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For further information on homeopathy please see Steve Smith's book:
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PLASTIC (WRAP) PROVING

First 'edition,' February 2007

This is information about a new medicine in the Homoeopathic Materia Medica: a new 'remedy.' The proving took place three years ago. It is now being used, but this information itself is in effect still on trial as we continue to discover the domain of this medicine. Your reading and use of it is part of this unfolding. Your thoughts, insights and experience will come to bear on the matter. Your findings and reports of the benefits of using this medicine can be part of the next 'edition' of the information. Stuart Deeks. Proving coordinator.

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The story of the Proving of Plastic (wrap)

When I was asked to be the coordinator of provings at the South Downs School of Homeopathy, I thought it was an opportunity to discover something about plastic, in one of its many forms, by doing a proving. Then, Pema Sanders, a homeopathic colleague, drew me aside, when we met at the summer graduation ceremony, to tell me that she had an idea for a proving. (No-one else was to know what it was at this stage) To our surprise Pema had the same idea as I did...

In 1996 she and Jan Mathews had made up Sainsbury's cling-film to the 30th potency at Helios Pharmacy, and it was waiting for a formal proving. As well as noting down the effects on her of making up the remedy, Pema sent it to a psychic friend for a "reading" and organised a small 'meditation' proving amongst homeopathy students based in Saffron Walden, Essex. The results of these two experiments are included on page 123..

From that time of secretive conception, Pema and I began to carry and manage the proving.

Knowing that cling-film, and other plastics, have an oestrogen mimicking or disrupting effect which has already infiltrated the food chain (see Articles about the environmental presence and effects of plastics page 128), we thought that the remedy would have an effect on sex hormones. We also wondered if it might produce skin symptoms, because of being derived from petroleum. Because of the falling levels of sperm counts in Western countries, and the possible contribution of oestrogenic substances in the food chain, we surmised that the remedy might relate to issues of successful conception and, by extension, affect the internal balance of the male and female energies.

The proving group at the college was entirely female so we invited four men to take part – two of these did sperm analyses before and after. (The results turned out to be disappointing and inconclusive.)

We had eleven provers in all. The remedies were prepared at Helios Pharmacy, Kent, England, and coded; there was one person taking a placebo, and otherwise the 12CH, 30CH and 200CH potencies were used. The proving began on January 22nd, 2004. The provers were to take a maximum of six tablets over two days, and to stop when symptoms began to show up. Each prover had a 'supervisor,' another student from the same college year group. The supervisor's role was to speak with their prover, every day to begin with, and keep a record. None of the provers or supervisors knew what the remedy was made from.

The provers were Morag Bouterse, Sarah Knight, Jackie Ryan, Nicola Schilling, Mary-Jane Sharratt, Christina Weston, Yvonne Wilson; Jon Caplin, Chris Garland, Graham Love and Stephen Phillips.

The 'supervisors' and other members of the college year group were Chris Braithwaite, Jo Brookbank, Lisa Corrigan, Jane Glover, Rebecca Johnson, Lotte Katz, Tara Lavelle, Melody Pettigrew, Tont Smith and Paul Wales.

The student group met at college sixteen days into the proving, and again four weeks after that. This first group meeting and exchange of experience seemed to re-energise the proving. Some of the provers, when hearing their colleagues' accounts, realised that some of their own experiences, which they had dismissed as insignificant or coincidental, were possibly part of the proving. We also noticed that several of the supervisors had been affected (see page 84). At the second college weekend the nature of the remedy was disclosed – this was now six weeks into the proving.

I wish to thank the provers and supervisors for their involvement; also the other students who looked for information about plastics and their global impact. Thanks too to Helios Pharmacy for supplying the tablets for the proving. Also, and especially, I thank Pema Sanders for her time and consistent clear-mindedness as we collated and she typed up the provers' reports and other material.

I hope you find value and meaning in these writings. They are deliberately extensive and inclusive. The cases, from October 2005 onwards, include much of the individual patients' own words. In what I have included and written I do not wish to define the territory of this medicine for you; rather to provoke and catalyse your thoughts and responses to the matter in hand. Cases continue to come in as I write this, (February 2007.) The remedy is after all still in its infancy – a probation period. Several proving symptoms have been replicated in the clinical situation: patients sometimes using the same turn of phrase as did the provers. That helps to confirm our homoeopathic choice to use the remedy.

If you have or hear of results of the use of this particular Plastic, please forward them to me, and they can then be included in future publications, for the general benefit.

Thank-you. Stuart Deeks, coordinator of this proving.

Email addresses:

South Downs School of Homoeopathy <homoeopath@ntlworld.com>

Stuart Deeks <stuart.deeks@homecall.co.uk>

Stuart Deeks phone number: 01273-558680.

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The Proving

Times are indicated as follows: Day.Hour. Minute. 00 is Day 1, 01 is Day 2, etc. So 00.00.00 is the time of beginning the proving - taking the first tablet, (or the single tablet in the case of the two meditative provers.) When a Day number is followed by XX.XX this is a record of events on that day, without importance or significance attached to specific times.

The Provers

Prover number 1 (F), 36 years old.	30CH.
Prover number 2 (F), 33 years old.	200CH
Prover number 3 (F), 22 years old.	12CH
Prover number 4 (F), 36 years old.	12CH
Prover number 5 (F), 41 years old.	Placebo
Prover number 6 (F), 33 years old.	30CH
Prover number 7 (F), 25 years old.	200CH
Prover number 8 (M), 55 years old.	30CH
Prover number 9 (M), 62 years old.	200CH
Prover number 10 (M) 54 years old.	30CH
Prover number 11 (M), 49 years old.	12CH

The rubrics

The rubrics and page numbers that follow each section of the text refer to Robin Murphy's Homeopathic Medical Repertory, Second Edition, 2003.

The text of the proving

Headings in the 'Mind' section:

Vivacity, loquacity and euphoria, and the need to be the centre of attention.

Enhanced perceptions.

Speaking out, sense of connectedness or separation, in everyday encounters.

Cleaning-up, tidiness, washing.

Precise detail.

Organisation and overwhelm.

Calmness and focus.

Sadness, self-doubt, and feeling withdrawn, sensitive to the opinion of others.

Clumsiness, and cautiousness.

Mental confusion.
 Concepts of time.
 Effects of alcohol, sensations as if drunk.
 Sensations relating to water.
 Body image; attractiveness; relationship with others.
 Weight gain or loss.

MIND: states of mind and emotional responses

Vivacity, loquacity and euphoria, and the need to be the centre of attention

(1)

General sense of self-centredness and wanting to be the centre of attention. (This wore off later on) Feeling of being more interesting than others, and easily bored by other people's stuff.

(3)

00.00.00. I was enjoying work today, in a light-hearted and laid-back mood, and laughed easily. Noticeably lively after lunch, alert and giggly with work colleagues.

04.XX.XX I woke from talking out loud in my sleep, and I remember the word that woke me – it was “optimistic”. Partner heard me laugh out loud in my sleep. My dream world last night was obviously very light-hearted.

19.XX.XX Lightness and spontaneity has passed now.

(4)

11.XX.XX Very happy and chatty today, on a high. Not much of a breath between words. Articulating with hands quite a bit whilst talking.

12.XX.XX Very chatty and friendly to everyone (airline hostess) - good mood. I feel very energetic, lively and positive. Talked all day to colleagues. It was commented on: “Can you stop talking for a minute!?” Friends said to me that I was very chirpy and talkative, and seemed very confident.

13.XX.XX Still talking. Feel clear-headed, feel optimistic and excited about life in general. Relaxed and happy at home.

14.XX.XX Felt energetic all day and absolutely could not stop talking. Very jovial and witty, but had enormous urge to talk ALL the time. Am chatty normally, but this was constant. Extremely friendly and caring to passengers on board. This was more than usual and it didn't wear off.

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(Supervisor's note: She said she felt fantastic (in a very loud, excited voice) – a bit like the euphoria you see on Christmas day when the child gets the toy it always wanted. She butts in on our conversation, changing the subject really quickly, and I can't keep up. She sounds as high as a kite. The kind of talking I can imagine as when someone is on speed. She is so happy, it's fantastic.)

(Prover again.) My relationship with my husband is really good – I couldn't wait to get home to see him. It's fantastic.

15.XX.XX Not so manic today. I still feel good, though not on a high. I feel OK with household duties, and am still looking forward to my husband coming home. I feel closer to my husband, and he seems really happy today.

17.XX.XX **(Supervisor's note :** She had the chatters still, and was very happy and giggly. It was infectious. She is full of ideas on how to study and do things, and is very enthusiastic about them. She seemed to write as fast as she talked. Last month, after the college weekend, she was talking of giving up the course. This weekend she is buying up the pharmacy and forming ideas left, right and centre. Our tutor even said there was a lot of energy in the room. It was strange, but all four of us had the giggles 'big time', reducing us to tears often. It makes me smile just thinking of it. FANTASTIC.)

18.XX.XX **(Supervisor's note:** I got a text message from my prover at 7.40 am. It reads: " HYPER, HYPER. Waiting outside for Tesco's to open. I think I'll clean the car! " she had to wait fifteen minutes in the car for Tesco's to open, and she couldn't wait, so went to the gym for a coffee. (Provers had been asked either to change their habitual coffee/tea/alcohol consumption well before the proving or to carry on as usual in this respect through the proving.) She had been up since 6.30 am, bright as a button. Did loads before school. Was multitasking, cooking three meals at once, and going on the computer – all at the same time.)

(Prover again.) I didn't eat breakfast or lunch, as I was just too hyper. I feel as if I'm on speed. I love the energy and life the proving has brought to me. I feel much more affectionate towards my husband, all my jobs are being done on time, i.e. bills are dealt with immediately. I feel totally hyped from the weekend. After college on Sunday I went home, I typed up all the notes and emailed them, then did loads of other college stuff.

(Supervisor's comment: This is the most hyper day she has had since the start of the proving. The conversation started with her not speaking too fast, but it soon sped up till I just couldn't speak. When I did get to talk I was being interrupted because she just had to tell me what else she was talking and thinking about.)

(Prover again.) I feel I am buzzing, and the mood seems to be infectious. My son seems hyper today too. Made lots of decisions today, which is so unlike me. I'm not thinking about what will happen when I come down; I know I've enjoyed it, and I hope I come down slowly.

24.XX.XX I feel back to normal. Hyper-ness has now gone, I came down slowly, and I feel more indecisive again. I still feel as though I'm being efficient.

(Supervisor's comment : She still sounds very positive and enthusiastic, just the hyper-ness has gone.)

25.XX.XX My constant need to move around with lots of energy has subsided, but I still feel focussed, and am positive about life in general. Getting on well with husband, and home life feels very positive.

(Co-ordinator's comment: When relating my own recent experiences and dreams, at the first general meeting of the group since the proving had begun, I also was very excitable, and keen (over keen?) to talk about my experience.)

(6)

00.03.00 Tingling sensation all over, as if excited about something. Quite a sensual feeling. Goose bumps, butterflies in stomach, like anticipation, but for no particular reason.

01.04.XX 'Butterflies in stomach' sensation again., as yesterday.

(10)

00.XX.XX Have felt relaxed and generally its been a relaxing day. Quite euphoric. I have felt excited and engaged still with the positive experience from last night, when I was leading a meditation group for the first time.

03.XX.XX General positivity (unusual for me) – but I had started a Buddhist teaching class at the same time as the remedy. I had been asked to do it – for me it was a big accolade.

04.XX.XX Today I've had an enjoyable day, but not euphoric as on the first day.

05.XX.XX Still less euphoric – I feel OK and positive, but things have settled down. I think it's having an effect on my sexual energy. I feel less caught up in my sexual energy, and less likely to have a sexual fantasy. I feel sexually calmer.

06.XX.XX I did the meditation teaching again, but I felt nothing like as euphoric as last time – so maybe some of it was the remedy. I feel a bit deflated. Today I had a realisation of what a big thing I've taken on (the course) – I've felt overwhelmed by the realisation of the responsibility.

08.XX.XX Mood change: there has been a strong change from the positivity in the last two days. I feel less sexually calm, and seeking sexual fantasy as a comfort, and less happy in myself. I've lost confidence in my meditation practice. Other areas of my life which are difficult for me are more starkly present. I feel more self-doubting.

I have strong emotional responses at the moment – perhaps I'm more open, and I'm experiencing all of this more than I would before the proving. It feels like an intensifying of yesterday's mood, and this morning I've felt quite tearful. The mood is unhappiness related to aspects of my life which present difficulty, but for which no immediate solution present itself. Rather, I need to work within the situation, but in doing so I can become unclear as to whether I'm making appropriate decisions – that is, keeping a balance between

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prevarication and overreaction.

09.XX.XX Mood has lifted, feeling lighter and more positive.

12.XX.XX I think the emotional stuff at the end of last week was a bit of a climax, and now it's just in the background.

20.XX.XX A profuse cold started today, the first for about three years. It came on suddenly, after an intense discussion with the lodger, with whom I had had unresolved difficulties.

Rubrics: (Homeopathic Medical Repertory – Murphy.)

Chapter MIND

Talking, pleasure in his own (p1410)

Talking, excessive (p1409)

Talking, excited (p1410)

Talking, excessive, changing quickly from one subject to another (p1409)

Gesticulates, while talking (p1340)

Speech, hasty (p1400)

Optimistic (p1380)

Excitable (p1321)

Vivacious (p1417)

Exhilaration (p1324)

New rubric:

Mind, talking, interrupts others (p1410)

Enhanced perceptions

(1)

07.XX.XX Maybe getting more self-aware. I'm conscious that I'm a terrible gossip at work and getting somewhat indiscreet. I feel a bit guilty about this. I'm not sure that indiscretion is a new thing, or just something I'm more aware of.

(2)

Pre-proving: I received the remedy in the post, and for safekeeping placed it in my remedy drawer in my therapy workroom. (She is a reflexologist.) Since then have experienced a feeling of heightened awareness in several situations. I have become aware of, and experience, a noticeable flow of energy whilst practising healing therapies in this room.

03.XX.XX In comparison to prior to the proving I now feel that I've lost that

heightened awareness and ability to channel healing energy. I can compare myself to the difference between wood and metal. Wood is dense with no conductivity, and it acts as a barrier, but metal has conductivity and allow the energy to flow. It feels as if I'm not "plugged in". It feels like my skin is opaque, and light cannot shine through. Looking back I feel as if I've lost a couple of days, and realise that during this time I lost all concept of time.

(4)

00.09.XX My son's voice seems so loud, louder than normal. I visited a friend who also sounded louder than normal. I felt as if I wanted to tell her to keep her voice down – it was penetrating my ears.

(6)

00.04.XX Sensitive to noise and odours – man in petrol station in front of me just stank. When I came through the front door, the house smelled and the dog smelled.

(9)

08.XX.XX My senses of smell and vision are more acute.

14.XX.XX Since the proving began I seem to be more psychic. I 'see' things more.

(10)

00.XX.XX Today I really noticed how my work as a chiropractor affects my back.

03.XX.XX Again I'm really noticing how my back tightens up when giving treatments.

Rubrics:

Chapter MIND

Time, perception, loss of (p1414)

Sensitive, noise to (p1394)

Sensitive, odours to (p1395)

10

Chapter HEARING

Acute, hearing, to voices and talking (p995)

Chapter VISION

Acute, sensitive (p1891)

Speaking out, sense of connectedness or separation, in everyday encounters.

(1)

03.XX.XX I seem to be more “open” with people. I have an innate, well hidden, shyness, that makes me feel awkward speaking to people I don’t know (shop assistants, in pubs, in the queue in Sainsbury’s etc.) and I think I put out an air of standoffishness. This seems to have dispersed and people seem to be speaking to me more.

11.XX.XX By now I really don’t want to speak to anyone. If I didn’t have to work, I’d be cocooned at home in safety. It’s OK doing usual stuff, because I know that and it’s familiar, but I don’t want to get out and meet new people particularly. I should have phoned my supervisor today but I don’t want to. I’m bored of talking about myself and my symptoms.

(2)

01.XX.XX Today I was slow in talking and thinking. However, I had a very lucid conversation at the school gate about a friends’ daughter, and was more outspoken than I would usually be.

02.XX.XX Feelings of insecurity like an outcast or an alien. When at the supermarket till, I realised I’d forgotten an item and go to get it; then I have an extreme feeling as though everyone is looking at me.

04.XX.XX 1 pm and onwards through the afternoon – feelings of being lonely and separate from everybody else. A sense of unhappiness and comparing myself to other people. “I’m not a bad person, why am I not happy?”

(See Prover number two’s extra proving notes, page [xxxxx](#))

(3)

11.XX.XX. Felt cheerful at work, but strangely, alongside this, was a sense of uneasiness when alone talking with another person. Then I was not as confident as when I am in a group. Felt unsociable and quite uneasy about being approached for a conversation when working alone in one of the

offices. Uncomfortable and awkward, and unable to hide this. I flushed with embarrassment and realisation that I was not showing the same friendly part of myself that I had earlier. This must be an anxiety/insecurity deep within myself – yet it annoyed me that I was unable to avoid feeling this way. I've noticed that the simplest exchanges of communication are a hurdle to get through calmly at times. Yet at other times I'm so sociable, and open enough to feel really good about myself, and feel good generally.

21.XX.XX With my partner I felt as though we were closely bonding for the first time in ages, and a closeness was rekindled. I felt very at ease.

26.XX.XX Understanding from people and being able to communicate on the same wavelength is better at work and at college, but not with my boyfriend.

(4)

16.XX.XX More open to asking questions at college – normally feel embarrassed that the question may sound silly. Today felt it didn't matter.

17.XX.XX Felt much more energetic today, more confident in class, asking questions and participating more than normal.

(6)

02.XX.XX I've noticed an emotional change today – over the last few weeks I have been feeling quite isolated and have had difficulty making contact with people (face to face, or by telephone). This feeling is gone today. I feel more open towards people, and people seem to be more welcoming, not so hostile – which I had felt them to be before the proving. *(See also her notes under menstrual symptoms. Page xxxx)*

02.XX.XX Went out with partner and friends for an evening meal. Under the influence of a little alcohol (2 glasses of wine with food), I had a big, loud argument with my partner. Stood up, shouted at him, threatened to leave him. This is not the kind of thing I have ever done before. I felt terribly upset, but in hindsight I wonder whether my reaction was as justified as I thought at the time. It was quite out of character. It is not how I normally act, at home or in public, I tend to go quiet instead.

Rubric:

Chapter MIND

Bashful (p1282)

Reserved (p1386)

Timid (p1415)

Anxiety in company (p1272)

Anxiety from conversation (p1272)

Embarrassment, feelings of (p1320)

New rubric:

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Estranged, feels, while going about her daily business (p1284)

Chapter DELUSIONS

Separated from the world (p375)

Looking at her, everyone is (p371)

Alone, world, that she is alone in the (p360)

Cleaning-up, tidiness, washing

(1)

01.XX.XX I seem to be neat the past two days, keeping things tidy in the house, but I do have phases like that – if it persists, it is definitely the remedy.

00.14.00 Still tidying up, although its evening.

01.XX.XX I had a dream about my neighbour – she came to say the remedy I gave her didn't work. I had to retake the case, and was fairly obsessed with the fact that she is tidy. In my dream that was important.

02.XX.XX I'm still tidying up at every opportunity – I was ironing at 9 pm – not usual.

03.XX.XX Was desperate to do some washing – although there was none in the basket ! I cleaned the kitchen windows this morning – very unusual. Also I turned down my socks neatly, which is unusual too.

07.XX.XX I asked my partner if I'm still tidy and he said "yes". It's becoming such a part of me, I no longer notice. Usually it's a mad rush getting the house tidy on Thursday mornings for the cleaner - but today it was already tidy. At work I've cleared up all loose ends and finished up outstanding jobs, but oddly, I don't feel as though I've worked particularly hard this week. I've a project to work on, so we'll get on with that today. My tidiness at home has extended to tidying up loose ends at work too, I think.

09.XX.XX House seems dusty, and I plan to give it a good clean, even the windows. Evidently, tidiness continues. Later in the day: I can't believe the last three hours have gone so fast. I've been having a cleaning frenzy – hoovering the stairs, changing the sheets, polishing the kitchen floor (I can't remember when I last did that;) cleaning windows, and hand-washing stuff. Its helped my period pain ! I'm not sure why I can't stop cleaning and tidying, we're not having visitors, so it's not out of necessity. I just want the space around me to be clean. I can't bear any dirt or untidiness at the moment.

10.XX.XX Definitely less tidy today, and have eaten more (and less “good” food).

In retrospect (after the proving) about three and a half weeks into the proving I felt clearer and cleaner. I felt more attractive, and was noticing other men’s attractiveness.

(4)

16.XX.XX Needed to tidy house before college.

Rubrics:

Chapter MIND

Tidy (p1414)

Fastidious (p1326)

Fastidious, for cleanliness (p1326)

New rubric :

Housekeeping, attentive to (p1345)

Precise detail

(1)

03.XX.XX I got into a debate about apostrophes, which is the one grammatical thing I’m not good at. I felt I was on weak ground, and didn’t have the confidence to argue a convincing case.

(3)

02.XX.XX My partner said I’ve gone into a lot more detail about things generally since the proving began. He felt I’d been more descriptive than necessary to explain myself.

04.XX.XX I agree with my partner that I am “going into one” about detail more often, ever, than usual.

(4)

14

14.XX.XX As I look around I feel as if I'm looking at everything in detail.

Rubrics:

Chapter MIND

Fastidious, details for (p1326)

Organisation and overwhelm

(1)

03.XX.XX It will be interesting to see if I get on with "put off" jobs at work tomorrow and feel more motivated.

19.XX.XX I've got lot of bits done at work, but not yet knuckled down to the project I'm supposed to be doing. I was quite quiet today, not sure if this is the remedy, or just me. I don't usually feel like this. I need to phone a couple of tradesmen, but keep putting it off – not sure why. I just don't feel up to it somehow. A few years ago I'd put off phoning friends until I felt in the right mood, and I suppose this is similar. Also I notice I've been walking more slowly today, not in a rush, and it seems to suit my slightly withdrawn mood.

(2)

00.08.00 Initially I felt motivated, going out on several trips, completing jobs I'd been meaning to do for ages. Initially (and it was like when I was pregnant) I felt happy, motivated and energetic. However, by now I feel tired, lethargic, mentally dull and confused. I had a couple of minor near-miss errors while driving. I felt slow, dreamlike – it was really hard to get my mind into gear. I've felt mentally dull, almost as if drunk, and time seemed distorted. As the afternoon went on I felt it hard to manage everyday tasks, and felt overwhelmed by work. I had to work really hard to complete a small piece of written work, although there were no mistakes in it when it was checked by my colleague. (This is unusual.) My brain felt swollen / waterlogged. I was confused and was making mistakes in talking and completing tasks, e.g. made a cheese sauce, but forgot to cook the pasta.

01.XX.XX Realised I have not completed many tasks I had planned to do – tidying, clearing etc.

(3)

27.XX.XX **Provers' overview** : Since the proving began I have had a sense of pressing and reminding of things I want to do. Before, I would wait. Now I would do it now. All those things I was going to do if I wasn't going to be criticised, judged or doubted. Life is too short – what is the most pressing

thing you would do if this was your last day ? Before I would make plans, wanting something to look forward to, rather than be just “in the now”.

(4)

00.XX.XX I feel positive and motivated, clear head, feeling focussed.

03.XX.XX I really enjoyed cooking dinner, I wouldn't normally. I seem more focussed, and not indecisive. Instead of sitting about and moaning about things I'm actually getting on with it. Achieved quite a bit. I've got a positive attitude. I'm getting more done.

07.XX.XX I feel really positive about everything.

