

STRONTIUM CARBONICUM THE PROVING -2001

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**STRONTIUM CARBONICUM
THE PROVING**

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Will be included May 2002

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ACKNOWLEDGMENTS

Thanks to the provers and supervisors who so generously offered themselves, skills, time and much more. Without you this proving wouldn't have happened.

I would like to thank Nuala Eising, of Co. Galway, Ireland, for answering questions that came up during this proving. Thank you for your profound contribution to modern homeopathy.

I would like to thank all the homeopaths, past and present that have undertaken provings and published them. Your contribution is invaluable.

I would like to thank Carol Nelson for your generous editorial contributions.

Thanks goes to the Royal Melbourne Institute of Technology/Los Angeles staff and faculty. Even though this project wasn't approved for my research thesis, having the option and hope allowed this proving to come to fruition.

Thanks to my family, friends, colleagues and patients for your on-going support and encouragement.

INTRODUCTION **Remedy Selection**

I had been a prover in Jeremy Sherr's 1994 proving of American Bald Eagle's blood, a supervisor for Melanie Grime's *Fax caelestis allende* proving in 2000, and an organizer of Nuala Eising's (Ireland) Irish Butterfly and Vacuum provings in California. Having experienced provings from the viewpoint of prover,

supervisor and organizer, I now wanted to experience a proving from the remedy selection process through to the analysis and publication.

I wanted to further clarify the proving process and gather the best research information/data possible. And, finally, I wanted to identify and understand the place of the homeopathic proving in modern (traditional western medical) research: Where did the homeopathic proving fit in?

In 1999, I selected Strontium carbonicum for proving as my research project for a master's thesis at the Royal Melbourne Institute of Technology's Applied Science in Musculoskeletal Studies program. This remedy kept coming to mind because it was known for its limited application in treatment of the ankle. I knew very little about the remedy and reasoned that I wouldn't be biased by past exposure to it. I wondered: Was Strontium carbonicum a little proved remedy because of its limited application, or was it just a little proved remedy? I also chose this remedy because it was a "known" remedy with little contemporary research done on it. Additionally, I did not feel that this remedy would illicit severe aggravations in the provers and was a good "beginning" proving remedy.

I was unable to obtain academic approval for this project because provings require the use of human subjects. Therefore, I proceeded with this research project on my own. I located prospective provers and supervisors, and the proving got under way.

I obtained Strontium carbonicum 30c from Hahnemann Laboratory in San Rafael, California.

Once I began researching the remedy I was surprised to find it was from Argyllshire, Scotland; I have an Irish/Welsh ancestry and had not focussed much attention on Scotland. As this is being written, I am delighted to note that I will be able to travel to Argyllshire, Scotland, to gather further information about this remedy and the area in which it is found.

When I told one prover, after the conclusion of the proving, that the remedy was Strontium carbonicum, extracted from a lead mine in Argyllshire, she said, "Perhaps it helped me eliminate lead from my system. I'm a painter." Another prover had detailed visual impressions similar to those she'd experienced when she had taken LSD. Her description reads almost as if she had been "discharging" this substance. Another prover had very old, deep mental symptoms come to the surface, and a fourth prover experienced deep relief from chronic anxiety with a resulting flexibility and strength, as the result of this proving. These reports reinforce the possibility of an eliminative impact of this remedy, which may be better explored in further research.

These questions have lead me to recommend further investigation of this homeopathic remedy. A larger proving is indicated. Inclusion of urine

and/or blood analysis to monitor changes may be appropriate, urine analysis being less invasive and less costly.

This proving process has been fascinating, thought provoking, answered many questions, as well as, stimulated further questions. I thank the provers and supervisors, without whom, this proving would not have happened.

STRONTIUM CARBONICUM: THE PROVING

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MIND

F1 I felt weepy and sad about (a friend).

A5 Thinking about wishing to see a friend and not having time.

C2 I was really irritable, really cranky, though there was no one around to be crank to. I heard a snowmobile (while walking in the woods). I got really mad, couldn't get the thought out of my mind. My mood was really sour. I was glad nobody was around.

E3 Woke up happy, sunny temperament, Yeah!

