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SOUTH DOWNS SCHOOL
OF HOMEOPATHY

PROVING OF
NITROGEN

July 2003

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BACKGROUND

This proving was carried out by students at the South Downs School of Homeopathy between January and April 2001. My thanks to the students for their commitment to the proving and diligence in carrying out their roles as provers and supervisors, in what was a very challenging and long last proving. My thanks also to Grazyna Baran who has shared the work of writing up this proving, and Judith Mapleson who did the repertorisation.

WHY THIS PROVING?

My colleague and friend, Grazyna Baran mentioned in conversation that she had been looking at a case recently in which she wondered of Nitrogen might be the indicated remedy – but there was no proving - only Jan Scholten's speculations based on his work on the periodic table. It struck me as intriguing that an element that comprised 78% of our atmosphere should not have been proven.

THE REMEDY

The remedy was already available from Helios Pharmacy. Some clinical experience with the remedy had been obtained, but it had never been proven.

THE PROVERS

The proving was started in January 2001. It was conducted using the guidelines contained in *"The Dynamics and Methodology of Homeopathic Provings"* by Jeremy Sherr.

The provers were instructed to take up to a maximum of three doses, twice a day, for a maximum of two days and to stop as soon as symptoms appeared. There were seven provers:

Prover	Gender	Potency	Comments
1	Female	30c	
2	Female	12c	
3	Female	12c	
4	Female	30c	
5	Female	30c	
6	Female	12c	
7	Female	30c	

Provers, supervisors and the proving coordinator did not know what potency they were being given. One dose of placebo was also included, but this proved to be remedy code 8, which was not used after one of the provers, dropped out.

LAYOUT OF PROVING

The following text includes information on the substance itself and the proving symptoms grouped according to key themes using the provers' own language. No attempt is made to integrate this pure information or to suggest a material medica picture. A fuller synthesis suggesting a material medica picture is written separately and will be published in appropriate journals. Toxicological data on Nitrogen has not been included at this stage in the repertorisation although it would be beneficial to add this in to expand the picture and suggest additional rubrics if time permits at a later stage.

REPERTORISATION

All rubrics are from the Complete Repertory.

FEEDBACK

Please forward any more information, clinical experience or comments to Richard Boccock at richjb@blueyonder.co.uk

RICHARD BOCOCK
PROVING COORDINATOR

NITROGEN

Nitrogen is a colourless, odourless, tasteless, non-toxic gas that represents 78% by volume of the earth's atmosphere, making it by far the most abundant gaseous element on Earth. Its atomic number is 7 and it is the first element in group 15 or VA of the Periodic table. It is an essential constituent of all living matter and makes up about 16% of all animal and plant proteins. Nitrogen is an essential part of the amino acids, the building blocks of proteins. The atomic weight of Nitrogen is 14.007.

It was isolated by the British doctor Daniel Rutherford in 1772 and recognised as an elemental gas by the French chemist Antoine Laurent Lavoisier in about 1776.

It is produced commercially by liquefying air and then removing the Nitrogen at its boiling point of -195.79°C . Liquid nitrogen is a colourless liquid, which can be compressed into a colourless, crystalline solid with a melting point of -210.01°C .

Pure Nitrogen is inert and serves as a diluter for oxygen in burning and respiration processes. The gas is used in the chemical, electrical and metal industries to provide an inert atmosphere, and in the food industry to prevent spoilage by mould. Liquid nitrogen is easily prepared and is used as a refrigerant and medically to freeze/burn off warts and other neoplasms.

It only combines with other elements at very high temperatures or pressures. Once combined however its compounds are very reactive. These compounds have many industrial uses including their use in explosives.

One of the main industrial uses is in fertilisers where the Nitrogen is obtained from Ammonia (NH_3) or Nitric Acid (HNO_3).

There are few inorganic or mineral deposits containing Nitrogen because most of its compounds are soluble in water. The exception is Sodium Nitrite (Chile Saltpetre), which is found in Chile and some other areas with a dry climate. The saltpetre is mined for use as a fertiliser or to make explosives.

THE NITROGEN CYCLE

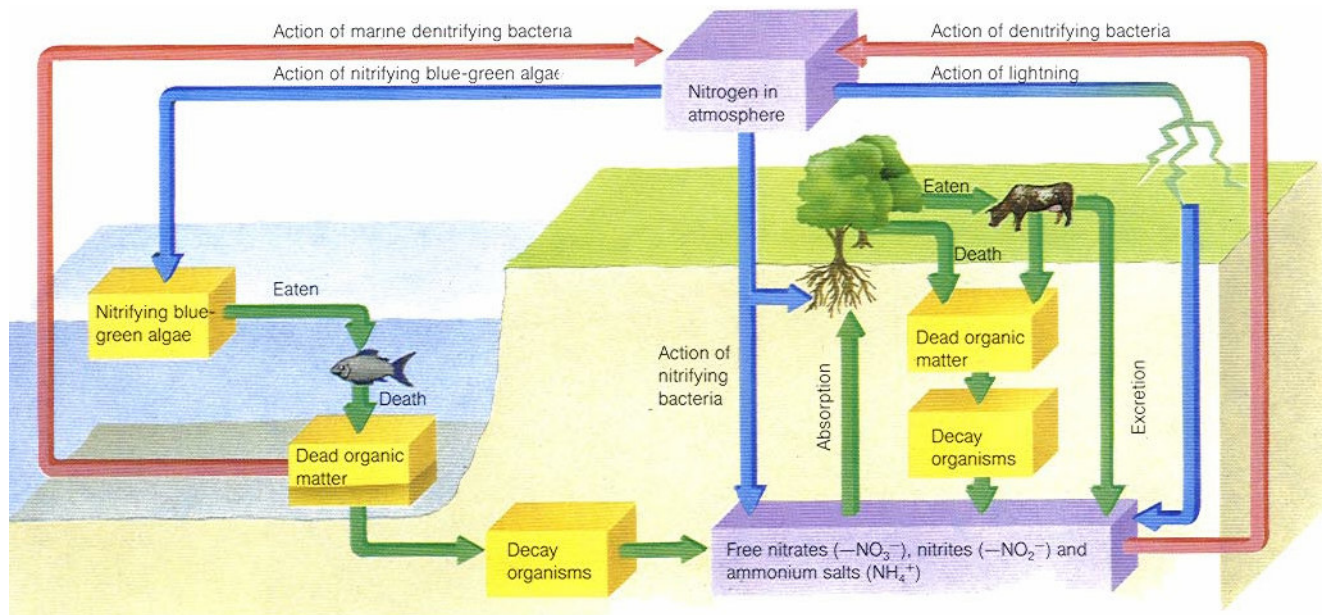
Although most animal and vegetable proteins are made of 16% nitrogen, most organisms are unable to use nitrogen directly from the air for the manufacture of the proteins they require for growth and tissue maintenance. The nitrogen cycle is the process in which atmospheric nitrogen enters the soil and becomes part of living organisms, before returning to the atmosphere.

Plants take up nitrogen from the soil in the form of nitrates, nitrites and ammonium salts. Animals absorb most of the nitrogen they require from

eating plants or other animals. There is therefore a vital relationship between plants, animals, the soil and the nitrogen in the air. This interdependence is known as the nitrogen cycle:

1. Nitrogen finds its way to the soil in rainwater as dilute Nitric Acid (HNO_3) and Nitrous Acid (HNO_2) after the reaction between nitrogen and oxygen in the atmosphere initiated by lightning and cosmic radiation.
2. Certain bacteria, found in the roots of such plants as beans, peas and clover can convert atmospheric nitrogen directly into proteins, which plants then use.
3. Nitric and nitrous acids react with bases in the soil to form salts, which most other plants can use to form proteins in order to grow and mature.
4. Not all of this combined or fixed protein is held in the soil – some is broken back down to nitrogen by bacteria and returns to the atmosphere.
5. Decaying plant tissues release ammonia to the soil – which builds up there as ammonium salts. More bacteria convert these salts into nitrates and nitrites which are used once more by plants for the production of protein
6. When animals and plants die and decay much of the nitrogen in animal protein is returned to the soil.
7. Plant proteins ingested by animal are excreted mainly as urea which again returns nitrogen to the soil by reacting with water to produce carbon dioxide and ammonia

The process is summarised in the diagram below:



AMMONIA

Ammonia (NH_3) is a hydride of nitrogen and one of the most important compounds of the element. It is pungent smelling and very soluble. It is used in fertilisers, in the production of nitric acid and nylon, as a refrigerant and as a neutralising agent.

HYDRAZINE

Another hydride of nitrogen is hydrazine (N_2H_4), which is a colourless, unstable liquid and a strong reducing agent. It was used as fuel for German ME-163 rocket fighters, during World War II. It is used currently in pesticides, herbicides, pharmaceuticals and foaming agents.

OXIDES OF NITROGEN

There are eight oxides of Nitrogen, which include Nitrous Oxide (N_2O), otherwise known as laughing gas – also used as an anaesthetic.

MIND

Anger / Fury

VERY angry. I am either very calm or very angry, there is no middle ground.
01 30C 03.XX.XX

Feeling angry in general the calmness has gone. Feeling like myself again.
01 30C 11.XX.XX

Felt furious; angry, unsettled, wanted to throw something, restless, tearful.
Gradually calmer by the evening.
06 12C XX.XX

My supervisor noted that I sounded irritable and angry, and she thought I was going to shout at her. She also said I sounded sad and on the point of tears. I confirmed I was feeling low and sorry for myself, and a bit impatient, but I was in a lot of pain.
07 30C 02.13.XX

Dreamt her garden fence fell down. Then her neighbour (whom she doesn't like much) walked through and into R's loo. Felt angry at the intrusion.
04 30C 06.XX.XX

Dream: In a theatre sitting next to a consultant psychiatrist (colleague) who had a big camera. He swung it around towards R. She thought he was trying to photograph her which she didn't want to happen. She pushed the camera away. She was left feeling very angry.
04 30C 11.XX.XX

Dream: Was in a restaurant with her family; in the same place was a pop star and his family. There were lots of wasps around and it transpired that the pop star & family were letting them out of a bag! R. felt very angry.
04 30C, 17.XX.XX

Intolerant/Irritable

Irritable, anxious. Intolerant all day.
01 30C 00.07.XX

Feeling very bad tempered, c/com to this is a headache
01 30C 03.XX.XX

Still feeling anti-social, intolerant to my family

01 30C 03.XX.XX

Felt very irritable
04 30C 00.12.30

8.00pm Family think she is really irritable
04 30C 01.XX.XX

Very irritable
04 30C 15.XX.XX

Bolt of light / Flash

Dream: I was looking out to sea at night, my husband was with me, it was clear weather, but slightly cloudy sky. There was a bolt of light that came down from the heavens and lit up part of the sky. At the same time it showed a twister of water spiralling into the heavens at that one spot where the bolt of light shone down. There was no other light from anywhere else.
01 30C 12.XX.XX

Flash of irritability
02 12C 03.XX.XX

About to explode

Dream of a building about to catch fire. It was vibrating as if about to explode. No people inside. Was a spectator Not frightening.
03 12C 17.XX.XX

Wound up

Cannot get the meeting out of my mind and feel very upset still. Not like me to get so wound up about things
05 30C 11.XX.XX

Screaming cat

Woken up by my cat screaming. It was very windy outside, there was a loud bang and suddenly he was screaming. I went to let him in, but he was fine. Not sure what had happened. However, although I had been concerned I did not get stressed.
07 30C 13.XX.XX

Visualising violence/Wanting to punish

Anger - 'road rage' when felt unjustly and impolitely treated by another driver. 'Visualised' myself getting out of my car, dragging the other driver from his, and punching him in the face. Unusual reaction for me to feel like this, but there was an element of the unreal about it all, as if I were an on-looker to my own actions.