18.XX.XX All my jobs have been done on time – bills have been dealt with immediately. Absolutely hyper today – jumped out of bed at 6 am, full of energy. Felt as though I'd taken amphetamines. Tidied house, and was waiting outside Tesco's to do shopping at 7.45 am – it didn't even open till 8 am. Went to two supermarkets, came home, made three different soups and two other meals, and cleaned the house. Forgot to eat breakfast and lunch, as I could not stop moving. Accomplished everything I had been meaning to do today, very focussed, did not slow down until going to bed at midnight. Slept well. I made a lot of decisions today, which is very unlike me. I'm not thinking about what will happen when I “come down”. I know I've enjoyed it, I hope I come down slowly.

24.XX.XX Did a lot of work on the house today, painting outside with husband – getting on well, feeling very together. Calm and relaxed, not energetic any more. I enjoyed feeling so lively, I miss it. I accomplished many unfinished jobs during the proving. I feel back to normal now, though still feel it has left me very positive and organised. I feel optimistic about the course, and can see homeopathy as part of my future. I had many doubts before, that I could cope with the course, and always felt as if I could give it up – I've not had this feeling again since the proving.

(10)

00.XX.XX Today I made one very quick decision, which is unusual for me. I just saw this form that I had to fill in, filled it in, and made out a cheque, and that was it !

(11)

00.XX.XX Felt 'on form' today, achieved a lot at work without feeling stressed.

01.XX.XX Felt good again today, mentally.

16

02.XX.XX Felt good all day again, a general feeling of changing up into 5th gear. Its like going into overdrive. I'm going as fast as before, although it doesn't feel I have to work as hard to maintain the speed.

06.XX.XX A bit stressed today, not quite as relaxed as before.

07.XX.XX Feeling stressed again.

11.XX.XX Head clear again.

21.XX.XX Last night I had a 'down' mood for about an hour – no reason for it, not too stressed at work etc. – but suddenly felt 'fed-up' with everything – where I'm going in my life etc. Glum moodiness, 'poor me', tearful over nothing in particular. My gums were bleeding, my piles were bleeding, and I felt moody, almost like a woman with PMT. It went as suddenly as it came! Looking back over the last 3 weeks – I have been functioning better with my academic work, in general.

Rubrics:

Chapter MIND

Worries, full of (p1421)

Business, incapacity for (p1284)

Undertakes many things, perseveres in nothing (p1416)

Workaholic (p1420)

Procrastinates (p1381)

Gloomy (p1341)

New rubrics:

Chapter MIND

Gloomy, motivation without (p1342)

Calmness and focus

(1)

04.XX.XX At work, one of my clients by-passed me and went straight to one of the directors. Usually this would piss me off, but it didn't today. I just phoned him and had a quick discussion about what he wanted. I was much more relaxed about stuff than I used to be.

(3)

00.XX.XX On the journey home by car I was content to leave the car radio off, and just to reflect on my day. This is not usual for me.

19.XX.XX Silence is now too much again, so I have to have music on.

24.XX.XX This evening I just wanted to watch the film we chose in silence, which is unlike me, as I have often been told off for talking my way through films, much to everyone's annoyance.

(4)

00.XX.XX I feel really chilled out, like really relaxed. Lost my purse at work today, but was really calm about it, wasn't bothered. A lack of usual reactions to things. It feels like being stoned. I feel as if I have more patience than normal with my son. I spoke very calmly to him in the supermarket as he was really being boisterous and loud. I kept very together even though his voice was tiring me out. I cooked dinner and answered his millions of questions very responsibly – which is often not so easy when tired at the end of the day. I did start to raise my voice and lose control slightly when preparing him for bed.

03.XX.XX Still feel more patient than usual with my son.

04.XX.XX Don't feel as relaxed and calm today – feel pissed off that I am feeling like this. Feeling pissed off with the proving – knowing me I've got the placebo. My period isn't due for one week, so it isn't PMT.

Feel like doing nothing this evening, cancelled evening out with friends.

14.XX.XX Feel very clear headed and focussed. Calmness at home is still there. Normal situations that would wind me up just don't.

19.XX.XX Again very energetic, woke up refreshed at 6 am – cleaned house (not normal), prepared roast dinner before 8.30 am, then cycled to the gym, five minutes faster than normal. Felt I had excess energy to burn, felt light and buzzing during the class, even went to the supermarket, all before 9 am. Came home, did lots of other chores. Not getting wound up about domestic affairs and things that need doing – just relaxing and getting on with everything. I'm certainly more clear headed and not so fuzzy – I feel great! Working on computer at 10.15 pm, by this time I'm normally tired and can't wait to go to sleep – not today! My main feeling normally is "I'll do it tomorrow" – now I feel I'll do everything now. Becoming more organised and feeling calmer, and not so impatient with trivia, e.g. installing programme into computer fairly calmly and not becoming irritated if I've done something wrong. Feeling as if I can sit calmly, analyse what I need to do, and then do it, without the unnecessary fuss I normally make.

20.XX.XX Woke up refreshed at 6 am, calming down – feel very focussed, doing lots of chores, feel the urge to sort everything out – paperwork and housework – to organise everything. Not feeling so hyper. Slightly agitated

18

with husband, because I feel I'm doing everything.

21.XX.XX Not much to say today, calming down, not feeling the urge to rush everything. More tired than usual.

22.XX.XX Felt tired today and slept all morning, as my son is staying with his grandparents. Bliss! Really relaxing – feel content.

24.XX.XX Still feeling friendly, chatty and calm.

35.XX.XX Still not irritable with household things and husband.

(6)

00.07.XX Feel irritable and impatient with my daughter, but also calmer in reaction to situations.

(7)

02.XX.XX Have been in a really good, cheery, light mood all day. It's been sunny with blue skies, which made me feel wonderfully relaxed. In some ways I've noticed I've been a lot more relaxed and laid-back. I had friends over for dinner and getting things ready was a bit rushed, but I felt a lot calmer when normally I'd get flustered.

Rubrics:

Chapter MIND

Tranquillity, serenity (p1415)

Patience (p1380)

Impatience (p1349)

Clear, mind (p1287)

Agitation, mental (p1264)

New rubric:

Quiet, around her, cannot stand (p1382)

Sadness, self-doubt, and feeling withdrawn, sensitive to the opinion of others

(1)

15.XX.XX I've not felt this sad for years. I have no appetite, but managed to force some lunch down. It's a general flatness and sad feeling. I was on a train, and a mother was threatening to hit her little boy – I couldn't see that he was doing anything wrong – just being a lively five year old. Another person had a run-in with a ticket inspector. Right now I don't want to be surrounded by all of this, and I wish they'd all go away.

19.XX.XX I feel a bit 'hunched-up' and closed in on myself today. A friend said I looked tired. I need to phone a couple of tradesman, but keep putting it off, not sure why, just don't feel up to it somehow. I've also noticed that I've been walking more slowly today, not in a rush, and it seems to suit my slightly withdrawn mood.

(2)

01.XX.XX I felt very sad, alone and insecure.

02.XX.XX Feel shaky, sick, insecure, paranoid, withdrawn, sad and lonely. I cannot be bothered to talk and make conversation.

03.XX.XX In the afternoon I went to a children's party. I felt sick on the way. The paranoid, withdrawn, insecure feeling came back. I feel very sensitive, I feel like I'm doing things wrong. The sun is shining, but I feel very sad and alone. I feel particularly sensitive to the opinions of others. I feel that if I was a better person, everything would be better. I had a panic attack at the party – very mild, but it felt like I couldn't breathe. I managed to keep it to myself. When I came home I felt better, but there was still a sick feeling there, and I didn't have any dinner. I still have a shaky feeling, am still making some mistakes. I wish this feeling would go.....

04.XX.XX The withdrawn feeling is less today, but I still feel insecure, worried and anxious.

05.XX.XX Worried, insecure feeling is back again. A lot of self-doubt, and I've felt sad. I have the sense of others' happiness again, and the lack of it in myself. This feeling was still there at 6 pm, but it eased off during the evening.

Supervisor's observation : She realised that she had been experiencing contradictory feelings about situations: caring, but not caring; worried, but not worried. She feels as if an insecure side of her character has been exposed.

(4)

10.XX.XX I don't feel at all sociable today – I can't be bothered with talking. Everything is a real effort.

16.XX.XX Usually I have feelings of doubt about college work - negative thoughts like "I'm not good enough" or "I can't do it". Since the proving began I don't have these thoughts. I feel confident and positive.

(10)

08.XX.XX Mood change: there has been a strong change from the positivity in the last two days. I feel less sexually calm, and seeking sexual fantasy as a comfort, and less happy in myself. I've lost confidence in my meditation

20

practice. Other areas of my life which are difficult for me are more starkly present. I feel more self-doubting.

Rubrics:

Chapter MIND

Depression, sadness (p1308)

Depression, sadness, company, aversion to, desire for solitude (p1308)

Depression, sadness, happy on seeing others (p1309)

Depression, sadness, quiet (p1311)

Depression, sadness, talk, indisposed to (p1311)

Confidence, lacking, no self-esteem (p1290)

Loneliness (p1367)

Isolation, feelings (p1360)

Panic, attacks of anxiety (p1380)

Chapter DELUSIONS

Right, does nothing (p375)

Clumsiness, and cautiousness

(1)

03.XX.XX I felt clumsy, and banged my head. Later I went for a walk and fell over in the mud.

(2)

00.08.00 I felt clumsy, nearly dropped a cup of hot tea. I managed to catch it, but it splashed everywhere.

(6)

07.XX.XX Quite nervous and apprehensive about the snowfall, and indecisive about what action to take re the school run. I decided to go a little later, when maybe the roads will have cleared. Very agonised by this inconvenience, which is unusual – normally I would not take it so seriously. Later when walking in town, I avoid crossing the road, because there is snow and ice on the other side. Usually this would not bother me to this extent – I would wobble across the ice without a second thought. I'm worried about falling, and don't normally feel like that. I seem to be very cautious.

Rubrics:**Chapter MIND**

Awkward, mentally, drops things (p1281)

Fear, falling of, walking when (p1330)

Cautious (p1284)

Cautious, anxiously (p1284)

Mental confusion**(1)**

00.01.00 When driving to work I feel a bit vague, and keep gazing into the middle distance with a blank mind. I forgot to indicate when turning right – it is an effort to make myself do this.

(2)

00.XX.XX By early evening I had the feeling as if I was drunk on water – my brain felt swollen/waterlogged. I was confused and was making mistakes in talking and in completing tasks, for example I made a cheese sauce, and forgot to cook the pasta. My memory was also affected – I was losing the thread of what I was talking about, stopping midway through what I was saying, pausing, and then repeating the last few words I had just said but still not finishing the sentence. I was aware I was doing this, but didn't seem stressed by it. I really didn't like feeling dazed like this.

01.XX.XX As yesterday, continue to feel dazed – I felt mentally numb. I had to concentrate hard when driving my son to school. I was slow in talking and thinking. Realised I had double-booked things in my diary yesterday. My memory is poor, my speech is slow and confused, and I feel like I'm struggling to do even one thing at a time – when I can usually manage five. Time seems distorted, and I find myself staring into space.

02.XX.XX In the morning I enjoyed being out in the sunshine – I feel better in the fresh air. My speech and thought are more connected and lucid when in the fresh air.

Later on I noticed that I was unable to do more than one thing at a time, and by 10.30 am I felt dazed again. I feel slow, quiet and tired. I'm still making mistakes, my memory is bad, I can't judge time at all and keep having to look at the clock. Later on I felt a bit better, but was still making mistakes – I wore my watch in the shower, and when cooking threw the mushrooms away and kept the stalks. The 'waterlogged brain' feeling is still there, and slight headache. Its as if my brain is too big for my skull – a sense of fullness in my head.

03.XX.XX This morning I have the 'waterlogged brain' feeling again, although

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I have not drunk much water. I feel really tired and dazed. Still have the shaky feeling, and still making some mistakes.

04.XX.XX Felt sick, shaky, nervous feeling, and overwhelmed by the day ahead. When I took my son to school I still felt jumpy and on edge. My memory is still really bad – I can't remember what arrangements I've made over the last few days. I realised I haven't kept up with people, haven't phoned people back, or replied to e-mails over the last few days.

05.XX.XX Memory still bad, easily overloaded mentally – I've felt like this all day.

06.XX.XX Appetite fine, no feeling of nausea, and am feeling more positive. Feelings of sadness, self-doubt and anxiety have all gone, but my memory is still bad. I still find it hard to concentrate on several tasks. I'm easily overwhelmed mentally and find it really hard to spell.

07.XX.XX Still feeling mentally overwhelmed by small things. My memory is still really bad. At lunchtime I get the 'waterlogged' feeling in my head again, as if drunk on water, although I had not drunk much. It's hard to concentrate, and I'm slow to react. My coordination is slow.

09.XX.XX I have an ongoing problem with awareness of time – its as if time passes too quickly. I have to keep checking my watch for the time – in particular this applies to therapy sessions – because I'm unable to judge the passing of time.

18.XX.XX On occasions I still have to look at my watch in therapy sessions, when in the past I had an intuitive sense of the passage of time.

(3)

Provers' review: I believe that my general state of confusion is connected with the fact that I'm confusing my body, and therefore myself, by being on the Pill. During the proving I felt quite disconnected from my partner at times, I had difficulties in communicating with friends at work, and found it difficult to prioritise my college homework.

(6)

02.XX.XX When I discussed what my partner had said to upset me he couldn't remember saying it, and the memory is hazy for me too. I don't know what really happened – I normally remember things like this.

Rubrics:

Chapter MIND

Absentminded, preoccupied (p1261)

Concentration, general, difficult (p1289)
 Concentration, general, difficult, can't fix attention (p1289)
 Confusion, mental (p1291)
 Dullness, mental (p1317)
 Memory, general, forgetful (p1370)
 Memory, general, weakness of (p1371)
 Mistakes, general, time in (p1375)
 Speech, finish sentence, cannot (p1400)
 Speech, general, slow (p1401)
 Time, perception, loss of (p1414)
 Time, perception, loss of, quickly passes too (p1414)

New rubrics:

Chapter MIND

Concentration difficult, tasks, diverse for (p1289)

Concepts of time

(1)

00.01.00 Everyone seems to be driving too fast, and dangerously – this is worrying. I feel like I did when first learning to drive twenty years ago – I feel the world is going too fast. It's as if I'm gazing into "forever".

02.XX.XX Thought I would be late for work, so drove very fast- totally different from the morning of starting the proving, when I felt like a learner driver. Today I caught myself driving too fast.

(2)

03.XX.XX Aware now of regularly looking at my watch to keep up with the passage of time – before I could judge half an hour accurately without having to look at my watch.

Rubrics:

Chapter DELUSIONS

Time, space, and/or lost and confused (p378)

Spaced out and ungrounded

(1)

1. Feel a bit “air-heady”, not quite grounded, a bit vague.

00.04.00 Have eaten lunch and feel better, more grounded.

(4)

00.XX.XX I feel really chilled-out, like really relaxed. A lack of my usual reactions to things. It feels like being stoned.

Rubric:

Chapter MIND

Spaced-out feeling (p1399)

Effects of alcohol, sensations as if drunk

(1)

00.02.00 My eyes feel a bit fuzzy, and I don't seem to have total control of my movements, a bit like being slightly drunk or tipsy.

01.XX.XX No desire for alcohol this evening - unusual for a Friday night !

02.XX.XX Energy levels feel good – better than usual. Might be helped by no alcohol, but I didn't even want to drink last night – I felt I would be drunk after just one glass.

09.XX.XX Had a curious feeling of lightness in bed last night, my headache was gone, and I realised that alcohol really is my “poison”. I didn't drink last night and I think that even just one drink in general makes me feel worse. It's even worse for me than cigarettes. Maybe I'm more self-aware at the moment.

15.XX.XX **Review:** General aversion to alcohol for the past two weeks, no desire to drink. Four weeks later – still no desire to drink.

(2)

00.08.00 I felt slow, and dreamlike – it was really hard to get my mind in gear

and I felt mentally dull, almost drunk. Time seems distorted.

00.12.00 By late afternoon/early evening I felt nauseous and had a slight frontal headache – the whole feeling was as if I was drunk on water.

01.XX.XX After walking the dogs I sat down for a while – felt almost anaesthetised/drunk. Felt happy, slow, spaced-out and tidy. I feel like I appeared relaxed, but felt confused. In the evening had a glass of wine, although I felt like I already had had too much. The feeling I had after drinking the wine was exactly the opposite to my normal reaction to two glasses of wine. Had been feeling very tempted to take an extra dose of the remedy all evening/ late afternoon. I was using all my willpower NOT to take another tablet – the feeling was so strong. I just felt so tempted to ‘top up’ the feeling again. I resisted the temptation, and had a glass of wine instead, and then felt slightly better. I had a second glass and felt sharper and more ‘with it’. It was as though the effects of the remedy were reversed.

02.XX.XX Realised I had not been drinking as much water as usual, and in fact, am quite thirstless. I had a drink of water to rectify the situation, but this just aggravated the swimming sensations in my head. Brain feels waterlogged again, although have not drunk very much water at all. Feeling slow again, slightly dazed, unable to do more than one thing at a time. When I’ve only had one glass of water it feels like I’ve drunk loads.

06.XX.XX Alcoholic drinks do not seem to dehydrate me, as they would normally.

07.XX.XX At lunchtime I got the waterlogged feeling in my head again – drunk on water, although I have not drunk much. Even small drinks of water bring on a fuzzy head, as though I’ve drunk too much.

Prover’s review: Overall during the proving I found myself with a lack of thirst. Normally I can down two pints in one go, and still feel thirsty – so I would be drinking water out of habit, although I soon felt as though I had drunk too much. On one occasion I felt drunk on water, and this improved by drinking some alcohol.

(3)

25.XX.XX I had a hangover when I hadn’t drunk a lot. This was exaggerated compared to previous experience. I felt irritable and uncomfortable from a persistent headache.

(4)

09.XX.XX Had two sips of a gin and tonic on arriving home, felt really dizzy – as if I had drunk far more. Had to move position – I sat down the couch, and felt weak, and then had to lie down in bed. I fell asleep.

26

21.XX.XX Alcohol seems not as appetising, so I'm drinking less.

Rubrics:

Chapter FOOD

Alcohol, general, agg. (p724)

Alcohol, general, aggravates, easily intoxicated (p724)

Alcohol, general, aversion to, alcoholic stimulants (p724)

Alcohol, general, desires (p724)

Chapter TOXICITY

Alcohol, general, agg. (p1857)

Alcohol, general aggravates, easily intoxicated. (p1857)

Alcohol, general, aversion to (p1857)

Alcohol, general, desires (p1857)

Chapter MIND

Intoxicated, sensation as if (p1356)

Confusion, intoxicated as if (p1292)

New rubric:

Chapter MIND

Intoxicated, sensation as if, water from drinking (p1356)

Sensations relating to water.

(2)

00.00.05 Within five minutes of taking the first tablet I was experiencing energy waves, and a warm sensation in my lower back. It feels as if my right foot is standing in warm water. I thought something had been spilt on the floor.

00.06.00 Warm/hot feet sensations continuing – it feels like I've got my foot in hot water.

01.XX.XX Had several dreams, difficult to recall except for one, but they all

included references to water. I dreamt of being with my mother in a building with a large swimming pool. She had heavy make-up on the left side of her face only, none on the right side. I told her that the side without make-up was better. Other dreams had dishes of water evaporating in them.

02.XX.XX I feel like I've drunk loads of water, but I've only had one glass.

07.XX.XX At lunchtime I got the waterlogged feeling in my head again – as if drunk on water, although I had not drunk much. Even small drinks of water bring on a fuzzy head, as though I'd drunk too much.

Prover's review. Through the proving I noticed a lack of thirst. I was drinking out of habit, because normally I can down 2 pints in one go and still feel thirsty. Although when I did drink, I thought I'd drunk too much. On one occasion I felt drunk on water, and this improved by drinking some alcohol.

(6)

02.XX.XX For three evenings now I have the sensation that my feet are ice-cold. It feels like they're in ice-cold water.

Rubrics:

Chapter DELUSIONS

Water (p380)

New rubric:

Water, drinking, as if one glass of seemed many (p365)

Body image; attractiveness; relationship with others

(1)

01.XX.XX Had a dream involving a woman who worked for the Body Shop, showing me lots of photos of her in terrible sequined clothes at various events.

06.XX.XX A dream involving a successful rock star who was flirting with me. We were attracted, but I had my partner, and he was married to someone whose name wasn't pronounced as it was spelt. I felt flattered and attractive in the dream.

26.XX.XX In spite of cold and cough I feel pretty good, and also feel attractive. I've felt like this for much of the past few days – as though I have a pretty face, and am attractive.

Prover's comment: There have been definite times since the proving began when I've felt clearer and cleaner, and more attractive. I've also noticed other

28

men's attractiveness. During sex I have felt greater intensity, more passion, and very good afterwards. My partner also seems to have been the same, and not tired the following day. But there has been no increase in the frequency of sex.

(2)

03.XX.XX I feel sensitive to the opinions of others.

06.XX.XX I felt attractive today, which is unusual for me.

(3)

09.XX.XX I'm unhappy with how my nails look, and can't wait till they grow back. I'm very conscious of not being attractive with nails like this.

(4)

14.XX.XX Relationship with my husband is really good. I couldn't wait to get home and see him. It's fantastic !

15.XX.XX I've been looking at my husband and noticing how well he looks. A cycle seems to have been broken here. I'm so much happier, so he is happier, so there's less arguing. I feel great about this. When you're happy you don't notice the niggling things in your relationship.

15.XX.XX My husband told me I was really nice today – I wished I was like this more often. I felt loving towards him, more affectionate.

(6)

00.XX.XX Feeling a bit low – I probably spent three hours at the hairdressers, and came out looking no different, or else worse !

(7)

Prover's review: My breasts have grown quite a lot since the proving began. I haven't felt any more attractive, but have felt sometimes a bit 'tarty' as my breasts got bigger. I didn't write these changes down to begin with as I was already feeling some tenderness prior to the proving.

(11)

21.XX.XX Since the proving began it seems that my wife has been more loving and affectionate, and noticing me more.

Rubrics:**Chapter MIND**

Affectionate (p1264)

New Rubrics:**Chapter DELUSIONS**

Body, general, unattractive feels (p362)

Weight gain or loss

(1)

01.XX.XX A dream in which I was very fat.

04.XX.XX I felt 'fat' all morning, and trousers are too tight.

07.XX.XX Weighed myself today and found I've lost two pounds since starting the proving a week ago.

(2)

05.XX.XX Have lost three pounds in weight since the proving began.

(4)

35.XX.XX Around the time of my period I have maintained a steady weight, which is unusual for me.

Co-ordinator (S.D.) I gained seven pounds in weight during the proving. (I did not take any tablets.) This established a new normal weight for me. (It remains so two years later.)

Symptoms of various parts of the body**Headaches**

(1)

02.XX.XX Headache worse as evening progressed. < alcohol, > firm pressure on temples, > bowel movement.

05.XX.XX 9.30 am. Headache – dull aching. I don't often get headaches. It feels a bit like a hangover, but one and a half glasses last night isn't sufficient to cause it. Headache isn't crippling, but makes me feel I want to go back to bed; I've drunk plenty of water as usual, so don't think its dehydration. 10.45 am. Headache is gone.

07.XX.XX Have slight headache this *morning*, like a hangover. I did feel thirsty in the night, but somehow didn't want to wake up enough to take a drink. Headache this *afternoon*, in fact most of today its been around in the background, < chocolate, I think. Thirsty today also – have drunk two litres of water and two cups of tea just at work.

Just did a bit of Reiki to clear headache, and some eye exercises, which has helped a lot. A bit of tension in back of neck and shoulders. Headache is worse wearing glasses – I feel they are weighing down on nose and behind ears.

08.XX.XX Woke up this morning with cracking head, and felt so tired. Headache persisted all morning – a bit better from fresh fruit juice; < noise. In general headache is better tilting head to right, and pressing on right temple. It is < right side and around right eye, but moves around – back of head, temple, eye, vertex. Quite piercing, but then that subsides and its just a dull ache for a few minutes until pain returns. It is as close as I've ever got to a migraine. Although the drink didn't help, I don't feel alcohol is the total cause. Also I had chocolate mousse last night, and wonder if that might be a factor. Chocolate does seem to aggravate my headaches this week. I've had more headaches this week than in the last year. I rarely get them normally. This afternoon I did thirty minutes meditation and then slept for an hour; headache had just about gone when I woke. I feel pale and a bit needy now, almost tearful, and totally worn out by the pain of headaches, and maybe by my period too.