E The weather was wet and I stayed in bed reading and trying to figure out what to do in reference to relocating and the concurrent ramifications that something may, indeed, have happened (with the proving). (DAY 11-19).

B1 I have an increased sense of vagueness and a slight difficulty in focussing on my work that accompanies my sinus symptoms.

B7 Sense of clarity persists.

B11 Supervisor notes: Clarity about work has stayed. Prover said: "A shift, am moving forward."

A2 Generally felt clear-headed

A4 Emotionally feel removed from the emotional anger/turmoil of a week ago when I called a friend. Feels like someone else was doing that.

A5 Feeling a bit emotionally hungry too.

A7 But after eating this evening, felt very bloated and full and uncomfortable, and depressed and tearful. Something I haven't felt for months, sadness, not sure, regrets and for what I'm doing in my life. The kind of feelings I've had a lot of in previous years but not for quite some time. It was strange - like a memory of a state of mind that I'd forgotten about. Hope it goes away, sort of hopelessness feeling.

A8 After phone call (with parent) got off the phone and had a good cry (at 12 midday!). Thinking about grieving for my dad and his death and his disability and all the life he didn't have...and my mother having to live for herself now; all the children I haven't had, for the lack of hope I'm feeling about connecting with friend, for the sex I haven't and won't have for the love I cannot give (friend), for excitement and anticipation I won't experience again, for the career I haven't had, for the life I'm not looking forward to, back home, for leaving here and the possibilities that won't be when I've left. Oh well I've spewed it out.

A9 Feel groggy.

A13 Feeling very tired and groggy.

D2 Woke feeling calmer about things I had to do today I did not particularly want to do.

D2 Acknowledged I deal more in emotions than I like to admit. I think I'm more rational than I am. I usually say "I do not do victim" but the truth is right now I feel victimized by a man and a mortgage company. Remedy seems to be a truth and reality facing remedy.

D4 Anxiety about mortgage.

D5 Anxiety about man and mortgage.

D4 Was supposed to meet someone to go hiking, she did not show up so I left after 45 minutes. I usually wait an hour or more.

D5 Trying to get more people into my life and deal with my fear of people getting too close to me and betraying me. I talked to friend. I called her an asshole for feeling I didn't want her...my fear of closeness.

D6 Still somewhat "hyper" during the day, still hard to let go of anxiety and worry even though what I was upset about before has been solved.

D8 Calmer but still somewhat hyper not anxious.

D10 Is this a manic depression remedy.

D11 Much calmer but still more emotionally free. Feel more myself, but more open emotionally and physically.

D22 Went for first time in almost 20 years to do folk dancing -since my body and legs feel so good and free. When the leader introduced herself and asked if I was there to dance I said I was there for the experience (I felt relaxed and not anxious and uptight and judgmental as in the past). I thought I'm just here to play. I'll play with you till I die. I'm dying of course it might take 30 or 40 years. It was a very freeing thought.

G1 I feel uncentered for the first time in many, many weeks. It started when I received a "joke" photo e-mail that seemed offensive to me. My response, which wasn't over-the top ... got a very varied strong response ... calling me "asshole" and "useless communist" and other put-downs. I've been faced with assaults like these before, and although they're never fun or easy, these really wig me out. Such hatred coming my way! I felt varying degrees of fear, hurt, anger, sadness, all coming and going throughout the day, with periods of relative calm and centered-ness.

G2 I was awash with powerful emotions from the hatred focused on me yesterday, mixed together with powerful grief, fear, anger from the whole 11-Sept., thing in general, as well as compassion and empathy for those who were hating me, yesterday and for people more connected with the airplane attacks.

G2 Provers notes: Dates confused, only notes where placed Sept, instead of October.

G2 Like it was my fault that I deserved the treatment I got (which was) anger and hatred from those people. Then I'd feel angry that I didn't do anything wrong and that these people are awful. I slept almost 9 hours, I just woke up. Lots of dreams. I feel more groggy than normal now.

G2 Supervisor notes: couldn't concentrate on work so rebuilt stereo which was fun and easy, felt better towards evening.

G6 Yesterday and today were both really cold and really gray days. So, both days it was difficult to wake up, and I laid in bed reading all morning.

