

The Proving of Salvia Apiana

White Sage

The Physical Symptoms & Rubrics

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Coding Information

P = Prover (P1 = Prover 1 etc)

S= Supervisor (S3 = Supervisor 3 etc)

NS = New Symptom

RS = Recent Symptom

OS = Old Symptom

AS = Altered Symptom

US = Unusual Symptom

H = Healing

* = Symptom experienced more than once by same prover / supervisor

(** = experienced twice, *** = experienced 3 times etc)

K = Kent

ES = Essential Synthesis

Followed by the appropriate page number.

Kent's repertory was used in the first instance, if the rubric did not appear there then Essential Synthesis was used. If no appropriate rubric could be found, the symptom was listed in 'No Rubrics' section. In the cases where only part of the symptom was not able to be repertorized this was indicated in bold type.

We had 9 provers and 9 supervisors, 17 female, 1 male.

Part 1

Physical Symptoms

Head

S1 Head aching across forehead, lasted 3-4 minutes. Moving from left to right.
S1 Head cold, voice deep and hoarse.
P1 Nodding head to beat of pump in fish tank. US
P1 Dull frontal headache, forehead < left side. AS
P1 Losing a lot of hair last few days. Had this a few years ago. OS
P1 Head ache, base of skull, left side. Pressing, boring pain. NS
P1 Dull nagging pain in face from tooth abscess, extending to left forehead. < Cold drinks. NS
P2 Headache started base of neck right side spreading up and over right ear. (?NS)
P2 (S2) Bad headache, top of head, sharp, stabbing, pressing pain. < coffee
P2 (S2) Scalp greasier.
P2 Head beginning to ache, tight in occiput. (15:30) Head really painful, pain travelling up back of head and over top, settling at temples. Tight sharp pain.(16:30)
P2 (S2) Hair now dry & frizzy, greasy scalp cleared.
P2 Headache & unwell since having coffee.
P2 Sharp neuralgic shooting pain in right temple while lying down. OS but left sided previously.
P2 Low grade, tight, sharp headache at back, occiput to middle of ears.
P2 Pressure in head on waking, weird feeling, SAI being sucked up & away, full moon. NS
P2 'Fizzing' in my brain. Slight, right side, top, unpleasant, fuzzy.
P3 Itchy raised spot in hair on scalp, on vertex to the right. NS
P4 Head hurts, front, over brow SE as if been struck, moved to back, then side then brow again.
P4 Headache across brow, down each side of face and across base of skull. SE as if hit with metal instrument.
P4 Woke from dream with headache, SE as if sides of head squeezed. NS
P4 Headache, top of head, leftish. Increases rapidly, squeezing crushing, all of left side. > Pressure & holding head. SE as if my head has exploded, underwater.
P4 SE as if head bruised and tender inside.
P4 While driving over mountain, head feels like underwater.
P4 Headache across brow. Heaviness.
P4 Front/top head 'fizzy'.
P4 'Fuggy' on waking, above ears, both sides & front/top. Lasts an hour. RS
P4 Head foggy on waking.
S4 Fuzziness in my head. Fizzing feeling & pressure on vertex.
P4 SAI eyes puffy, as if I've been crying. Across brow the same, feels inflamed inside 'puffy & sensitive'. NS
P4 Skull cap on top of head feels like its been lifted off. It's fuzzy, drifty, dozy, sleepy. Its NOT pain. NS
P4 Head on top feels tender to touch. NS
P4 Headache as if squeezed, extending down back of head. > Eating.
P4 Top of head 'light headed' as if it's quivering/not there.
P4 Headache, all over head, squeezing. Tender, as if bruised. Extending to temples, SE as if I've been hit around the head.
P4 Headache, as if head being poked all over. Temples as if electrodes.
P4 Head tingling as if skull cap rolling up to top of head.
P4 SAI head is being massaged, woozy, heavy, rolling, as if there is no 'top of my head'. NS
P4 Head heavy, rolling & lollypop. Lightheaded at the same time.
P4 Headache, right frontal, as if hit.
S4 Top of head sore to touch on left side. NS
S4 Pressure in vertex.
S4 Fuzzy headache, SE as if something being drawn out of brow
S4 Tingling, trickling sensation right side of head, starting at the top and covering the back quarter of scalp. Descending gradually towards right side of neck. As if being stroked.
P5 (S5) Itching/irritation of scalp intense, like nits. NS