10.XX.XX 12.00 midday. I'm developing a headache and it started behind my eyes. In the sun my eyes felt sensitive and a bit "stiff", so it hurt when I moved them from side to side. Headache is in top of head and whilst not really severe, its just there.

7.30 pm Headache is gone, and even chocolate hasn't affected it. I had a go at my partner earlier, and a few tears – I felt we weren't doing enough together. Maybe headaches were a symptom of bottling it up. I feel better for it, and we had a good afternoon together.

11.XX.XX Headache developed this afternoon, again it was right sided, behind eyes, and whole side of head. Felt as though it was full of pressure, tension: if it could explode it would feel better. It also goes down into my neck and shoulder. I ate some biscuits this afternoon and it could have been that that brought it on. It got better after I had an argument with my partner.

18.XX.XX Another student at college made a connection between my headaches and the time of my period, which I hadn't considered.

(3)

12.XX.XX Day 1 of my period – felt noticeable hot flushes all day today and a feeling of undeniable pressure all round my head – which made me feel groggy.

22.XX.XX Awoke feeling very groggy and with a dull headache.

Overwhelming headache, distracted from it by going out for a meal.

25.XX.XX Hangover when I hadn't drunk a lot and this is exaggerated compared to previously. Irritable and uncomfortable from a persistent headache.

26.XX.XX The subtlest of headaches in the temples.

(6)

00.05.30 Headache, slight, throbbing.

00.07.00 Took second dose, and headache went off for ten minutes.

00.07.25 Headache back.

00.12.XX *Evening*, headache is getting worse. (don't get headaches very often)

01.XX.XX *Midmorning* – slight headache, throbbing.

Evening – headache is still with me, and its getting worse, really throbbing, extends into ear. 11 pm – headache still very strong. I realised that the headaches tend to be worse 7 pm onwards.

03.XX.XX Woke up with headache, when I went outside, even with a woolly hat on, it did not feel any better. (This would normally help a headache.)

Slight headache on and off throughout the day, but not as painful as before; sometimes also pain in my neck. 10 pm still with slight headache.

04.XX.XX No headache in the morning. Headache for one hour in the afternoon, but not as bad as before.

05.XX.XX No headache.

07.XX.XX Headache still gone.

Rubrics: (Homeopathic Medical Repertory – Murphy.)

Chapter – HEADACHE

Alcohol, spiritous liquors from (p907)

Intoxication, after, as if (p934)

Noise, from (p941)

Pressure, external, amel. (p959)

Stool after, amel. (p975)

Sharp pain, temples, right (p967)

Sharp pain, temples (p967)

Temples, extending to neck (p984)

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Wandering pains (p993)
Temples, pressure amel. (p984)
Pressing pain, pressure amel. (p950)
Temples, right side (p984)
Throbbing (p985)
Throbbing, evening (p986)
Evening (p923)

New rubrics:

Pressure of glasses aggravates (p959)
Right sided, leaning head to right side amel. (p960)

Eyes

(1)

00.02.00 My eyes feel a bit fuzzy, and I don't seem to have total control of my movements. A bit like being slightly drunk or tipsy.
00.04.30 A work colleague said my eyes look tired and glassy.
08.XX.XX My headache is worse on the right side, and around my right eye – but it moves around – eye, to back of head, to temple, to vertex. In general the headache is better tilting the head to the right, and pressure applied to the right temple.
10.XX.XX I'm developing a headache, and also reacting to sunlight. The headache started behind my eyes. In the sun my eyes felt sensitive, and a bit "stiff", so it hurt when I moved them from side to side.
19.XX.XX I look tired this morning around my eyes, although I went to bed at 10 pm. My partner said I looked spaced out. My eyes feel a bit grainy.
Evening : Eyes have felt sore today, and a friend said I looked tired and my eyes looked funny.

(4)

07.XX.XX When I woke up my eyes felt like they were 'little slits' and they stayed that way all day. My eyes felt really tired, and I felt tired all day.

Rubrics:

Chapter EYES

Pain, eyes, around the eyes (p551)
Stiffness, of (p565)

Tired sensation (p568)

Shoulders

(2)

01.XX.XX I realised I had no shoulder tension or pain – none of my usual pains. This also showed up in the Reflexology point that relates to shoulders.
02.XX.XX My shoulder pain returned, and the shoulder reflex in my foot was painful again on both sides.

Prover's note four months later: The neck and shoulder pain and tension, along with the associated foot reflex pain, has cleared completely since the proving. Before it was always painful when I walked. *She remains clear of this symptom three years later. (2007)*

Rubrics:

Chapter SHOULDERS

Pain, shoulders (p1629)

Tension in (p1636)

Tension in, walking air in open while (p1636)

Pain, shoulders, walking while (p1631)

Extremities

(1)

00.00.40 I got a sudden pain in the front of my right shinbone, lasting for about a minute, then it went. It came on when I was driving, and feels like a small area is being pressed really hard, causing the pain.

06.XX.XX When I woke in the night I was aware of aching in my right ankle, which I broke five years ago. It hasn't ached like that for three or four years.

07.XX.XX My right ankle aches, slightly, but not the same as in the night. My first and middle fingers on the left hand feel numb at the ends.

07.XX.XX My finger nails are awful – all splitting and dry. The thumbs and forefingers are especially bad, with the nail coming off in layers. I can't seem to file them right to stop them snagging.

(2)

34

00.XX.XX My chilblains appear to have vanished. There is no pain, and no itching and the inflammation is mostly gone – no sensation at all.

01.XX.XX The warm intermittent feeling of warm water being poured over my feet is now mostly in my right foot. This was the worst foot for chilblains. *In the evening* – getting pins and needles in my feet, as if the feeling was coming back. The sensations were stronger where the chilblains had been. There is a slight soreness returning, but no sign of the actual chilblains.

02.XX.XX Feet feel very cold again. Most of the chilblains have not returned at all, only the two worst ones are slightly sore, but they're not swollen.

03.XX.XX Overall sensation of being quite warm. I would normally feel the cold on a winter's day. My hands are warm and my feet are relatively warm. My chilblains have not returned.

(3)

09.XX.XX I've realised how weak and brittle my nails are, although I hadn't considered until now that this could be related to the proving. They are flaking and peeling much more than usual. I even felt the need to bite them all off a couple of days ago. I haven't bitten my nails since I was a child. It wasn't anxious nail-biting, more the fact that they irritated me, being so weak and unhealthy looking. Now I feel unhappy with how my nails look, and can't wait till they grow back. I'm very conscious of not being attractive with nails like this.

19.XX.XX Feet and hands feel cold, and have done for a while.

(6)

00.15.00 In the evening I have ice-cold feet when watching TV, and going to bed. It feels like they're in ice-cold water, from half way down my leg down to my feet. They are not as cold to touch as the sensation itself, and warmed up once in bed. (This happened on three successive evenings)

02.XX.XX (Synchronicity?) I burnt my foot two hours ago – spilled a cup of boiling water over it.

(7)

11.XX.XX I developed a circle of small red spots on my right arm, above my elbow, at 5 pm today.

12.XX.XX Spots on my arm have turned into a dry patch. The skin on my shoulders is also dry. I used to have dryness on my shoulders and arms about eighteen months ago. At that time it was much worse. It's like a BCG Heaf test mark.

15.XX.XX Skin still dry on my shoulders.

Prover's review: I still have dry patches on my elbows and shoulders, where I had acne on my back it has cleared, but prior to the proving I had been undergoing homeopathic treatment for my skin, so I'm not sure if I'm still experiencing the effects of that.

(9)

03.XX.XX Generalised muscle pain and weariness.

08XX.XX Blotchy patches of skin on the left arm in the last twentyfour hours.

14.XX.XX By now a full-blown shingles attack has developed. Skin rash all the way down the outer side of my left arm. I can't raise my left arm, and every so often there is a sharp stabbing pain in that arm, as if things are starting to work again. Then the pain changes place. Also a large dull pain in the left arm, the lower half of my spine, the entire pelvic region, and both legs equally – which makes it impossible to stay in any one position. It is an incredible pain, which builds up and becomes intolerable – if I can get up and move it goes away for a while. Lying down is impossible, so I have not been able to sleep at all for the last two nights. In addition I experience painful cramps in both legs, and have to jam my legs against the wall. The cramps come on when I lie down, and when I'm walking around they can come on in the arches of my feet. My feet are the really bad cramp areas – I have fallen arches.

Rubrics:

Chapter ARMS

Herpes (p87)

Raised, impossible to raise (p98)

Chapter HANDS

Nails, general, finger nails, exfoliation (p844)

Nails, general, finger nails, split nails (p844)

Nails, general, finger nails, dryness (p844)

Chapter SLEEP

Insomnia, sleeplessness, pains from, limbs (p1695)

Chapter FEET

Chilblains (p607)

Chilblains, toes (p607)

Cramps (p611)

Cramps, walking, while (p611)

Chapter LEGS

Cramps, legs (p1126)

New rubric:**Chapter ARMS**

Sharp pain, Herpes Zoster, accompanied by (p99)

Chilblains

(2)

00.10.00 Chilblains appear to have vanished. There is no itching or sensation – the pain and inflammation has mostly gone.

01.XX.XX I'm getting pins and needles in my feet – the sensation is stronger where the chilblains had been. There is no sign of them, just a slight feeling of soreness returning.

02.XX.XX Feet feel very cold again. Most of the chilblains have not returned, only the two worst ones are slightly sore, but not swollen.

03.XX.XX Overall sensation of being quite warm – I would normally feel the cold on a winters' day. My feet feel relatively warm, and the chilblains have not returned.

Note: This prover had suffered from severe chilblains every winter since puberty. They disappeared during the proving, and have not returned so far. (2007)

Rubric:**Chapter FEET**

Chilblains (p607)

Chilblains, toes (p607)

Skin:

(1)

00.00.20 After twenty minutes, prickling and itching on inside of right forearm, just below the elbow joint. I scratched the itchy spot, which is about two inches (five centimetres) across. Itchiness is better for uncovering. After five minutes the itching subsides, but back of left elbow begins prickling – less so than right side. This subsides after a few minutes. Then same sensation in right ear lobe, which goes after a few minutes. 00.01.05 Itching front of waist, under waistband of trousers. Face and ears and right collarbone have intermittent prickling feeling > rubbing and uncovering. SAI millions of pins

being stuck in – feels hottish but not burning. Rubbing it gives temporary relief.

00.02.04 Neck is itching.

00.03.30 Itching behind the ears. In each part of my body where it was itchy last, it goes hot after the itching disappears.

00.04.00 Sole of right foot itchy under heel.

00.07.10 Feel much better. A bit of itching but much less than before. Feel more grounded, and less vague and spaced out. (It's as if I've sobered up)

00.07.30 Itching back again, around waistband.

00.09.30 Itching on both calves – same pattern – small area itches.

00.11.00 Itching has subsided a lot.

01.XX.XX Outer left forearm has an itchy patch bigger than yesterday. There is no rash but I want to scratch it. The whole of my forearm down to my hand is itchy. I have some itching on the back of right foot, and back of left hand too.

05.XX.XX I've started to itch again – that same prickly feeling. It started on chin and is now on shoulders and left calf.

12.XX.XX Itchy again today, like the first day of the proving.

(6)

00.03.00 Tingling sensation all over, as if excited about something – quite sensual feeling – goose bumps – butterflies in stomach, like anticipation but for no apparent reason.

01.XX.XX Butterflies in stomach sensation again, with tingling.

(9)

03.XX.XX I'm beginning to have generalised muscle pain, and weariness.

08.XX.XX Some blotchy patches of skin have come up on my left arm in the last twentyfour hours. They feel sore, and hot, as if I had been standing in front of an electric fire for too long. My senses of smell and vision are more acute. The day before the proving began I had an hour of root-canal treatment at the dentists'. I was very tired around this time, and I knew that I had been doing too much. At first I thought my skin symptoms were the result of the dentistry – as if it had poisoned me, and when I became so weary I thought the dentistry had drained me.

14.XX.XX By now a full-blown shingles attack has developed – I've seen my GP, who confirmed the diagnosis, and prescribed Rhus-Tox 30, which eased some of the soreness. It's now all the way down the outer side of my left arm – from behind my left scapula, to the mount of Venus on my hand. (The rash remained only on my left arm throughout.) In some areas there are watery blisters, otherwise there is a raised, red, blotchy rash, which is not itchy. I can't raise my left arm. Every so often there is a sharp stabbing pain in that arm, as if things are starting to work again. Then the pain can change place. It was like the pain I get from overexertion (playing double bass to excess).

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As well as this I have stabbing pains in the top of my head. Its as if the (affected) nerve goes up into my left brain. As well as these acute pains there is a 'large' dull pain in the left arm, the lower half of my spine, the entire pelvic region, and in both legs equally. This pain makes it impossible to stay in any one position. It's an incredible pain, which builds up and becomes intolerable. If I can get up and move, it goes away for a while. It feels like its reached its maximum now. Maybe it will begin to decline. Because lying down is impossible I haven't slept at all for the last two nights. During all this time the muscle pains and headaches have gradually become more and more intense. In addition I experience painful cramps in both legs. I have to jam my legs against the wall to relieve the cramps. They come on regularly when I lie down; but also when I'm walking around they can come on in the arches of my feet. My feet are the worst cramp areas. I had this years ago when I was out of energy. I have fallen arches.

Yesterday I was very sweaty, and today I feel shivery – I need the house to be very warm. The sweaty state is more uncomfortable than the chilliness. (The switching from fever and sweating continued for two weeks in total.) I have been washing, but there is a putrid smell that I can't seem to get rid of – its of rancid sweat or ghee.

I feel very gross and am not enjoying eating. I have to force food down. I've been drinking lots of water, but my urine is dark yellow and smells brackish or marsh-like despite this. (Despite my ongoing IBS my bowels didn't play up at all during this entire episode.)

Prover's review: When I was eight or nine years old I had chicken pox. It was in the winter, and there was six feet (two metres) of snow and the doctor couldn't get to our house – it nearly killed me. It was the first of several near-death experiences. I remember an experience as if I was going into a tunnel, and ahead of me there was a red and a white lobster, fighting, and the red one won.

Since the proving began I seem to be more psychic; I 'see' things more. I feel my life might be going off in a new direction, which has something to do with male/female relationships. In the past these have caused me so much trouble, and I have given them trouble too.

Supervisor's comment: He was unable to use his left arm at all for several months, and remained very tired and debilitated for a long time. After eight months the improvement was complete. Perhaps with this prover we are seeing another link with the cancer miasm : severe childhood disease, connected with shingles later in life.

(10)

03.XX.XX I woke up with a developing small herpes sore at the apex of the sacrum – the first one for many months. It is very mild and slightly itchy. I have had severe attacks in the past, in this area, when my immune system is compromised. I relate this attack to the remedy. Normally it is due to feeling

negative and run-down. But at the moment I'm happy and positive, and physically well.

04.XX.XX Herpes almost better, no longer itchy, but my mood is less positive. I notice that my hands are in better condition than I would expect, considering the cold weather. I usually develop splits on my thumbs and on the tips of the fingers around the ends of the nails. Usually my hands are chapped, with open cuts, in the cold weather.

05.XX.XX My hands are OK, they are beginning to get dry, but better than normal.

06.XX.XX Now I have herpes, one on the left buttock, and one on the corner of the left lower lip. They came on without warning, yet I do not have a cold, and I'm not over-stressed. They are very small, there is no burning, but slight itching on the lip in the morning, as it was starting. Otherwise, my skin is fine, which is quite remarkable, considering the severe cold weather.

08.XX.XX My hands are still fine. The herpes are still there, though neither huge nor distressing. Now all the sites I've ever had them (the herpes) on are stirred up. Today my general unhappiness is more marked.

11.XX.XX Further herpes eruption on the left buttock.

12.XX.XX The skin on my hands is as soft as a baby's bottom ! Not one cracked finger, and I've not even used any moisturiser.

15.XX.XX All the herpes is now clearing up, my skin is still good.

25.XX.XX My skin has been REALLY good. I've had one hangnail, and in the last week of cold weather there was a very slight return of the old dryness on the skin of my hands.

Prover's review (Three years later.)

Not long after the proving I had the worst ever attack of herpes. It was in the centre of my upper lip. (Before it had always been to one side.) Since then I have had no more herpes at all. Even when I was had a bad cough for several months it did not return Before the proving it would have.

Rubrics:

Chapter SKIN

Eruptions, blotches, red, elevated (p1646)

Vesicles, eruptions (p1678)

Vesicles, eruptions, watery (p1679)

Prickling sensation (p1662)

Prickling, single parts (p1662)

Itching (p1657)

Itching, wandering (p1660)

Itching, prickling with (p1659)

Itching, rubbing gently from, amel.. (p1659)

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Chapter DISEASES

Herpes Simplex (p416)

Herpes Simplex, back (p416)

Herpes Zoster, shingles (p417)

Herpes Zoster, shingles, neuralgic pains persisting after Herpes Zoster (p417)

Chapter BACK

Herpes Simplex (p125)

Chapter FACE

Herpes (p586)

Chapter HANDS

Dryness (p835)

Roughness (p852)

Chapped (p827)

Cracked, fingers, tips of (p830)

Cracked, thumbs (p830)

Cracked skin, winter in (p830)

New rubrics:

Itching, undressing amel.

Prickling sensation, voluptuous (p1662)

Cough and throat:

(2)

00.00.00 Woke up with sore throat this morning, mostly right sided.

00.02.15 Sore throat mostly gone.

01.XX.XX Ate light lunch and realised that I did not have my usual tension / swallowing problem. The feeling that I might choke was not there, so I felt very relaxed about eating – very unusual. At dinner still no swallowing difficulties.

9 pm slight sore throat returning.

Prover's later comments: I became nervous about eating since I had whooping cough two years ago. I had a coughing fit while eating at that time and choked on the food. This in turn is perhaps a throwback to an incident

when I was three years old – I fell off a boat into a river; I remember being under the boat and was taking in water. It was only by chance that a friend of my mother's, having heard the splash, moved the boat and then got me out. Hence the choking association. This difficulty swallowing and fear of choking improved a lot during the proving. *It is now completely clear* (2007)

(4)

00.20.30 During the night woke up with very dry throat and ticklish cough, at about 3 am. Drank water.

01.XX.XX Went to bed at 3.30 am, couldn't sleep, which is not like me. Coughing every two minutes, throat very dry and sore when coughing. Drinking water to try and help, but to no avail. Tossed and turned for one and a half hours, finally slept until 8 am – woke up very hoarse, dry throat, croaky voice.

03.XX.XX Feel fine apart from sore throat. It does not hurt unduly with liquids or solids, but hurts when coughing, < talking, and < empty swallowing. Feels dry, stinging, burning, raw. Slept better, still coughing, but it did not keep me awake.

04.XX.XX Last night slept better, but still woke a few times with coughing – better for sipping water. Throat still dry and burning, speech is more of a problem today. My voice is very croaky, I can't be bothered to talk, it's a big effort, as it hurts. Better for hot drinks. Slightly coughing in the day today, and starting to cough up phlegm.

05.XX.XX Had croaky voice all day, but not really hurting.

07.XX.XX Throat not painful any more, just croaky.

08.XX.XX Yellow-green phlegm, voice feels croaky, > in daytime.

11.XX.XX Voice is sounding much better.

14.XX.XX Still have mucous cough – voice normal.

15.XX.XX Cough almost gone now.

19.XX.XX Cough only slight, with phlegm, but not troublesome.

Rubrics:**Chapter COUGHING**

Tickling cough (p356)

Lying, general aggravates (p345)

New rubric:

Drinking, desires water in sips (p335)

Chapter THROAT

Raw, pain (p1831)

42

Burning, pain (p1815)

Dryness (p1820)

Pain, coughing, on (p1828)

Pain, talking (p1829)

Chapter LARYNX

Hoarseness, voice (p1116)

New rubrics:

Hoarseness, voice, hot drinks amel.

Chapter MIND

Fear, choking (p1327)

Breathing:

(2)

03.XX.XX Had a panic attack at the party – very mild, but felt like I couldn't breathe – managed to keep it to myself, but couldn't eat cake I was given.

(4)

07.XX.XX During cycling and aerobics, felt breathless, which is not usual for me.

09.XX.XX Breathless from slight exertion.

11.XX.XX. Voice is sounding much better; no shortness of breath today.

Rubrics:

Chapter BREATHING

Difficult, breathing, exertion after (p232)

Difficult breathing, exertion, least, after (p232)

Odours, Taste in Mouth

(1)

01.XX.XX Dream: of skiing, and some kind of murder mystery in which I was the detective. Found a body under a lilo-shaped giant airbag – the person had suffocated from being in it and had been there for a few days, so the corpse smelled (I didn't smell it – just expected it to).

(3)

05.XX.XX Horrible taste in mouth, felt as if I hadn't cleaned my teeth all day. Tongue slightly furry.

19.XX.XX Taste in mouth: horrible fuzziness in mouth, at back of throat. Lasts all day, as if I've smoked a cigarette.

(4)

15.XX.XX Woke at midnight last night, my top and pyjama bottoms were damp – this is not so unusual as I do suffer occasionally from night sweats; but the smell was foul. I got up and it was as if this awful smell was around me, but it wasn't me. I then took my top off and smelled my top – it was so foul it made me gag. It reminded me of the inside of the bin in my kitchen when you take the bin-bag out. Absolutely disgusting! I felt very, very dirty. Felt like I should get in the shower, but couldn't be bothered – too tired. Pyjama bottoms were damp, but they didn't smell like the top.

(6)

00.XX.XX Sensitive to noise and odour – man in petrol station in front of me just stank ! When came through the front door, my house smelled, and the dog smelled.

05.XX.XX Very sensitive to odours- everybody seems to be extremely smelly.

13.XX.XX Noticed a strong smell in the bedroom. As I had been on my own that night I thought it must have been me.

14.XX.XX Again smell in bedroom in the morning.

(7)

02.XX.XX My boyfriend has noticed that my breath has been slightly different over the last few days – slightly musty. But I hadn't noticed it.

(9)

14.XX.XX I have been washing, but there is a putrid smell that I can't seem to get rid of – like rancid sweat or ghee.

(11)

44

00.XX.XX Metallic taste in mouth, and bad breath. Also sore gums, which bled when they were pressed, for a couple of minutes – though I wasn't aware I had gingivitis.

01.XX.XX Metallic taste and bad breath still; gums sore and swollen, but no bleeding.

02.XX.XX No more bleeding gums – but still metallic taste and bad breath.

Rubrics:

Chapter MOUTH

Breath, odour, offensive (p1424)

Breath, musty (p1424)

Bleeding, gums, touch on (p1423)

Chapter NOSE

Smells, odours, imaginary and real (p1523)

Smells, odours, putrid (p1524)

Sensitive to odours (p1523)

New rubrics:

Nose, smells, odours, putrid, like rubbish in a bin-bag (p1524)

Chapter TONGUE

Taste, general, bad (p1848)

Taste, general, metallic (p1851)

New rubric:

Taste, general, tobacco, taste as from (p1854)

Chapter MIND

Disgust, nausea, from her own effluvia, to (p1315)

Appetite, thirst, foods and nausea

(1)

01.10.30 The only significant thing today is a reduced appetite. I didn't eat till 11 am, which is very unusual – usually I eat within an hour of getting up. I had light snacks at 2 pm and 5 pm, and this is less than a usual day. Later that evening my appetite returned – I ate a big tea, but wasn't overindulging as much as I often do. Also I had no desire for alcohol, which is unusual for a Friday night.

02.XX.XX Had a sandwich for lunch, but nothing else since breakfast.

03.XX.XX Still not eating as much as usual, especially for a Sunday. Bowel movements are once a day, but not as regularly as usual. Normally it's two times a day – I'm eating less, I suppose.