06 12C 00.01.30

Dream: I was at my parents house with my kids, and my husband was away on business in America. I looked out of the window to see a car draw up and two very old friends get out. As I went to greet them in the hall, my husband followed them in and said he had come back early from the U.S. and had gone water - skiing all day with them and had not told me. I was really angry and felt so strongly that I began to actually hit him! He looked young though - like how I first met him, not now. Later that night I packed a bag and left whilst he was asleep, - the feeling I had was one of wanting to punish him and make him appreciate what I do.

01 30C 22.XX.XX

Rivers of Blood

Dream: Thick red blood flowing everywhere; in rivers. R. awoke feeling horrified. Didn't sleep well all night. 04 30C 16.XX.XX

Dream: A frog was spitting pink stuff out of its mouth at me - it was not blood, more like pink water

07 30C 02.19.XX

Confrontational

Have had a dreadful morning work wise with a very confrontational meeting with hospital manager and feel really weepy. At the end of my tether and very stressed.

05 30C 10.XX.XX

Dream: R (proving co-ordinator) threw my proving book at me "who do you think you are!" Woke upset as it was real felt that I had no right to be a homeopath. The dream reinforced an overwhelming sense of failure everyone else (students) is so much quicker. I feel so slow.

02 12C 17.XX.XX

Cantankerous

I had a big row with one of my friends. She blamed it on my insecurity. She said I was insecure and needed to sort my life out. She said all she had heard all night was me complaining that I was too old, too fat etc. etc. She said I had been cantankerous the whole evening (I did not seem to have much patience, I was irritable and had a row with the barman). She said I needed to chill out. The row started with my giving an opinion which I must have known would upset her, but I still went ahead anyway.

07. 30C 31.XX.XX

Radical/Not prepared to put up with rubbish

Making radical decisions at work - not prepared to put up with rubbish.

04 30C 12.XX.XX

Today had urge to clean out cupboards.

04 30C 16.XX.XX

Dream: I had an argument with shop assistant. Everyone took her side because they were locals, but I did not care.

07 30C 17.XX.XX

Decisive

Continuing to be more decisive

04 30C 13.XX.XX

Negative

Very negative.

01 30C 04.XX.XX

Very low in spirits - no particular reason for this could be thought of.

01 30C 22.XX.XX

Miserable, weepy all day

04 30C 25.XX.XX

Sad song

I heard a sad song on TV and was close to tears, I did not want to hear it and so I turned it off.

07 30C 02.20.XX

Losing control of life

Feel flat. No motivation. Losing control of life. Feeling remaining into next day. Continued sadness, Uncommunicative, tearful, exhausted - almost suicidal.
06 12C XX.XX

Poor Concentration and Memory

Muzzy feeling in head. Cannot concentrate. (N.S)
01 30C 01.XX.XX

Poor concentration
01 30C 05.XX.XX

Better focus and feeling more grounded.
01 30C 08.XX.XX

Still suffering from poor concentration and memory at times and not functioning as I would normally do.
01 30C 26.XX.XX

Poor concentration and memory <when tired.
01 30C 28.XX.XX

Just felt my concentration and memory were always poor and not functioning at 100% after this I stopped mentioning it in my diary as it had become the norm for me and I remained like this until we ended the proving, although the degree of affect had improved slightly.
01 30C 29.XX.XX -33.XX.XX

Difficulty in concentrating
04 30C 00.11.30

9.30 am Difficulty concentrating again.
04 30C 01.XX.XX

Spaced out

Felt spaced out again for about an hour, when met up with everyone in college. Hard to focus .
01 30C 17.XX.XX

Aware all day of being spaced out. Awful concentration levels and memory. Lost train of thought while talking. Function better mentally when under some pressure 01 30C 02.XX.XX

Muddle / Confusion

Saying words the wrong way round.
04 30C 03.XX.XX

Feels muddled and forgetful eg saying up instead of down.
04 30C 06.XX.XX

Spelling mistakes.
04 30C 06.XX.XX

Dream: Weird. Was telling lies about a group she was trying to set up. Got found out and tried to put things right. The people were taking medication. She felt confusion.
04 30C 05.XX.XX

Dream: Was in a big shop, a man was painting a picture of the sea on the floor. He couldn't get the picture right and the sea was moving - going in and out with the waves. She wanted to buy something but was confused about the prices. Felt lost and confused.
04 30C 05.XX.XX

Dream: Left her feeling confused. She was in an apartment block. In there lived a husband, wife and son. This was also a department store where the wife worked in the lighting department. The husband and son were very smelly but the wife wasn't.
04 30C 13.XX.XX

That she lived in a big house with her two sisters, friends and colleagues. It was chaotic. Didn't feel as if she belonged there because of the mixture of people and chaos. Awoke feeling confused.
04 30C 02.XX.XX

Clumsy

Clumsy and awkward ++ (N.S)
01 30C 01.XX.XX

Clumsy and spacey feeling still present.
01 30C 02.XX.XX

Co-ordination is starting to improve.
01 30C 03.XX.XX

Ungrounded

Spaced out. Ungrounded
01 30C 01.XX.XX

Mind and body feel disconnected
01 30C 01.XX.XX

Cannot concentrate, confused, wrote the wrong amount on a cheque and did not notice. Head and body do not feel connected. (N.S)
01 30C 01.28.XX

Impaired judgement

Impaired judgement, banging into walls, furniture, etc.(N.S)
01 30C 01.XX.XX

Impaired judgement started to come on.
01 30C 00.07.XX

Indecisive

Cannot make decisions
01 30C 01.XX.XX

Poor memory

Poor memory - I forgot my friends birthday
01 30C 05.XX.XX

Had felt my memory was getting better, but when I am tired, it gets much worse again.
01 30C 08.XX.XX

Memory and concentration very poor again, and this is very frustrating
01 30C 13.XX.XX

Memory poor ++
06, 12C

Memory loss worse than usual, keeps losing things. Disorganised lost the proving book, forget where I've put things. Irritable when this happens, short tempered much more so than usual. Becoming more irritable not usually outwardly irritable. Ratty with boyfriend, irritated with him clenching my teeth felt he pushed me to far so het up I took rescue remedy. I'm not usually in that state so quickly.

02 12C 01.XX.XX

Made sandwiches for packed lunch and forgot to put the chicken in them

07 30C 18.XX.XX

I forgot my umbrella so had to buy another one.

07. 19.XX.XX

I went to cashpoint but could not remember my pin number.

07. 21.30C. XX.XX

Identity through finance

My bank rang to say that they had approved me for a £3000 limit credit card and £6000 personal loan. I have been a "debtor" for so long, being refused credit everywhere and made to feel like a criminal. I feel I have been given my identity back, I am a real person again. I said yes to the credit card because I want to keep it in my purse to prove to myself and everyone that I am me again. I have returned

07 30C 08.XX.XX

Went to the bank and opened a savings account. I am feeling very positive today

07 30C 13.XX.XX

Dream: I was staying in a mobile home, with a family I didn't know, or belong to. The man of the family built a tree house cover to go over the mobile home to protect it from the wind. I don't know why I was there. Later, I was in a gift shop, at a seaside resort, with my father and he was desperate to buy a pair of black leather, lace up shoes, because he said he needed them. They were square toed and very soft. He had no money so I bought them. The family from the mobile home were in the shop at the same time, but I do not know what they were doing there.

01 30C 01.XX.XX

Anxious

Dream: Had to go on a journey alone on little lanes and bridges. Felt anxious.

04 30C 01.XX.XX

Dream: Went to the hairdressers but the usual hairdresser had moved away so R. had to see his colleague who refused to talk to her. This gave her an anxious and unpleasant feeling.
04 30C 01.XX.XX

Palpitations

Feeling very anxious, no obvious reason but sensation of palpitations in chest. Very unnerving as I am not usually an anxious person. Feels like exam nerves and came on very suddenly.
05 30C 00.11.20

Restless

Felt very anxious inside still - almost a panic attack but not so severe. Very restless, difficulty relaxing.
05 30C 00.21.50

Panic

Dreamt about our homework assignment, it was given back to us in class and half of us were told to stay behind, because we hadn't done it right and we would have to re-do it. I felt very anxious and worried and panicky about how I was going to re-do it, in the time I had. This feeling was so strong it woke me up and that anxiety stayed with me for several hours afterwards. (Thanks!!)
01 30C 33.XX.XX

Woke up with a horrible dream about a mistake which was made at work which R. was trying to rectify.
04, 30C, 23.XX.XX

Late

No sense of time (N.S) - if late for any thing not bothered by it.
01 30C 01.XX.XX

Late to pick up the children from school - lost sense of time. S.A.I. head full of cotton wool
01 30C 01.XX.XX

Dream: I was helping in a church and somehow ended up singing in the choir, but somehow linked to this scene was a new flat I had bought near by. I kept having to go there with my brother's ex-fiance. The flat was the bottom half of a house in a flat conversion. I kept needing the toilet to open my bowels, but I couldn't shut the door properly, because my knees were in the

way so I kept having to move them to one side. I felt very hurried, as I was late. In the flat above me was a strange man and I remember feeling very frightened of him, because he was odd in his manner. I also felt vulnerable when I was on the toilet, as I looked up to see him trying to cover a glass window above me and beyond him I could see the sky. I felt open and vulnerable and was trying to lock the door and couldn't, I couldn't find out what he was doing either. After this I was trying to get back to the church in a hurry but his mother came out from nowhere and the next scene was me trying to get back into the flat and lock the door in a hurry, but it had two locks and one was hard to lock. From this I was walking back to church again, fretting because I was still late. (Never had a dream like this before - bizarre!)
01 30C 04.XX.XX

Aware of having to break in the car suddenly, as I left breaking really late.
01 30C 02.XX.XX

The car broke down on the way to the station, but I was not worried and kept very calm.
07 30C 05.XX.XX

The car broke down on the way to work. Very peculiar - same place and same problem as last year. The difference is that last time I was mega-stressed out by it, even though a kind couple stopped to help me. This time I was very calm, despite the fact that it was pouring with rain and no-one would stop, so I had to push the car off the roundabout by myself.
07 30C 09.XX.XX

That she was late getting to college. She had an aerosol can which had a light at both ends. She was trying to put the lights out but they wouldn't go out' & she felt very frustrated by this.
04 30C 32.XX.XX

Facing fears

I still feel anxious. I feel I need to face my fears, (names a situation and other strategies she may use to deal with it). It was a powerful emotional crisis that has made me re-evaluate and I am now more confident about the course. I feel I can move forward into the future. I felt sick with the anxiety due to the homework and the proving. It was a confidence issue I felt I hadn't done enough. Felt relief, shattered and just flopped.
02 12C 18.XX.XX

Dream: Jumped off a moving train as it didn't stop at my station. No fear felt at all.
02 12C 00.XX.XX

Overwhelmed

I am possibly the worst I've ever been. Everything gone pear-shaped I'm petrified. I feel I've done something wrong. I fear failure. What right do I have to be a homeopath. I am overwhelmed out of my depth. Drowning sensation. I broke down at work yesterday felt alone. Huge sense of anxiety with a heavy weight on my chest. I can still feel it. Made me breathless. Cried myself to sleep. Terrible memory loss very worried about the homework completed it with lots off rescue remedy.