G8 I felt a bit hurt and a bit angry by (friend) showing up a half hour late. This harkens back to my old pattern of dropping my needs and wants for other peoples. My friendship with (friend) started with me nurturing him without much regard for myself.

G10 It felt so good lounging in bed reading.

G10 I'm thinking about getting into non-profit work, "teaching the teachers" work. It's what I've done some much of all along anyhow. May as well do it in some concrete realm too. Like teaching artists and activists how to use technology, as a tool to help them.

G11 I was rejected first from giving blood, they don't take blood from gay people and I was rejected from jury duty for being socially conscious, which the prosecuting attorney didn't like. Intellectually, I know that neither of these has anything to do with me personally, but being rejected twice in one day for being who I am, and by huge institutions - it's kinda alienating.

G13 It was very gray today, and its attendant tiredness. I read in bed all morning.

G15 Well, now I know what it's like to be laid off. I was thinking of quitting, any ways, and I even I thought it'd be better to be laid off, "cause then I get essentials paid to quit. And rationally, I'm in a fine position; plenty of money saved so I don't need work for quite a while, and lots of time on my hands to do what I want. I didn't expect to feel pangs of rejection, though. Nor anxiety over thoughts of eventually looking for work again. I guess it's natural, though, to experience this from the sudden change. And loss, I started the company, after all, five years ago. ... it'll take awhile (two months usually) to figure out how to live again with no work at all structuring my life.

G21 My Rob Brezny "Free Will Astrology" today said that if I practice what I preach that my material gain will be vast. Funny how little blurbs so often resonate for me.

Later clarification: I had been thinking of quitting the job at the company that I started because I was just not feeling any passion about it. Then they seemed to turn into a military company overnight. And I got the idea to transition into making enough to live off of by doing non-profit work (in the form of helping set up and/or teach computer stuff for artists, musicians, activists, non-profit orgs). Quitting your job when your getting less out than you put in, or when it goes against what you believe in, is something I've always advocated to friends of mine. So, the Brezny blurb for Capricorns that week was way pertinent for me, as you can see.

VERTIGO

HEAD

E2 Slight headache left temple.

E I awoke with a slight headache each day, and was feeling kinda burnt (day 5-10).

E Headache persisted, my mood was confused, glum and not hopeful.

B1 Increased awareness cranium and then forehead and nose which escalated to mild feeling of pressure behind forehead inside nose bilaterally at juncture with cheeks.

A2 Vague headache.

A8 Bloated abdomen and a bit headachy.

D11 Woke up with headache.

EYES

E I noticed my eyes were bloodshot, I thought I had been reading too much. (Day 11- 19).

VISION

B7 After looking out my window at work, when I returned my visual focus to my desk I noted what appeared to be a retinal ghost image from looking at the brighter images outside, just to the the R and little lower than the center of my visual field. This image seemed to be roughly rectangular with rounded corners and a pulsing, shifting, shimmering border of irregular thickness, although direct focus on the image was not possible. The border seemed to have very geometric, triangular shapes in it, consistent with the frame of the large construction crane outside my window. This image persisted, unlike a retinal ghost, the shimmering, pulsing nature of the border was very reminiscent of the visual hallucinations I have experienced on LSD. I began to realize that the image was getting bigger. The center of the image appeared to be clear of distortion and completely transparent, but the shifting border was definitely expanding, and occluded my vision as it began to expand into the center of the visual field. As the image expanded, the border grew narrower. The L edge of the border was always thinnest, and as it expanded, the L edge gradually disappeared, leaving the other three sides to continue expansion. Once the L edge passed the center of my visual field the visual obstruction cleared, and I could again see my computer screen without interference. The phenomenon continued until the border was on the edge of the periphery of my visual field, and then it disappeared as though past the edges of peripheral vision. After this, the uncorrected vision in my R eyes seems clears.

A1 After going out in the morning, visual sensations were heightened, noticed colors and shapes that stood out as if through colored lenses- a slight version of how I remember taking a few magic mushrooms.

A2 I noticed heightened visual perception, especially colour.

A2 Heightened sensation, visual, noticed the bright lights of a car, thought for a second I'd left my lights on.

A4 Heighten colours persist.

EARS

A1 Some auditory sensation were heightened.