05.XX.XX I feel a bit hungrier than I have done in the last few days.

09.XX.XX *Midday report* : I haven't eaten since breakfast, which is unusual.

Prover's report: Overall during the proving I've been averse to salad, especially to cucumber, which seems to taste funny. I've wanted warm food. (*Apparently cucumber has oestrogenic properties.*)

10.XX.XX Last night I went to dinner with friends, and I can't believe how much water I drank. I realised I'd eaten some very salty snacks. I drank five pints of water before I went to bed. This morning I drank a pint of water to restore the balance. I think in the past week without realising it I've avoided salty foods. I've also noticed less of a craving for crisps and chocolate.

(2)

01.XX.XX Around midday I realised I'd not eaten for twentyfour hours, but still did not feel hungry. I had served up dinner the previous evening, but then didn't want it. So I decided I'd better have a light lunch. I've realised this time that I did not have my tension/swallowing problem. The feeling that I might choke was not there. I felt very relaxed about eating, which is very unusual for me. That evening I had some dinner, but only felt slightly hungry. The 'waterlogged-brain' feeling seemed to be fading. It was better for eating something.

02.XX.XX Did not feel hungry for breakfast, felt slightly nauseous, like sickness in pregnancy. Still not hungry for much lunch or dinner.

03.XX.XX This morning I actually felt hungry for breakfast.

04.XX.XX Today I felt hungry – I had a small amount of lunch – I felt OK, and not sick.

05.XX.XX No sick feelings – had breakfast and lunch.

06.XX.XX Appetite fine, no feelings of nausea.

(4)

14.XX.XX Not as tired as normal – I didn't eat much today.

17.XX.XX (**Supervisor's note:** She seems to be getting a lot of satisfaction from her food. She talks a lot about food.)

21.XX.XX Appetite still very good.

35.XX.XX I'm not binge or comfort-eating at the moment.

46
(10)

01.XX.XX Late at night I had a slight feeling of nausea.

03.XX.XX I noticed some nausea, particularly with travelling. Whereas last night it was after eating, today it comes with a slight constriction in my throat.

Thirst

(2)

02.XX.XX I realise I have not been drinking as much as usual, and in fact am quite thirstless. I had a drink of water to rectify the situation, but this just aggravated the swimming sensations in my head.

Prover's review: Lack of thirst – I'm only drinking water out of habit.

Normally I can down two pints in one go and still feel thirsty. Although I haven't actually drunk too much, it does feel as if I've drunk too much water.

(4)

01.XX.XX I woke in the evening with a tickly cough, which only happened when I lay down. I wanted to sip water regularly to stop the cough.

15.XX.XX Drank two large glasses of water in the night, which is more than usual.

(9)

14.XX.XX I have been drinking lots of water, but despite this my urine is dark yellow and smells brackish or marsh-like.

Rubrics:

Chapter FOOD

Appetite, general, diminished (p725)

Cucumber, aversion to (p734)

Raw food or salads, aversion to (p741)

Warm food, general, desires (p748)

Thirstless, general (p747)

Thirst, general (p744)

Thirst, general, extreme (p745)

Water, general, aggravates (p748)

Chapter STOMACH

Stomach, nausea, general (p1748)

Stomach, nausea, general, pregnancy during (p1753)

Stomach, nausea, motion on (p1752)

Chapter PREGNANCY

Nausea, during (p1569)

Temperature : Heat and Perspiration.

(1)

07.XX.XX I think I'm slightly warmer than usual – generally I'm chilly, but on the whole I've not been too bad, especially considering very cold weather. I have noticed this particularly when I go to bed. (Commonly I feel very cold when first in bed.)

09.XX.XX Interesting that last night it was warmer, although wet and windy, but I felt colder in bed, and had to wear socks. I've not been cold on the very frosty nights – this weather doesn't agree with me – I like dry and cold much more.

(Prover's comments after proving : Body temperature was generally warmer for about three weeks.)

(2)

00.00.05 Within five minutes of taking first tablets I experienced energy waves and a warm sensation in my lower back. It feels as if my right foot is standing in warm water. I thought something had been spilt on the floor.

00.06.00 Warm / hot feet sensations continuing again it feels like I've got my foot in hot water. (My feet are usually freezing cold, and I have many chilblains.)

00.10.00 I continued to get the warm sensation, as if someone was pouring warm water over my feet, randomly over both. On four or five occasions during the day it was like a moving wave of very warm water engulfing both feet from the floor up. On one occasion, the sensation was reversed, i.e. from ankles, downwards.

01.XX.XX Intermittent feeling of warm water is now mostly in my right foot (this was the worst foot for chilblains). In the evening feet feel very warm – unusual.

48

03.XX.XX Went for a walk with the dog in the park; overall sensation of being quite warm. I would normally feel the cold on a winters' day; hands are warm, feet relatively warm, and chilblains have not returned.

(3)

12.XX.XX Day one of period – felt noticeable hot flushes all day today.
(*Prover is taking the contraceptive pill.*)

(4)

09.XX.XX Period started yesterday – felt very hot today, forearms red from heat, and sweat running down the lower back. Kept having hot flushes at work, everyone was chilly and I was boiling. I used to have hot sweats, but haven't had them for a long time.

15.XX.XX At midnight last night I woke up and my top and pyjama bottoms were damp (this is not so unusual, I do suffer occasionally from night sweats) and the smell was foul. The sweat hasn't stained anything, but I had to change the bedclothes, they were soaked.

16.XX.XX Feeling hot and flushed

(6)

02.XX.XX I spilled a cup of boiling water over my foot.
(Synchronicity?! *See prover (2) above in this section.*)

(7)

02.XX.XX Feeling burning hot all over, and hot to the touch, a glowing heat. I feel like I want to fan myself. It's a dry heat rather than a sweaty one. My mouth is slightly dry.

(9)

14.XX.XX Yesterday I was very sweaty, and today I feel very shivery and needed the house to be very warm. The sweaty state is more uncomfortable than the chilliness. I have been washing, but there is a putrid smell that I can't get rid of – of rancid sweat or ghee.

Rubrics:

Chapter FEVERS

Perspiration, with fever (p712)

Chapter GENERALS

Heat, flushes of (p763)

Chapter BACK

Perspiration, lumbar (p142)

Chapter PERSPIRATION

Odour, general, putrid (p1548)

Profuse, at night (p1549)

New rubrics:

Chapter FEET

Water, sensation as if in, warm (p639)

Heat, sensation as if in warm water (p616)

Water, as if hot were poured on them (p639)

Temperature: (Cold)

(2)

02.XX.XX Feet feel very cold, but most of my chilblains have not returned

(3)

07.XX.XX I could not sleep well, due to feeling cold, especially hands and feet, which is unusual for me.

19.XX.XX Feet and hands cold again.

(6)

00.XX.XX *Evening* – ice cold feet when watching TV, and later on, going to bed; it feels like they are in ice cold water, from half way down legs to my feet. It is not as cold to touch as the sensation itself. They warmed up once in bed. (This happened three evenings in succession.)

(9)

14.XX.XX Yesterday I felt very sweaty, and today I feel shivery, and need the house to be very warm. (This alternation between sweating with heat, and chill, continued for two weeks.)

Rubrics:

Chapter FEET

Coldness (p608)
Coldness, icy, cold (p609)

Chapter FEVERS

Alternating, with chills (p692)

New rubrics:

Chapter FEET

Coldness, water, as though immersed in cold (p609)
Coldness, sensation of, though not as cold to touch (p609)

Chapter HANDS

Coldness, hands (p828)

Menses, and PMT

(1)

03.XX.XX I think this weekend is a week before my period – usually I’m stropy and pre-menstrual at this stage for about a day. No evidence of that this time.

09.XX.XX My period has been less painful than usual. It came on time, and in the morning (usually starts in the evening). It finished after five days, whereas usually its seven to eight days long. Also the headaches I had from the proving were during the time of my period.

(2)

00.XX.XX Slight period pain before taking the first tablet. By mid-afternoon period pain had gone.

(4)

05.XX.XX Usually my PMT is dire by now. I’m due in three days. I’m not so irritable with little things, such as domestic affairs.

09.XX.XX Period started yesterday, felt very hot today, forearms red from heat, and sweat running down the lower back. Felt weary although had had a good sleep. Kept having hot flushes at work on flight, (*she works as an airline hostess*). Everyone was chilly and I was boiling. Previously I used to have hot sweats, but not for a long time.

14.XX.XX This month I've not had cold sores or piles – I usually have them once a month.

35.XX.XX Still not irritable with household things, and husband. Period came one week early, but was otherwise normal for me. I had no PMT. It's REALLY unusual for my period to be early.

(6)

15.XX.XX Thoughts about my general state of mind – I'm a day or two away from getting my period, usually this means quite an emotional state – very irritable, very tired, no energy, no motivation etc. However, this time I feel quite balanced. I have noticed very short-lived mood swings – feeling fed-up one minute, feeling very tired, want to sit down, exhausted.....five minutes later I'm full of enthusiasm and energy. Generally I'm feeling quite good, fairly balanced, more open towards people, more easily ready to talk to people I don't know. More able to make an effort rather than feeling trapped inside myself, which I usually feel quite strongly when pre-menstrual. I feel more efficient, my thoughts organise easier, and I'm more focussed. I find writing essays a lot easier.

Rubrics:

Chapter FEMALE

Dysmenorrhoea (p657)

Chapter MIND

Irritability, menses before (p1359)

Chapter DISEASES

Herpes Simplex, during period (p417)

Chapter RECTUM

Haemorrhoids, menses, during, aggravates (p1612)

New rubric:

Chapter FACE

Herpes Simplex, menses, during (p586)

Breasts

(6)

01.XX.XX Slight pinching sensation the left breast. It spread across to the centre of my chest, then back to my left breast. It was like someone pinching, but very gentle.

(7)

44.XX.XX **Prover review:** I had been experiencing some breast tenderness and soreness before the proving, which has continued and worsened. They tend to be particularly bad from mid-cycle up to my period. My breasts have grown quite a lot since the proving began.

See also her proving conclusion on page 83

Rubrics:

Chapter BREASTS

Undeveloped (p227)

New rubric:

Breasts, undeveloped, from grief or shock (p227)

General Symptoms and modalities

(1)

Prover's review: Symptoms generally worse on waking, and also better for eating.

(2)

01.XX.XX Waterlogged brain feeling, better for eating.

Generally noticed that I was not keen on food, but if I forced myself to eat, I would feel better.

02.XX.XX Felt better in the fresh air; definitely better outdoors, but perhaps it was because I was busy walking the dogs, and that took my mind off other things.

In the morning I enjoyed being out in the sunshine – I feel better in the fresh air. My speech and thought are more connected and lucid when in the fresh air.

04.XX.XX Every day I feel a bit better, but the problems seem to start around 10 am and go on to around 4 pm. Things pick up in the evenings – my mood changes for the better, and I start to feel perkier.

05.XX.XX In the afternoon my feelings of anxiety all come back. I feel far too sensitive, unsure and insecure. By early evening the anxiety has eased off.

(6)

General observation. My headaches tended to be worse from 7 pm onwards.

14.XX.XX Felt fine throughout the day but fluey, tired feeling seems to come on in the evening.

Rubrics:

Chapter GENERALS

Morning aggravates (p770)

Food eating ameliorates (p734)

Evening aggravates (p760)

Evenings, ameliorate, in general (p760)

Daytime, general ameliorates (p758)

Chapter ENVIRONMENT

Open air, outside ameliorates (p517)

Sides of the body

(1)

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00.00.20 Prickling and itching on inside of the right forearm, just below the elbow joint. After five minutes the itching subsides, and the back of the left elbow begins prickling. Less so than the right side, and it subsides after a few minutes. Then the same sensation in my right earlobe, which goes off after a few minutes. Twenty minutes later I get a sudden pain on my right shin.

Then a sudden feeling as if the gland in my left throat had swollen up. This subsided in a couple of minutes, but then my left ear felt slightly blocked, and a bit deaf. A little later my left fingers, particularly the first and middle fingers, feel numb at the ends.

08.XX.XX In general my headache is worse on the right side, and around my right eye, but it does move around. It is also better for tilting my head to the right, and pressure on my right temple.

11.XX.XX My headache developed this afternoon, again right-sided, behind my eyes, and affected the whole of the side of my head.

(2)

01.XX.XX. Again I had the feeling of warm water being poured over my feet and ankles. This time the feeling was mostly around my right foot, which is my worst foot for chilblains.

(9)

(Herpes Zoster eruptions on left side only.)

Rubrics:

Chapter GENERALS

Sides of body, general, right side (p788)

Dreams

(1)

01.XX.XX Dreams of skiing, and some kind of murder/mystery, in which I was the detective. I found the body under a lilo-shaped giant airbag. The person had suffocated from being in it, and had been there for a few days, so that the corpse smelled. (I didn't smell it, I just expected it to)

Another dream, in which I was very fat.

In another dream I dreamt my neighbour came over, saying the remedy I gave her didn't work, I had to retake the case and was fairly obsessed with the fact that she is tidy. In my dream that was important. Also, my house wasn't my actual house, and there were loads of other people there, so I couldn't really take her case. Another dream involved a woman who worked for the Body Shop, showing me lots of photos of her in terrible sequinned

clothes at various events.

02.XX.XX Lots of dreams – busy, loads of things going on. My brother's girlfriend refusing to get out of bed (this is quite common); people jumping off London Bridge; some good-looking man flirting with me – I can't recall any pattern.

03.XX.XX A dream of driving to Penrith (I don't know where that is) and it being much further than I'd thought. Also in the dream, a debate about apostrophes, which is the one grammatical thing I'm not good at. I felt I was on weak ground, and didn't have the confidence to argue a convincing case.

04.XX.XX Dreamed that my partner said he was bisexual, and fancied a bloke. I said I couldn't stay with him if he was going to be sleeping with other people, men or women. I also dreamed that I was in a big house somewhere, and somebody from work was eating an enormous piece of beef, that cost £39. It was very red, as though it hadn't been cooked, and he couldn't manage it all. I was trying to persuade him to work part-time, and have more time with his family, but he wouldn't listen to me.

06.XX.XX Had a dream involving a successful rock star who was flirting with me. We were attracted, but I had my partner already, and he was married to someone whose name wasn't pronounced as it was spelt. I felt flattered and attractive in the dream.

08.XX.XX When I woke I had been dreaming about blood – one of the girls from 'Sex and the City' told me she has AIDS, and she was bleeding.

09.XX.XX Last night I was reading about Nux Vomica, and I had dreams about the positive, organised, 'knowing your place in the world' side of the remedy in particular.

09.XX.XX In one dream I had two dates with cute men, and got in such a muddle trying to please them, and flit between them. I just made a mess of it. In another dream the Downs had lots of woodland and cattle grids, and I was riding my bike through the woods. All the fields above Brighton were flooded, and I had to swim through one field with my bike. Then just before I woke up, I dreamt I was really shouting at my niece (she is six), because she was being so stubborn and babyish, and wouldn't do as I asked. (In real life she can be irritating and like this, to a lesser degree.)

10.XX.XX Dream of a big auditorium of people I know. I was late for a presentation, and carrying too many things – including a bottle of champagne. I was worried I would drop them, but I didn't. There were other dreams too, that I don't recall, except in one I was tipping a bottle of champagne away.

I feel different today, not sure how, maybe the remedy has worn off.

18.XX.XX (*The day after a college weekend, when we discussed the Proving symptoms together.*) Had a nightmare last night. I was trying to fight and escape from baddies, James Bond style, but they caught me, and had me trussed up. I woke up quite slowly with an immobile feeling in my arms – as though they had been in the same position too long.

19.XX.XX Another dream about skiing and hotels, which is probably to do with all the fuss going on over our skiing holiday.

(2)

A few days before the proving began I opened the package with the remedy

56

in it, and read the instructions. That night I had an unusual dream. I lived in a house in the woods, and was visiting a neighbour's house deep in the woods. Their house was a Tudor mansion, with extensive wood cladding and beams. The huge amount of timber framework on the outside of the house was very conspicuous, and somehow seemed significant. They were having a party in their garden, and there was a medieval-type game of 'It's a Knockout' with enormous cogs, wheels, and swinging balls – all made from wood. I had to clamber through this to get to their garden. There were enormous trees, very tall and slim, surrounding their garden, and I could smell a woody, mushroomy smell. I stood at the bottom of one of the huge trees, looking up. The soil around the base of the tree was dry, sandy and gritty. I felt a slight uneasiness. Finally, I was able to leave via a five-bar gate at the side of their property, in order not to have to return though the garden, and play, or become involved in the game. I walked off into the woods. It was a beautiful place, and a very vivid dream.

01.XX.XX I had several dreams, difficult to recall except for one, but they all included references to water. I dreamt of being with my mother in building with a large swimming pool. She had heavy make-up on the left side of her face only, none on the right. I told her that the side without make-up was better. Other dreams had bowls of water in them, and water was evaporating from dishes. I also remember a dream in which I was trying to convince people of things, but they didn't want to listen, believe me, or understand me. When I'm awake I keep seeing a tall tree, as in my pre-proving dream. I'm standing at the foot of it on dry sandy soil, looking up. It's on the edge of a wood. In the evening I kept on seeing the same tree, in my mind's eye.

02.XX.XX Slept well, but had horrible dreams. There were people dying of heart attacks, strangers and a friend's husband. Other people were crying. In another dream I went shopping and had to wrap everything in plastic, but the food was rotten.

08.XX.XX I dreamt about picking up a hairbrush to use. The right side still had bristles, but on the left side they had all gone. It reminded me of my dream about my mother and her make-up.

09.XX.XX Had another 'half and half' dream, but cannot remember any details – it was very vague.

(3)

07.XX.XX A very memorable dream – it's as if I had really lived the dream. I remember even being aware of how intense and significant to me it was whilst dreaming. In it I was being hunted down and was under threat. There was a sense of my desperation right through it. My urge was to escape, to protect myself, and to seek freedom. My captor (unknown to me) was in an unfamiliar house, and he could sense how tense, uneasy and frightened I was – and he played on this, without directly attacking me. He was definitely my 'enemy'. If I wanted to get out of there, it was down to me to pull all my strengths together – physical and mental. I had to be physically agile to get away – superhuman, as agile as Spiderman. I tried to communicate with my sister, but found I couldn't. I was quite amazed at how much I achieved by using all my resources. I managed to elevate myself away from harm, to the

safety of the ceiling, and then later scrambled out of a window and on to the roof, where I had to lie in wait, very still, and very quiet – so quiet I could hear my heart beat. Recapture felt as if it was only a moment away. Nevertheless I felt very empowered once on the roof, but it used every last ounce of my energy. The end of the dream involved me noticing how the next-door neighbours were (strangely enough) all gathered on their roof, having a lovely time, enjoying a picnic, and relaxing. They were in stark contrast to how I had felt. They had not a care in the world. They were close enough for me to jump across and join them; then I felt safe, and I woke soon after.

Prover's comment: This dream was similar to my flying dreams, in which it's never easy to get off the ground. The feeling was of having to fight through to the end.

(4)

27.XX.XX Had a very vivid dream about my mother kite-surfing, and of having a vivid argument with her. I'm now remembering my dreams, although earlier in the proving I didn't.

35.XX.XX I've noticed I've had no erotic dreams recently. Perhaps it was because I'm getting on better with my husband.

(6)

04.XX.XX Had a slight panic attack at around 5 am. I had had a dream about sharks attacking my children, and I was helpless on a boat. It was a very real feeling of fear.

05.XX.XX Again had a frightening dream, cannot remember what about, I just remember feeling frightened at some point.

(7)

04.XX.XX Upsetting dream last night, can't remember the details, except that it involved a shooting.

(10)

02.XX.XX Last night I had a long and rambling dream which included an element of fear of heights. It was about my ex-wife, and as I climbed the stairs to her flat they crumbled away at the top of the flight, and it was precipitous to cross.

Rubrics:

Chapter DREAMS

Amorous, sexual dreams (p451)

Difficulties (p455)

Escape, of (p456)

Fights, dreams of (p457)

Pursued, dreams of being (p463)

Pursued, dreams of being, man by a (p463)

Sensitive, noise to (p1394)

Sensitive, odours to (p1395)

Chapter HEARING

Acute, hearing, to voices and talking (p995)

Chapter VISION

Acute, sensitive (p1891)

Speaking out, sense of connectedness or separation, in everyday encounters

Chapter MIND

Bashful (p1282)

Reserved (p1386)

Timid (p1415)

Anxiety in company (p1272)

Anxiety from conversation (p1272)

Embarrassment, feelings of (p1320)

New rubric:

Estranged, feels, while going about her daily business (p1284)

Chapter DELUSIONS

Separated from the world (p375)

Looking at her, everyone is (p371)

Alone, world, that she is alone in the (p360)

Cleaning-up, tidiness, washing

Chapter MIND

Tidy (p1414)

Fastidious (p1326)

60

Fastidious, for cleanliness (p1326)

New rubric :

Housekeeping, attentive to (p1345)

Precise detail

Chapter MIND

Fastidious, details for (p1326)

Organisation and overwhelm

Chapter MIND

Worries, full of (p1421)

Business, incapacity for (p1284)

Undertakes many things, perseveres in nothing (p1416)

Workaholic (p1420)

Procrastinates (p1381)

Gloomy (p1341)

New rubrics:

Chapter MIND

Gloomy, motivation without (p1342)

Calmness and focus

Chapter MIND

Tranquillity, serenity (p1415)

Patience (p1380)

Impatience (p1349)

Clear, mind (p1287)

Agitation, mental (p1264)

New rubric:

Quiet, around her, cannot stand (p1382)

Sadness, self-doubt, and feeling withdrawn, sensitive to the opinions of others

Chapter MIND

Depression, sadness (p1308)

Depression, sadness, company, aversion to, desire for solitude (p1308)

Depression, sadness, happy on seeing others (p1309)

Depression, sadness, quiet (p1311)

Depression, sadness, talk, indisposed to (p1311)

Confidence, lacking, no self-esteem (p1290)

Loneliness (p1367)

Isolation, feelings (p1360)

Panic, attacks of anxiety (p1380)

Chapter DELUSIONS

Right, does nothing (p375)

Clumsiness, and cautiousness

Chapter MIND

Awkward, mentally, drops things (p1281)

Fear, falling of, walking when (p1330)

Cautious (p1284)

Cautious, anxiously (p1284)

Mental confusion

Chapter MIND

Absentminded, preoccupied (p1261)
Concentration, general, difficult (p1289)
Concentration, general, difficult, can't fix attention (p1289)
Confusion, mental (p1291)
Dullness, mental (p1317)
Memory, general, forgetful (p1370)
Memory, general, weakness of (p1371)
Mistakes, general, time in (p1375)
Speech, finish sentence, cannot (p1400)
Speech, general, slow (p1401)
Time, perception, loss of (p1414)
Time, perception, loss of, quickly passes too (p1414)

New rubrics:

Chapter MIND

Concentration difficult, tasks, diverse for (p1289)

Concepts of time

Chapter DELUSIONS

Time, space, and/or lost and confused (p378)

Spaced out and ungrounded

Chapter MIND

Spaced-out feeling (p1399)

Effects of alcohol, sensations as if drunk**Chapter FOOD**

Alcohol, general, agg. (p724)

Alcohol, general, aggravates, easily intoxicated (p724)

Alcohol, general, aversion to, alcoholic stimulants (p724)

Alcohol, general, desires (p724)

Chapter TOXICITY

Alcohol, general, agg. (p1857)

Alcohol, general aggravates, easily intoxicated. (p1857)

Alcohol, general, aversion to (p1857)

Alcohol, general, desires (p1857)

Chapter MIND

Intoxicated, sensation as if (p1356)

Confusion, intoxicated as if (p1292)

New rubric:**Chapter MIND**

Intoxicated, sensation as if, water from drinking (p1356)

Sensations relating to water.**Chapter DELUSIONS**

Water (p380)

New rubric:

Water, drinking, as if one glass of seemed many (p365)

Body image; attractiveness; relationship with others

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Chapter MIND

Affectionate (p1264)

New Rubrics:

Chapter DELUSIONS

Body, general, unattractive feels (p362)

Weight gain or loss

(No rubrics added)

Headaches

Chapter – HEADACHE

Alcohol, spiritous liquors from (p907)

Intoxication, after, as if (p934)

Noise, from (p941)

Pressure, external, amel. (p959)

Stool after, amel. (p975)

Sharp pain, temples, right (p967)

Sharp pain, temples (p967)

Temples, extending to neck (p984)

Wandering pains (p993)

Temples, pressure amel. (p984)

Pressing pain, pressure amel. (p950)

Temples, right side (p984)

Throbbing (p985)

Throbbing, evening (p986)

Evening (p923)

New rubrics:

Pressure of glasses aggravates (p959)

Right sided, leaning head to right side amel. (p960)

Eyes

Chapter EYES

Pain, eyes, around the eyes (p551)
Stiffness, of (p565)
Tired sensation (p568)

Shoulders**Chapter SHOULDERS**

Pain, shoulders (p1629)
Tension in (p1636)
Tension in, walking air in open while (p1636)
Pain, shoulders, walking while (p1631)

Extremities**Chapter ARMS**

Herpes (p87)
Raised, impossible to raise (p98)

Chapter HANDS

Nails, general, finger nails, exfoliation (p844)
Nails, general, finger nails, split nails (p844)
Nails, general, finger nails, dryness (p844)

Chapter SLEEP

Insomnia, sleeplessness, pains from, limbs (p1695)

Chapter FEET

Chilblains (p607)
Chilblains, toes (p607)
Cramps (p611)
Cramps, walking, while (p611)

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Chapter LEGS

Cramps, legs (p1126)

New rubric:

Chapter ARMS

Sharp pain, Herpes Zoster, accompanied by (p99)

Chilblains

Chapter FEET

Chilblains (p607)

Chilblains, toes (p607)

Skin

Chapter SKIN

Eruptions, blotches, red, elevated (p1646)

Vesicles, eruptions (p1678)

Vesicles, eruptions, watery (p1679)

Prickling sensation (p1662)

Prickling, single parts (p1662)

Itching (p1657)

Itching, wandering (p1660)

Itching, prickling with (p1659)

Itching, rubbing gently from, amel.. (p1659)

Chapter DISEASES

Herpes Simplex (p416)

Herpes Simplex, back (p416)

Herpes Zoster, shingles (p417)

Herpes Zoster, shingles, neuralgic pains persisting after Herpes Zoster (p417)

Chapter BACK

Herpes Simplex (p125)

Chapter FACE

Herpes (p586)

Chapter HANDS

Dryness (p835)

Roughness (p852)

Chapped (p827)

Cracked, fingers, tips of (p830)

Cracked, thumbs (p830)

Cracked skin, winter in (p830)

New rubrics:

Itching, undressing amel.