P5 Tension headache behind eyes. Lasted all day. NS
P6 Pressure, back of head, moving upwards. NS
P6 Top of head feels strange, as if elongating, pressure rising upwards. NS
P6 Head feels like it has a large blob sitting on it. US
P6 Right side feels like its taken a blow NS
P6 SE as if band around head. Pressure. NS
P6 Head dense, heavy & numb. Coming & going. NS
P6 Head pain screaming tightness increasing. NS
P6 Nausea # Headache in forehead over eyes. NS
S6 Headache, forehead.
P6 Pressure around crown, like a hat.
P6 Head now feels closed off, like a skull cap. NS
P6 Lump at back of head now gone but SE as if pressure and weight on that part of head. AS
P6 Pain in left side of head > Pressure, during crying outburst.
S6 Headache, left side, behind eye.
S6 Headache, like a point, left side.
P6 Crown of head feels twisted up.
S6 Headache, back, right side. Like a nail is being driven in.
S6 Headache < sun. ++ Lie down.
S6 Feel sick with headache, pains all over forehead, like a cap with 2 points at the temples. < Any movement. ++ Lie down.
S6 Head so bad I could feel the pain in my sleep.
P6 Pain, pressing as if weight on my head. SE as if whole head is made from lead, heavy.
P6 Tightness, band like, around my head SE as if something is bandaged around my head.
Heaviness < stooping.
P7 Pressure in head, like a fullness NS
P7 Fullness top of head but also sides. < Right side. NS
P7 Headache, heavy feeling, top half of head. Hangover - like.
P7 Headache, top of head, left side only. Heaviness over left eye/nosril.
P7 Head PA temple, right side, stabs, kind of pulsating.
P7 Head pain top, left side < walking.
P7 Head tension, back of skull. Desire to rub.
P7 Headache. Pressing pain with nausea. SE as if top of head is too full and pressing out. Feeling dizzy with it. Moved down back of head. AS
P8 Headache over right eye. RS
P8 Headache in front and across back of head. Felt ill. Extremely painful. Extended to neck, shoulder and back. Aching so much thought it might be meningitis.
P8 PA excruciating, left forehead. Sharp pain. > Closing eye. NS/AS
S8 PA Right side head, jaw, ear & shoulder.
S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.

Vertigo

P2 Feeling dizzy & giddy. Need to hold the wall for balance. Really don't like the giddiness. OS

P2 Felt dizzy lying down.

P4 Whoozy vertigo sensation, not just in my head, makes me sway. SAI something has stepped through me.

P4 Lying in bed after waking, SAI rocking backwards and forwards horizontally.

P4 Head swimming, feel whoozy & v warm. NS

P4 Menses copious, light headed, faint ++, drained. Desire to lie down.

P5 Felt shaky and wobbly - like a hypo.OS

P7 SE of dizziness, a bit spaced out, as if the top of my head were open. NS

P7 SE floor sloshing away. Floor moved away and came back. Intoxicated feeling.

P9 Dizzyish

P9 Dizziness, tingly, breathy, like coming up on mushrooms

Eye

P1 SAI something small below left eye, inner, towards nose. Twitching now and again. Feels like a wart or spot. Twitching in middle of lower lid. NS

P1 Left eyeball feels cold when eyes closed. Watering slightly from outer corner. NS

P1 SAI small foreign body in top of left eye. Like grit. Watering slightly, blinking a lot. Nothing to see or feel. RS

P1 Tight feeling across lower lid left eye when looking up. NS

S1 Vision obscured right eye, as if something over it. Ache over right eye.

P1 Eyes hurt from so much crying. RS

P1 Eyesight really bad, cant look at phone without glasses, blurry. NS

P1 Eyes tired and heavy, particularly lower lids. NS

P1 Vision blurry when writing. AS

P1 Vision blurry all day needing glasses for making notes, don't usually need them. AS

P1 Lower left eyelid twitching & pulling sensation. NS

P1 Eyesight continuing to be bad, started wearing glasses on head. NS

P1 Another episode of pulling & twitching sensation along lower lid of left eye. On and off throughout the day. RS

P1 Twitching of left eye moving across lower lid, from inner eye to middle & also down vertically about 1cm. Getting annoying. Inclined to put pressure on it, doesn't help. NS/AS

S2 Sore tender area around left eye when touched, like an inflamed sinus.

P2 (S2) Eyelids swollen and puffy.

P3 Eyelids itchy, rim around base of lashes, both eyes, top & bottom lids, but left & top <. RS

P3 Sudden great sharpness of vision, travel inside the image like a 3D picture. NS

P3 Entering the book, between words, like portals to enter through. Pathways going in, a depth. Being shown new ways of seeing. NS

P4 Left eyebrow itchy. Can't see anything, feels flaky. Feels bruised. The whole eye and socket feels bruised and swollen.

P4 Eyelids heavy.

S4 Intermittent pains left eye.

P4 (S4) Left eye has felt bigger and different shape to right. NS

P4 SAI eyes puffy, as if Ive been crying. Across brow the same, feels inflamed inside 'puffy & sensitive'. NS

P4 Left eye feels bruised like something stuck in there (trauma to eye week ago)

P4 Eyes sore & heavy

P4 Left eye tired.

P4 Eyes tired, lines blur on reading.

S4 Vision altered, luminous sort of glow. Eyeballs feel expanded, greater clarity of vision even without specs. NS

P5 Right eye itchy NS

P5 Vision terrible. Not focussing needing to wear glasses more than usual. RS

P5 SAI 'veil' in front of eyes.

P5 Rubbing eyes & face to 'remove the veil of sleepiness'. NS

P6 Eyes watery. RS/OS

P6 Eyes feel sore.