A8 Right ear thumping and hurting vaguely too.

A16 right ear was thumping and my right sinus was blocked and pressure.

NOSE

B1 Increased sensitivity to air inside nose left greater.

E3 Woke up and sneezed five or six times, runny nose.

D7 I feel like I am getting sick just slightly throat and nose.

FACE

MOUTH

A1 Taste sensations seemed heightened.

G15 Herpes sores on the roof of my mouth for this last week. I've never gotten them there before- only on my tongue and inside lips. No pain nor discomfort.

G Post Proving: The herpes sore came back once and then went away again. But there is a little bit of it that seems to be hanging out in the same spot, but never quite erupting. Another weird thing is that there seems to be a large herpes sore inside my lower lip. This started at the beginning of December-01 after biting my lip while eating -- now there seems to be a big internal blister that hasn't gone away in about a month. I don't know if this is related to the proving, though.

TEETH

THROAT

B9 I've noticed more "stuff" in my throat the last several days, and have to clear my throat several times to get rid of it. There is no post-nasal drip, just recurrent stuff at the back of my throat that won't go away. It is more pronounced after eating.

D7 I feel like I am getting sick just slightly; throat and nose.

G20 I feel like some bug's trying to get me- a bit of a scratchy throat.

THROAT, EXTERNAL

STOMACH

B1 Slight nausea, 45 minutes after taking the remedy.

A1 In the evening, after eating, gassy, windy and bloated pains in lower right stomach, indigestion.

A7 After eating this evening, felt very bloated and full and uncomfortable, and depressed and tearful.

A5/A6 Definitely hungry today- more so than usual. I ate well all day.

A15 Gripping pain in lower stomach, feels like wind moving around as much as anything, but also feel the pain/pressure on right side.

A16 Feels like has been poisoned by chocolate, never felt this way before.

D1 Hungry.

D3 Upset stomach, not much appetite.

D11 After breakfast stomachache.

ABDOMEN

A8 Bloated abdomen and a bit headachy.

A10 Bloated in lower abdomen, this evening.

A11/A14 Bloated in lower abdomen.

RECTUM

D4 Bowel movement 2 a.m.

D5 Bowel movement 3:30 a.m., small and incomplete.

D5 Incomplete bowel movement at about 8 p.m., unusual.

D7 Incomplete bowel movement 8 a.m.

D11 Incomplete bowel movement.

D13 Bowel movement 2:30 a.m.

STOOL

BLADDER

A2 Seemed to need to urinate quite copiously several times in the first part of the morning.

A3 First pee-copious-hadn't drunk much last night though.

URETHRA

URINE

FEMALE

A Had many days of old symptoms of right lower abdominal pain related to fibroids and also night sweats, previous symptoms (no rubric).

RESPIRATION

COUGH

CHEST

B10 I'm having a little bit of discomfort up the R sternum and into the neck that I have experienced rarely since childhood. which I have come to associate with possible hiatal hernia. Leaning back in a chair and hyper-extending my spine mostly relieves it.

A5/8/9 armpits a bit smelly/musky.

BACK

A8 Neck stiff and achy, I may have over stretched my neck, maybe.

G12 My lower back feels pretty stiff for some reason- I'm not sure why.

G15/17 My neck's been a little stiff for the last week, really. My lower back too, a place I've never really been stiff before, except when I started yoga up again for a few weeks (which isn't the case now).

EXTREMITIES

A4 Nails have been breaking/splitting today although I wasn't doing any physical work.

A16 My wrist (right) was bothering me which felt like the RSI/tendonitis I've had in the past (5/6/7 years ago) from typing- but haven't done anything in the last few days that would have irritated it.

B R kneecap more sensitive (than lately) to irritation after any stair climbing. Sharp pain under the kneecap and residual soreness. Shifting sensation of the patellar tendon when I straighten that leg or stand up.

F1 My ankle was painful and swollen this evening.

B14/15 I have noticed a slight pulling feeling in my L groin area as I step onto my L leg and walk with that leg. The pulling I feel is focussed at the inner, extreme upper thigh at the base of the abdomen, and seems to connect to a place on the pubis somewhat to the L of mid line.

A5 Pain in right groin after walking around galleries.