Feel as I did when I was bullied as a child. My Mum always said "don't let them see you cry".

It frightened me that I still have so much self-doubt, this course is my future, everything I want.

02 12C 17.XX.XX

Feels emotionally weak and weepy. Her daughter is going away. The last time she went away (4 years ago) was when her father died. Memories of this are coming back.

04 30C 24.XX.XX

Dream: Worried that her house might get flooded as flood water came up to top step & almost came in house, which was a shared house. She felt confused and worried.

04 30C 04.XX.XX

Dream: Walking down a cliff path with lots of people. Large tidal wave came up beach and washed my son away. I went in after him but couldn't get to him although I could see him under the water.

05 30C 11.XX.XX

Under pressure

Dreamt about work - outpatient clinic, 3 or 4 patients known to me. I felt under pressure in my dream to get everything done. One patient and his wife very pleasant, more like a social event than clinic. These were not people I knew in real life.

05 30C 00.21.50

Accused

Very vivid dreams, although did not really disturb my sleep. One dream was of a pair of curtains. They got attached to me in the shop, and I got accused of shoplifting. The curtains were red/green/white Laura Ashley style.

07 30C 16.XX.XX

Open and Vulnerable

Feel vulnerable +
01 30C 01.XX.XX

Dream: I was helping in a church and somehow ended up singing in the choir, but somehow linked to this scene was a new flat I had bought near by. I kept having to go there with my brother's ex-fiance. The flat was the bottom half of a house in a flat conversion. I kept needing the toilet to open my bowels, but I couldn't shut the door properly, because my knees were in the way so I kept having to move them to one side. I felt very hurried, as I was late. In the flat above me was a strange man and I remember feeling very frightened of him, because he was odd in his manner. I also felt vulnerable when I was on the toilet, as I looked up to see him trying to cover a glass window above me and beyond him I could see the sky. I felt open and vulnerable and was trying to lock the door and couldn't, I couldn't find out what he was doing either. After this I was trying to get back to the church in a hurry but his mother came out from nowhere and the next scene was me trying to get back into the flat and lock the door in a hurry, but it had two locks and one was hard to lock. From this I was walking back to church again, fretting because I was still late. (Never had a dream like this before - bizarre!)

01 30C 04.XX.XX

Dream: I was in a big office block in London and there was a leaving party for someone. I was at the party and people started to leave to go home and as they were leaving I was trying to close some sash windows. In the room with me was another man trying to do the same, whom I have met once, but do not know well. I had a feeling I wasn't supposed to be there by then and felt very vulnerable and threatened again.

01 30C 05.XX.XX

Thoughts of death when seeing a car breaker's yard - dead cars - and imagined a thin, dead young man draped over the cars - a symbol of the deaths caused by them. Not unhappy when thinking these thoughts - just accepting them.

06 12C 01.01.00

Dream: I was in a road full of parked cars in a residential street. The car had its tyres slashed for no apparent reason. It was not my car. I felt very vulnerable standing there.

01 30C 14.XX.XX

Robbers

Dream: Robbers were breaking into the flat where I used to live, because I had left the bedroom window open. There were two; one looked Chinese and was carrying a rope. I ran downstairs for help and two women helped me fight them off. When I woke up I was scared, so slept with the light on
07 30C 03.04.XX

Vivid dreams during the night which I could not remember, but one was of robbers trying to mug me in the street.
07 30C 04.XX.XX

Babies

That she swam across a flooded river. Met a black snake in river which was carrying lot of baby snakes in her mouth, to get them to safety. This image was touching. Awoke refreshed.
04 30C 03.XX.XX

Half woke up then and thought I saw people by the bed, faces of mother and baby.
05 30C 11.XX.XX

Dream: Had to care for the small baby of a friend. The baby needed a nappy change so she went to get the nappy changing kit but couldn't find it. Felt anxious.
04 30C 01.XX.XX

Company

Anti-social

Feeling anti-social.
01 30C 01.XX.XX

Feeling anti-social and negative
01 30C 02.XX.XX

Felt anti-social towards going to a dinner dance that evening - not like me!
01 30C 17.XX.XX

Colleague asked if I am OK -" you seem quiet"
06 12C 02.XX.XX

Unable to report symptoms to my supervisor. Do not want to communicate, particularly to talk about myself.

06 12C 02.XX.XX

Intolerable quiet

I thought the TV had broken down and I could not fix it. I felt very alone and vulnerable because my brother was away in Thailand, so rang my mum for reassurance. The house seemed too quiet without the TV. This would not normally bother me, but this time it was intolerable.

07 30C 02.20.XX

Company

Mood change. I came over tearful when my best friend telephoned and told me there was a house for sale opposite theirs. I realised it was because I did not want to be on my own any more, and I was looking forward to moving in with my mother for a while until I sort my finances out. This is very unusual because usually I need a lot of space on my own.

07 30C 03.11.XX

Dream: Lots of people in house.

04 30C 22.XX.XX

Dream: On a bus or coach with lots of people.

04 30C 10.XX.XX

About being in a class (a college type setting)

04 30C 12.XX.XX

Water

Water in the House

Dream: Another neighbour showed R. around her house. It had bare brick walls inside. In basement was swimming pool & fountain. R was concerned about how it could be kept dry. Felt concern for neighbour.

04 30C 06.XX.XX

Dream: At a gathering, lot of people there. Christening of twins. All very disjointed but ended up walking to a pub in pouring rain as someone getting divorced and had to get papers signed. Realised we were in Bath looking across a courtyard at a beautiful house, near Mark's old house. Ended up inside, roof leaking in a long corridor which was very ornate. Michael Douglas (father of twins) stayed to find out where the leak was, Mother of twins left with the babies in a taxi.

05 30C 02.XX.XX

Washing

Dream: I was at Shoreham airport and met my builder walking his new puppy - a golden retriever, and he had his daughter and grand-daughter with him, who I know, but they live in Scotland. Next I was in a bathroom, with my mother, father and grand-mother, who died in 1987. We were all trying to get washed, but my grandma was too frail to get into this enormous bath that was in the room, so she was trying to wash in a sink. Meantime, my dad was swimming in this enormous bath!

01 30C 09.XX.XX

Dream: The whole class plus some old school friends of mine together for a course. Attending different lectures but not at a regular school. More like a holiday camp with lots of chalets where we are all staying. My chalet very dirty, I am having a shower and washing hair whilst some of the group wait outside and talk about the course. All very 1950's in feel.

05 30C 07.XX.XX

Swimming

Dream: Taking Gemma as a little girl to swimming lessons. Couldn't go at the usual time so had to go at 8pm. Large pool modern but had the old changing rooms from pool I used to go to which was demolished. Olympic swimming team also training at the same time as our lessons. Mums had to prove that they could swim. One mum pregnant also with baby couldn't swim so I took her place. Had to swim fully clothed. Couldn't find shoes or hairbrush afterwards although did eventually

05 30C 10.XX.XX

Family home

Dream: That she was in her family home as a child.

04 30C 32.XX.XX

Dream; Working last night - home visits in Kansas City. Driving down roads where I used to live seeing two or three current patients. Brother also in dream, he was a dentist which he isn't in real life. Tired on waking.

05 30C 00.12.15

Dream: Family gathering, birthday celebration, big dinner party but decided to hold it at Hampton Court. Pretended we lived there and moved in, as

knew the owner was away. He was a friend. Parents came and stayed, we set up the table for a meal and sorted out sleeping arrangements. Group of people arrived, much younger, early 20's friends of son for a party, we tried to hide from them but eventually both parties went ahead, parents never realised that we didn't live there or about the other people staying. Then in France at childhood house of a friend, which was being sold after her parent's death, Beatrice was there and we met up in the sitting room, lovely to see her. She was pregnant which surprised me as she has 3 kids already. Felt very happy seeing Beatrice again in dream and on waking.
05 30C 05.XX.XX

Dream: very disjointed, glad to wake up as found it very frustrating. New Year's Eve with a group of people, friends, family, TV actors. At a party some people dressed up and others very tatty, caused some problems, arguments. From there to another party at family house in country but not every one went so then jumped to park where there was firework display and large tables set up. Didn't see fireworks but met parents walking back through park. Then at a house limousine arrived to collect us, lot of people got out and two of us got in to go home.
05 30C 08.XX.XX

Loss

This dream was about Prince William. There was a group of people swimming on a beach and as the day progressed I became a surrogate mother to him. It ended up with him crying on my shoulder, pouring out his grief about his mother, and showed his vulnerability.
01 30C 28.XX.XX

Dream about comforting my sister, who had been upset after 'visiting' my father, who died many years ago. Felt frightened that she was perhaps leaving me to join him.
06 12C 09.XX.XX

R was searching through drawers and rearranging them. Felt she was looking for something.
04 30C 07.XX.XX

Dream: I was walking in Regents Park with my brother and my dad. My dad was walking away ahead of us. I shouted out to him to come back, because I wanted to show him something - we were walking past a very big house where I used to work as PA to a millionaire property developer and I wanted him to see. But he could not hear me, he just kept walking. I shouted and shouted and so did my brother, but he never stopped, just disappeared into

the distance. My father actually died in 1989 and I have not dreamed of him for a few years now (that I remember).