P6 Crusty eyes on waking. NS

P6 Eyes watery and puffed up. Sensation of dried tears on my face. RS/NS

P6 Bags under eyes, eyes like piss holes in the snow.

P6 Itchy, SAI sunken in head, puffy, watery. OS/RS

P6 Vision grainy, << Since proving, 'Can't see hardly anything close to my face'.

P6 Friend says right eye looks puffy and bigger than left eye.

S6 I cant see, everything is blurry.

P7 Eyes not working properly. Right eye is doing something different to the left. NS **Await response

P7 Adjusting eyes makes me feel queasy, as if they cannot accommodate the change from far to near quickly.

P7 Vision blurry centrally, sides coming in. Blinking in an attempt to clear it. NS

P7 Need to concentrate to focus. NS

P7 Vision worse, misread price label. AS

P7 Eyeballs aching when looking up from near to the really far horizon.

P7 Eyes feel dry and scratchy.

P7 Using my eyes seems like an effort. NS

P7 Vision very odd. Fruit bowl seemed to be slipping away from me, or was wobbly.

S8 Outside field of vision into centre.

P9 (S9) Dry eyes OS

S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.

Ears

S1 Hearing coming and going, blocking and unblocking
S1 Birds are singing, can hear each separate bird.
P1 Crust behind left ear, yellow. NS
P1 Tiny weeping spot behind left ear, feels wet. NS
P1 Very itchy bottom of left ear. NS
P1 Over sensitive to noise (observed by husband). NS
P1 Moaning to drown out sound of "Bittersweet Symphony" in supermarket. It was grating. NS
P2 Inside of ears feel very hot.
P2 Occasional twinge of pain in left ear, shooting & sharp
P3 Left ear deaf for a few seconds, with light ringing tone, high pitched.
P3 High pitched noise for a few seconds in left ear. AS
P3 Right ear, high pitched buzzing noise. AS
P3 Slight deafness in left ear . V light buzzing. AS
P3 Nerve like PA from behind right ear, along neck into right breast. NS
P4 Left ear feels blocked.
P4 Ringing in ears.
P4 Sense of hearing muffled.
S4 Burning sensation top of both ears & inside ear.
S4 Pricking sensation right ear. Trickling inside ear.
S5 Heightened sense of hearing, music seems too loud. NS
P5 Ears itchy NS
P6 Sensitive to noise.
S6 Too much noise
S6 Mishearing what people are saying.
P6 Earache, sensitive to cold wind. > Warmth OS
S6 Right sided ear ache & itchy.
P7 Slight sudden earache, right ear (usually left) AS
P7 Both ears itchy inside like an inflamed itchy scratchiness.
S8 PA Right side head, jaw, ear & shoulder.
P9 Blockage/deafness left ear improved. (H)
S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.

Nose

S1 Sensitive to sour smell of dog, almost overpowering
S1 Bed smelled of shampoo, overpowering and disgusting.
P1 Sitting in cold draught, sneezed 4-5 times on the trot. NS
P1 Sour smell when out today, bit like gone off milk. NS
P1(S1) Stuffy nose, left side.
S1 Head cold, post nasal drip, fullness in nose.
P1 A bit sniffy, clear discharge < left side, not running. NS
P1 Sneezing, lots of snot, egg whitey. Nose feels stuffed up . Coryza feels hot. RS/US
P1 Glasses feel heavy on my nose. NS
P1 Face more swollen. Nose numb, throat sore, glands swollen. Pain extending to ear. Left side.
NS
P2 Nose streaming, right side. Lasted 90 minutes.
P4 Bridge of nose feels full, sniffy & sneezy. Coming down with cold.
P4 Sense of smell acute.
P4 Nose drippy, clear.
P4 SE as if punched in the nose. As if water has gone into sinuses.
S4 SE as if being stroked on right side of nose.
S4 Nose dry, stuffy, blocked at root. Dry crusts < right.
S4 Constant need to blow nose, alternate clear or green mucous, lots of streaks of blood or dried crusty blood. Left nostril never feels clear, both nostrils feel blocked very quickly after blowing. AS
P4 Nose tingling, sensation of dust in the air.
P4 Sense of smell acute.
P4 Hate the smell of fags.
S4 Large BCC on right side of nose bleeding. OS
P5 Nose running, watery. RS
P5 Heightened sense of smell NS
S5 Strong smell, like cheese, cannot find where it's coming from.
S5 Sense of smell still very strong.
P5 Soreness right nostril. Stinging sensation. NS
S6 Left nostril blocked/running. Sneezing all the time. Mucous clear/gelatinous.
S6 Discharge yellow
P6 Left nostril blocked.
P6 Blocked nose left to right
P6 Stuffed up, < warm room > fresh air, > lying down in bed.
P6 SE as if gone underwater & water has gone up nose.
P7 Nose a little bunged up on waking. RS
P8 Runny, sniffy nose & sneezing.
P8 Sniffy nose. Left nostril SE full & loose but nothing there. Lasted 10 mins. RS
S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.
S9 Blowing nose frequently

Face

P1 Swelling left side of face. Tooth abscess. RS

P1 Dull nagging pain in face from tooth abscess, extending to left forehead. < Cold drinks. NS