SLEEP

A3 woke up at 7:45- later than I have been- had slept right through from 12- felt like a good quality sleep.

A5 Good sleep for 6 hours.

A8 Didn't sleep well, woke up 5, 6 (a.m.).

A9 Unusually long sleep, 9 hours, I didn't wake at all. Feel groggy.

A10 Didn't sleep so well, woke up at 5 but did go to bed early went back to sleep about 7. Got up at 9.

D5 Unusual that not sleeping goes on for 3 consecutive nights.

D Several only 6 hours of sleep a night very unusual, usually 7-8 hours or more.

G2 I woke up today at 6:15 a.m., very odd for me, especially since I went to sleep at midnight, I almost always get 8 hours of uninterrupted sleep.

G4 Planning day would mean 6 hours of sleep.

G5 I got 8 hours of sleep but needed 9. The last couple of hours of sleep was kinda restless.

G8 I'm going to bed at 11 p.m., instead of more like 2 a.m., kinda weird for me. Though last year as winter approached my schedule shifted towards going to bed earlier.

G9/26 After 3 days in a row, looks like I'm keying into this sleep cycle of going to bed at 11 pm and waking up 8 hours later.

G15 The last couple nights I've been feeling, pulling to go back to my 2 a.m. bedtime.

DREAMS

C4 I had a dream, it was dumb. Somehow or other I won two chocolate candies, so I took them outside on a balcony. I opened them up, and inside was cocaine or some street drug. I said, "Omigod!" Just then a detective came out with a gun pointed at me, and said, "I gotcha!". I protested that I had just won this, but didn't know what was in it. He smiled, said "Oh, OK" then threw his gun away. He was a really nice guy.

Post Proving/Later clarification: I recall standing a a railing overlooking a plaza, sort of like a boardwalk, minding my own business, feeling fine, with this small package in my hand. This guy came up, showed his badge, pulled out a gun and demanded the package, which of course I gave him because he had the gun, and I felt intimidated. When he opened it and told me there were drugs, I was dumfounded and protested vigorously that I had no idea that there were drugs, I was innocent, etc. I felt falsely accused, indignant, angry. Apparently, he believed me and holstered the pistol and gave me this very sheepish shit eating grin, became very nice... much to my surprise and RELIEF. The end.

C5 I had many, many dreams, at least half a dozen. I can't remember any of them but they were all interesting. I woke up thinking I was busy last night! The dreams weren't disturbing in any way, kind of curious, a little bit fun.

B1 Reported dream to supervisor: Family with three others: Mom, younger boy (son/brother), Dad. There was this snake that we had to take with us. The brother was carefully holding it by the head. When they arrived, she vaguely was aware that the family had become "snake people". They still had human bodies, but their skin was fragile or stretched. The skin on Dad's face separated and was bleeding. It had stretched too tightly. I hid in the closet; I became a snake person too. The spine was really long. There was a huge level of sensuality: something rolling up my spine. I had a party with the snake people. I was doing a very sexy dance. People were eating live mice. I had the sense that there are a fair number of us and we were hanging together. Each of us had a smoke. I've

been aware my Kundalini is coming imminently. I was pushing it back.
Enhanced sensuality, felt like Kundalini.

B7 I had a very vivid dream, couldn't remember.

B9 All I could remember was a gorilla, and a sense of something that seemed like a commercial (was listening to radio clock, to wake up).

B15 I woke up this morning with the memory of a small dream or dream fragment. It was mostly just the impression of the presence of a woman, who works at my last company, a black woman who is very close to my roommate. She is parading around in her wedding dress, and refusing to leave. The feeling from the dream was that she was trying to get my roommates attention, trying to interpose herself into our friendship and unwilling to leave.

A3 I was trying to make bagels in my dream as I woke. I didn't know whether to boil them first or just bake them.

A4 Was dreaming but didn't consciously capture them. I have vague memories of them but can't recall them clearly.

A5 Dreaming but couldn't remember, too complicated to remember. I vaguely recall something to do with lots of milk and a black soccer player.

A6 I was dreaming a lot and variously but couldn't recall exactly what.

A7 I know I was dreaming a lot as I work up a couple of times but cannot recall them now.