07 30C 09.XX.XX

Helpless/ Unable to help others

Dream of being by frozen sea, in the dark, with, I think, my sister. Had a shovel with which to break the ice. My sister went too deep and was failing in the icy water - I stretched out to her with the handle of my shovel, but she was too cold and weak to grasp it. She slipped into the dark, cold, grey water. Felt helpless and despairing (my daughter dreamt of my own death at the same time)

06 12C 03.XX.XX

Dreamt of standing helpless, as a lioness approached myself and my daughter, who was standing some distance from me. Felt helpless to shout and warn her of this danger - whether to keep quiet or whether to risk alarming the lioness.

06 12C 08.XX.XX

Dreamt that my God-daughter was seriously ill with food poisoning and I was completely helpless. I had no remedies with me to help her, which was very traumatic for me and this dream kept recurring and in one of them she actually died. I felt overwhelmingly helpless.

01 30C 00.XX.XX

Concern about safety of others

Dream: Saw a girl walking across a railway track in front of a moving train. The train was only moving slowly & pushed the girl aside. She wasn't hurt & carried on walking. A young man from the station started to run after her & R felt afraid for her.

04 30C 07.XX.XX

Dream: A husband & wife lived in a big house over looking a fast flowing river. A cat dived into a cave like thing in the river, then reappeared on the surface. R felt frightened for it because of the speed of the river.

04 30C 09.XX.XX

Dream about Richard. In a house with lots of people. Richard lived with his mother who was schizophrenic. He was trying to get her into a nursing home.

04 30C 21.XX.XX

Dream: That R & her daughter & daughter's friends were sitting on a cushion. The cushion fell out of the window. R felt as if the cushion might have been herself falling. Felt frightened.

04 30C 08.XX.XX

Dreamt that I was at work on Boxing day in A & E but in my current role. Extremely busy and felt very unrefreshed when I woke up.

05 30C 06.XX.XX

Don't look like myself

I feel I look different, but can't explain why. When I look in the mirror, I don't look like me!

01 30C 02.XX.XX

Feeling very tired and weary. I still don't look like myself in the mirror - even my hair will not blow dry as normal.

01 30C 05.XX.XX

Dream about lots of hair growing on my face - didn't seem to bother me - thought it normal.

Then cleansing my face with cream from my sister's Walnut Whip.

06 12C 01.XX.XX

Dream: I had a very strange dream I had a haircut that didn't turn out very well a really really short bob and I like my hair long as does my boyfriend and I'd be in trouble if I had it all cut off. I was upset when I woke up checked my hair was still there as I was worried what he would say.

02 12C 01.XX.XX

Family have commented that I look different and I am very irritable!

01 30C 03.XX.XX

Feeling elderly

Realised towards the end of proving that I have looked and felt elderly.

06, 12C

I went out for the evening with two friends, but was overcome by a cloud of depression. I could see myself at the age of about 20, doing exactly the same thing, standing in a crowded bar hoping Mr Right might walk in, but he never did. And now here I was at the age of 40 still looking. I felt very old, very fat and tired, and wished I could go home

07. 30C. 31.XX.XX

Calm in stressful situations/ Detached

Feeling very calm at times when events would normally make me very angry.

01 30C 02.XX.XX

7.30 pm. Feels irritable but calm

04 30C 01.XX.XX

I watched the earthquake reports on the news. This would normally make me tearful but this time I was alright, sort of detached.

07 30C 05.XX.XX

Dream: Walking back to a car park with the manager of the car park, who was odd and gave me the creeps. I know I needed to get away from him and my husband was waiting for me at our car, but as we were trying to exit the car park, the ticket wouldn't go in the machine properly. We were trying to hurry and although I felt once again very vulnerable, I also was very calm.

01 30C 18.XX.XX

Dream of deep clear blue water. Pouring like a giant rapid between walls of a building. Lots of children swimming. Not worried although water deep and fast - potentially dangerous. Someone says a toddler is depressed. I tell them to ignore it. He can't be! Next morning we find him dead in the water together with a little girl. Dressed in their best clothes like dolls. They had committed suicide .I witness it all very unconcerned. Distant. Not affected emotionally

03 12C 27.XX.XX

Rescuing calmly

Dream of pond with lots of dead mice all clinging to pieces of carpet. Had to pull them all out of the water. Not frightening or distasteful!

03 12C 00.07.00

Dream: I was in Oxfordshire, at a lovely house in the country seeing some friends, who have two daughters and we all went for a walk in the country - myself, husband and three children. We turned up a little lane that had a stream running down the side of the road and there was a grassy footpath on the far side to it that was reached by a little pathway from the road at certain intervals. As I crossed this pathway to reach the proper footpath, I looked up to see my youngest son in the water beyond me up stream, waist deep with a fishing net, totally unconcerned. The next thing I saw was him being washed down stream, which had now become fast and bubbling and I was trying to

catch him as he went past me. I did catch him and remember feeling very calm in a difficult situation and did not panic.

I can remember not liking this picture so I re-ran the dream and as he was waist high in water, I called to him to get out of the water and not to be so silly. He immediately blamed his older brother for pushing him in and so we all went home to dry.

01 30C 07.XX.XX

Dream - long one. I was back in Bath where I used to live. Walking down a steep hill which had been covered in plastic (black). Youths were skateboarding and roller-blading towards me coming up the hill! Then met a group of 3 youths being violent, whirling 12ft metal bars around like shot-putters. A lady, living near, told them to stop and then they slashed her eye and started to chase her. I knew all the back street so I grabbed her and pulled her away from them. After lots of ducking and diving I find 2 policemen - too calm for my liking - eventually the 3 are caught and the worst one breaks down in tears and I realised he was just a "mixed up lad" who needed help. He was so frightened of being in a cell all night on his own I said I would stay with him.

03 12C 05.XX.XX

Dream. I am on a river bank near deep water. I dive under the water. It is clear and between the piers of a jetty are lots of dead children like black shadows. I start pulling them up to the surface one by one and laying them on the bank. Not worried or anxious. I just methodically bring them back about 20 in all. I feel they will wake up and come back to life. The whole process is unhurried, no energy needed and no worry or distress.

03 12C 29.XX.XX

That she swam across a flooded river. Met a black snake in river which was carrying lot of baby snakes in her mouth, to get them to safety. This image was touching. Awoke refreshed.

04 30C 03.XX.XX

Later dreamt in Australia on a school trip. In a field and two dogs came up, which attacked me bit my hands and shoulders. Children came back and one got their fathers shotgun and killed the dogs.

05 30C 11.XX.XX

Unconcerned about trivia

Less concerned about trivial things usually I'm constantly checking, before when I travelled I needed the timetable in my hand worried about the trains double-checking the times but this time I was ok. More relaxed.

02 12C 05.XX.XX

Less fastidious about hygiene.
04 30C 02.XX.XX

A lady I speak to on the train got very angry when a man's umbrella dripped on her. Usually I might have given her some back up, but this time I could not see what the fuss was all about.
07 30C 06.XX.XX

HEAD

Headache dull, < right side from occiput to vertex. s.a.i. pressure on vertex.
01 30C 00.09.00

Sharp pain in base of occiput left side passed off quickly
01 30C 00.09.55.

Sharp pain In left occiput when tip head backwards
01 30C 00.10.05

Dull pressure over whole of occiput lasted 30mins
01 30C 00.10.20

Muzzy feeling in head – s.a.i. head full of cotton wool .
01 30C 01.28.XX

As I lay down to sleep, pressure pushing out from occiput > lying still staying flat passed off quite quickly
01 30C 01.39.XX

Very bad headache, s.a.i. heavy pressure or weight is pressing on the occiput up to the vertex. < left side and tipping head backwards. Heaviness lasted all day. C/com to this, very bad tempered.
01 30C 03.XX.XX

Itchy head all day – no hives, bumps or skin reaction to see.
01 30C 04.XX.XX

Heavy feeling of pressure on vertex.
01 30C 09.XX.XX

Headache returned on left side of occiput, sai heavy pressure – passed in 10 mins
01 30C 13.XX.XX

Headache, heaviness and pressure on top of vertex
01 30C 18.XX.XX

Headache – sai pressure and weight pressing on vertex. Spreading to and affecting the eyes.
01 30C 43.XX.XX

Still have h/a from yesterday. Much pressure on vertex and over the eyes. Continued all day. < bending over, > closing the eyes. C/com to this I was bad tempered.
01 30C 44.XX.XX

H/a almost gone, but sensation of pressure over the eyes continued all day.
01 30C 45.XX.XX

Awoke with 'sinus-like' headache. Chronic condition.
06 12C 02.XX.XX

Sinus-like headache - 1 p.m. > hot bath
06 12C 12.XX.XX

I didn't have a headache at work today and I always get them I think that it is the fluorescent lights. Unusual that I haven't.
02 12C 02.XX.XX

Hair feels lank & greasy
04 30C 10.XX.XX

Slight headache over right eyebrow
04 30C 00.12.10

Headache like migraine beginning s.a.i. dull headache all over.
04 30C 05.XX.XX

Sharp headache over right temple – fleeting. < movement
05 30C 00.05.40

Top of my head very sensitive to touch. Skin tender over centre of scalp. (occurs from time to time but not over past 6-8/12)
05 30C 00.02.05

Took dog for a walk in the cold and driving rain. Developed crushing headache and band around head. Felt rather woozy. R side worse than L. Had to lie down for half an hour on my return. > rest.
05 30C 00.06.50

Had half a French beer. Couldn't finish it as developed neuralgic pains in head. R side above ear. Fleeting pains but quite sharp like needles. Also slight dull ache.
05 30C 01.XX.XX

Walked dog in cold air. Headache intensified when got back into the warm. R sided very sensitive to touch. Very tired and eyes heavy.
05 30C 02.XX.XX

Headache so severe last night, almost a migraine had to go to bed. Slept very well.

05 30C 02.XX.XX

Headache persists but less severe. Pain over top of head and to right side. L ear itches. Same type of pain in head.

05 30C 02.XX.XX

Slight headache on waking.

05 30C 03.XX.XX

EYE

Eyes very watery and sensitive to wind – open air. EYES feel very heavy.

01 30C 00.01.10

Very sensitive eyes, especially to sunlight, watery. Sai something irritating them, starts right eye and moves to the Left. Eyes still feel heavy, they don't look right but can't tell why.

01 30C 02.XX.XX

Sai pressure over eyeballs

01 30C 03.XX.XX

Twitch in Left eye. Outside corner of muscle. Slight only and continues on and off all day. O.S

01 30C 11.XX.XX

Heavy feeling over eyes and behind them .> On closing the eyes.

01 30C 22.XX.XX

Eyes affected C/com to headache – heavy feeling

01 30C 43.XX.XX

Pressure over eyes. > closing eyes

01 30C 44.XX.XX

Heavy sensation over eyes.