P1 Face more swollen. Nose numb, throat sore, glands swollen. Pain extending to ear. Left side.
NS

P1 Face still swollen but mostly dropped so now have huge jowl. No pain. NS

P2 Odd pricking sensation on skin like pins and needles, but only 1 needle prick at a time. Not all over at once, intermittent on face both left and right cheek. Lasted 50 mins. NS

P3 Itchy right cheek, beside lips OS

P3 Burning, redness & itching along jaw. RS/AS

P3 Redness of cheeks, both sides, small patch of dryness on right side, noticeable to touch, not visible. NS

P3 Red blotches on cheeks and chin, along jaw line & down to neck after shower. Both sides. Hot & itchy. No swelling. AS

P3 Tightness of jaw, at junction of upper & lower jaw. Tightness & heaviness. RS

P3 More intense pressure around jaw. AS

P3 Slight itch jaw level both sides < right. RS

P4 Left eyebrow itchy. Can't see anything, feels flaky. Feels bruised. The whole eye and socket feels bruised and swollen

P4 Left side of face has felt different to other side, numbness. SAI side of face has dropped, like a palsy. NS

P4 Face numb & tingling around nose & left side of face.

S4 Right side lower jaw pain. Back tooth 'wobbly'.

S5 Flush of heat to the face. US

P5 Rubbing eyes & face to 'remove the veil of sleepiness'. NS

S5 Jaw stiff and clicky

S5 SAI face is drawn/old.

S5 Strange pulsing sensation on upper lip. NS

S5 Keep moving mouth/jaw around. Like tardive dyskinesia.

P5 My face on right side feels like its dropping/drooping. Mouth looks downturned on the right side more than the left.

P6 SAI right side of face is different to left side, as if muscle weren't working the same. As if stroke.

S6 Cheeks red, feel like I'm hot.

P6 Face feels screwed up, as if one side is animated and the other is dead. SAI smile is lopsided.
NS

P6 Lips upper & lower, right side, slight swelling. OS

P6 Jaw & teeth clenched < at night, during sleep OS/RS

P7 Desire to hold my face. I'd like to disappear.

P7 Hormonal spots on chin. Not big or painful.

P7 Sudden stitching PA left jaw joint. ++ to rub, which >. NS

P7 Left side jaw feels swollen.

S8 PA Right side head, jaw, ear & shoulder.

Mouth

P1 Nausea with strong metallic taste in mouth RS

P1 Sensation on tongue of 'exploding sweets' tingly & fuzzy, in the middle of tongue NS

P1 Bottom gums less puffy. (H)

P2 Mouth dry, thirsty coinciding with sensation of feet perspiring.

P3 Saliva feels thick, dry & ropy. AS

P4 Dirty taste in mouth

P4 Metallic taste in mouth.

S4 Lips feeling smooth, usually cracked and dry. NS (H)

P5 Increased salivation, swallowing more frequently. OS

P6 Metallic taste. OS

P7 Drooling when falling asleep. OS

S7 Mouth dry, yet producing lots of saliva. Not > drinking. NS

S7 Mouth ulcer inside bottom left lip - SE & raised area. PA, stinging, on drinking cold water. < savoury/salty food. NS

S7 Another mouth ulcer, bottom inside lip, right side. Pulsating PA, lasted only 30 mins then stopped. NS

P7 Taste of banana in mouth. NS

P7 Tongue PA, left side, far back SE as if I've bitten it (I haven't). Bit swollen. PA extending to throat & left ear.

P7 Tongue slightly swollen and painful. Difficult to chew.

P7 Tongue, right edge, 1" in, irritation, feels like a swelling. OB red raised area.

Teeth

P1 Pain in tooth, esp root. 4th tooth back from front, top left. RS

P2 Itching sensation in back 2 lower molars.

S2 Right, lower molar throbbing. Long slow throb.

S4 Right side lower jaw pain. Back tooth 'wobbly'.

P6 Jaw & teeth clenched < at night, during sleep OS/RS

Throat

P1 SE as if something in back of throat, high up, nasopharynx, right side. Causes cough, nausea, retching. Lots of saliva, frothy & clear. Eyes & nose running, clear, watery. NS

S1 Head cold, throat scratchy.

P1 Catarrh gathering in throat pit at night. Difficult to shift. NS

P1 Face more swollen. Nose numb, throat sore, glands swollen. Pain extending to ear. Left side. NS

S2 Fluttering in throat RS

P2 Throat sore, hot, SAI scalded.

P2 Throat aches, swallowing feels like scalded peppery feeling in gullet.

P2 Wet itchy mucous cough in throat. Full moon.

S3 Throat rasping.

S3 Sore throat

P3 (S3) Pain throat, < tired. OS

P3 Lump in throat. Anger < AS

P3 SE as if a ball in throat.

P3 Stinging sensation back of throat. Right side only, like fishbone stuck behind tonsil. Lasted 1hr15mins. NS

P3 Fishbone sensation behind right tonsil < belching AS

P3 Tightness in throat with sense of burning. RS

P4 Throat feels swollen and tight. NS

P4 Throat symptoms both sides as if tonsils are swollen.