A8 Something about a young woman not caring for her disabled father, leaving him shut inside!

A8 Something about traveling, moving around, having a plastic carrier bag of things that also had water in it. Tried to empty the water out into a drain without losing the other things, but lost some tampons which immediately swelled up in the drain water, and some towels which I rescued. The drain was filthy- sewage type and tried to rinse the towels out in the sink (I was in a kind of campsite bathroom). Back to the camper van or some kind of loaded vehicle trying to secure all the possessions/things in it by tying it all down with big luggage straps. Fairly self explanatory I suppose!

A15 I was in a college lecture hall with (partner) watching a film- Amelia, the town in Italy where our friends live was in the film our friends were there too with their middle son, except, it isn't their middle son, it's someone I knew from art school. This town is where I take students and it reminds me that I have to e-mail friend and tell them the number of students we'll have. I was thinking yesterday how I'm not doing the things I needed to do.

D1 I own a big house in Marin with a huge lower floor that I had not used. The people who rented the upper floor asked permission to have a party downstairs. I went to see it all lit up. I was large space with a few large rooms. It could hold groups. Many mattresses were old, but could sleep many people. I would make a lot of money renting it out to groups. I decided to explore the whole space. There were people cooking outside on porch. It was my porch, large grounds but other smaller houses that were not mine. There were other dreams also about discovering unused potential with people and places.

D3 Man doesn't want me and tries to let me down gently and then can't resist sex with me but doesn't want anyone to know. Just uses me for sex and money.

D7 Dream a friend I don't trust wants to give me a massage. I am skeptical and say I don't understand. I have a tendency to make everything a big problem with lots of anxiety.

G3 One was about going camping with a group of friends. But somehow I forgot to bring all my camping stuff. We were taking forever to actually get everyone together and got out of town, and in all the machinations of getting ready decide to pick up my camping stuff. All my stuff was in storage for some reason. The storage place though, turns out to be a huge expensive department store with everyone's stuff in packed in big plastic bags. My stuff was all in one big room, scattered all over the floor. The big clear plastic bag with my camping stuff wasn't there. Just then some guy brings it in. Turns out he was a homeless guy living in it. When he realized it was my stuff he left. I smelled the sleeping bag: it didn't smell too bad. I packed my backpack and we left.

G3 Another dream was about work. Some salesperson from one of our vendors (that only exists in this dream) called saying that she could get us a place in some highclass expensive trade show if we could get some project in particular (I don't remember what it was now) together for it. Although it was on Friday and she called on Monday, we could modify our product to make it happen on time. I wasn't sure it was worth it, though, since we have so much other necessary work to do, so I called one of the managers, whose job it was to make the decision. He said, "no, it isn't worth it". But then we were all in the vendor's office to have a meeting about it anyhow. We carpooled in one huge car. But the sales person, although she was at the office, never showed up to the meeting, so we all left. Just as we got to the car in the huge parking lot, I realized that I left my jacket in the office. I went to get it. but when I got back to where the car was, they'd left without me. It wasn't that big a deal, since I could walk to the train from there, but I was perplexed, and somewhat hurt, that they'd leave me. I asked around the lot, thinking maybe I'd forgotten where the car was parked, but I knew I was at the right place.

G3 The other dream that I remember was the first one I remember from last night. In it, I decided to spend a night at my commune. (In my waking life I'd never have even considered such a thing since the environment there is truly an awful cult where people are constantly living in terror of being picked up for public ritual shaming, where emotional abuse is everyday and common-place). I arranged it with people there. When I arrived everyone was there to greet me. The place was really different from when I left over six years ago. Some of the more abusive people were gone, many new people, lots of new small buildings, well built, many gardens, the land was very well taken care of. It looked way more beautiful than I remembered. (In fact, in the dream it was entirely different land than the beautiful land we had in rural ----- the land looked more like a forest in the Rocky Mountains). And the emotional, spiritual vibe was one of openness and joy. Everyone was really glad to see me. They set up a little cabin especially for me to stay in. It seems that I'd become almost a legend in the years I was away, the person who started their wonderful place, the person who's original ideas were the ones that their living methods were based on. Everyone was sure that when I got there that I would decide to stay. No one was even the slightest doubt of this. And stated so throughout my very pleasant day there. When it was time to leave after hanging out the second day, everyone was kind of shocked and a little hurt that I actually was leaving. People kept asking why. I tried to explain how hurt I was when I left, and how I'm still dealing with healing from that, how I have my life in San Francisco, a life I don't want to leave, however wonderful things are at the commune now. But no one could understand why. I wouldn't drop it all and stay there. As I was leaving, waving goodbye, my cat woke me up to be let out.