01 30C 44.XX.XX

Had burst blood vessel in left eye, on lower part of sclera. Better in two days

04 30C 19.XX.XX

VISION

Slight blurring in eyesight
04 30C 00.12.30

EAR

Really itchy left ear on the inside < during night –woke me- Couldn't reach it to scratch it!

01 30C 30.XX.XX

Severe earache. Starts in right ear. Spreads into jaw on right side of face. Last 15hrs.

03 12C 17.XX.XX

Earache starts again. Pain travels through jaw and teeth. Starts in left ear as well but not as bad as right. Pain increases. Throbbing. Can hear heartbeat through ear. Ear is swollen in the bottom lobe, extremely tender to touch. Feels stiff and rigid. Pain keeps me awake. Can't take any pressure. Have to get up and walk around. Took 3 hrs to get back to sleep. Pain lasts 11hrs. Jaw stiff. Can't eat properly. Voices echo in my head like a sound box.

03 12C 19.XX.XX

Earache gets worse again. Very sensitive to touch and pressure. Bottom of lobe of right ear very tight and stretched. Veins either side of throat tender and throbbing. Had to take Paracetamol. Attack not as bad a previous night.

03 12C 19.XX.XX

Pain in ear keeps trying to come back. Darting, stabbing pains lasting about 5-10 minutes then disappear.

03 12C 20.XX.XX

Earache returns. Both ears but right is worse. Glands under ear are swollen and tender. Ache goes into jaw bone and upper teeth. Voice echoes in head like a sound box. < cold, cold draught of air, pressure, movement. > warmth and gently cupping with hand. Ear feels as if pulsating. Can hear heartbeat through ear. Lasts 4 hours.

03 12C 27.XX.XX

Sharp stabbing pains in ear. It is a very cold day and started when I was walking in the street. Lasts about 5 - 10 minutes then disappears

03 12C 42.XX.XX

Left ear itches

05 30C 02.XX.XX

Slight shooting pains every so often in left ear.

07 30C 02.XX.XX

Itching behind my left ear, so I scratched it and it bled.
07 30C 08.XX.XX

NOSE

Runny nose briefly, not blocked before or after had to blow the nose. Coryza
= clear

01 30C 06.XX.XX

Sneezed 3 times all single ones – doesn't usually sneeze at all

04 30C 10.XX.XX

Sneezed twice. Sense of smell (normally good) has become more sensitive.

04 30C 11.XX.XX

Slight congestion in nose when I got up. Nose slightly sore.

05 30C 00.12.XX

Nose streaming. Sneezing +++

05 30C 00.05.50

Sneezing again – nose very runny. Clear liquid secretions. Pepper feeling in
nose.

05 30C 01.XX.XX

Nose not congested but I have been dripping clear liquid if bend over. Have
to blow nose.

05 30C 12.XX.XX

MOUTH

My mouth feels a bit dry. No thirst.

02 12C 00.XX.XX

Mouth ulcer erupted. Worse for eating and drinking especially salty foods.

02 12C 17.XX.XX

Mouth ulcer receding far quicker than usual at least 1/2 or 1/3 of its normal size.

02 12C 20.XX.XX

Mouth ulcer developed on right side.

04 30C 00.14.40

Bleeding from upper gum when cleaning teeth.

04 30C 03.XX.XX

Sore feeling on l. side of lower lip.

04 30C 06.XX.XX

Sore on lip developed into a mouth ulcer.

04 30C 07.XX.XX

Ulcer has creamy yellow flattened top.

04 30C 08.XX.XX

Mouth ulcer gone quicker than usual.

04 30C 12.XX.XX

THROAT

Glands in my throat came up but I didn't have a sore throat but the bottom of my jaw was uncomfortable. Better for drinks, hot or cold.

02 12C 01.XX.XX

Aware of having catarrh in throat and having to swallow it. Passed off quickly.

01 30C 02.XX.XX

Sore throat, sai lump in throat < on swallowing > drinking warm drinks, pain is in back of throat, raw, stabbing pain.

C/com to this dizzy feeling in head < standing > sitting supporting head.

Swallowing catarrh < early evening, no cold with catarrh.

01 30C 02.XX.XX

Tickle deep in back of throat, very dry < Left side. SAI having to keep clearing throat at tickle spot.

01 30C 04.XX.XX

Sore throat < on swallowing, splinter-like pain, extends to ears like an irritation, not > for anything

01 30C 06.XX.XX

Sore throat, > warm drinks, splinter like pains.

01 30C 07.XX.XX

Sore throat, feels dry.

01 30C 08.XX.XX

Sore throat, < left side.

01 30C 09.XX.XX

Catarrh at back of throat, hard to cough up-stringy and clear.

01 30C 14.XX.XX

Slight sore throat on getting up from mucous running down back of throat. Nose feels quite clear but can feel pnd. Have to clear mucous from throat.

05 30C 05.XX.XX

Everyone commenting that voice sounds as if getting a cold, slightly husky.

05 30C 05.XX.XX

Vivid dreams, restless, did not sleep well. I woke up with bile in my throat as if I was going to be sick. This worried me.

07 30C 19.XX.XX

STOMACH

Not hungry or feeling empty by 1.30p.m.

06 12C 01.XX.XX

Felt thirsty dehydrated whilst shopping, better for drinking a bottle of mineral water.

02 12C 06.XX.XX

Thirsty for cold drinks.

01 30C 01.XX.XX

Excessive hunger today for savoury food.

01 30C 04.XX.XX

Excessive hunger and still crave cold drinks.

01 30C 07.XX.XX

Feels nauseous.

04 30C 00.12.30

Did not feel hungry before lunch – unusual. Did not feel thirsty today either.

04 30C 01.XX.XX

Felt queezy in stomach on waking. Better by afternoon.

04 30C 09.XX.XX

Have eaten a lot of sweet things, more than usual.

05 30C 08.XX.XX

Feel very full and bloated. Stomach quite uncomfortable after dinner, as if eaten too much. Cramping pains persist and slightly nauseous but appetite not affected.

05 30C 09.XX.XX

Stomach still rather crampy. Felt sick on waking, better for food.

05 30C 10.XX.XX

Extremely cold and tired and cannot stop eating. I have noticed a general increase in appetite.

07 30C 09.XX.XX

ABDOMEN

Very flatulent, no smell, > passing
01 30C 01.XX.XX

Flatulent and smells of vegetables and sulphur
01 30C 04.XX.XX

Pain at waist, on either side, can't lie on tummy, the pain is gripping, pinching and extends upwards towards my kidneys,
01 30C 05.XX.XX

Abdominal pain .R side. Went away & came back. Felt sick, Better eructations
04 30C 02.XX.XX

Slight cramp in stomach, rather like dysmenorrhoea, but no period. Bowels slightly loose and slight nausea but appetite not affected.
05 30C 07.XX.XX

Feel slightly nauseated on waking. Stomach still out of order, bloated and full of wind. Uncomfortable.
05 30C 07.XX.XX

Suddenly had an upset stomach. Explosive, very soft stool, strong smell as if I had been out drinking alcohol the night before.
07 30C 00.XX.XX

Stomach started to rumble and gurgle after I ate a croissant. Later I had a cold drink which aggravated it.
07 30C 01.XX.XX

Stomach is painful, a lot of wind gurgling around
07 30C 01.XX.XX

Stabbing pains in stomach after eating, which were better for urinating.
07 30C 02.XX.XX

Pain in my stomach, sort of a neuralgic ache. Hot water bottle seemed to help. I have had this pain before, it comes and goes
07 30C 04.XX.XX

Pain from last night still in my stomach, nothing relieves it
07 30C 05.XX.XX

A neuralgic stabbing pain started in the groin region, left side, getting gradually worse until it was excruciating. I felt I needed to keep urinating, so I

sat on the toilet bent forward which seemed to ameliorate. Eventually it eased and then disappeared.

07 30C 07.XX.XX

BLADDER

Didn't get up to go to the loo as usual during the night
02 12C 00-03.XX.XX

FEMALE

My period started 4/5 days early whilst still taking the pill. No pain, no change in flow – light. Don't ever bleed until the Thursday or Friday (It's Sunday)
02 12C 04.XX.XX

Bleeding longer than usual period
02 12C 10.XX.XX

Period finished at usual time but started much earlier so was much longer.
02 12C 13.XX.XX

Breakthrough bleeding midway through cycle at 11 days whilst taking contraceptive pill which lasted 3 days. No pain very light bleeding.
02 12C 23.XX.XX

Shooting pain right up the centre of the body, lasted 30 secs then went. SAI needle piercing right up the centre of the body to the core. (O.S)
01 30C 22.XX.XX

Started period 6 days early, (N.S) Light flow at beginning for about 3 days.
01 30C 41.XX.XX

Vaginal discharge cream colour profuse.
04 30C 01.XX.XX

Period pain developed with pain extending to R. groin. Discharge less than yesterday. No menses only pain.
04 30C 02.XX.XX

Period. Excruciating pain & flooding. Very bad pain spreading down legs. Better lying on back with legs in air. Better warmth. Worse walking or sitting.
04 30C 18.XX.XX

Period pains continue to be so bad couldn't even insert tampax. Pains came in waves like labour contractions. Pain in abdomen came shooting down legs. Few clots just red blood pouring.
04 30C 20.XX.XX

Period pains less severe today. Flooding again. Felt faint. Pains like labour pains in front lower pelvic region, shooting down thighs. Some pains in back as well. Very tearful.
04 30C 21.XX.XX

Period started (more or less on time). Felt a bit spacey and took Neurofen for the pain (this is normal). However, none of usual PMS symptoms, except getting extremely hot.
07 30C 17.XX.XX

Period pains cramping, sharp across lower abdomen. Blood bright red.
07 30C 17.XX.XX

Period making me feel ill
07 30C 18.XX.XX

Got up feeling very ill, weak, spaced out, nauseous. Felt I needed to eat to get "grounded". It was day 3 of my period when flow would normally be light with no symptoms, however today feels like day 1. Took more Neurofen. Pains cramping, cutting across lower abdomen, blood flow heavy, bright red.
07 30C 19.XX.XX

RESPIRATION

Breathless after exertion.

06 12C 15.XX.XX

Having to take deep breaths, right down into my lungs. SAI cannot take a deep enough breath into my lungs to reach a certain spot. This feeling lasted all day and I repeatedly took deep breaths. C/com to this just before needing to take deep breaths, I had like a mini- palpitation episode and this was a by-product of it.

01 30C 00.05.40

Still have the need to take deep breaths.

01 30C 02.XX.XX

Deep breathing all day again.

01 30C 16.XX.XX

COUGH

No headache, but cough a problem this morning. A lot of sputum in throat.
Cough productive of yellow sputum.