P4 Woke early, couldn't breathe, throat felt 'weighted' NS

P4 Glands feel swollen and weighty.

P4 Throat sore, raw, prickly. Painful to swallow.

P4 Stone like quality to glands.

S4 Scorched feeling in back of throat.

P4 Wheezy, itchy throat, used Ventolin first time in months. RS

P4 Coughing, throat feels sore like Ive smoked a lot. ?taste blood.

P5 Tickly cough back of throat, in bed trying to sleep. Irritating, feels like something stuck/grating. NS

P6 Pressure left tonsil. US

P6 Throat feels tight, sensation of pressure - having to hold it all in. RS

P6 Clearing throat

S6 Throat is hurting, painful to swallow, < left side, burns on swallowing.

P6 Throat pain, left side, <swallowing, < night, > morning.

P6 Aching tension in throat, extending to back of head & neck

P6 Roughness/soreness back of throat < eating.

P6 Yellow phlegm in morning.

P7 A fullness in my throat. Not really a lump but a fullness, central, larynx area, An awareness and a feeling that food wouldn't go past easily. NS

P7 SE of a lump in throat. Low down, momentary, very uncomfortable. RS/OS

P7 Lump in throat pronounced. << Touch - makes it feel bigger. < Travelling in car. RS/OS

P7 SE in throat as if an air bubble would rise up but it doesn't. RS/OS

P7 Lump in throat feeling unbearable.

P9 Sticking pain in throat, right side. NS

P9 'Sandy' SE in throat when falling asleep.

S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.

Stomach

P1 Nausea with strong metallic taste in mouth RS
S1 Woke with nausea
P1 Nausea when thinking about sweet tea US
P1 Intense nausea lasting 10 mins, abdomen & throat. RS
P1 Nausea after distressing dream.
P1 Over powering nausea, need to go outside.
P1 Bloating improved (H).
P1 Wanting coffee but feeling nauseous after. RS
P1 Nausea, > eating toast.
P1 Nausea & discomfort in tummy, sore & tender abdomen. Loose stool, sour smell. NS
P2 (S2) knotted sensation in solar plexus when anxious. (RS?)
S3 Gurgling in stomach, sick feeling, comes in waves.
P3 Fire in my belly, excited and strong. NS
P3 Slight heartburn after soup. OS
P3 Light heartburn OS
P3 Slight nausea. PA in epigastrium on pressure.OS
P3 Woke with nausea, like Ive eaten the heavy meal or the wrong thing the night before. OS
P3 Heaviness & nausea in epigastrium after bread and butter. OS
P3 As soon as I eat something that is not to my benefit, I feel nauseous (cheese, bread) NS
P3 Nausea, < 20 mins after food & onwards. OS
P3 Nausea < green tea OS
P3 Feel like going to vomit in physical release of ancient PA. NS
P3 Nausea, lack of appetite, constant. > when eating but back straight after.
P4 Thirsty esp for coconut water
P4 Thirsty - need diluting, thinning out, watering down, lubricating.
S4 Nausea
S4 Thirsty.
S5 Nausea, hot restless, pacing. < Hot room. US
S5 Belching on laughing. Trapped wind. US
P5 Hiccups for ages NS
P5 Appetite decreased. NS
P6 Nausea > burping # Very hungry, ravenous, could eat a horse US
P6 Nausea with SAI pulse in solar plexus NS
P6 Nausea # Headache in forehead over eyes. NS
P6 Trembling from solar plexus
P6 Nausea > eating
P6 Nausea < moving head, > eructations
P6 VV Hungry US
P6 Ravenous hunger NS
P6 Thirstless
S6 No appetite.
P6 Appetite poor AS
S6 Poor appetite, don't know what to eat then eating rubbish, chocolate, ice cream, coffee.
P6 Thirsty, first time for weeks.
S6 Thirsty, keep drinking but it's never enough.
P6 Appetite diminished.
P6 Thirsty

P7 Stomach queasy as if something pressing from underneath. NS

P7 SE of fullness, not hungry.

P7 Burping as if something is fermenting in my stomach. NS

P7 Nausea & PA central, in stomach on pressing beneath bottom of sternum.

P7 Hunger # nausea

P7 Eructations, more than usual.

P7 SE as if tenacious mucous in oesophagus RS/OS

P7 Really hungry and feeling shaky, almost nauseous. Don't know what to eat, biscuit too sweet.

NS

S7 Desiring to drink regularly.

P7 Thirst reduced.

P7 Very hungry for breakfast.

P9 Felt cold drink passing all way down oesophagus and into stomach. Cold feeling still there several minutes later. Drink not especially cold.

P9 (S9) Loss of appetite, hunger pains > eating but no ++ eat, making self eat. Food, even favourites boring and tasteless. Disappointing. NS

P9 (S9) Tingling SE in solar plexus rising to throat.

P9 No appetite. Thought of most food is revolting.