Prickling sensation, voluptuous (p1662)

Cough and throat

Chapter COUGHING

Tickling cough (p356)

Lying, general aggravates (p345)

New rubric:

Drinking, desires water in sips (p335)

Chapter THROAT

Raw, pain (p1831)

Burning, pain (p1815)

Dryness (p1820)

Pain, coughing, on (p1828)

Pain, talking (p1829)

Chapter LARYNX

Hoarseness, voice (p1116)

New rubrics:

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Hoarseness, voice, hot drinks amel.

Chapter MIND

Fear, choking (p1327)

Breathing

Chapter BREATHING

Difficult, breathing, exertion after (p232)

Difficult breathing, exertion, least, after (p232)

Odours, Taste in Mouth

Chapter MOUTH

Breath, odour, offensive (p1424)

Breath, musty (p1424)

Bleeding, gums, touch on (p1423)

Chapter NOSE

Smells, odours, imaginary and real (p1523)

Smells, odours, putrid (p1524)

Sensitive to odours (p1523)

New rubrics:

Nose, smells, odours, putrid, like rubbish in a bin-bag (p1524)

Chapter TONGUE

Taste, general, bad (p1848)

Taste, general, metallic (p1851)

New rubric:

Taste, general, tobacco, taste as from (p1854)

Chapter MIND

Disgust, nausea, from her own effluvia, to (p1315)

Appetite, thirst, foods and nausea

Chapter FOOD

Appetite, general, diminished (p725)
 Cucumber, aversion to (p734)
 Raw food or salads, aversion to (p741)
 Warm food, general, desires (p748)
 Thirstless, general (p747)
 Thirst, general (p744)
 Thirst, general, extreme (p745)
 Water, general, aggravates (p748)

Chapter STOMACH

Stomach, nausea, general (p1748)
 Stomach, nausea, general, pregnancy during (p1753)
 Stomach, nausea, motion on (p1752)

Chapter PREGNANCY

Nausea, during (p1569)

Temperature : Heat and Perspiration.

Chapter FEVERS

Perspiration, with fever (p712)

Chapter GENERALS

Heat, flushes of (p763)

Chapter BACK

Perspiration, lumbar (p142)

Chapter PERSPIRATION

Odour, general, putrid (p1548)

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Profuse, at night (p1549)

New rubrics:

Chapter FEET

Water, sensation as if in, warm (p639)
Heat, sensation as if in warm water (p616)
Water, as if hot were poured on them (p639)

Temperature: (Cold)

Chapter FEET

Coldness (p608)
Coldness, icy, cold (p609)

Chapter FEVERS

Alternating, with chills (p692)

New rubrics:

Chapter FEET

Coldness, water, as though immersed in cold (p609)
Coldness, sensation of, though not as cold to touch (p609)

Chapter HANDS

Coldness, hands (p828)

Menses, and PMT

Chapter FEMALE

Dysmenorrhoea (p657)

Chapter MIND

Irritability, menses before (p1359)

Chapter DISEASES

Herpes Simplex, during period (p417)

Chapter RECTUM

Haemorrhoids, menses, during, aggravates (p1612)

New rubric:**Chapter FACE**

Herpes Simplex, menses, during (p586)

Breasts**Chapter BREASTS**

Undeveloped (p227)

New rubric:

Breasts, undeveloped, from grief or shock (p227)

General Symptoms and time modalities**Chapter GENERALS**

Morning aggravates (p770)

Food eating ameliorates (p734)

Evening aggravates (p760)

Evenings, ameliorate, in general (p760)

Daytime, general ameliorates (p758)

Chapter ENVIRONMENT

Open air, outside ameliorates (p517)

Sides of the body

Chapter GENERALS

Sides of body, general, right side (p788)

Dreams

Chapter DREAMS

- Amorous, sexual dreams (p451)
- Difficulties (p455)
- Escape, of (p456)
- Fights, dreams of (p457)
- Pursued, dreams of being (p463)
- Pursued, dreams of being, man by a (p463)
- Water, dreams of (p468)
- Water, dreams, swimming in (p468)

New rubrics:

- Corpses, putrefying (p454)
- Difficulties, overcome (p455)
- Shopping, going, everything was wrapped in plastic, but food was rotten (p465)

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Additional Notes from Prover number 2.

During the Proving I wrote the following notes:

I feel crushed by life, I feel life continually pushes me to be tougher than I really am.

I pictured a flower naively trying to grow, crushed by something simple like the hand of a child. Every time this happens the flower picks itself up, straightens its petals, and tries to grow again. But each time it happens the

crumpled petals don't smooth out so well and the flower looks a little more ragged. I think I felt I was fragile, too weak to withstand events that were occurring, although I also felt resilient enough to keep on picking myself up and trying again. I felt that events left a permanent mark on me.

During the proving I found myself watching people, wishing I was invisible. I wrote; I feel like I'm existing in an empty, grey world, as if I'm an observer of everyone else. It's like everyone else is in a plastic bubble and I am on the outside, looking in. I desperately want to be a part of this world; I want to fit in, but I am one of the disqualified. I feel sure that everyone else is happy, except me. I wonder why this is? I am not a bad person. I feel that if I was a better person I could make things right for everyone around me, and it is my fault that things aren't so good.

I feel different from everyone else, I feel like I am made of different stuff, an outsider. This is a lonely place to be. I feel totally alone in the world, and vulnerable. Everywhere I go I feel separate from everyone else, its like there is a void around me, a space. This space makes me feel conspicuous, but I don't want to be noticed. I don't want to be noticed for being different – the world feels like a hostile place to be in if you are different. I fear people noticing me and this makes me feel panicky - today I felt I couldn't breathe.

I feel detached and disconnected from everything I am doing, its like I am a machine. I am only able to interact with people mechanically. I can be precise and accurate if I do not involve my emotions. If I don't put myself into things, then I can do them well. I feel I'm best with my emotions closed off.

I felt as if interacting with people was a task and there was a right and a wrong way to do it. I felt that the right way was to make the experience great for them e.g. say and do the things that make them feel good. This is probably a significant trait of my character but I wouldn't normally view it so mechanically.

There seemed to be no degrees with my observations – it was all or nothing, black or white, and I didn't seem to doubt what I saw or felt.

I doubted lots of things about myself; I felt everything I did was rubbish. I felt my job was an embarrassment to my husband, and I was a bad wife, mother, friend. I felt a complete 'letdown' to everyone and especially to myself. My self-esteem was at zero.

I also noted: It occurred to me today that I have lost weight over the last week. I feel enthusiastic about this – I feel I can control my life by being thinner. I can control what I eat and I can loose more weight, and I feel empowered by this. I feel then I will be more acceptable. I will fit in better if I'm thinner.

I am totally unable to multitask anymore. I normally can do several things at once – read, watch TV, talk etc. – but I am finding that I can only do one thing at a time, and I'm struggling to do that. I can't follow the plot of a film, or time the cooking of a meal properly.

Now that the proving is over I find it hard to identify with what I wrote – it's almost like reading another persons notes. At the time I felt I couldn't talk about it and I tried to put on a brave face.

Proving Conclusion from prover nr. 7

During the proving I was utterly convinced that I had taken the placebo. Then, when I was told that I had been taking the 200C potency I was very surprised, but thought that the remedy couldn't have had much of a resonance with me as no real changes had taken place. However, at the final group discussion all kinds of extraordinary connections were made which I found unexpectedly healing.

I have always known myself to be quite guarded with my emotions, not wanting to 'put upon' other people. Although I can talk about my emotions and feelings quite easily, having gone through counselling and therapy at various stages, I find it very hard to let raw emotions out and cry or be angry. However, since the proving began I find myself much better able to express my emotions as and when I feel them, which is different from analysing my emotions after an event. This hasn't been easy, and I've been helped by an encouraging partner.

I think that all these changes are best explained with reference to my past. My mother died of cancer (originally of the breast) when I was eighteen, just days after my last A level exam, which I guess signifies the end of my teenage years. She had originally been diagnosed when I was twelve, so she battled against it for six tough years, and most of my memories of her are from those years. I had an extremely close bond with my mother, perhaps more so because of her illness, and the impending threat that put on our relationship. During that time I was a very 'good' teenager, working hard at school and not rebellious or stopy, as a teenager is supposed to be. I didn't want to cause problems within the family, and wanted to be strong for my mother. Even when I became heavily depressed when I was sixteen, I felt as if I had no justification for feeling that way, and that I wanted to push those feelings back down. I remember being praised by family friends at my mother's memorial service, when I spoke and was so 'strong'. I felt weak when I cried, which is something I liked to do when I was alone. Looking at my teenage years, which are meant to be ones of growth and expression, I wanted to fight against my feelings.

Later, when I was twenty-one at university I became anorexic for a short time, again trying to restrict my growth. During much of this time, my periods stopped, again stopping myself becoming a woman, eventually getting started again a couple of years ago. I wonder now whether this remedy would have also helped my periods if I had taken it several years ago.

During the proving, as my breasts grew, I felt the same tenderness I had felt as a teenager, when they grew for the first time. I realise now that this has been a time for growth, completing the arrested growth of my teenage years, and allowing me to fully enter into adult life.

Experiences of Coordinators and Supervisors, none of whom took the tablets.

Supervisor of prover number 3.

Days 1 to 7: “The positive side” – I have had a sense of having enough time and energy for tasks, as if I have been connected to, and supported by, accessing “earth power”, despite not having had a chance to meditate for five of these days. This is totally new for me, because my ME condition means that it is a constant struggle for me to complete ordinary tasks, and pacing myself is usually a problem. This change is like a miracle, everything feels effortless.

I have felt slightly ‘wired’ by juggling three meetings; there was a room double-booked and the computer and photocopier broke down, but I was not reduced to tears of frustration, as in previous weeks. I was almost able to laugh at it. I’ve organised lots of paperwork, after months of drowning in it, and a publicity event for work with great ease. I’ve received an unusual amount of praise and recognition, and felt clearer and more assertive about the limits of my role and responsibilities at work. I have felt connected, and not an outsider. I had three very erotic dreams this week, and one to do with the break-up of my marriage. They did not feel like my dreams, it was as if a video had been slotted into my brain.

Also in the first week I found myself flirting slightly, because I felt very attractive. This was totally out of character, and sadly not maintained! My husband was suddenly very appreciative, instead of his more usual attachment to negatives. I was very pampered – he massaged my feet for the first time in twenty years.

Periods: the first started on day two and was totally out of character – it was heavy for six full days.

Day 8 onwards, “The negative side”- I felt I was back to normal. Although I was still getting loads done everything was taking a lot of energy. Initially I managed to pace myself, but then I began to lose my ability to say “no”. I began to resent the intrusion of work into home life, and resented also the demands and self-absorption of my prover. I missed appointments because of confusion about arrangements. It felt like wading through treacle!

Day 20 onwards – I started to lose whole days to sleep and bed-rest. When awake my emotions were VERY raw.

Days 27 to 40 – total relapse of ME. Bed-bound as if drugged. On day 34 I was so depressed I had terrifying suicidal impulses. I took Aurum. This state had been brought on directly by overdoing it, because my judgement had been impaired by the proving during the state of euphoria and

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mania I experienced in the first week.

Around this time I stopped writing my journal – everything was too difficult to face up to. I changed homeopaths.

Cured symptoms were:

- 1) Chronic tickling, dry raspy cough – this was better for 3 months, then it returned higher up in my chest.
- 2) Frozen shoulder – which I had had for 18 months.
- 3) For about a month I had an aversion to wine, which tasted unpleasant.

Final comment: Three months after the proving began I still feel emotionally raw.

(Coordinator's comment: I wondered if subsequent taking of the remedy (Plastic wrap) in various potencies, (LM?) would be beneficial for her?)

Supervisor of prover number 4: After listening to everyone talk about the proving, it occurred to me that myself and my husband may be experiencing some symptoms.....I have been very thirsty for water, continual sipping all day. I've had headaches that lasted about two days and wouldn't go. I keep feeling the urge to go swimming in my pool, even though it is freezing (in January). My husband is also very thirsty for water. He feels 'woozy' and has to sit down and rest his head on something. He also seems to be more sexually aroused than normal. In the last couple of weeks I have put many hours into homework and have neglected the housework and details like keeping up the provisions for the house. I have been dizzy in the morning on waking, and my blood pressure has been very low, 92 / 62. I had a couple of nosebleeds, (return of old symptoms?) and then my blood pressure went up to 115 / 80. Very strange !! I feel able to concentrate on two things at once today, both my course and the housework, and I feel better for it. My period is also a different colour than normal – it is usually bright red, but now is slightly darker, on the brownish side.

Supervisor of prover number 7: (Recorded on day 17)

This month I have been very unfocussed. It has been almost impossible to do my homework (I normally pace myself), and I just could not concentrate. I've been going clubbing at every opportunity – this is so not like me. I didn't do it when I was young, and I hate clubbing normally. I've also desired to wear 'sexy' clothes, and want to make myself more attractive – again this is not me. I normally like classic clothes. When I went clubbing I

didn't find anyone I liked especially – I am looking for the 'perfect' man, not just anybody – he has to be right.

Shortly after the proving began I decided to start a detox diet, and managed to lose ten pounds and felt great.

Three months later: I have returned to normal, I don't go out much, and I put all the weight back on, and more. I can't be bothered to look for a man, even though I've been single for 4 years. If it's meant to be it will happen. I eat everything now. I feel very old and fat = unattractive, but I do feel more confident and stronger.

Supervisor of Prover No 10

On the first and second days I had a strong, pulsating sensation in the region of my third eye. On the third day I felt incredibly sexy, and wrote "the usual flubber felt like delicious curves; I feel conscious of all the edges of my body". I thought my breasts were absolute "man magnets". !! On the 4th day I had a big peeling-off of dry skin from one of my heels, and woke up in the night to cut it off because a big piece of my heel had sprung free over the night. For the whole of the first week I was really constipated (unusual).

On the night of the 27th January I had a dream of trying to move to an area where a group of people were living on or near water. They were cruelly exclusive, and refused me all help, and I was destitute until someone put me on a train to my home city. I then had a dream of being violently raped by a frenzied man, in Italy, and shouting for help. An old woman came and hit him over the head with something.

Other provers experiences

Prover number 5, and her supervisor: This prover began to feel ill just before the proving was due to start, so she delayed taking the tablets. In fact, she was the one who was taking the placebo. Throughout the duration of the proving she continued to have health problems which were not in any way similar to the symptoms presented by the rest of the group, and was treated for these by her homeopath. Her supervisor, however, who was in late pregnancy at the time, noticed that her own breasts reduced in size and she returned to wearing her pre-pregnancy bra-size. She offered up this information after hearing about prover number 7, whose mother died of breast cancer, as her own mother had also had breast cancer, but had survived. Prover number 7 is the one whose breasts grew since the beginning of the proving. (See additional notes of prover number 7 page 83.)

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Prover number 8: This prover had been under constitutional homeopathic treatment for some time, and in the proving was supervised by his own homeopath. Throughout the proving both himself and his supervisor noted that while his state reverted to a familiar state of unease, that had responded well in the past to the remedy Carcinisin, he didn't produce any new symptoms, or anything congruent with the rest of the group. The contents of his proving diary do not appear anywhere in the text because of this. We consider that there may be some similarity between the states covered by the remedy Carcinisin and those of Plastic.

Notes from Stuart Deeks, one of the proving coordinators, who was also the supervisor of prover number 9:

When the group met at college, for the first time after the proving began, there seemed to me to be a new quality of attractiveness in the women. My response was to a natural, uncomplicated attraction without any taint of any lasciviousness. I associate this with the natural female attractiveness at ovulation time, since I was aware that the remedy had oestrogenic connections.

Then on the night of Day 21 of the proving, when I was still sleeping with the phials of the remedy in my room, I had the following eight, clearly remembered, dreams:

1) I am in a street; fighting is spreading from the centre of the city. Its as if Arabs or Muslims are involved. There is the noise of gunfire coming from down the road, to my left, as if there are soldiers coming up from the centre of the city. I'm in a bar, on the right hand side of the road. On the opposite side there are (Turkish?) gunmen, shooting at the soldiers coming up the road. One of these men had a very sophisticated rifle, and was highly skilled at using it. Should I go and stop him shooting, at great risk to myself? I decided not to. As I watch, in comes a wounded man – he has pale skin, as if he's on our side. Then a large metal vehicle painted green or black came down the road from the right side, hosing down resistance with jets of water, along with the gunman.

2) Intimate kissing, in a clinic-type waiting room, with a young and irresistible woman. She was speaking a foreign language, but I answered her as if I understood the gist of what she was saying. It seemed inevitable that I would make love to her, and we go into my own clinic room. Then I had an image of a big man, naked from the waist down, swinging on a bar, like a trapeze, showing his (very long) penis.

3) There was a fire in a church, on the left hand side, two thirds of the way up the red brick walls. There was a fantastic fireman with spider boots running up with his hose to put out the fire. It was as if the heat was coming out through the wall from the burning behind it. I really admired his accuracy

and precision.

4) More destruction by a big fire. A building that I had been in with someone else, a male friend, was up in flames. Nearby there was a muddy, sludgy pit, several men had been working in it, and the sludge started to suck them all in. One was going under, only his head was visible – another man came and, with a precision move with scoop digger, got him out. Then all the men stood and were washed off with soapy water from a big hose.

5) I was in a house which I was selling to a friend. She was asking about a particular kind of bolt that was necessary to make a repair to a rickety loft area, which was like a theatre in appearance. I suggested a particular local supplier, since it was something so specialised. A group of people came in, one of them a woman who had been “touched” by a divine experience. ‘I have it, right here, with me’ she said. Her face was radiant, golden, especially her forehead (third eye). The others, also women, were talking of her experience, and excited by what had happened.

6) Children running a race – the first group was of prepubescent girls. I was playing music to accompany this event, and sharing a music stand with another man. Somehow I was sitting on his knee, or he on mine – in some way it was intimate. I thought he had the wrong piece of music on his stand – it was not what I had expected, nor did I think it matched what the female singer was singing. Then a boys race followed, and we adults were to follow after, though I wasn’t sure I had the energy for it.

7) I was down by a beach. The foreshore had red seaweed; I threw my shoes on to it, but the tide came in quickly and they started to float away, to the left, and to sink. I took off my coat, with valuables in it, and placed it safely above the water line, to be sure not to lose them, and jumped in. I had been foolish enough to put my shoes there and I wasn’t going to make another error. I swam after my shoes and managed to get them, they were just visible under the water. The current was very strong, to the left, as the tide came in.

8) I was in a school playground, where two young teenagers were showing their ability to fly, on a thing like a skateboard. They managed it for a while, and then crashed into a low wall they couldn’t clear, and had to stop.

On reflection these dreams seemed to illuminate aspects of male/female relationships from my male point of view. These are some of the themes as I understand them:

Precision and exactness – tools, weapons, hoses used with exactness and precision. Also, the exact size of a bolt required for a job. My associations – the singular precision of the fertilisation process.

Water to quell fire – yin female energy cooling the yang male/fire/heat.

Right and left sides – in some of the dreams there was a movement from the right to the left side, and in many of them I was viewing the scene from the right hand side. I associate this with the top of the right side pillar of the Tree of Life, archetypally the male side, from the Kabbalah.

A concluding observation :

This proving may be a useful reflection of how plastics have affected us all since their invention in the 1930s, their increasingly widespread use, and their infiltration into the food chain. Add to that the mixture of contraceptive residues in our drinking water, and I wonder if male/female attitudes and behaviour have been substantially affected or put out of balance in those parts of the world that use these things a lot. If it has been seen that sperms counts are affected, and physiological abnormalities are increasing, it would not be a surprise to find that emotional and psychological positions have been affected too – particularly in respect of sexuality and sexual expression. I think that this proving can teach us something on this subject.

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MATERIA MEDICA

* Indicates a symptom that cleared during and that also, in some instances, remains cleared since the proving.

Underlines indicates a symptom from one of the cases that improved with taking the remedy, or was confirmation of a specific proving symptom.

Generalities:

Weight gain or loss. Body image : feels unattractive. Effects of alcohol. Sensations as if drunk. Sensations and dreams relating to water. Cold hands and feet/or generally warmer. Chilblains.* Herpes Zoster (Shingles)? Herpes simplex*. Foul smelling perspiration. Binge or comfort eating. Feels crushed by life. Absence of joy or motivation. Chronic fatigue states (when other symptoms of the remedy are present) (clinical, but not in one of these six cases.) Possible tendency to right sided symptoms.

Modalities:

Worse : morning, evening / < daytime > by early evening. Alcohol.
Better : open air, eating, bowel movements, expressing thoughts and feelings.

Mind and emotions:

Vivacity. Talkative. Talks about herself. Exhilarated. Enhanced perceptions. Sensitive to noise and smells. Speaks out. Keen to clean (in the home). Multi-tasking. Precise Detail. Organised and able to concentrate well. Calmness and focus.

OR – Clumsy and cautious. Overwhelmed, with a desire to get away, to 'escape' from the pressure of her everyday situation. Impatience.

Procrastinating. Sadness. Un-motivated. Mental confusion and agitation. Panic in the supermarket. Spaced out. Loss of sense of time. Absent-minded with difficulties concentrating.