05 30C 04.XX.XX

CHEST

Palpitations – with increase in heart rate, vulnerable feeling in heart region.
N.S

01 30C 00.05.40

Very aware of heart area, - vulnerable and heavy

01 30C 02.XX.XX

Aware of heart area. SAI beating rising up towards throat c/com deep breathing afterwards

01 30C 03.XX.XX

Heart beating harder than usual. S.A.I. beating rising up to the throat. C/com deep breathing afterwards.

01 30C 04.XX.XX

Rt breast very painful in outer half, very very sore and tender < running. No lump to be felt, but the area feels harder than normal, SAI feels bruised. NB this is pre-menstrually. N.S

01 30C 34.XX.XX

Same feeling of tenderness and soreness in right breast. This continued for a couple of days and gradually went off. < touch

01 30C 35.XX.XX

Heart rate increased again today- mini palpitation, as result, the deep breaths started off again. < tired

01 30C 03.XX.XX

Woke up during the night suddenly. Heart beating very fast. Severe palpitations. Felt anxious which is unusual for me – nearly woke my partner up to tell him what was happening. Took 2 hours before I fell back to sleep.

03 12C 01.XX.XX

Woke up. Palpitations. Took 2 hours to get back to sleep. I only went to bed at midnight very tired. I should not have woken up.

03 12C 03.XX.XX

Breast tenderness extending to underarms.

04 30C 03.XX.XX

Noticed increase in breast size. Family have noticed this too.

04, 30C 13.XX.XX

Went for a walk with the dog – chest rather heavy and cramp between shoulders.

05 30C, 00.01.XX

Slight heaviness in chest. Feel very lacking in energy. Almost like indigestion but not so intense. A weight in the centre of my chest which I notice most when I take a deep breathe in.

05 30C 03.XX.XX

Pain in centre of chest, like a knot inside. < on swallowing.

05 30C 10.XX.XX

Pain in chest persists like a heavy knot. Central right inside my chest.

05 30C 11.XX.XX

BACK

Sciatic pain, Lt sacral region to thigh and groin.

06 12C 15.XX.XX

As headache receded muscles on Rt side of neck tightened up, extended from occiput > pressure.

01 30C 00.09.15

Muscle tightness now travelled down Rt side over the scapula – not painful, just uncomfortable.

01 30C 00.09.45

Pain in lower back, very stiff feeling and vulnerable < if move too quickly – changes to sharp pain < on bending. R,S,

01 30C 01.XX.XX

Muscles very tight in neck as lay down to sleep, eased off as I relaxed.

01 30C 01.XX.XX

Back feeling sore and vulnerable, neck muscles still tight.

01 30C 02.XX.XX

Back pain very bad, especially across the shoulders. Aching muscles and very tight.

01 30C 05.XX.XX

Had back massage, back still feels so vulnerable and the masseur commented that my muscles felt spongy as if retaining water and nothing like they normally felt. My lower back was not> for massage.

01 30C 06.XX.XX

Lower back still fragile, shoulders tight.

01 30C 07.XX.XX

Woke up with very stiff neck, < left side < moving head towards the left,> pressure. R.S

01 30C 10.XX.XX

Comment; - My back was very bad the whole way through the proving, I just got used to living with it and stopped noting it down, but it was as if the area of my lower back was my weakest place and that is where the remedy struck. The only description I can give for it was fragile and vulnerable and it was at its worst when rising up from sitting.

01 30C

Had backache like period pain for half an hour.
03 12C 35.XX.XX

Back aches from cleaning out cupboards
04 30C 16.XX.XX

Back ache chronic no change.
04, 30C 01.XX.XX

Went for a walk with the dog – chest rather heavy and cramp between
shoulders.
05 30C 00.01.XX

Late afternoon my back muscles started to ache, shoulders, pain radiating
down my arms. Sitting on train was painful, although I later played netball
which made me feel better.
07 30C 00.XX.XX

EXTREMITIES

Aching legs.
06 12C 02.XX.XX

Sharp pains Lt, then right lower legs.
06 12C 11.XX.XX

Stabbing pains, Lt knee joint.
06 12C 04.XX.XX

Pulsating pains, right shoulder. Numbness, aching right arm.
05 30C 05.XX.XX

Extremities very cold, in feel and to touch.
01 30C 00.16.00

Icy cold, especially hands.
01 30C 01.XX.XX

Restless legs all evening, could not get comfortable.
01 30C 02.XX.XX

Feeling icy cold all the time.
01 30C 03-05.XX.XX

Very chilly feeling in the late afternoon – evening.
01 30C 15.XX.XX

Tennis elbow right side < bending or lifting heavy objects.
01 30C 01.XX.XX

Felt cold all over especially hands.
04. 30C 00.11.40

Sore 1st finger beside nail on right side.
04. 30C 00.12.15

Knee joints aching.
04 30C 26.XX.XX

Aching pain in left shoulder radiating down arm, affecting movement.
07 30C 01.XX.XX

The aching neuralgic pain in my left shoulder (which seems to come from one spot on my shoulder blade and then radiates down the arm) is still here, but is a lot better in the warm. Pain continued all day.
07 30C 02.XX.XX

A really weird sensation in my left arm which was a bit alarming. It felt as though the pain moved down my shoulder, down my arm. I was worried and kept looking at my veins in case it was a blood clot. Pain quite intense and when it reached my wrist it caused irritation - my wrist was itching so I kept scratching it. After this the pain eased.
07 30C 02.XX.XX

The pain in my arm is almost gone. Just a slight pain in one spot on my left shoulder.
07 30C 02.XX.XX

Sprained my ankle playing netball. Swollen and looks bruised.
07 30C 07.XX.XX

Hurt my finger playing netball, feels sprained, swollen, numb with some bleeding.
07 30C 07.XX.XX

Left shoulder pain has returned, it seems to be aggravated by the train journey.
07 30C 12.XX.XX

Cut my finger on train door, deep and would not stop bleeding
07 30C 20.XX.XX

SLEEP

Restless couldn't get to sleep for thinking about trivial tasks noting them in my head.

02 12C 02.XX.XX

Slept well did not get up to go to the loo as usual.

02 12C 00.XX.XX

2nd night without getting up to pee which I do most nights.

02 12C 01.XX.XX

Woke up in early hours of morning. Felt hot. Had to open window. Took 2 hours to get back to sleep. I do not normally wake up during the night and even if I did I would get back to sleep quickly.

03 12C 02.XX.XX

Woke up again. 2 hours until I got back to sleep again. Generally every time I wake it is about 3.30am.

03 12C 04.XX.XX

Woke up. This is earlier than the previous nights. Managed to get back to sleep quickly – only took 1 hour.

03 12C 05.XX.XX

4am Awoke - unusual to wake at this time. Felt sick & floaty. Went to sleep one hour later.

04 30C 02.XX.XX

Awoke unrefreshed.

04 30C 02.XX.XX

Poor night – could not fall asleep

05 30C 00.21.50

Dreamt that I was at work on Boxing day in A & E but in my current role. Extremely busy and felt very un-refreshed when I woke up.

05 30C 06.XX.XX

Not a good night. Cat woke me at 0130 and could not get back to sleep.

05 30C 11.XX.XX

I did not sleep very well. Kept being woken up by dreams going round and round in my head, that seemed to be mixed up with things and thoughts going around in your head, and leave you feeling relieved to wake up.

07 30C 12.XX.XX

Same sort of dreams as night before, giving me another restless night
07 30C 13.XX.XX

Vivid dreams, restless sleep
07 30C 14.XX.XX

Vivid dreams, restless, did not sleep well. I woke up with bile in my throat as if I
was going to be sick. This worried me.
07. 30C. 19.XX.XX

SKIN

Developed rash on my thighs at work like prickly heat on top of inner thighs came on at work this afternoon maybe due to my trousers rubbing. Showered and changed but still sore.

02 12C 03.XX.XX

Athletes foot- new cracks between toes on right foot, - big toe and next toe.

02 12C 02.XX.XX

Return of athletes foot, itch +++ right foot.

02 12C 12.XX.XX

Itch spreading along toes, from big toe towards little toe. right foot

02 12C 13.XX.XX

Itch +++ in night woke me up! << big toe right foot.

Very fine rash on top of both feet, no itch very slightly pink and raised.

02 12C 14.XX.XX

Itch in little toe of right foot.

02 12C

Right big toe – voluptuous itching ++ < heat feet very hot and skin very red and angry looking. Itching above and below the toe.

02 12C 19.XX.XX

Bad flare up between right big toe and next toe again, itching, red, cracked open and sore.

02 12C 28.XX.XX

It would flare up much worse before my periods both times.

02 12C

Have noticed that skin on R hand very dry, cracks on forefinger which are sore and quite deep, tips of fingers dry, Base of palm dry and cracked too

05 30C 03.XX.XX

GENERALITIES

Felt cold all over.

04 30C 00.11.40

Feels tired & weak

04 30C 23.XX.XX

Very tired and still feel very stressed although have relaxed all evening.

05 30C 10.XX.XX

Feel much better today, flow almost stopped. Felt very hot so worked with window open most of the day.

07 30C 20.XX.XX

REPERTORISATION

Mind, Activity desire for
Mind, Ailments from admonition
Mind, Ailments from mortification, humiliation, chagrin
Mind, Anger
Mind, Anger alt with sadness
Mind, Anger alt with tranquillity
Mind, Anger mistakes over his
Mind, anger pain about
Mind, Anger tears with
Mind, Anger violent
Mind, Anger violent wishes he might get at someone on who he might vent his rage
Mind, Anxiety anticipating
Mind, Anxiety breathing preventing
Mind, Anxiety chest in heart region of weight with
Mind, Anxiety future about
Mind, Anxiety others for
Mind, Anxiety others for some persons about
Mind, Anxiety palpitation with
Mind, Anxiety sudden palpitation with
Mind, Anxiety, dreams on waking from frightful
Mind, Audacity
Mind, Awkwardness
Mind, Awkwardness knocks strikes against things
Mind, Brooding
Mind, Brooding unpleasant things
Mind, Company Aversion to
Mind, Company aversion to solitude fond of
Mind, Company desire for
Mind, Company desire for alone agg while
Mind, Concentration active
Mind, Concentration difficult
Mind, Concentration difficult head as if filled with cotton wool
Mind, Concentration difficult talking while
Mind, Concentration difficult writing while
Mind, Confidence want of self
Mind, Confidence increased
Mind, Confidence self in
Mind, Confidence want of self failure, feels himself a
Mind, Confusion head, muddled feeling in
Mind, Confusion identity as to his head separated from body, as if
Mind, Confusion waking on
Mind, Confusion writing while
Mind, Contradict disposition to
Mind, Contrary