P9 (S9) Thirstless NS

Abdomen

P1 Pain in liver/gall bladder improved. (H)

P1 Dull ache in gall/liver region, get it quite a lot, feel generally ill and demotivated. Higher than usual. < back & < moving (S1.)RS/NS

P1 Gall/Liver pain resolved. AS

P1 Woke at 3am with sharp pain lower right abdomen. Ovary/appendix area. Lasted 15-20 mins. NS

P1 Nausea & discomfort in tummy, sore & tender abdomen. Loose stool, sour smell. NS

P1 Slight pain in gall/liver region. RS

P2 Really painful tummy, sharp stabbing, lower abdomen, all across, very loose stool.

P2 Severe griping pains in lower abdomen.

P2 Griping pain, cramp, churning. Transverse, lower abdomen. After drinking tea.

S3 Heaviness in lower pelvis like bearing down (birth). US

P3 Electrical impulse running along left hand side of lower abdomen. NS

P3 Sense of prickling discomfort moving up through umbilicus. NS

P3 Fleeting pains in pelvic area and hypogastric area, right across <left but also right. Like threads of electrical/energetic impulses, every few minutes. NS

P3 Pelvic area, fleeting electrical impulse 30 min intervals, an energy, following a thread. Pain, not too sharp, not acute. Like a vibration.

P4 Itchy flanks. < am & pm NS S4 Sore abdominal muscles.

S5 Bloated, lots of gas. Very flatulent.

P4 Belly distended & painful. Maybe trapped wind, burping = no relief.

P4 Tummy distended and uncomfortable NS

P4 Tummy making a lot of noises, bubbles, waves of pain, squeezing. Like a tube of toothpaste. NS

P4 Shuddering, big waves from belly up torso.

S4 Harsh burning left of navel. Extending downwards. Higher than ovaries. A 'gouging' pain. NS

S5 Bloated, lots of gas. Very flatulent.

P6 Bloating/IBS >passing wind, < eating beans RS/OS

P6 Red raised itchy patch below navel recurring. < Heat of shower, < Scratching AS/RS

P7 SE of something in my abdomen, as if womb enlarged. ?Pregnant. NS

P7 SE fluttering in upper abdomen. NS

P7 Abdomen very noisy, loud noises, gurgling, stuff moving in large intestines. NS

P7 PA left groin < overnight. < Lying down, < stretching, < lying on left side. PA travels through pelvis to spot between spine and hip joint. > Moving around for a while. AS

S7 Biggest hardest poo of my life. SE as if a mammoth has left my body. Preceded by dragging pain through anus., tenderness in lower abdomen after. NS

P9 Gurgling, colicky pain, lower right abdomen. NS

Rectum

P1 Loose stools, improved. (H)

P1 Nausea & discomfort in tummy, sore & tender abdomen. Loose stool, sour smell. NS

P1 Stools very loose. RS

P2 (S2) Constipation. Feels all congested. Tiny bits only passed. OS

P2 Really painful tummy, sharp stabbing, lower abdomen, all across, very loose stool.

P2 Copious stool, firm, foul odour, sulphur.

P3 Constipation, little pellets, thumbnail size. Less regular than before. Straining. AS

P3 Flatulence, noisy, no smell.

P4 Pain up my bum. RS/OS

P4 Proctalgia Fugax, Like having a poker shoved up my ass. Extends to pelvic area & left ovary. Intense, excruciating. << For slightest movement. Lasted 90 minutes. RS

P4 Farty & Stinkeroonie.

S4 Massive evacuation of bowels.

S5 Bloating, lots of gas. Very flatulent.

P5 Needed to get up and poo in middle of night. US

P7 Anal cramping like after a very big stool. AS (Would normally have this after a stool)

S7 Biggest hardest poo of my life. SE as if a mammoth has left my body. Preceded by dragging pain through anus., tenderness in lower abdomen after. NS

P7 Urging to stool, SE like diarrhoea. Passed small amount of watery stool & jelly like mucous but mostly wind.

S9 6-7 loose motions, painless, non-smelly, no dietary changes. Sense of clearing out.

Urinary

P1 Pain in right kidney, sudden onset, lasted 10 mins. NS

P3 Soreness in kidneys. OS

P3 Small sense of UTI just fleeting symptoms of burning while feeling hard to urinate. OS

P3 Stings needle like, close to outer genitalia, around urethra. Not excruciating but sharp. OS

P4 (S4) Not woken at night to wee for days. AS

P6 Sharp pain in genitals, < urination, burning for a time. Moving from left to right. AS

P8 Passing a lot more urine out than drinking.

P9 (S9) Urgency improved, more warning of needing a wee.