G3 There were many other dreams, but I don't remember them now.

G13 In my dreams I was evoked to cry, both out of sadness and of joy. And in all of them, there were lucid moments, while still asleep, where I commented to myself how sad and how joyful these dreams made me feel, enough to cry out of the dream, but as soon as I started to cry, the lucid moment passed, and I was into the next dream. This must have happened twice last night and twice the night before.

G14 I don't remember my dreams last night, but they were heavy, and have somehow weighed on me much of the day.

PERSPIRATION

SKIN

GENERALS

E The weather was wet. I practiced Aikido in the evening, but I felt old, aching, in low spirits and had no energy. (Day 11- 19).

A1 Feeling a bit speedy and quivery. Then a bit shaky and nervy all day.

A1 Little pangs of pain in left breast, legs, stomach, shoulders like spasms or twinging muscles.

D2/D4 My body feels more limber and stronger.

D4 Body still feels good and loose, except for tiredness.

THE REPERTORY

MIND

ALIENATION

rejection from institutions **G11G11/G15**

ANGER

feels like someone else's anger **A4**

ANGER

waiting for friend **G8**

ANXIETY A1

betrayal **D5**

betrayal, anger with **D5**

calm, alternating with **D8/D10**

mortgage about **D3/4/6**

persistent **D5**

sexual partner, male, about **D4/6**

work **G15**

BED (see DISPOSITION)

CALM, waking upon **D2/D11**

CLARITY, work at **B11**

CLARITY, evening **A2**

CONCENTRATION,

difficult, working while **B**

better evening **G2**

sinus congestion, with **B1**

CONFUSION E

dates, writing while **G2**

DISPOSITION, **Bed**, stay in bed reading, ameliorates **B/G/E**

Grey, cold day, on **G6/13**

Sunny E3

GLUM E

GROGGY

sound sleep from **A9/G2**

tired and **A13**

HOPELESSNESS E/A7

EMOTIONAL UPHEAVAL, calm alternating with **G1/G2/D10**

HUNGER, emotional **A5**

IMPATIENCE, waiting for friend **D**

IRRITABILITY

noise from, amel alone **C2**

REJECTION from institutions (see alienation)

SADNESS

friend, about **F1/A5**

regret, and **A6/A8**

SHAME, abuse, deserves **G2**

TRUTHFUL, faces truth **D2**

VERTIGO

HEAD

HEADACHE

awakening upon, **E/D11**

bloated abdomen, with **A8**

tiredness with **E**

vague **A2**

PRESSURE

forehead, behind **B1**

SENSITIVITY

cranium, extending to forehead and nose **B1**

EYES

BLOODSHOT, as if reading too much E

VISION

CLARITY, Improved, right B7

IMAGES, pulsing, shifting, shimmering border, shapes B7

SENSATION, Heightened, colors & shapes A1/A2/A2/A4

EARS

HEARING,

thumping sound, right, with pain A8/A16

thumping sound, right, with pain blocked sinus A8/A16

SENSATION, heightened A1

NOSE

CORYZA, throat discomfort with D7

PRESSURE

at juncture, between nose and cheeks B1

comes and goes. B1

SENSITIVITY, air to, left greater B1

SNEEZING

runny nose with E3

5-6 times E3

FACE

PRESSURE, juncture nose and cheeks, at B1

MOUTH

ERUPTIONS

herpetic, roof of mouth, painless G15

herpetic, lower lip, internal, painless, persistent G

TASTE heightened A1

TEETH

THROAT

DISCHARGE back of throat, persistent, aggravation after eating B9

PAIN, coryza with D7

SCRATCHY G20

THROAT, EXTERNAL STOMACH

BLOATED eating after, evening **A1/A7**
FOOD, chocolate, feels as if poisoned by **A16**
HUNGER **A5/D1**
INDIGESTION diminished appetite, with **D3**
NAUSEA, after eating **B1**