Mind, Courageous
Mind, Decisive
Mind, Defiant
Mind, Delusions appreciated that she is not
Mind, Delusions body body parts head separated from body is
Mind, Delusions body body parts separated body and thoughts are
Mind, Delusions calls someone
Mind, Delusions double he is
Mind, Delusions face is unfamiliar
Mind, Delusions faces sees
Mind, Delusions faces sees waking on
Mind, Delusions fail everything will
Mind, Delusions failure he is
Mind, Delusions floating in the air
Mind, Delusions insulted he or she is
Mind, Delusions lost
Mind, Delusions objects appear different
Mind, Delusions of danger
Mind, Delusions old being
Mind, Delusions old he looks
Mind, Delusions outside his body
Mind, Delusions separated mind and body are
Mind, Delusions strange familiar things are
Mind, Delusions unreal everything is
Mind, Delusions visions has
Mind, Delusions washing
Mind, Delusions window should be closed
Mind, Delusions wrong he has done
Mind, Delusions wrong he has done
Mind, desires order

Mind, Detached

Mind, Dreams accidents of
Mind, Dreams accidents of explosion
Mind, Dreams accusations crime, wrongful of
Mind, Dreams anger
Mind, Dreams anger intrusion at
Mind, Dreams animals of dogs
Mind, Dreams animals of dogs bitten by of being
Mind, Dreams animals of mice
Mind, Dreams animals of snakes
Mind, Dreams animals wasps
Mind, Dreams anxious

Mind, Dreams anxious

Mind, Dreams anxious anxiety
Mind, Dreams anxious pleasant partly
Mind, Dreams blood
Mind, Dreams body body parts hair cutting off

Mind, Dreams body body parts hair growing face on

Mind, Dreams body, body parts face disfigured

Mind, Dreams building

Mind, Dreams buildings demolished

Mind, Dreams business of , pressure of

Mind, Dreams busy being

Mind, Dreams cars automobiles of

Mind, Dreams child children about babies

Mind, Dreams child children about danger in

Mind, Dreams child children about rescuing them

Mind, Dreams childhood about

Mind, Dreams churches

Mind, Dreams colored

Mind, Dreams concern lack of safety of self for

Mind, Dreams confused

Mind, Dreams confused, places where he had been and people he had seen

Mind, Dreams crime committed that he has

Mind, Dreams crimes answer for which he is held to

Mind, Dreams danger

Mind, Dreams danger death, of

Mind, Dreams dead people

Mind, Dreams dead people of relatives

Mind, Dreams dead people of relatives long ago deceased

Mind, Dreams dirt

Mind, Dreams errors mistakes

Mind, Dreams escape of

Mind, Dreams explosion

Mind, Dreams failure

Mind, Dreams falling

Mind, Dreams family

Mind, Dreams family own

Mind, Dreams family own losing his

Mind, Dreams fearful

Mind, Dreams fire

Mind, Dreams flood

Mind, Dreams friends

Mind, Dreams friends meeting of

Mind, Dreams friends old

Mind, Dreams frightful

Mind, Dreams frog spitting pink water

Mind, Dreams heard he cannot be

Mind, Dreams help

Mind, Dreams helplessness feeling as if the end of the world

Mind, Dreams home

Mind, Dreams house houses

Mind, Dreams house houses dirty

Mind, Dreams house houses for a family big

Mind, Dreams house houses looking around in
Mind, Dreams indignant
Mind, Dreams journey
Mind, Dreams journey anxious
Mind, Dreams journey bus by
Mind, Dreams Lightening
Mind, Dreams loss sensation of a
Mind, Dreams mental confusion
Mind, Dreams neighbour
Mind, Dreams of accidents
Mind, Dreams of danger
Mind, Dreams parties
Mind, Dreams people crowd of
Mind, Dreams people of crowd
Mind, Dreams pleasant
Mind, Dreams quarrels strife
Mind, Dreams rain of being soaked in
Mind, Dreams robbers
Mind, Dreams robbers fighting with
Mind, Dreams robbers street robbers
Mind, Dreams robbers trying to kill him
Mind, dreams rousing the patient
Mind, dreams rousing the patient frequently
Mind, Dreams searching
Mind, Dreams strangers
Mind, Dreams striving and urging anxious
Mind, Dreams suicide
Mind, Dreams theft accused of, of being
Mind, Dreams toilet is sitting on door opens constantly
Mind, Dreams unpleasant
Mind, Dreams unsuccessful efforts
Mind, Dreams unsuccessful efforts to do various things
Mind, Dreams unsuccessful efforts to do various things
Mind, Dreams violence
Mind, Dreams violence sympathy attackers for
Mind, Dreams violent
Mind, Dreams visit, visits brother from
Mind, Dreams vivid
Mind, Dreams vivid remember could not
Mind, dreams vivid waking him
Mind, Dreams walking
Mind, Dreams washing self
Mind, Dreams water
Mind, Dreams water
Mind, Dreams water danger from
Mind, Dreams water falling in to child her
Mind, Dreams water falling into ice through

Mind, Dreams water flood of
Mind, Dreams water frozen
Mind, Dreams water spiralling air into
Mind, Dreams water stream of

Mind, Dreams water swimming in

Mind, Dreams water swimming in clothed fully
Mind, Dreams water waves of high
Mind, Dreams window standing at of
Mind, Dreams work
Mind, Dreams wrong doing
Mind, Dwells on past disagreeable occurrences
Mind, Emotionally vulnerable
Mind, Fear alone of being
Mind, Fear failure
Mind, Fear failure, of business or work in
Mind, Fear happen something will alone, when, amel. By conversion
Mind, Fearlessness

Mind, Fearlessness danger menaced him, as if, but without fear
Mind, Forgetfulness

Mind, Forgetfulness daily things for
Mind, Forgetfulness, forgets her possessions

Mind, Forsaken feeling

Mind, Forsaken feeling isolation, sensation of

Mind, Handle things anymore cannot

Mind, Helplessness feeling of

Mind, Hurry haste

Mind, Indifference apathy

Mind, Indifference apathy important things to

Mind, Indifference apathy, everything to

Mind, Intolerance

Mind, Irresolution, indecision

Mind, Irritability pain during

Mind, Irritability headache during

Mind, Irritability

Mind, Irritability anxiety with

Mind, Irritability family to her

Mind, Irritability forgetfulness from

Mind, Irritability obstinate and

Mind, Irritability sudden

Mind, Irritability weeping

Mind, Late always

Mind, Memory weakness

Mind, Memory weakness loss of

Mind, Memory weakness loss of for what he was about to do

Mind, Memory weakness loss of dates for

Mind, Memory weakness loss of numbers for

Mind, Mistakes makes perception in

Mind, Mistakes makes spelling
Mind, Mistakes makes talking
Mind, Mistakes makes talking mispronounces words
Mind, Mistakes makes talking reverses words
Mind, Mistakes makes talking wrong words uses
Mind, Mistakes makes time in
Mind, Mistakes makes writing in wrong letters and figures
Mind, Obstinate
Mind, Plans bold
Mind, Plans revengeful
Mind, Positiveness
Mind, Quiet disposition
Mind, Quiet wants to be
Mind, Rage fury
Mind, Rage fury striking with
Mind, Relaxed feeling letting go
Mind, Reproaches himself
Mind, Restlessness anxious
Mind, Restlessness drives him from place to place
Mind, Restlessness internal
Mind, Sadness
Mind, Sadness music from
Mind, Sadness suicidal disposition
Mind, Sadness weeping with
Mind, Self control loss of
Mind, Sensitive disturbance to slightest
Mind, Sensitive emotional
Mind, Sensitive external impressions to all
Mind, Slowness
Mind, Slowness behind hand always
Mind, Slowness of reaction
Mind, Talk indisposed to
Mind, Talk indisposed to sadness in
Mind, Thoughts cannot collect
Mind, Thoughts clearness of
Mind, Tranquillity
Mind, Tranquillity general
Mind, Tranquillity general alt with anger
Mind, Tranquillity general incomprehensible
Mind, Unfortunate feels
Mind, Vulnerable emotionally
Mind, Weary of life
Mind, Weeping
Mind, Weeping admonition from
Mind, Weeping incessantly
Mind, Weeping irritable
Mind, weeping menses during

Mind, Weeping music from
Mind, Weeping night
Mind, Weeping sad thoughts at

Vertigo sitting while amel
Vertigo standing while agg

Head hair affection of in general greasy
Head hair appearance lusterless
Head heaviness extending to eyes
Head itching scalp
Head numbness sensation of
Head sensitiveness of scalp or brain touch to

Head pain dull

Head pain dull occiput
Head pain dull occiput extending to vertex
Head pain dull sides right
Head pain general afternoon one pm agg
Head pain general bathing after amel
Head pain general bending head backwards agg
Head pain general bending head forward agg
Head pain general evening agg
Head pain general from beer
Head pain general heat agg heated from becoming
Head pain general heat amel
Head pain general morning agg waking and on.
Head pain lancinating occiput bending backwards agg
Head pain lancinating occiput left
Head pain lancinating sides right
Head pain localization forehead extending face to
Head pain localization forehead eyes above
Head pain localization forehead eyes above motion during agg
Head pain localization forehead eyes above right
Head pain localization forehead eyes above stooping when
Head pain localization occiput extending neck to
Head pain localization occiput sides of left
Head pain localization sides touch agg
Head pain localization vertex right
Head pain neuralgic
Head pain neuralgic temples right
Head pain pressing band as if by
Head pain pressing bending head forward agg
Head pain pressing closing eyes amel
Head pain pressing forehead eyes above
Head pain pressing lying amel
Head pain pressing occiput

Head pain pressing occiput extending to vertex
Head pain pressing occiput lying down after
Head pain pressing occiput sides of left
Head pain pressing occiput weight or stone as from
Head pain pressing sides right
Head pain pressing vertex
Head pain pressing vertex extending eye to
Head pain pressing vertex extending forehead to
Head pain pressing vertex weight like
Head pain pressing weight as from
Head pain sore bruised sensitive to pressure sides touch agg

Eye ecchymosis
Eye heaviness
Eye irritation
Eye lachrymation
Eye lachrymation air in open
Eye lachrymation light from sun of
Eye lachrymation wind in
Eye pain general right extending to left
Eye pain pressing pressure
Eye pain pressing pressure eyes behind
Eye pain pressing pressure pressing inward
Eye pain pressing pressure rest amel
Eye pain pressure pressing ball in
Eye pain pressure pressing eyes around
Eye pain pressure pressing headache during
Eye twitching canthi outer left
Eye twitching left