Female

P2 (S2) Prolapse symptoms better. (H)
P3 'Glow' in pelvic area.
P3 Sexual arousal with sense of joy, innocence & love. AS
P3 Pressure in sexual organs right side. not discomfort, just awareness. NS
P4 Herpetic eruption, mons venus, left side. RS
P4 Large spot right groin, suppurating (white) easily, red & sore. NS
P4 Pain ovaries, wave like, intense, sharp but brief.
S4 Period type pains (post menopausal) RS
P4 Felt as if I was ovulating, don't normally feel that. NS
P4 Period type pains affecting whole pelvic region, feels bruised and battered. NS
P4 Ovulated early. US
P4 Perpetual heightened sexual arousal.
P4 Sensation like needles in right ovary. 6-12 times in 5 minutes. Makes me catch my breath, noticeable to company.
P4 Arousal. "Throbbing".
P4 Menses few days early. Started during love making, out of the blue, shocked.
P4 Menses bright red. NS
P4 Menses flooding - soaking me & the bed. NS
P4 Menses copious, light headed, faint ++, drained. Desire to lie down.
S5 Sharp pain/spasm vagina/cervix
P6 Yellow leucorrhoea, no odour, < full moon
P6 Slight pain in genitals, sharp pain, < Pressure. Feeling of dryness although still slight leucorrhoea. NS
P6 Sharp pain in genitals, < urination, burning for a time. Moving from left to right. AS
P6 No fanny farts since start of proving. NS
P6 Stabbing pain, left ovary
P6 Yellow crusty leucorrhoea, feels like menses.
P7 SE as if pregnant, like 8-12 weeks. Although the tightness feels like later in pregnancy. NS
P7 Increased libido/desire, like around ovulation.
P7 SE in womb as if it's tightening, contracting. No pain.
P7 Sudden stinging pain, entrance to vagina, left side. NS
P7 Leucorrhoea profuse, white creamy.
P7 Leucorrhoea, running from vagina. Felt like blood. NS
P7 Vagina, sudden stitching PA around entrance & upwards. SE as if skin is torn or scratched.
P7 Vagina scratchy & lots of leucorrhoea - maybe thrush? OS (1996)
P7 Very light & 'orangey' spotting, start of menses. NS
P7 Very small amount of dark, stringy, slimy menses. Not unusual but slow.
P7 Period stronger, heavier and longer than usual. Coincided with full blood moon.
P7 Libido absent, more so than normal.
S7 First day of period very light - usually quite heavy.
S8 Menses 'Haemorrhage', clots felt like a plug, stopping the flow and creating excruciating pain. Very weak, started to black out. Outside field of vision into centre. Had to sit down.
P9 Ache in left ovary. Usually when ovulating but not ovulating. NS

Larynx

S1 Head cold, voice deep and hoarse.

P1 My voice has become deeper, more gruff, more male. NS

P6 Voice changing, sometimes deep with assurance, others disconnected with a different tone.

P9 (S9) Tickle & 'sawdust' in throat.

Respiration

P3 Bit wheezy OS

P3 Woke wheezy, decided against taking ventolin. RS

P3 Feeling like I shallow breathe. Not really wheezy but like a car operating on the reserve of the fuel tank. RS

P3 Wheezy on waking, coughing yellow/green/grey lumps of phlegm. RS

P4 Gasping for breath, trippy sensation, I'm gone, gasp to pull myself back.

P4 Wheezy, itchy throat, used Ventolin first time in months. RS

P4 Woke unable to breathe, diaphragm really tight, have to make myself breathe, no natural ebb & flow of breath. NS/ROS

P4 Palpitations & shallow breathing.

P8 Cough, feels blocked at back of pallet/mouth. SE thick & sticky, but still dry.

P9 Breathy

Cough

P3 Not as much spitting of phlegm in the morning. More phlegm during the day. Wet cough.

Phlegm yellowish, greenish, greyish. No smell. NS/AS

P3 Coughing phlegm more regularly. AS

P3 Wheezy on waking, coughing yellow/green/grey lumps of phlegm. RS

S4 Slight dry, unproductive cough on waking.

S4 Dry cough

P5 Tickly cough back of throat, in bed trying to sleep. Irritating, feels like something stuck/grating.

NS

S6 Tickle in chest, need to cough.

S6 Chesty cough < waking

P6 Cough, expectorating easily, yellow, no taste, < morning.

P8 Dry cough, only affecting throat, not chest. < Turning in bed.

S9 Coughed & coughed. Green sputum.

S9 Coughing up green / brown phlegm. Feels like a good thing, a clear out.

