, especially in the morning.

Present situation: patient separated from husband, divorce proceedings very slow. Feels partner doesn't want to let her go (instrumentation).

She can't say no easily, e.g. with an intrusive girlfriend who wants to do all sorts of things with her, and she can't set limits.

Analysis: Dislocated hip, lacking force to set limits and inability to say no guided us to successful prescription of Ex.-can..

Results: Pain in hip and back diminished to a large extent within months. Rising Q potencies were given. Learning to say no and to set limits.

Patients on subjects learning handicaps, school problems' and retarded development

Results of provings regarding reduced expressive capacity in children (learning late to speak) were clinically confirmed.

Patient, 4 years

Diagnosis: Retarded development of speech, doesn't say when he needs to go to toilet

The little patient can hardly speak. Sometimes he wants to say something but can't get it out, the little he does say is hardly understandable. Also he doesn't express toilet needs and stools as well as urine end in his pants. He loves it when neighbour transports liquid manure to the fields. Liquid manure (Gülle) is one of the few words he can say and if he wants to express something and doesn't succeed he shouts: 'Gülle fahren, Gülle fahren..' (driving manure). Mother says he is very patient, can play for hours, but has a strong will of his own.

Craving for sweet food, especially chocolate.

Nails: fragile, soft with longitudinal grooves.

Grandmother: Alzheimer's disease.

Analysis: Reduced development of speech and inability to express toilet needs have guided us to Ex.-can..

Results: During 2 months of treatment with Ex.-can. his speaking capacity improves very much. Mother reports that he is less ashamed when he doesn't succeed in saying things correctly (Shame: subject of Ex.-can.). Grammar is still crude. He now feels the need to tell things. Need to urinate is sometimes expressed, with stools

unfortunately no change yet. Nails have improved. Since no more changes occurred with Ex.-can. I prescribe Aqua Hochstein QI, later 200. Mother reports incredible improvement also in subtle language details; he walks stairs normally, no longer putting the second leg alongside the other one. Starts playing Memory. After Aqua Hochstein 200 medication toilet problem solved at once, with the exception of a few relapses over some time. Aqua Hochstein was given because it is known that it follows Ex.-can. well and because patient is very close to his mother: not yet sufficiently severed from her. (Aqua subject: relation-separation)*, Mother also reports he is eagerly 'walking into the world', his curiosity is stronger than his need for protection.

Girl, 12 years

Diagnosis: Microcephalia

This girl is suffering- from a mental handicap, cannot speak properly, mostly saying single words only. She is very lively, often running away, must be looked for, causing chronic tenseness with her mother. She loves eating and has too much weight.

Analysis: Lacking ability to express herself because of mental retardation was the main reason for Ex.-can. medication. Running away for me constitutes the feeling to be excluded, not to belong, also an Ex.-can. subject.

Results: Within several weeks of treatment patient experienced big thrust in speaking ability. E.g. number of words used increased at a much higher speed than ever before. She also stopped running

Casuistics

away all the time, thus relaxing the whole family. At a later time I prescribed Terra which helped to improve her grammatical capacities.

Observation period: 3 years

Patient, 11 years

Diagnosis: Acute case of torticollis

Patient suffering from acute torticollis; it started when he turned round on his way to school. Ever since he is suffering strong pain and his neck is stiff and tense on one side. Head painfully fixed to one side. On the respective day two written exams had to be passed.

Analysis: Cause of torticollis pressure at school (2 exams). Mother reported concentration problems at school and very bad handwriting - disorderly, untidy writing; both led to Ex.-can. prescription. Torticollis, school pressure, concentration problems and bad handwriting all belong with Ex.-can.

Results: Torticollis which had lasted for 30 hours improved very soon.

Patient on subject allergy

Seasonal allergy, hay fever with well-known symptoms such as running nose, sneezing fits, itching nose, running eyes, feeling sand in eyes, reddened conjunctiva, swollen lids all came out in provings of Ex.-can. and found sufficient clinical confirmation.

Woman, 32 years

Diagnosis: Seasonal allergy

Patient had previously been treated successfully with Plutonium for depressive anxiety syndrome, fear of illness, panic about not being able to cope with her work, and dizziness.

Hay fever starting in throat - as if throat were swollen, eyes itch and burn, nose feels as if a cold was coming on. She also has sneezing fits.

Present situation: Patient has married into a farm, in-laws and aunts are still living there. She feels constrained, tied into their ways and ideas of living. She doesn't dare to move freely, feels to be observed by them all, is very insecure.

Analysis: Patient, constrained in traditional rural structures and pressures doesn't have the force to break through, she gets fearful and panicky (Plutonium). Because of overwhelming surroundings she can neither find 'her own place' nor give expression to her own ideas.

Results : With Ex.-can. hay fever completely cured. Anxiety and panic at first diminishing, finally disappearing. She no longer feels so much under pressure from her surroundings, knows her place better and dares moving more freely.

Casuistics

This case goes to show the intensive relation between Ex.-can.
and Plutonium who follow each other well.
Observation period: 2 years.