Sense of connection or separation in relation to others. Issues to do with body image: feels unattractive, sensitive to the opinions of others (particularly about appearance). Reserved with acute feelings of embarrassment. Lack of confidence and self-esteem.

Abdomen: Sense of anticipation, of 'butterflies.'

Breasts:

Delayed development, possibly from times of emotional difficulty* and grief?

Eyes: Sore and tired.

Female:

PMT. Irritable before period. Painful periods. Herpes simplex during periods.

Food:

Appetite diminished / Binge or comfort eating. Desires warm / averse raw foods, averse cucumber. Thirstless or thirsty.

Head:

Headaches. Sense of pressure. Temples. Behind eyes. < Right side > pressure. Groggy feeling, like a hangover, < alcohol.

Limbs:

Finger nails brittle and flaking. Cracks and dryness around finger tips in the winter*.

(In shingles) difficulty raising arms and painful cramps in legs,

Lungs: Breathless from exertion.

Mouth: Musty, offensive odour of breath.

Shoulders: Pain and tension. Frozen shoulder*.

Skin:

Dryness. Rough, chapped skin, especially hands. Itching. Prickling. Tingling. Herpes simplex*.

Sleep:

Dreams – of difficulties, of being pursued, of fights, of escape.

- of water.
- Sexual dreams.

Stomach: Nausea. < motion. Nausea of pregnancy.

Temperature:

Cold (hands and feet) or else warmer generally.

Fever: alternation of perspiration with heat, and extreme chilliness.

Throat:

Tension. Difficulty swallowing, and fear of choking. Dry, sore throat < coughing, talking, empty swallowing.

CASES**CASE 1**

Female, 32 years old. She has been coming to see me for two years now. She has Raynauds Syndrome, but our main focus of exchange and discussion over the years has been her relationships with family members. She is Belgian and lives in Brighton. Her mother and sister (married with two children) live in Belgium. Her relationship with them both has not been easy. She feels, and has always felt that whatever she does, it's never good enough in their eyes. Her parents split up during the time of the pregnancy. Her father has lived in Australia since then, and has been very much absent all her life. Most recently I gave her Plastic (wrap), and seeing the evident benefits, I have looked back at her case notes to extract her description of her story and state in those areas in her life which have begun to change since taking the remedy.

The dosage was : 17.10.05 Plastic (wrap) 12 single dose, 24.10.05 Plastic (wrap) 30 three doses in 24 hours, and Plastic (wrap) 200 likewise a week later.

So here are the relevant aspects of her story:

"I get timid around people, especially in situations of confrontation. It's as if there's no energy for confrontation. It's a feeling of having to be quiet to show that you are a good girl, not enough standing up for myself.

As a child I was not allowed to get up to pee because it would make the place dirty. Also my mother was obsessed about clean taps. She is lonely and bitter, particularly about my father leaving, and has pushed a lot of people away. I met my father for the first time when I was twenty. He's a stranger. During my pregnancy was their last trial to make things better. Now I feel some anger towards him: he left us on our own.

After arguments I will go out of my way to avoid the person. I can't deal with anyone who will make my life worse. A year and a half ago I finished with my last boyfriend. The pattern was: I put myself down, not standing for what is needed. I would feel something is not right, but it would take a while to get there, and I would try to do what he wanted me to do, and in the meantime

putting myself down; or I would be beating myself up, thinking I haven't done it well enough.

With my mother I can't tell her anything - she will use it against me in some way. I realise I do things well to get approval. With compliments? I think it's not real, you're just saying that. Putting myself down in another way. I'm not used to listening to what I need. I'm used to pushing myself away. How do I get to being a bit more open with people?

At the first step what if I get rejected? Will it all work out? In any case with men I have felt tense about sex and get vaginitis. When I go to visit my family I cannot let my guard down; they are going to hurt me if I do. I have a craving for family, wanting my mum to be a mum and ask me how I am. She puts everything on me, so I close off, shut down when I'm with her. I don't listen. It's a waste of time. So I have no real contact with her or with my sister. With her I'm scared to bring things up, scared she will be judging me, feeling I will have to do it better. They don't respect me. I didn't force anything on them but they did on me. So I go into isolation and don't engage when it's difficult.

(After I had given her Syphilinum 30 she said, "I can't get rid of the feeling there is rubbish inside me: polluted things, e.g. taking vitamin pills rather than fruit and veg.")

I ask why she is exhausted. "I tire myself in my head. I work very long days and even then take work home." "Why?" "I don't want people to look at me and say "She hasn't done that job properly." I don't ask for help although I'm allowed to. It's like with my mother in that sense; I'd be told off. I can't move, I have to be quiet because she couldn't deal with it. She wouldn't allow anyone else to look after us for fear we might get contaminated. Mum looked after us but didn't show that she cared for us. It was all about IMPRESSION and not real. Like wanting to show off and having to perform to show that everything is well. Here in England I can feel safe. I don't have to pretend. If I go out I can come back into my own space. There, around my family, it's alien territory. They are not my allies. I always have to be strong. I have to keep my barriers up.

Everything that was ever pleasant was smashed when I came home: pleasant then caged. My mother's parents had wanted her to be a boy and her mother was not close to her. Her father died when she was thirteen. She thinks, if you can raise guilt in others they will do things for you. She's always right, everyone else is wrong. They all left. She didn't do anything wrong. Everyone was against her. She didn't want to be helped. She pushes people away and then feels excluded.

With my mother and sister I have such a great hunger for visible appreciation that even if there is a little of it I don't see it. It's all to do with the family image. They are ashamed of me. I'm the black sheep. It would have been fine if I had been an engineer!

I'm always trying to get a sense of connection with them, but I do not meet their expectations. I'm looking for recognition and acceptance, and in my work too. I'm tired of having to be positive, chatty and outgoing. With my mother and my sister it's all to do with image. I have such a need for family. I feel like an adopted child.

When my father visited me recently it was pleasant if superficial. As

usual I was always like the good girl: never coming to conflict, but now I feel frustrated that I didn't say to him what I felt.

I just don't have family, it's an emptiness there. With my father there's no connection, and with my mother everything is all about her. But I realise I isolate myself like my mother. I'm impelled to work: to be seen to be doing something useful. I glow with making myself useful."

Then, after Thuja : "It feels like my spark is back. I've had a week of everything coming together in a strange way. I'm keen to start clearing clutter at home. I'm a hoarder. I WANT TO FEEL BIGGER IN THE WORLD RATHER THAN THE WORLD IMPOSING ON ME. I ALWAYS HAD TO BE LITTLE AND SMALL, OTHERWISE MY MOTHER WOULDN'T HAVE BEEN ABLE TO HANDLE ME."

At this point I thought of giving her Plastic (wrap) as a Remedy.

Dosage was : Plastic (wrap) 12 x1, then a week later Plastic (wrap) 30 night and morning, and a week after that Plastic (wrap) 200 night and morning.

After a month I saw her again. "I have felt good in the last four weeks and continuing to clear things out, especially things connected with my last boyfriend. I have been doing something other than work, home and TV. I have been out twice most weeks, going to the theatre and meeting up with friends. I've had some male attention. It's someone I have known for a while, he has always liked me and we've always got on. This time of meeting up I felt more open, it was more natural from the first few minutes. At first I sat on the floor and he was sitting on the sofa, as if I was putting myself down, being on a lower level. Then he came and sat on the floor with me. I liked that. It seems that we both have a need to move close to someone. It felt homely, comfortable and OK. OK to be a bit more close to someone. It's allowed, and needed and natural. I feel I'm moving on; even before meeting up with him I had the feeling that something had shifted. It is a shift around feeling bigger in the world. It's better for my ego. Before, in my last relationship, he was patronising towards me. I was less than him; in this new situation it feels equal because it works for both of us and for the same reason.

At work I have let go a bit more, I'm doing the minimum. Before it would be very important to work lots of extra time to feel OK about myself, now I feel on top of it all in a different way. At home, instead of watching TV, I get on with clearing a pile of papers; clearing out is now more important than doing work all the time."

There is a completely new sense of brightness around her face and expression; light in both its meanings: glowing, and released from a weight.

I sent her away with some more Plastic (wrap) 200, to take if this newly found balance began to feel threatened.

The next session was a month later.

"It's been a very exciting five weeks. So many things have happened. There has been another man as well: two guys giving me attention! After a while I realised that one was good and the other not, although for a while there was some confusion for me between the two. With one it just felt out of balance, he would insist on things like taking me to the bus when I didn't want him to. I didn't have a choice. With the other (the one I met up with first) there was more equality: he didn't make demands of me. With him I recognised a

feeling of caring deep down in my belly. I still have this feeling of an equal connection with him. So it became clear to stop seeing the second man.

I've had a good weekend clearing out at home, and applied for another post within the firm I work for. This time I felt decisive easily. Two years ago, when I applied for my present job, I felt very uncertain about it all right up to the last minute.

I had a dream with my mother in it. I think this is because I've been ignoring her recently, not phoning her. I don't want to be around her negativity, I just don't want it.

For two weeks I took nothing. Since then for these three weeks it's been one a week. I took it to keep the balance, both within myself and outside of myself, so that I wouldn't go out of kilter or do anything extreme: to make sure I could handle our conversations and the general situation well, so that it would stay comfortable and natural.

In the last few weeks I've been really hungry: even after a proper lunch I would be starving again at 4 p.m.

A dream. I was in a theatre with a big auditorium. There was a balcony at the side with a buffet. I was hungry, I hadn't eaten. It became like a party, with long tables like at my friend's wedding. There were guys singing and teasing me. (In real life I would hide in this kind of situation.) But in some way, in this dream, I'm playing along with it and it works out really well. There was a gorgeous black woman cheering me on and others who were saying how well I was doing this piece and how funny it was. I thought " I'm pulling it off, although I've no idea what I'm doing. I can do what fits with me and it works." Then it came to a song that everyone knew apart from me; then it came to the chorus and I knew it and really went for it. I was wearing glittery, silver dance shoes. Some of the people there had been at secondary school with me . Then it was raining and I felt a sadness and wondered if it would all end in tears."

Remedy: Plastic (wrap) 200 to hold and use as required.

After a month : " After all the excitement and fun and feeling much more alive, last week was a bit flat and disappointing. I have not found motivation at work after my time off. I have felt tired and haven't begun to clear the backlog of work, and I don't care about it at the moment. In my two weeks holiday I haven't cleared any more of the things in my flat. It is still to do with my ex-boyfriend. From a letter he sent recently I am even more clear as to why the relationship ended, but I'm scared of letting him go completely as well as being scared I'm holding on. Taking the remedy helps overcoming these fears." (*She had taken it once each week.*)

"I don't see my new boyfriend very often at the moment but that may be just as well while I am going through these changes.

This relative flatness is how I was most of the time before. Maybe I'm done with all of that now? The time spent dreading my visit to my family in Belgium was shorter."

Things were different for her when she saw her mother and sister during this trip; also she realised she was feeling differently about her father.

When with her mother she realised: "I cannot do anything about what happened between you and my father." " I felt calm and quite clear about

these things this time. Generally I haven't known how to get space for myself when I'm around my mother. She's too much asking for attention. There was a particularly difficult time two years ago to do with this. I found I was able to talk with her about that time, in a different way from before.

With my sister I found myself speaking my mind directly, which was unusual, and I am finding new ways of building up a rapport with my niece."

About her father : "I was talking about fathers with my boyfriend and realised that, for the first time, I was not blaming him for everything that happened since he left. Nor was I describing him (which is what I used to think) as a man who had simply gone off to have a good time for himself."

Since she first took this remedy she has been to a colour and image consultant. The advice was that light colours would suit her : spring colours, yellow, green, happy colours, light beige and bright red. "I knew it was true." She is going to clear out the dark and black part of her wardrobe.

Remedy : Plastic (wrap) 200 to continue with as required.

CASE 2

In this case I include indications of other remedies given before and after she had Plastic (wrap)

Female aged 35. History of anorexia and bulimia in early twenties. Long-term issue of coming to terms with her physicality. History of cystitis and kidney infections. Took some time to come to terms with being a mother/housewife. *Anacardium helped this.*

Her anorexia was triggered by being around dance students, in her early twenties. "It was an ideal that I couldn't live up to. My attitude to my physical body was self-condemnatory. It's as if I didn't want to be here and deal with the physicality of it."

She is hyper-mobile: her lower back gets put out easily.

Cancer and alcoholism in the family history.

Socially "I would never fit in to a group of friends, I was always the third party. I was wanting to be something I can't be. I had more confidence before I was eleven." Menarche at 16. At this time: periods scanty, long cycle and missed altogether, sometimes three in a row.

"In my late teens I had a lot of peculiar relationships with guys, I desperately wanted to be in a relationship. It was to do with not being the weight I wanted to be, and I got involved in this state of self-hatred in very unsatisfactory situations. I get angry at myself for having had these relationships. It came about because I wasn't being myself. Sex without love behind it."

"I always think I'm not as good as I could be. It's self-doubt, not believing in myself. As a child, it seemed to me that all princesses had long fair hair. I resented this. I wanted to shine with fame. I hated school uniform. I wanted to fit in but to be different as well.

I always run away from myself. What do I do if I'm not busy? When I'm doing things, I associate that with when I was under eight years old: I feel more secure, safer.

Generally I don't like myself, what I see and what I feel. I hate the anger that I can have. I don't want to have to deal with things, I want it all taken out of my hands. When I am not happy with the way things are going, I internalise it; it's to do with not having the ideal figure." *Her self image improved to a degree with Nat.mur at this stage in her treatment.*

"After wine I feel bloated and irritable. I use it to numb my feelings about myself. When I have drunk wine I feel dirty inside and outside." *Syphilinum was given at this time.*

During her second pregnancy : nausea and indigestion amel. Anacardium.

Before taking this remedy she said "there's more to me than just having another baby," and talked of "not wanting to fit the mould (*of being a mother*) completely." *Then, after the Anacardium,* " Now I'm looking forward to having the baby. I realise that having children need not shut the doors on what I want to do creatively."

At one point she had a realisation about her angry states: "It's to do with me not wanting to be born. I had this image of a black void. I felt very lost and lonely. How was I to move? to get on? Where am I going? "

From time to time she had short reoccurrence of her eating disorder, dreams relating to it and the time of it's onset. Her weight would be unstable and this would cause her great concern. At one such time she said: "It's always been to do with not accepting myself and not being able to be loved unless I had a particular appearance. Otherwise I wouldn't be attractive to men."

Remedy given: Plastic (wrap) 30 daily for a week. On taking the first tablet during the session, she had the feeling of needing to forgive herself.

Later she described the time that followed as "dark." This lasted for a week. She experienced both sadness and grief with taking the remedy, wondering if it would clear.

"There was a sense of dissatisfaction with everything around me. After three days of the remedy I had a strong feeling of disgust of my own body, then it felt so important to forgive myself. It was time to clear it now. Then, meeting my children at the school playground, it felt like I had just come out from under a black cloud. I met with parents with whom I had been having quite an awkward time recently, and I felt easy and able to walk away, realising I don't want to be in that clique of people."

Then after four weeks: "I feel alive, bright and well. My sense of humour is back. There has been movement in my sacrum. It feels flexible and freed up; flowing with a sense of freedom and grace to it. Now I'm beginning to speak with my voice and become distinct as a person vis-à-vis my mother." *I ask her about her parents.* "On my mother's side there is a denial of life, a downtrodden-ness, an inability to step forward; on my father's side there is a vitality, as if grabbing life.

Now I feel stronger and clearer with the children when I'm telling them off. I get cross, but now it's with a sense of strength rather than exasperation.

I don't feel buried by it and they are listening more ! From a dream I have been reminded of how similar I was as a child to my two year old daughter. It was an image of a woodland sprite, pulled out of the woods and tamed.

Since the remedy, I feel my spirit really in my physical body, it feels connected in this way. I have felt more balanced in what I'm eating and not craving chocolate so much. I have had times of little appetite : when I would have expected to be hungry I wasn't, and generally I have felt more confident physically. Alcohol, desire reduced, now not more than one or two glasses of wine. I have noticed I want to wear blues and greens all the time. The pains in the base of my spine have shifted. I have not had my typical left side ovulation pain."

Her typical pre-menstrual symptoms: Oppressed feelings before, for a few days, finding things dark; stressful, irritable. Water retention, constipation, 'without realising it.'

Plastic (wrap) 30 to hold re PMT symptoms if they came on next time.

Report after six weeks: Had thick catarrh in throat, and dizziness. (Four weeks ago.) Took the remedy on three successive evenings, and within moments of taking it, had really strong sneezing and the catarrh cleared. Changed to clear runny mucus. Dizziness also >> .

Irritability before period also better, compared to the past two months. (She had had three nights of the tablets just before her most recent period.) No pain, easy and light for four to five . No water retention. Mood lifting, feeling lighter and brighter about things.

No lack of appetite. Generally less anxious and balanced. "Not driven about eating." Shortly after repeat of remedy, stiffness in sacrum, especially walking up hills.

"I feel more confident with my own voice, and not too easily swayed. More stable."

During the year that followed she had Plastic (wrap) 200 and 1M as well as other remedies, as follows:

Amanita rubescens : in a proving. The eating 'disorder' and the issues surrounding it came up strongly. Then, a new found sense of "not any more shame of the eating issue."

Able to deal with her mother on another level; able to smooth the way rather than being niggled by her anxieties. Resentment (of children's demands) >> .

Not interested in drinking wine. Shoulders > .

Then back to Plastic (wrap) this time in the 200 potency : warmth in the heart area, feeling more lively, more get-up-and-go energy.

Then feeling fat again. "Chubbiness, I don't like it. I associate it with being passive vis-a-vis getting up and going into life. I want to identify more with my father: he is more vital and spiritually based.

Plastic (wrap) 1M weekly, and Oak 30, twice weekly, both remedies for four weeks. "Brighter, more at ease with myself, not so much tension in the diaphragm."

Review after eight months. (By now almost a year since she first took Plastic (wrap). A month ago, struggling, everything difficult, exhausted,

adrenal burn-out? Craving coffee, < alcohol, constantly hungry, unsatisfied generally. Constipated.

Took Sulphur 1M and felt generally better. Better from taking more care of myself, > multivitamins, >> eating meat.

About her weight : “It has been stable for six months now”. (*This is since the Amanita proving and the Plastic (wrap) 1M and Oak 30 that followed it.* I feel so much more comfortable within my own body. I feel I have a strong guide to know what I want to eat. I am not bothered any more about four pounds up or down. I feel clear and confident about it. There was no bloating with my cycle.”

Re confidence (and Anacardium) : In a presentation, jittery stomach despite appearance of compusure. Twitching, left side temple and right thumb. *Took Anacardium 200. (This was three weeks after the Sulphur 1M.)* “The remedy was brilliant for bringing me back together.”

Present symptoms : Eyes, hot and dry, mornings, bloodshot veins. Yellowing of whites of eyes, hardening of cornea?

Back: neck and shoulders feel twisted. Holding myself too tight, holding jaw in the night, not breathing well.

Aware of childhood context of not being listened to individually. (*She is the third of four sisters.*) “My father had a huge authority about him. There was a fear of judgement. Stuttering, uncertainty of expressing myself. What I say is of no significance. The negative thought is that I am not capable. Wanting to be believed in, for a sense of the validity of what I am doing.”

Latest remedy : Silica 1M split dose.

CASE 3

Central theme: of not being ‘allowed’ to express myself.

Female 28 D.O.B. 28.12.77.

16.02.05 *First appointment*

High states of anxiety, panic attacks, nervous breakdown two years ago. Poor sleep. Need to trust. “ I get nervous and anxious, wanting to please, to do the best I can. It has to be perfect, or not at all. If it’s not perfect it’s worthless and I am worthless. At school anything below an A would be a failure. In my teens my parents went through an acrimonious divorce. My mother left and had an affair, my father tried to kill himself. I was his confidant and not to tell anyone. At first he put me on a pedestal, he even called me my mother’s name. Then when bitterness set in any association with my mother became negative for him. And my mother used to say that she and I were the same person, I remember this from when I was seven. I was the diplomat in the family. I still have a sense of having to put a mask on. I feel exhausted all of the time and wired up. I was violently raped five years ago. I can be either very up or very down: people won’t want to know me if I’m not happy or bubbly.”

Aged 14, glandular fever, ill all the time like M.E.

Aged 22, nodules on vocal cords. Operated on. "I was told I would never sing again. (I can now after a long time.)"

Craving for chocolate.

Often nauseous.

Lower back ache and pains between shoulders. "In my shoulders it feels like a heavy weight, like a milkmaid's yoke."

She doesn't hold eye contact.

16.02.05 *Remedy: Carcinosin 200 daily for three days, and then as required to help sleep.*

06.04.05 *Next appointment*

Changes: Sleep > on nights when she took the remedy.

"With family stuff I was more able to put it to one side. My brothers had a huge row and I just didn't get involved. I found I was standing my ground and less consumed by anger." Generally more assertive, and beginning to speak her feelings more. Acute panic states >

With her partner: re moving in together. Fear of loss of independence and identity. Pattern: "It's better to go with the flow and let the other person have their way rather than say I want to do something. I can't say I'm unhappy. As with my mother, there would be reprisals. I've not had outside panics for a while. I've gone to the other extreme: no life in me, listless, no focus, and tired."

Dream. A feeling of being locked in. My boyfriend had built a den for me like a hut of boxes, and I had to stay in there, shut in. It was to do with loss of independence and sense of identity, and not being able to say what I think, as if he's doing it to me.

"My living situation is bringing up childhood issues. I'm too tired to speak up for myself, then I don't speak. There are long periods of silence and I don't know what the matter is. When I feel depressed I cut my feet; I can't not do it. I hit myself and have done since I was a child. It's stupid but there's a person in my head who I know as Mrs Fat. She would call me names: disgusting, obese, stupid, arrogant, a complete waste of space, revolting. She surfaced when I was 14. I had an eating disorder at the time."

Between 06.04.05 and 06.10.05 the remedies that made a difference were: Carcinosin 200 again, then Aurum 30.

06.10.05

Issues coming to the fore and dreams indicating core themes.

"I see sex as a violent act. I associate it with shame, humiliation and pain. About the rape, I was not allowed to complain, it was my fault. Sex involves physical and emotional pain inflicted on another person. I want to wash right away to take away the evidence. It was a milestone, being now able to talk to my boyfriend about it. This a breakthrough for me, thanks to the remedies. Then one night I was not able to sleep. I lay awake for hours. Crying. I felt he was going to hurt me. He was a bully, he would be angry if I woke him. I was very frightened of him. I couldn't say or do anything, as if I was trapped in an abusive relationship. Since then things have got better with him, also with my family; I had a really nice time when I stayed there for a week. It was the first time in fifteen months. Before family visits were

associated with depression, unhappiness and powerlessness. I slept well there too, sleeping away from my boyfriend.

Before in my dreams things happened and I was not able to anything about them; now in a dream of being threatened by a man with a knife, I was able to shout out and I was heard and felt supported.

Dream. I had been killed and was haunting the person who had killed me, as if trying to stop it happening, and he killed me and the haunter too. I remember saying in the dream: "I've been killed many times."

06.04.05 *Remedy: Staphisagria 30. b.d. 5/7 and extras if sleep is difficult.*

Sleep > but only at first, then not >.

"Some more confidence in myself, finding activities in which I feel equal with my partner feels good for our relationship. Mentally stronger. Standing up for myself, even in arguments. I'm finding my voice and he doesn't like it! At one time I said sorry to be upsetting him but inside I was raging. Around him I feel like a peacock painted beige. When I speak out I get angry if he dismisses what I say. I feel so disgusted with my own body, I only seem able to have sex when I'm drunk, even kissing seems unclean. I'm still cutting my feet at night when it's dark."