PAIN, gripping, right lower stomach **A15**
breakfast after **D11**

ABDOMEN

FLATULENCE eating after, evening **A1**
BLOATED
headache with **A8**
lower abdomen **A11**
evening **A1014**

RECTUM

INCOMPLETE **D11**
3:30 a.m. **D5**
8 a.m. **D7**
8:00 p.m. **D6**
SMALL 3:30 a.m. **D5**

STOOL BLADDER

URINATION copious, morning **A2/A3**

URETHRA URINE FEMALE RESPIRATION COUGH CHEST

DISCOMFORT, sternum extending into neck, amel leaning back in a chair
and hyperextending spine. **B**
PERSPIRATION, Axilla, offensive, musky **A5/A8/A9**

BACK

ACHING neck, from overstretching A8

STIFFNESS

back, lower. G12/G15/17

neck G15/17

neck, from overstretching A8

EXTREMITIES

NAILS splitting A4

PAIN, Wrist, overused, as if, right A16

PAIN, Patella, stairclimbing, right B

PAIN, sharp, patella, under B

PAIN, sore, right B

PULLING, Groin , aggravation stepping, walking, left B14

SHIFTING, lower limbs, patella extending leg, right B

SWOLLEN, lower limbs, ankle, painful, evening F1

SLEEP

DIMINISHED/G2/G5/7

EARLY, goes to bed (11p.m. compared to 2 a.m.) G9/G15/26

INTERRUPTED D3/4/5

POOR A8/A10

RESTLESS G5

SOUND A3/A5

WAKING early A8/G2

late A3

DREAMS

ANXIETY mistrust with D7

BAGELS, whether to boil or bake A3

CAMPING TRIP, organizing a G3

COMMUNE, leaving the, for good G3

COWORKERS, without me, left G3

CURIIOUS, fun and C

INTERLOPER, refuses to leave (B15)

FORGOTTEN (B7/A4/A7)

complicated, too, to remember (A5)

many C A6 G3

weighed on all day G14

GORILLA B9

INDIGNATION being falsely accused, at C4

NEGLECTED, duties to (disabled) parent A8
MILK, black soccer player, and A5
REPRIEVE, crime didn't commit, from C
PLASTIC bags, everything is in (temporary storage) G3
 carrier bag of things Travelling, plastic carrier bag of
 water, tried to empty, dirty water, secure with luggage
 straps A8
POTENTIAL, with people and places, Discovering unused D1
SADNESS, joy with G13
SEX, money and, man uses me for (D3)
SNAKE, brother held snake by it's head B1
 person, became a B1
WORK, things need to be done for A15
 worthiness of G3
VAGUE A4
VIVID B7

**PERSPIRATION
SKIN
GENERALS**

WEATHER, wet, aggravation E
EXERCISE, aggravates E
INFLEXIBLE, WEAK AND, body feels D2/D4/D11
 fatigue with D4
SPASM, pain, with A1
QUIVERING, enervation with A1

STRONTIUM CARBONICUM

THE PROVERS

All the provers were asked to take a maximum of six pellets over a two day period. One prover was excluded from the proving, following the case intake; she was taking synthroid. In the proving, the number following the letter of the prover refers to the day on which the symptoms occurred. No number is given

where the day was not stated or where it was unclear. All provers received the 30c, none received the placebo.

PROVER

A

COMMENTS

Female: Upon completion of this proving, this was the only prover with a response to know what the remedy was. "I've been so exposed to lead from my painting, perhaps it (the proving) helped me get it (the lead) out of my system."

B

Female: Had an extremely strong response to the proving substance.

C

Male: Didn't feel he had much response to the proving substance.

D

Female: Had a very strong response to the proving substance.

E

Female; prover kept scanty notes and little contact with supervisor, at the conclusion of the proving she reflected back upon the proving and her calendar and wrote proving symptoms down (post proving).

F

Female; upon experiencing symptoms, this prover took a different remedy on day 2, therefore, only day of symptoms included.

G

Male: Had a very strong response to the proving substance.

H

Female: excluded from proving (medication).