Vision blurred

Ear itching in behind ear
Ear itching in left
Ear itching in left
Ear itching in night
Ear noises in reverberating, echoes and reechoes
Ear noises in reverberating, echoes and reechoes own voice
Ear pain general air cold in agg
Ear pain general extending right to left
Ear pain general extending to jaw socket right
Ear pain general pressure on agg
Ear pain general right
Ear pain general right left then
Ear pain general warmth wrapping up amel and
Ear pain lancinating
Ear pain lancinating intermittent

Ear pain pulsating throbbing
Ear pain soreness external ear
Ear pain tearing right extending to right teeth
Ear pains lancinating left
Ear pulsation
Ear pulsation right
Ear skin sensation as of stretched over right external ear
Ear swelling general below glands
Ear swelling general lobes

Nose coryza general
Nose coryza general bending forward agg
Nose coryza general discharge with fluent
Nose coryza general discharge with fluent dripping
Nose coryza general intermittent
Nose coryza general violent attacks
Nose discharge clear
Nose obstruction general morning
Nose pain sore bruised inside
Nose peppery sensation
Nose sneezing general
Nose sneezing general constant
Nose sneezing general coryza with

Smell, acute

Face ulcers lips inside

Mouth dryness general
Mouth dryness general thirstlessness with
Mouth hemorrhage gums cleaning them when
Mouth pain sore lip inside lower
Mouth ulcers general
Mouth ulcers general flat
Mouth ulcers general painful
Mouth ulcers general right
Mouth ulcers general yellow

Throat dryness general
Throat general mucus evening
Throat general mucus swallow must
Throat hawk disposition to tickling from
Throat irritation
Throat lump plug sensation of soreness with
Throat lump plug sensation of swallowing agg on
Throat mucus bitter
Throat mucus general

Throat mucus general clear
Throat mucus general morning
Throat mucus general tenacious
Throat mucus general yellow
Throat mucus general yellow morning
Throat mucus sensation of
Throat pain general drinking amel
Throat pain general left
Throat pain general sleep after
Throat pain general swallowing on liquids amel warm
Throat pain general warm drinks amel
Throat pain rawness swallowing when
Throat pain sore bruised left
Throat pain sore bruised lump as if from
Throat pain sore bruised swallowing empty on
Throat pain splinter as from
Throat pain splinter as from a extending to ear
Throat pain splinter as from a swallowing on agg

External throat pain general sides right
External throat pain tearing sides pressure amel
External throat swelling general cervical glands
External throat swelling general veins

Stomach appetite diminished
Stomach appetite diminished morning
Stomach appetite diminished noon
Stomach appetite increased hunger in general
Stomach appetite insatiable
Stomach fullness sensation of eating agg after
Stomach nausea
Stomach nausea eating agg after
Stomach nausea eating amel after
Stomach nausea eructations amel. during
Stomach nausea menses during
Stomach nausea menses during profuse
Stomach nausea morning
Stomach nausea morning rising on and after agg
Stomach nausea morning waking on
Stomach nausea pain during
Stomach nausea sleep agg, after
Stomach pain cramping griping constricting
Stomach pain cramping griping constricting
Stomach pain cramping griping constricting eating agg after
Stomach pain cramping griping constricting dysmenorrhoea like
Stomach pain general cold drinks after agg
Stomach pain general continuous

Stomach pain general heat amel
Stomach thirst
Stomach thirstlessness
Stomach, pain, neuralgic

Abdomen
Abdomen distention general
Abdomen distention general painful
Abdomen flatulence
Abdomen general pain sides right
Abdomen noises, rumbling eating agg after
Abdomen pain cramping griping intermitant
Abdomen pain cramping, griping extending to back
Abdomen pain cramping, griping, sides
Abdomen, pain, cramping, gripping, sides, extending to kidney
Abdomen pain general eating agg after
Abdomen pain general inguinal region left
Abdomen pain general inguinal region pressure amel
Abdomen pain general inguinal region urinate with urging to
Abdomen pain general rumbling with
Abdomen pain general urination amel
Abdomen pain stabbing
Abdomen pain stitching sticking etc. deep inwards
Abdomen pain stitching sticking etc. extending upwards

Rectum flatus general odorless
Rectum flatus general offensive
Rectum flatus general offensive spoiled eggs

Stool forcible sudden gushing explosive
Stool odor offensive

Female sexual leucorrhea profuse
Female sexual menses bright red
Female sexual menses bright red clotted partly
Female sexual menses frequent too early too soon
Female sexual menses frequent too early too soon, five days too early
Female sexual menses frequent too early too soon, four days too early
Female sexual menses frequent too early too soon, scanty, and
Female sexual menses frequent too early too soon, six days too early
Female sexual menses general appear would appear, as if
Female sexual menses hot
Female sexual menses painful dysmenorrhoea extending down thighs
Female sexual menses painful dysmenorrhoea extending to inguinal region
right
Female sexual menses painful dysmenorrhoea lying amel
Female sexual menses painful dysmenorrhoea walking agg

Female sexual menses painful dysmenorrhoea warmth amel
Female sexual menses profuse general
Female sexual menses protracted prolonged
Female sexual metrorrhagia general
Female sexual metrorrhagia general between the menstrual periods
Female sexual pain cramping menses agg. during
Female sexual pain cramping menses during
Female sexual pain general menses during
Female sexual pain general uterus extending to back
Female sexual pain general uterus extending to legs shooting
Female sexual pain labour like menses during
Female sexual pain stitching sticking etc. extending to upward
Female sexual weakness general

Speech and voice, voice husky

Respiration deep desire to breathe
Respiration deep desire to breathe enough cannot get
Respiration difficult exertion after

Cough loose expectoration with morning
Cough loose morning

Expectoration colour yellow
Expectoration colour yellow morning

Chest heaviness
Chest heaviness suffocation with sense of
Chest oppression
Chest oppression inspiration agg
Chest oppression sternum behind
Chest pain general mammae extending to axilla
Chest pain general mammae jar agg
Chest pain general mammae right
Chest pain general sides right
Chest pain general sternum behind
Chest pain general sternum behind swallowing when
Chest pain pressing sides right
Chest pain pressing sternum behind
Chest pain sore bruised mammae
Chest pain sore bruised mammae menses before
Chest pain sore, bruised, mammae right
Chest palpitation heart
Chest palpitation heart
Chest palpitation heart midnight after
Chest palpitation heart night bed in
Chest palpitation heart night waking him

Chest palpitation heart pulse frequent, with very
Chest, palpitation, heart, extending to throat
Chest swelling general mammae

Back pain aching
Back pain constricting cervical region
Back pain cramp like dorsal region scapula between
Back pain dorsal region scapulae right
Back pain dorsal region scapulae right extending to neck
Back pain general
Back pain general cervical region extending shoulders
Back pain general cervical region motion amel
Back pain general rising sitting from
Back pain general sacral region extending to inguinal region
Back pain general sacral region extending to thighs
Back pain general sacral region extending to thighs left
Back pain sore bruised beaten cervical region
Back pain stitching shooting lumbar region bending forward while sitting
Back pain stitching shooting lumbar region motion agg
Back sensitive
Back sensitive touch to
Back stiffness cervical region left
Back stiffness cervical region turning head on to left
Back stiffness lumbar region
Back stiffness motion agg.

Extremities coldness
Extremities coldness hands
Extremities cracked skin fingers
Extremities cracked skin fingers second index
Extremities cracked skin hand
Extremities cracked skin hand palms of
Extremities cracked skin toes between
Extremities discoloration redness foot
Extremities discoloration redness toes
Extremities discoloration redness toes first toe
Extremities dryness general fingers
Extremities dryness general hands
Extremities dryness general hands palm
Extremities eruptions desquamating foot between toes
Extremities eruptions itching foot
Extremities eruptions rash between toes
Extremities eruptions rash foot
Extremities eruptions rash thighs
Extremities eruptions red foot
Extremities heat general thigh prickling
Extremities inflammation elbow, condyles, around, tennis elbow

Extremities injuries ankle
Extremities injuries fingers
Extremities itching foot
Extremities itching toes
Extremities itching toes fifth
Extremities itching toes first
Extremities itching toes night
Extremities itching toes voluptuous
Extremities itching wrist
Extremities numbness insensibility fingers
Extremities numbness insensibility forearm
Extremities numbness insensibility upper arm
Extremities restlessness lower limbs evening
Extremities tingling, prickling lower limbs

Extremities pain aching knees
Extremities pain aching lower limbs
Extremities pain aching shoulder extending to arm
Extremities pain aching shoulder left
Extremities pain aching shoulder left extending to arm
Extremities pain aching shoulder warmth amel
Extremities pain cutting knee left
Extremities pain cutting leg
Extremities pain cutting leg calf
Extremities pain general anxiety with
Extremities pain localization lower limbs knee
Extremities pain localization upper limbs elbow right
Extremities pain localization upper limbs fingers nails around the nails
Extremities pain localization upper limbs fingers second, index nail
Extremities pain localization upper limbs forearm right
Extremities pain localization upper limbs shoulder extending to arm
Extremities pain localization upper limbs shoulder left
Extremities pain localization upper limbs shoulder left extending to hand
Extremities pain localization upper limbs shoulder motion on amel
Extremities pain localization upper limbs shoulder right
Extremities pain localization upper limbs upper arm right
Extremities pain pulsating throbbing shoulder
Extremities pain shooting leg
Extremities pain shooting leg calf
Extremities pain sore bruised ankle
Extremities pain sore bruised fingers
Extremities pain sore bruised fingers nails
Extremities pain sprained as if ankle

Sleep deep
Sleep deep night
Sleep disturbed dreams by

Sleep interrupted dreams from
Sleep restless
Sleep restless dreams from
Sleep sleeplessness general dreams from
Sleep sleeplessness general evening bed after going to
Sleep sleeplessness general heat from
Sleep sleeplessness general midnight after
Sleep sleeplessness general midnight after four am at
Sleep sleeplessness general midnight after one am after
Sleep sleeplessness general midnight after three am – five am
Sleep sleeplessness general night middle part of night in
Sleep sleeplessness general restlessness from
Sleep sleeplessness general thoughts from
Sleep unrefreshing
Sleep unrefreshing dreams from
Sleep waking dreams from

Skin cracks fissures
Skin cracks fissures itching
Skin dry cracking as if
Skin eruptions rash menses before
Skin menses before agg

Generals cold
Generals cold feeling in body
Generals cold feeling in body
Generals coldness
Generals coldness evening
Generals food and drinks cold drinks water desires
Generals food and drinks salt or salty food desires
Generals food and drinks sweets desires
Generals heat flushes of menses during
Generals heat sensation of
Generals heat vital lack of
Generals lassitude general
Generals menses before agg
Generalities, Reaction lack of
Generals sides right
Generals weakness enervation exhaustion prostration infirmity
Generals weakness enervation exhaustion prostration infirmity anxiety with
Generals, weariness
Generals wounds heal quick tendency to