08.12.05 *Remedy : Plastic (wrap) 30 b.d. 5/7*

21.12.05 *The effects of the remedy:*

"Quite good. I liked it. I had been feeling really down. Sleep is better; it was easier to get to sleep, especially while I was taking the tablets. There's been a major breakthrough in my singing, with the help of my teacher. It's to do with trust: to know that I can do it. I have been asked to sing at a friend's wedding on New Year's Eve; before this remedy I had thought of calling it off, but now I feel I have got a right to sing there and I'm proud to be doing it. I'm really happy about it.

Generally my boyfriend doesn't support me with my singing, so I hardly ever practise at home, except over the washing-up." (*She laughed when I referred to Cinderella at this point.*) "When I tried to sing my solo to him a while ago he was very critical when I ran out of breath; I felt very upset by his response. Since these tablets I've been doing more practice. Singing is so important for me, I will definitely be taking it more seriously. I'm not going to back down. I'm allowed.

Then I was so happy after my singing lesson and I could sing in front of him. He was impressed. He said, "someone had taken over my voice." It was a real breakthrough: I was standing up for myself and so pleased that I could sing in front of him. Before he was the emperor and I was the retarded slug who can't do anything. That's how I saw it!

Before, when there was our familiar tension about household chores, I would feel inadequate and judged by him. Now, since the remedy, when he started ranting on about it, I stood up to him and said, "do you know how that makes me feel?" He was shocked to hear it. Now I pull him up on any little bits of emotional blackmail. Before I would take it on and then resent it. I don't do that now. I am being a lot more vocal. The big thing is that we're talking about things rather than letting them fester. There are more arguments

but they are getting resolved.

About my physical body, it's still a big issue, but I have made a decision to get fit. When I was a teenager I would go running at 3 a.m. in the night so as not to be seen. Now, to get fit I plan to join a gym; it's horrible but do-able. It feels within my power to do something about it. If I get fit it will go some way to feeling better about myself.

In my dark years as a teenager, singing was the my one redeeming asset that would see me through. It was around the time of my parent's divorce that I lost my voice; it was as if the only candle had gone out in a dark place. My Mum left in '96 and I had the operation for the nodules on my vocal chords in '99 after an incredibly turbulent time. That was when I was told I would never sing again. My father had turned against me and my mother didn't want to see me, although she carried on seeing my brothers. We went for months on end without seeing each other. Then, when I saw her for a day it would wonderful: she would promise the world and then not deliver, and I would be devastated again. Like a complete fool I would then go back for more of the same.

I associated singing with my right to be here; with it, I was allowed to be visible. Then I lost all that when it went. I had no shield or defence any more. Singing was my only way of saying "I am a person," and this in relation especially to my mother and her saying that she and I were the same person. That had been going on since childhood, as long as I can remember. Now there is a big separation, but I am not all-consumed by it.

Also, since the last remedy, my habit of cutting my feet has reduced a lot: from daily to every three days or so." *At this point I suggested she could take one tablet of Plastic 30 at those times when she was about to cut herself, and see if it helped divert her from doing this.*

I told her that, in the proving of this remedy, someone compared their life to that of a flower that had not been allowed to grow; "That rings true to me, it applies to so much of my life.

During this last year, *(since she had been taking remedies)* my relationship with my elder brother has transformed: before my status was lower than him; now we are equal. So everything is in a better perspective with my family: before I felt I was an outsider; now I realise that it's just my mother and one of my brothers who are the issue. They have problems with everyone.

I have also realised the correlation between my bullaemia and the issues with my mother . It was around the time that I lost my voice; my vocal cords were damaged from making myself vomit. Now I'm singing openly again. I have my shield and I'm polishing it.

Before there were many things that I felt could never be resolved, like the rape. It was all-consuming and felt overwhelming so I would try to keep it out of my mind; Now I feel patient and that things can be resolved in their order - Mum will be the last thing. I do feel sad about my relationship with her, but a veil of sadness has been lifted. I wasn't invited to her place at Christmas. Before I would have been gutted. Now I have taken a step back. Why go and be hurt again?

In these last two months, instead of lamenting what I haven't got, I

have begun to celebrate and build on what I have got.”

----- A gap of just over a year -----

05.01.07 *She returned to see me.*

Report of the past year : Singing at the wedding on New Year’s Eve (a year ago) went really well. She then decided to set up a business, singing at wedding ceremonies, despite opposition from her partner; also to find a rehearsal room since she wasn’t going to be able to sing much at home.

She also sang for a wedding in August which went well. “My partner was very proud of me. I said to him ‘I’m not just someone who needs to sing in the shower. I need to do this.’”

She felt generally better for about four months after the remedies of December ’05. For the first time she felt “that it was nice living with her partner,” and she stopped cutting her feet. After a New Year’s hangover she stopped drinking alcohol, and also went to the gym.

In August she was involved in a drama piece about putting masks on: make-up as one mask, and her ‘happy clown’ behaviour as the other layer. The piece was about what happened when you take the mask off. She felt nervous but it was liberating overall. At first she became her Mrs. Fat persona, a swamp monster hurling abuse at the person in the chair. “I was shocked at how much rage there was.” Then at the end she sang, “as a way of defending myself from my demons.” “I was chuffed that the piece was well received.”

Preparing to sing at the wedding in August her partner encouraged her to go without make-up on. “No, I need it, I said, I need my armour. I was always embarrassed about my face going red if I got hot. Then I thought that I would give it a go; I don’t know anyone, so there are no expectations on me. Then panic, I realised how dependent I was on the mask. Then in the event I felt liberated; there was none of my previous worry that it would slip if I get hot.”

Since the summer her relationship has been much as it was before, arguing a lot of the time. A feeling of being trapped. Depressed about it. But after Christmas (’06) there was what felt like a breakthrough: “He says I’m assertive, and says it in a negative way. I say that it’s not that I’m being assertive, what it is is that you like to control and be domineering. I’m just trying to redress the balance, to bring some equilibrium. You don’t like your control being threatened. He said that I was right. Before I felt I was totally taken for granted. He is still very good at emotional blackmail, but now I am vocal and say that that is just strategy.”

It seems to me that despite ongoing difficulties and symptoms she has ‘moved on’ a great deal in the twelve months’ gap. She had had no Homoeopathy during this time.

The current and recent situations.

‘Insomnia,’ and exhausted from it. Finds it hard to fall asleep before 2.30.am, then wakes again between 4 and 5 am, or finds it really hard to wake up for work. No energy, can’t get out of bed, no enthusiasm for anything. This has been especially bad in the last month. Has been drinking

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coffee re being so tired, and Red Bull.

"It's a tussle between being hyper and panicky or in a state of inertia."

Underneath it all a feeling of "having nothing to offer, wasting my life, not living, just existing." Suicidal thoughts.

Back problem has been bad all year.

Recently drinking more alcohol again and on her own. Since New Year has stopped this, realising that this is how she tries to deal with her stress.

Her feet: "It is a more conscious thing now. I put socks on to prevent myself from doing it, but I feel compelled to do it. I feel crippled, paralysed by my own lack of self-belief."

However "at times I did discover self-belief rather than relying on the views or opinions of others. I have even sent off application forms for drama college. I can do it!" "I want to be able to rid myself of these shackles, this lack of self-confidence."

I ask, 'where in your body do you feel this lack of self-confidence, if anywhere particularly?' She indicates her heart area.

As well as singing more on her own she has rejoined a choir, "welcomed back!" and helping with some of the conducting. She did a concert and loved it; her partner saw that she was totally in her element, having fun. Her singing teacher said 'we need to nourish your soul.'

"In my head I feel like a flower that is starved of light. One of the images I have had of myself is of a songbird with wrapping tape around its beak."

05.01.07 *Remedy : Plastic (wrap) 30 given during the session.*

Reactions during the following ten minutes : 1) Headache, more right side than left – a familiar headache – thudding, but tingling as well. > pressing on it.

Then 2) Tingling right foot. 3) Pain extends down right side of face, from head to neck. 4) Right hand colder than left.

5) Head, throbbing and twitching, right side. Right eye shifting in and out of focus. Hot around right eye, a little bit also on the left. 6) Right nostril feels heavy and blocked, wants to press on it. Like a whooshing sound down right nostril. 7) Feels the need to sleep. 8) Feels head leaning/going towards the right side, as if naturally.

To continue b.d. with the remedy for five days. Then to take an extra one if she finds herself wanting to cut her feet.

17.01.07 *Phonecall :* Having strong headaches, in facial sinuses. Head leaning to the right in a fixed position. Painful, hence the phonecall. (*These are her familiar neck symptoms.*) Tingling down arms and in feet, mostly right side. Slept very deeply after the first dose (05.01.07), otherwise sleep did not improve until last night. She slept right through, not waking at 4 am. She did take an extra tablet once re her feet. It was not immediately effective, but overall this urge has reduced substantially again, from t.d.s. to once every few days.

17 01.07 *I advised one tablet Plastic (wrap) when the headache was severe.*

18.01.07 *Report :* Headache and leaning to one side, clear improvement.

CASE 4

Female D.O.B. 15.08.85 Pregnant; third month.

I use italics here to bring out the main features of her case (and the remedy).

Background : Energy and vitality : As a child, at least from her eighth year onwards and through her teens, she was mostly lacking in motivation. She would find it difficult to get up, there were headaches and stomach aches especially on school days. Being out in the world : She would be reluctant even to go to the corner-shop on a simple shopping errand, as if not wanting to be seen in the world at large.

A central issue : At her birth her father said of her, "She's not as beautiful as her sister, but she'll do." Somehow this issue (of her beauty) stuck with her. So as a teenager, as well as in the previous few years, she was much occupied with her appearance, clothes and make-up, and 'looking good,' along with a underlying and deep-seated belief that she was not good-looking. She found good form for a while at a karate class; but in gradings and other such competitive tests, she would be very upset if she did not come out with the highest marks. She had some benefit from Syphilinum, (getting to sleep improved,) and Aurum. (This helped her get through a dance exam.) There is alcoholism and violence in the family history.

Alcohol use : She went through a time of frequent drinking in pubs and clubs. Relationships : From her early teens onwards, there has been a succession of boyfriends. Some have lasted for a few years, but, on the whole, relationships with men have not been an easy part of her life.

She became pregnant very early on in her current relationship.

Hearing from her mother that she was pregnant and experiencing morning sickness, and knowing her history, I advised her to take *Plastic wrap 30 daily am.* and extras as required, if nauseous. She began this on 25.12.05.

12.01.06. She came to see me. (This is the first time I have seen her as a homoeopathic client since before she was ten years old.)

"Before the remedy I had some times of dizziness: it was as if I would black out. I was walking around the supermarket and I felt if I didn't sit down I would faint. My head was reeling as if I had had too much to drink. Another time I felt dizzy in a similar way and went to sit on the toilet; it felt as if I would fall off the seat and I nearly did! Since taking the remedy this has not happened again."

Extra doses of the remedy helped at times of feeling flustered, or really tired or feeling a bit nauseous. (She was by now already past her first trimester, during which time the morning sickness had been more severe.)

Energy and waking in the mornings : "I'm waking now at 8.30 am without an alarm. This is very unusual. Before it would be around 10 am, and even then I didn't feel like getting up. I used to feel groggy waking up; now I feel a lot fresher. I used to wake up and want to go back to sleep; now I am

more wanting to wake up. Before I wouldn't feel tired till very late at night; now I get tired at 9 to 10 p.m. and want to go to bed. As long as I can remember I have had difficulty with sleeping. From what I've been told, from when I was two years old I found it difficult to get to sleep. Certainly since I was nine or ten years old I have never woken wanting to get up."

Heartburn : Before the remedy, heartburn; in her upper chest, almost in her throat; heat and discomfort, < lying down, > sitting up. Scared to burp in case she might be sick. This cleared completely with the remedy, but had returned in the last few days, as did the nauseous feeling on waking; (she had run out of tablets three days before this session.)

Appetite and thirst : "Before, I was struggling with eating much; I didn't get hungry. I was only eating because I knew I had to, and the feeling of sickness wasn't helping. I can eat a bit more now. I have a definite sense of appetite again and know when I should eat. I am a little more thirsty." + Fizzy water and ginger ale type drinks.

Alcohol : She had already not been drinking much since the beginning of the pregnancy and for some time before that. "Maybe I have not wanted alcohol since the remedy. I only had one glass on New Year's Eve."

Relationships : 1) with her boyfriend : "Before, and especially since the pregnancy, I was reacting badly to him. The way he would sit on the sofa in my Mum's house and go and fetch himself a glass of water without even asking; I thought he was being really rude behaving like that. I'd never do something like that in someone else's house ! Since the remedy I am not bothered by this any more. All those things that would frustrate me, don't any more. I feel I'm back to that sense of being a new couple again."

2) with her family : "Since the remedy I have wanted to be around the family more, with my sister and her baby girl."

3) out and about in public places : "I am now finding all that less scary. For example, if I'm out, and someone that I don't know stops and says something to me, I am not so overwhelmed with it all. That time I felt faint in the supermarket I took a tablet and began to feel better. I was sitting waiting for the others by the tills and a man who had finished his shift sat down next to me. He assumed I worked there too and started chatting to me. I was able to go along with his friendly chat; before I would have been too shy, not knowing how to respond. I would have thought that if I responded I would look and feel silly."

Supermarkets : Two of the occasions when she felt faint were in supermarkets. "I have got to sit down or get away. I really wanted to go outside for fresh air, to get away from the atmosphere. I wanted to be left alone by everybody. I had to get myself a drink, I felt really hot. It was as if someone had come and taken away all your energy, sucked it out of you. My vision started to go fuzzy from the edges."

Skin : With the pregnancy she began to have spots on her face, like teenage spots, big and aggressive. She had not had these before. Since the remedy they have calmed down.

Remedy : 12.01.06, Plastic wrap 30 as required depending on her symptoms - nausea, heartburn, vertigo.

Report : 13.02.06. Nausea >>. Heartburn : mostly goes by itself; twice when bad Rx amel. Skin : Still spots, on left side of face.

Appetite : Eating better still. Alcohol : not wanted any.

Relationships : 1) with the father of her child : "I have made a conscious decision not to be around him. He gets destructive around me. Before I would have got into arguments. Now I have more confidence to say I don't want to be around this."

2) with family : "I have been wanting to spend more time with people who are important to me and I am important to them, for instance my family. I am finding it easier to get on with my sister. I am more tolerant of my Dad saying horrible things and he doesn't seem to be doing it so often."

3) out and about : "I have been noticing the public place thing. I am OK in other shops; its just places like New Look (*synthetic clothes*), some buses, and shoe shops. I was in a shoe shop and had to go and sit down outside. Fuzzy eyes and light-headed again. It's to do with heat and claustrophobia – lots of people around. I needed the fresh air."

Waking up : "If I took the remedy in the morning previous to a day when I had to get up early for something, I would wake between 8.30 and 9.00 am and felt able to get up; but if I took it in the evening when I didn't particularly want or need to get up early, I would wake feeling tired and wanting to go back to sleep."

Dreams : Of people I haven't seen since schooldays; people I haven't thought about for ages. (*School was difficult for her: peer pressures and influences.*)

How does life look now? "I feel more positive about the future. Maybe I'll go to college one day; something in the care way – midwifery or health visitor."

13.02.06. Continue to use Rx as required.

13.03.06. Next appointment

Nausea Sick and sweaty on just one kind of bus. (*These new buses have a strong synthetic new fabric smell.*) Supermarkets : "I take the remedy before I go in and I'm fine."

Heartburn : Bad again the last two days; Rx not tried yet, but will.

Carpal tunnel : New symptom since 2/52. Swollen, puffy, painful hands; base of fingers and the back of the hands. Right hand is worse – I use it more. "I can't make a fist." The pain is < clenching.

Headaches : The last two days. Little headaches that last for fifteen minutes. Middle of forehead and across eyebrows, < right side, > pressure, stroking the pain away.

Temperature and appetite : Since the pregnancy – not getting cold.

More hungry and eating bigger portions than before. "I'm happy now about the amount I'm eating." Wanting a more varied diet than before. + olives and + fish, – foods in sauces with meat in them, e.g. spaghetti bolognese or curries. Especially at the beginning of the pregnancy she would feel sick at the thought of them; but I'm less put off by meat on bones than I used to be. Thirst? I feel thirsty more often. + Rooibosch tea.

Waking moods and energy : I'm waking early, 5.30 am, before daylight

and I feel fine when I wake up. Moods generally OK.

Re father of the child : “He has disappeared. I’m fed up with him disappearing, thinking he can come and go when he pleases, but I know that because of his painful condition (*sickle-cell anaemia*) he has always had to think of himself first.”

Re prospect of moving in with her sister : Feeling positive about it. “I like the idea of living with her.”

Remedy 13.03.06 Plastic wrap 30 x 3 in 24 hours, and then as required in case of heartburn or carpal tunnel symptoms.

10.04 06 Next appointment

Remedy only needed recently, once or twice a week and amel. each time. Carpal tunnel : before it was painful mornings on waking and evenings; now it comes on perhaps twice a week and only mildly.

Nights : Still waking 5.30 am, sometimes can get back to sleep. Sick in the night, the last two. Not much appetite in the last couple of days.

Dream : of having the baby in five seconds, at my father’s house, and it was born the size of a year old baby.

Out and about : Now can get around a supermarket or have a short bus journey without having the remedy.

Relationship with father of the child : “Communication is better with him, although I haven’t seen him, and don’t want to yet. Before, when relationships have not been working, I would stay pissed off and shut down on it. I’m not doing that this time. Before, by not getting things out into the open and dealing with it, I was not letting myself get over it. Now I feel better about him, so instead of blocking him, I’m leaving it open to him to do what he will.

(Gap of seven months.)

03.07.06 Birth of baby girl.

30.11.06 Next appointment : Rx used quite a lot when she was first born; re heartburn and on the buses, then not needed at all.

Nausea/sickness : (*Return of old childhood symptom.*) Vomiting when on long car journeys, since the birth.

Appetite : good, enjoying food.

Alcohol : Not had any for 2/12, then felt drunk after one glass of wine. Then in the night drank some squash and felt a bit dizzy again – like the heady thing of being drunk.

Multi-tasking and need to clean up : “I would get up to feed her, then have her in the sling while I was washing up and then washing clothes. I can let things get to a certain point then I have to really clean up – not just tidy, but clean as well.” (*Before she had not been a cleaning or tidiness person.*)

Periods : Recently restarted, possibly less painful since the birth. They had been worse after her termination.

Moods : “Since having her I have been a lot happier. Before at this

time of year (*autumn*) I would have got depressed.

Relationships with others : “I have dealt with things that were bothering me. I used to think ‘nobody likes me.’ I don’t think that way now. I am a lot less bothered what people think of me. Before, around my Dad I was so concerned about what he thought of me.”

Going out : “Before I would be happy to stay indoors and not go anywhere, ever; now I feel good going out at least once a day, if only to the shops. I don’t like it if I haven’t gone out in the day. I have more confidence in situations like asking people for directions. I was chatting to an old man in the bus; before I would have backed away from it.

In a group workshop I was not expecting to hear it when others said how much they enjoyed working with me.”

With the child’s father : (*This aspect of her relationships remains unresolved.*) “It stays the same, and I feel uncomfortable about seeing him.”

30.11.06 Remedy suggestion : Plastic wrap 30 to take around the times she meets with him, and find out if it proves to be supportive.

CASE 5

Female D.O.B 16.04.89

Nearly 17 years old

Aetiology as I understand it: her relationship with her mother.

Birth: First child. Birth was very frightening for her mother; impersonal and unfriendly. She was cut without anaesthetic (fathers report).

Aged 9

I first treated her when she was nine. At this time her mother was away each week for work, spending time with the family only at weekends. (She has a sister who is four years younger). Her father brought her to see me (about hearing problems), and, along with au pairs or nannies, he takes care of the two girls during the week. The set-up was already established when my client was much younger, and continued, in essence well into her teens.

Fathers description: cerebral child, cut off with it, tends to live in a world of her own. Sensitive especially to criticism, or being told what to do. Shouting fights. Tears. “She won’t do anything her mother tells her to do.”

Her response after Thuja, “I’m all broken up into pieces and there’s no-one to pick me up. This is gong to last forever and I’m going to be embarrassed all my life.” No trust.

Aged 11

She returned concerned about a wart below her left knee.

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Recurring dream: (theme of water): "At a place like Centre Parks. I just sneak out onto the balcony to a place where it is sunny. Then to a swimming pool (it is dark now) and in the darkness, a man with a cap and uniform is sweeping a bit of water away. I get onto a slide, go down a bit and stop and that's where my dream ends. In my dreams I'm happy to go down the slide, but in real life I don't like things like roller coasters, giant slides or heights, I don't like the feeling of falling."

After Thuja 1M her dreams of falling stopped but her dreams of water continued along with other themes; these included "lots of dreams of girls and women that I knew."

One of her dreams of water: enormous swimming pools. "There is an area at the top that is smaller and less deep, and then there is a more deep water in the bigger pool. I don't go into the deep pool. There the water hurts you if you go under it. I am in an area that doesn't hurt you, and I only go in up to my legs. The men in the dream are quite evil and want to hurt you. They were mostly quite old. If you stayed in the deep water too long it would hurt you like the radiation of TV."

Father's report to me at this time: She has difficulties relating to school friends. She talks and wants them to listen, but is not prepared to listen much. This makes them annoyed with her. She is worried about not having friends, and is withdrawing into herself. She is picked on and bullied with all of this. When she is not being bullied so much, she feels excluded by the others.

Her confidence improved with Calc Carb 1M. She was still quiet and not confident at school for fear of being bullied, but was getting on better with her friends.

Nightmare: Trying to get away from someone and then outside it was sunny and nice. Then I saw a woman who had a mask ? on and she was tugging on it slowly to pull it off.

GAP of two years

14 years old (no periods as yet).

About school work which dominates her life: "Now I am not really choosing what I want to do, and I feel guilty if I have fun. Not much sense of enjoyment."

About friends: "I worry about friends and what they think of me. I'm never really sure if they really like me. Everything they say I analyse and put it in a bad way. My head does that. I feel left out when they play cards and I don't know how to play."

Dream: "Of being two years older and my sister has weird hair, blonde and stuck up."

I feel anxious and embarrassed about everything.

Calc Carb 1M again.

Less bothered about school work, managing it better, not worrying now about school friends. "They sometimes shut me out but I know they don't mean to. But I know they don't mean to. It doesn't matter what they think of me. I've just got to get on with it.

I'm getting upset about feeling fat. I snack through the day and feel guilty and bad about doing it. I feel ashamed and worried about my body. If I have a problem and my mother is a bit harsh, I think, 'it doesn't matter, it will go away'. My father will give me support."

After Pulsatilla 200 and then Med americanum 200, father's report: She is a lot happier. She has put behind her the issues of food and growing larger, she is not snacking so much and eating healthier food. Not so much angst about things, or teenage moodiness.

Aged 15

Can now focus on things at school and works really hard. but not looking for an academic future. "I want to do girly things, be a housewife and have children. With all the school work I feel my enthusiastic side has been buried. I can get annoyed with my child-minder. I don't like her looking after me. It can be that there is no-one to talk to in my house and my friends don't seem to understand."

Annoyed / frustrated if cannot find nice clothes in shops. Bothered about my appearance and wanting to look slender.

I considered Plastic (wrap) for her. (The proving had begun three months before this.)

Aged 16

Miserable. Lot of pressure from school and family. Homework seems so hard. "Recently I can wake feeling panicky, once or twice a week. I want to run away. Then in five minutes it's OK. I'm fine once I get to school and see my friends. With the panic I feel miserable, angry and desperate. It doesn't happen if I'm woken by the alarm."

Main concerns: "Social life is hard, frustrating. I don't have the friends I want to have; those with similar interests and ideas; and I feel I should have friends outside of school and a boyfriend. I seem to be busy all the time but still not getting enough done.

What would I like to be doing more of? Dancing to music videos, more social occasions with friends, parties, getting drunk, swimming, gym."

Again some improvement after Calc carb 30. Not nervous but in other ways worse.

Feel self-conscious, chubby trying on clothes.

"My mother always pressurises me to do everything, and fast. She piles on everything for me to do. If I get fed up and complain about things she says 'stop being so silly'. I have to do everything my parents tell me. I spend so much time making others happy. It never feels like I'm working for myself.

Carcinosin 30, weekly for six weeks, helped. "I've been sleeping better and it's easier to get to sleep. I feel more happy and spend less time worrying. The pressure is less intense so I feel more relaxed. Before I was changing because others wanted me to change – now they don't mind me changing."

Aged 17

"I'm feeling less and less secure. It's getting harder and harder at college and I'm not as relaxed generally as I used to be. It's difficult socially and I feel like my college work is getting pushed to one side. I feel restless when I sit down to do work. I'm getting less sleep in general; it's as if I have lost my balance."

I ask about the difficulties of her social life: "Sometimes it feels like everyone else has a boyfriend. I have real trouble interacting with boys. Maybe I'm just attention seeking. With guys I might be around them in ways that feel really exciting and fun, then it just stops. With one girl in my class all I'm envious of is the things she can do well socially. When she's talking, all the guys are naturally attracted to her. God made her that way – she has a boyfriend and lots of others falling in love with her.

Generally I have moods, I get really excited, then sad, restless and hopeless. At first it's like running on a treadmill, then it's as if I get off and feel weird: everything stops. In myself I feel empty. I keep on rushing to do things, hoping it will be all right. I feel shut off from other people a bit. I think the real me isn't very nice. I try to get people's attention, demanding of it: I can be brash in what I say, being quite loud. I'm talkative and don't leave gaps. I sometimes act and feel like a child. My cousin says that my Mum babies me, a lot later than normal; she wasn't around when I was little so I'm emotionally underdeveloped.

Feeling abandoned is an issue for me; eg. If people go off line (on MSN) or I have made friends with guys and then they don't want to be friends with me. I'm not so comfortable on my own as I was. I attract bad friendships with guys. With one guy I clicked, we were like brother and sister, then he wasn't interested, he had a girlfriend.

I've been having weird dreams. In one of them my father died. I was coming home from college, walking home. A few people were standing outside the house with the door open. One of them (a woman) said he had died. Then I was screaming and the woman said 'Please don't be upset, you are making me upset'. I saw him dead on the floor, he looks so peaceful.

My sleep is restless. When I wake it feels like I haven't been asleep for a long time.

When I go out with friends I put on clothes that suit me and I feel released, but I feel out of place because I can't be friends with Chavs. If I dressed like them, and played the same music as them, it would make it easier for me, but I like what I wear and the music I like. It's harder to make friends because I wouldn't fit in easily. I would have to fake it and would feel more self-conscious in those clothes. I'd be like an imposter if I wear their fashion clothes.

I feel nervous inside my gut. It can be when I wake in the morning and

I'm dreading the day ahead. It's like how I feel in exams. I dread things, I haven't done this piece or that piece of work. About half the time I feel uneasy like this when I wake up, but not at weekends.

I wish I could be like the girl with loads of friends and get attention without being overly dramatic. I feel I have to be dramatic or no one will give me attention."

Remedy given in session 02.02.06 Plastic Wrap 30

Initial response: "My head feels clearer."

Then two more doses night and morning, and to repeat if nervous tummy returns after an improvement.

24.02.06 She has a shining quality, showing herself with ease. She felt calmer for a day or two. Not the nervous feeling in her tummy.

She had taken rx 6th 11th and 12th February. > couple of days each time.

She has had a stabbing pain in her heart area for two or three seconds each time. It stopped her in her tracks. R.O.S similar to previous pains which could be elsewhere as well as around her heart. Locus of grief stored.

She felt calmer when on a family holiday, less attention seeking, but she is usually better in this respect when not at college. But even at college things were different, especially when she was feeling calmer. "I felt I appeared more together. I was holding something back in an interesting way. I was worrying less about what people thought.

"Since the remedy I've been happier – it didn't matter what I was wearing. A week ago for a party my friend dressed me up how they dressed up. I wore skinny jeans for the first time in my life, and nice little shoes. They put eye make-up on me. It was nice to look nice and feel prettier. Lots of girls have to dress up smutty to make boys notice them – it's nice not to have to think like that.

Before in the class I would be bothered about trying to get this guys attention, now I'm not bothered.

It's an adjustment, switching away from the little child mode. It will take a long time to do this. If I realise I have the same emotions as everyone else it is better than feeling different.

Dream: "I was pregnant. I had just found out. I was so freaked out that I was pregnant and didn't want a baby. So scared. A year ago I had a dream of being pregnant and walking around with a massive belly, happy and sunny. A fantasy state at that time.

I slept better for a while, but I have felt more tired in the day. This goes with being less attention seeking.

It's been good to go out and do things while I'm not necessarily so involved with my friends: things they don't know I do. I went jogging last night, first time in ages; at first I felt puffed but then it felt really good. Running relatively fast felt really fun. Thrashing it out (with loud music on headphones) makes me feel calmer when I finished.

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I want to have more tact, to be less childish and less showy-offy, but not one of those people who are slightly boring.

I keep seeing magpies around but mostly only one. That's not nice, they are supposed to come in pairs". Then we saw two in the garden outside the clinic window !

I asked her to remind me of the rhyme associated with magpies:

“One for sorrow, two for joy
Three for a girl, four for a boy,
Five for silver, six for gold.
Seven for a secret, never to be told.”

Father's report: She is much happier around the house and more positive. She even offered to come dancing with me at the salsa class!

24.02.06 Remedy Plastic wrap 30 One a week for four weeks.
24.02.07

I did not see her for ten months. She had felt better for several months, but not so good now.

20.12.06 “I am at a new college, in another town. It's as if I have gone back years. I have reverted back to wanting their attention. (*Classmates.*) I feel so unconfident and unattractive there. I used to feel more confident. I feel more confident in my home city, and with old friends. Boyfriends? I don't feel pretty at all or that I have a nice personality.

I liked Christmas with my family. I don't have to make an effort. They won't let me get too much into myself, thinking a lot. It's nice to have honest people, people who care – they so much want the best for you. They overlook your faults. I don't have to worry about being too boring or too interesting: I'm just one person. I miss the family connections when I'm not with them.

It got to the point when I was thinking everything was going to be all right, then I went to this new college. I've not been happy for ages. I feel totally at odds with myself. I used to be worried after meeting new friends that I wouldn't see them again; Now I am not interested in making new friends at college. I get bored. The people are boring and dull, especially the girls. No social graces. People out in that place act on a certain level. I get irritated: for example with girls that have horrible hair and don't take care of it. I am more myself with my old friends.

I feel less confident out around the place and around other people: what if they (the others) think of us (my group of friends) that we are boring? But I don't mind if they think we are bitchy or self-centred. They have pretty faces, nice hair and clothes but nothing behind it.

It bothers me if some college work goes badly – there's no-one to talk to about it. My mother (*living with the family through the week now*) is not motherly; she's more like a friend who gets mad at you over something.

What stops you being the real you? I don't think I can ever be that with anyone else apart from my real family. My biggest fear is that I'm boring. With my family, they don't care about little details, they wholly accept me. With

friends, I do feel quite accepted and valued; with other people, I don't feel accepted. They decide if I'm good enough for them. I don't accept others. I decide whether they are good enough for me.

I see some people, like at a party. How can I not get happiness etc. ? They can, and they are so dull.

People mistake what I say or do for confidence; but that's not who I really am.

I take things so personally – like about weight, appearance and clothes issues. I am really paranoid about weight and appearance when it is talked about in general. I never thought I was pretty. I think others don't think I'm pretty.

After I first had that remedy (*Plastic wrap*), I filled in more in myself, I was a better version of myself: like when you get a really nice hair cut or nice new clothes. I fit more into myself. Now, I feel like I'm outside and viewing myself from outside, like through a camera.

Remedy 20.12.06 Plastic (wrap) 1M, split dose.

07.02.07.

I spoke to her father, who told me how things had been in the intervening six weeks: "Definitely better. Not long after the remedy she had a 'great fight' with her mother. This clarified things and now they are getting on well. College work is going OK; she is cheerful and looks healthy and happy."

CASE 6 (from Lindsey Farquharson).

This is the case of a woman of 54 who presented saying that she felt she was "not supported by her body". She had felt like this for a few years now. She was anxious and very irritable with colleagues at work, which was not like her, and she felt guilty about this.

She had suffered a lot of grief when her son left home last year and cries at sad things on the TV. She had been unhappy in her marriage, during which her husband had been unfaithful to her, and which had ended some years before.

Physically she was overweight with painful oedema of the legs and a swollen right ankle. Her legs felt weak and were restless at night. She got very hot and usually arrived sweating profusely after a walk up the hill. Constipation was another problem as she ate the wrong foods, which she used as a distraction. There was an extensive list of physical problems, which she related to me in detail.

She did not have periods as a marina coil had been fitted and she was happy with this as she had always wanted to hide her periods.

She was given *Ars alb* in ascending potencies over the next few months and most of the symptoms she presented with cleared. This was followed by *Lyc*, which seemed to help the few things that remained.

Now and then she would refer to her weight and her relationship with this

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problem, which was sometimes positive, but often something she felt she could not deal with. It was something that her mother and sister also suffered with and was not dealt with well in the family. She felt she was alone with the problem and always had been. She would eat until her stomach hurt and snack all day. She was “disgusted” by this and looked “hideous” to herself. She would eat if bored. Food replaced safety and comfort to her. She was given Sulph for the problem of overheating and sweating, and Lac hum 6x daily. The sweating improved but her relationship to food remained the same.

She was then given Plastic wrap 30c daily which she took for 3 weeks. At the next appointment she reported feeling much better. She was only eating when she was hungry and had joined weight watchers and lost 21lb. There was a new sense of being in control of her weight problem. She was given Plastic wrap 30c to hold and use as necessary. She continued to lose weight and even if she strayed from her diet did not beat herself up about it anymore.

Receptive / meditation provings of 1997

This was done in 1997. What follows are the notes from each of the thirteen participants. They ‘received’ their information independently, not in a group as in other meditative provings, by holding the tablets in their hands.

1) The 6c potency: The first thing that occurs to me as I open the packet, is something to do with the stomach, and then it's to do with pregnancy, or a sense of softness, and I see pink. I'm holding the tablet now. My first image is of water. It feels - if you imagine two poles of extremes - then this is sort of in the middle. It's a bit stodgy, it's fairly dense; it's either something that lightens the dense condition, or it's the other way round - that it's something that brings together. It feels calming, soothing, bringing together. But I guess all remedies do that...God knows what I'm in at the moment!- I'm so spaced out! It feels quite serious...It's a bit stuck. Yes, it's a very definite picture - something to do with calming keeps coming up. Something like hard-headed, and I would say that it has some sort of dense physical symptoms, maybe blockages, or like a sense of hardening - like constipation, or possibly headache. It's like having a cloud around you or within you, and it's grey. It's to do with thinking too, thinking patterns are quite slow, stubborn and unchangeable. It's a bit depressed actually. It's a stuck feeling, like I'm used to it, or can't, or I almost don't want to change, even though I know this isn't working.

The 30c potency : I'm holding the 30c potency now. I'm getting a funny feeling in my head now - sinuses. I can feel something happening all the way from the forehead over the head to the neck, like I'm getting a cold. It's a

tightness. It makes me want to screw up my eyes. It's like if you had something like a dog, or fur, or wool and initially it's matted together and the remedy somehow combs it out. It lightens up.

Now a mild sense of panic, to do with the feeling of letting go of previous structures. It is about change, opening rather than being not so much closed as densely bunched together, out of habit. This is a feeling of dissolving, but also of opening and revealing. So new insecurities come in because it reveals the vulnerability that the holding was trying to protect against.

Now about the physical body - a sense of sickness, or nausea, or fear in the stomach, or travel sickness, or morning sickness even. I don't know if this is a remedy to avoid in pregnancy or it would be good in pregnancy. Intellectually, I'd say it maybe is a bit much in pregnancy unless opening is welcomed. It's a sense of having to trust as well. If other support systems are not there, this may make you too open. It's feeling the need to defend, or a slight fear. It does also have a soothing quality. It's a powerful feeling. It's not like a soft cotton wool blanket soothe. It's a "come on, grow up, face things" or "you can do it" sort of soothe. I sense that this would work very well with some other remedy, to give really solid support on another level. This again may be just how it's affecting me, because there's a feeling of "am I ready to feel safe in this?" It's like opening out a certain amount, and if the real safety isn't there, I want to pull myself in again, but I can't. I can't access the same patterns to pull in because it has melted them; so if it was someone who is able to acknowledge that their life isn't working, or their responses aren't working, if they were able to say "I want to let go and I can't" - then it feels like a gentle and powerful way to do that. It facilitates that. But if they are hanging on for dear life, then it feels like there's another thing needed, something more.

The 6c potency again : I'm finding this is making me quite woozy. It has a layer to do with shock, a feeling of shock. It soothes it, but it doesn't take it away, it just prepares the ground for something else.

30c again : If someone was already feeling quite open, or on the verge of tears, maybe it would expand that and give release, or it breaks the hold, so that things start to move. I'm getting the intestines image again. If there is dense matter packed in the intestines, this would be a subtle and gentle relaxant. It doesn't necessarily break up the matter, at least not at this potency, (the 30c). It relaxes the muscle walls so the intestines themselves soften. I still get this feeling of opening.

Also that this works in partnership with something else, or with two something elses, depending on what the desired effects are, but something else that acts with this action. I think this may also be good for children, just a hunch. It's quite gentle and subtle, but it's quite strong. It's about trust and letting go of control. But letting go of control requires trust, otherwise it feels out of control and creates contraction to try and stop the process. And this definitely doesn't make contraction of this sort very easy. If you had someone very uptight who wasn't trusting when the support was there for them and who had some circulation or bowel thing, then it would be very interesting to see how it would work out for them.

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2) Awareness of heart centre - tugging or tightness. Relaxing of top of arms - heaviness. Hot vulva. Jitteriness as after strong coffee. Wondering if it is an aphrodisiac, but no lascivious thoughts. Dry mouth. Relaxation, calmness. "Thick head", a bit like when ill in bed as a child, sense of unreality. Tingling skin on cheeks.

3) Meditation. I saw a large pink area. I saw a slow burning fire with grey embers as if of burning wood. I then saw a large green area and thought "That's a nice lawn." Then I saw two large molluscs, slug type things with feelers at the front, and they were side by side on top of a small waterfall, but without danger of the fast water throwing them over as they were lodged on the shallow rocks. I then saw the underside of one of them. It had glowing parts underneath. I then saw a mechanical screw or worm in a red box.

4) Initially almost tearful, quickly followed by being contented. Indigestion. Saw a lot of purple and blue, green later on. Warmth, calmness. My place in nature kept changing - I started off on a grassy hill with a lake, willow trees, swans, and lots of bright flowers, then I was on a windswept beach! Then sunflowers predominantly, seen on their own. They kept flashing into my mind.

5) Took myself off into a field of buttercups which I would never do in meditation. Usually I would pick a tree near a stream. Only physical symptom I noticed was my eyelids felt jumpy.

6) Initially the smell of disinfectant. Feeling of great coldness (I was told this would be in the context of fever and heat), particularly felt in the head. Pain in top left part of my head, heavy, clamped feeling, top of head. Feeling of numbness, coldness in neck (base of head) followed by pain in root of nose, extending down nose and out to cheeks. Left nostril, wanting to sneeze. Face felt as if lots of small tremors taking place. Cold. Heavy swashing feeling in legs. Thoughts of the sea. Tickle in throat. Dry. Heart seemed to alter rhythm slightly, slower and heavier. Pain in left breast. Slight feeling of nausea. Feeling of depression, apathy, helplessness. Stiffness in face. Tremors back of neck. Sudden itching between eyebrows.

7) Peaceful. Cleansing. Yellow flower? Dandelion? Green leaves. Lungs? Liver-detoxifying. Purifying the blood. Digestion- aids digestion. Floating spots in front of eyes. Urinary system, copious urination? General feeling of > for fresh air, > for sunshine. Calming in the Solar plexus.

8) My son showed me a mushroom/toadstool. Shortly after holding remedy, a burning sensation in the palm of my hand. Then a short lasting pain lower back, left side. Feeling of slight soreness left side of throat. Slight headache above left eyebrow. Nerve twitching inner side of left thigh. Right wrist and part of hand itchy. Itchy left eyebrow, like < wool. Slight pain in outer side of right breast towards armpit and down into inner side of upper arm. Tingling in nose - irritation. Itchiness increased and moving to various parts of body -

legs/face.

9) Immediately upon touching remedy I was transformed to the beach. A very balancing effect, grounded, feet very firmly standing, balanced. A feeling of calmness: non-hurried. A feeling of being balanced within the inner body. A need to be calm and listen, an eagerness to listen and learn. Looking at the yellow sand. A need to stay rooted, not to move on - here and now - to stay in the moment, to stand and listen and watch. A desire to look in to the land, no desire to look at the water or out to sea - only to look inland, steady; saw movements away from the water towards the land. Very grounding. Wanting to stay and move very slowly. > wind, especially blowing from the sea into land. No anxiety, appetite better. > Fresh air. A mild deep-acting, balancing remedy. A desire to stay, listen and take on board. Non-hurried.

10) Felt tingling in hand that held remedy, for a few minutes. I was on a grassy bank under a tree with a view of the sea. Heard sea crashing on shore. A woman came to tell me about the remedy. Saw a sunflower, then I thought of "heartsease." Saw a violet/blue colour. I felt relaxed, quite calm, but had a slight headache at front of head. Hand holding remedy felt very slightly warmer.

11) Physical sensations: Heat of hand holding the remedy, delicious feeling of warmth in solar plexus. Impressions/Ideas: Constriction of heart. Old hurt/pain. Tears. The same feeling of constriction of heart came up several times. Burning lips?

12) Totally relaxed. Sleepy, contented and warm. As if someone was pressing down on my right finger initially. No other physical symptoms, except sleepiness.

13) A child scratching/tearing at its upper arms - eczema, crying with pain. Headache, - inside to frontal. Heavy. Dry, rawness of throat < swallowing. Tightness around sternum, slight difficulty breathing. I couldn't end the session, I felt tired, hopeless, sad. I couldn't rouse myself to speak, it suddenly seemed pointless. I am left with a heavy heart and upper chest - more emotional than physical. I feel drained of emotional energy, too many steps to reach any goal. I feel sad, not smiling any more. I feel paralysed, a weak feeling, but I know I could do what I have to do - but can't rouse myself. Sighing. Weakness, arms, from shoulders. Later, deep pain, upper, inner corner of right scapula. A remedy of inflammation and despair.

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Articles about the environmental presence and effects of plastics

Study finds oceans of old plastic

Tim Radford, science editor.
The Guardian Friday May 7, 2004.

Humans are smearing the oceans with plastic, according to British scientists who sifted shorelines to find microscopic fragments of stockings, yoghurt pots, rope, shopping bags and bleach bottles everywhere they looked.

The spread of polymer waste has been reported before: researchers have surveyed beaches on completely uninhabited islands in the Antarctic and found plastic cups, polymer sandals and cordial bottles wherever they have looked.

But Richard Thompson and colleagues at the University of Plymouth report in *Science* today that they looked at apparently clean sand and mud on British beaches, in intertidal estuaries and even under nine metres (30ft) of water for evidence of invisible pollution.

"We found microscopic fragments almost from the first sample. Since then we have looked at more than 20 sites around the UK and this material has been present at all of them, from Land's End to the north of Scotland," he said. "We are finding just as much in remote parts as we are nearer the big centres."

They found that microscopic fragments of plastic had been ingested by barnacles - which filter water for food - and in lugworms that burrow in mud, and tiny crustaceans that feed on detritus. In plankton samples they found evidence of polymer fibres as small as 30 millionths of a metre.

Plastics wash up on beaches to be repeatedly broken by the pounding waves. The team searched for nylon, polyester, acrylic and six other kinds of polymer with a clear chemical "signature". But they believe they have underestimated the spread of human debris.

They could not identify plastics produced more than 20 years ago, and they could not pick up evidence of particles smaller than 20 microns. But they have clear evidence that long after plastic bags, nylon ropes and Tupperware boxes have vanished, their constituent fragments remain. Nobody knows whether this material can get into the food chain: that is the next line of research.

"If we look at the larger plastic debris accumulating on the shoreline, the most common items are things like plastic bags and boxes and packaging and, ironically, they are all items that needn't be there," Dr Thompson said. "So there is a challenge to all of us to reduce the amount of disposable plastic we use, to recycle things as much as possible."

Boys will be girls - eventually

Extinction threat rises as creatures ingest 'gender-bending' chemicals from plastics and pesticides

Mark Townsend

The Observer Sunday July 18, 2004

Mother nature is taking over. An extraordinary feminisation process has begun to affect Britain's wildlife - and scientists warn it could ultimately dismantle the evolutionary process that has existed for 3.5 billion years.

A trend first noted in whelks is starting to spread rapidly among other wildlife species in the food chain.

The first national survey of 42 rivers by the Environment Agency has just been completed and it found that a third of male fish are growing female reproductive tissues and organs. Effects were most pronounced in younger fish, raising grave implications for future stocks.

Scientists now fear that seals, dolphins, otters, birds such as peregrine falcons and even honey bees are heading towards a uni-sex existence that would lead to extinction. Blame has fallen on the increasing prevalence of a group of chemicals known as endocrine disruptors. These are found in plastics, food packaging, shampoos and pesticides and accumulate in the environment. They can mimic the female hormone oestrogen when ingested.

A reduction in the size of male genitals, a lower sex drive and parts of the testes turning into ovary tissue are among the symptoms. As the effect of the chemicals starts to creep up the food chain, concern will mount over the potential effect on human health amid increasing evidence of falling sperm counts and infertility among men.

Charles Tyler, professor of environmental and molecular fish biology at the University of Exeter, who is leading an international team studying the impact of so-called 'gender-bending' chemicals warns that a point where a species can no longer reproduce is a very real concern.

'We have reached a crucial point. Now we are starting to see the effects while only just starting to understand what is happening. This poses a serious threat to species in some areas,' said Tyler.

Others studying the phenomena say the feminisation process is a warning from nature that a nightmare is about to unfold. Pressure will again resume this week on ministers to curb the use of 'gender-bending' chemicals. Environmentalists will point to research revealing that honey bees, so vital for the pollination of plants, were found to display a lower sex drive with fewer eggs laid by the queen after exposure to endocrine disruptors. They also point to recent studies involving bottle-nosed dolphins in the North Sea. Again, the presence of chemicals has been linked to an increase in birth defects, most notable among male specimens, along with more infant deaths which has resulted in an ageing of the population.

So far the government has agreed to fund studies into suspicions that

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the otter's comeback after decades of decline will be hampered by the feminising effects of the chemicals. A separate study has just been funded into the dipper which feeds on fish taken from the rivers.

Tyler is among those who have complained that the huge gap in scientific knowledge over gender bending pollutants has so far prevented any action in the outlawing of chemicals.

Toxicology expert Andreas Kortenkamp of the University of London's school of pharmacy, believes the government has 'grossly underestimated' the chemicals' effects. He believes that current safeguards to protect wildlife are grossly inadequate. In particular, he warns that nothing is being done to calculate how cocktails of chemicals react in the environment. More than 100,000 synthetic chemicals remain authorised for use, with the European Union holding a list of 550 potential endocrine disruptors. It is not yet known precisely which ones have altered the male reproductive organs of bream, carp, roach and gudgeon or caused hormone disruption among grey seal pups in the North Sea.

Bees were found to be affected by chemicals used commonly on crops in the UK countryside.

The findings coincide with renewed concern over fertility levels among men. Sperm counts have fallen by a third between 1989 and 2002, according to some studies, while one in six British couples now experiences difficulty in conceiving. Contaminated drinking water caused by the by-products of the contraceptive pill flowing back into the system is one of the the explanations put forward.

Justin Woolford, a spokesman for the World Wildlife Fund, said: 'What we do to wildlife we ultimately do to ourselves.'

Yet almost two years have passed since the World Health Organisation urged governments to investigate the effects of gender-bending chemicals.

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