Chest

- P1 - PA stabbing in rib & above liver, right side NS
- P1 Cyst in right breast, doubled in size in 24 hours. Sore, < lying right side & front. Tender and sore to touch. Pinching & twisting pain. AS
- P1 Upper arm touches right breast, causing sore, tender PA. NS
- P1 Breast cyst, bigger, egg size, 6x5cm, hard & sore, like a rock. AS
- P1 Breast tissue under cyst feels bruised, think its from swelling. NS
- P1 Breast cyst halved in size overnight. Less sore & tender. AS (H)
- P1 Sharp 'needle like' pain in left nipple. Large like a knitting needle. Lasted 30 seconds. NS
- P1 Pinching pain in right breast cyst, a little bigger now. AS
- P1 Breast cyst large before bed then smaller in the morning AS
- P1 Breast cyst pinching 3pm AS
- P1 Breast cyst now returned to size at start of proving. AS
- P1 Breast cyst almost gone. AS (H)
- P1 Bruised PA around bottom of left ribs, outer edge. NS
- P1 PA in lower left ribs now extended around to the back. Feels sore & bruised. > Arching back but still there. Feels like a band around rib cage, bruised feeling. Sore. NS
- P1 Rib PA back to being just left outer edge. AS
- P1 Achy across front of ribcage, sore. NS
- P1 Aching PA in ribs > since stopped wearing bra few days ago. AS (H)
- P2 Heart racing, feeling anxious.
- P2 Diaphragm feels sore, but no coughing.
- P3 Pressure both sides of chest. Anger < AS
- P3 Chest PA, right side heart level. Light burning sensation. < pressure. RS
- P3 Sense of burning both sides of chest, < night, like a corrosive liquid substance is in contact with the area. OS
- P3 Pressure in right chest extending to right axilla RS
- P3 SE as if ball in centre of chest.
- P3 Right sided pressure extending up towards throat. Light burning pain in chest and trail of pain going upwards. RS
- P3 Soreness/discomfort axillae associated with chest pressure. RS
- P3 Burning sensation in both sides of upper chest SAI 'the food I had had spilled over and was burning holes in these areas.'
- P3 PA in right side of chest extending to axilla. RS
- P3 PA in right side of chest. Sense of burning, from acidity not heat. RS
- P3 Tenderness in nipples, left & right.
- P3 Pressure on right hand side of chest radiating to throat. RS
- P3 Pain in outer part of breast in the flesh. Very tender & sore. Both sides, < left, < pressure. AS
- S4 Soreness of ribs.
- P4 Itching between breasts, the whole of my chest is red and hot to touch.
- P4 Boobs feel extraordinarily weighty.
- P4 Palpitations & shallow breathing.
- S4 Palpitations
- S5 Heart hammering (anxiety) US
- P6 (S6) Bruised feeling, ache in heart area.
- P6 Feels like a weight, an aching pain in heart. OS
- P7 Still feeling jittery & trembly, maybe palpitations.
- P7 Sudden and severe crash of blood sugar with shakiness and palpitations in chest. NS
- P7 Tingling breasts SE as if 'let-down' reflex when patient talking about new baby/motherhood. OS
- P8 Aching around thorax, ribs, muscles of upper back. NS
- P8 Twinges, left hand side of chest. Nipple height, under skin not deep inside. Lasted 2 min.
- P8 Twinging of muscles in left chest, extending under arm and up into left neck.

P9 (S9) Palpitations

P9 Heartbeat more pronounced (NS)

P9 Feeling of pressure SE heavy weight on chest.

S9 Full of cold - blocked ears, streppy scratchy throat, gunky chest, muzzy head, streaming nose & eyes. Right sided.

Back

P1 Faint pain left side of neck, rising up NS

P1 Pain, dull but sometimes sharp, right side of lower back L4-L5, extending down a couple of inches. At same time similar pain in thoracic spine T3-T5, dull pain with no extension. <Sitting, > motion, < crossing legs. NS

P1 Pain in mid back, right of spine. Comes and goes. NS

P1 Cracking in neck when turning head from side to side and up and down. Sounds like from behind ears, feels like something crunching, maybe cartilage. RS/AS

P1 Dull ache lumbar region, < bending back, > bending forward, > massage, > movement RS

P1 Pain in lower left ribs now extended around to the back. Feels sore & bruised. > Arching back but still there. Feels like a band around rib cage, bruised feeling. Sore. NS

P1 Woke at 3am with sharp cramping pain in back, behind heart. Too painful to move < movement. Pain travels through from back to chest. RS

P1 Soreness across sacrum < leaning back. NS

P2 Twinge of muscle pain in back, left side, sacral area, SAI poked really hard with blunt object on nerve. NS

P2 SAI pebble lodged in back, between lung & ribcage, left side, so inside rib cage, thoracic region, just left of spine. NS

P2 Neck is aching.

P2 Inside my back, thoracic to lumbar, feels sore.

S3 Pain on right side of neck extending to shoulder. Felt muscular.

P3 Nerve like pain from behind right ear, along neck into right breast. NS

P3 Sharp electric like sensation in back, top right. Lasted 30 secs. NS

P3 (S3) Lower back sore, like period pain. OS

P3 Crick in neck left side. Sense of tension. OS

P3 Pain in lower back, left hand side, then sciatic pain OS

P3 Neck pain left side, < turning left. Muscle tension neck cracking on rotation & extending to lower back. OS

P3 Burning spot in right scapula.

P3 Dull faint pain kidney area, both sides, < right. SAI "sucked in tight to my skin and other organs" OS/RS

P4 Tightening & hardening of muscle in right shoulder & neck.

S4 Vertebrae in dorsal spine sore.

S4 Muscle spasms in upper back.

S5 Sharp pain in cervical spine whilst bending over writing. ++ To stretch out. NS

P5 Right side of neck/shoulder very sore. Feels like a massive knot that needs a massive amount of pressure to relieve. RS

P5 Lower back tenderness. OS

P5 Pain lower back all across lumbar area. Can't lie on back, have to lie on side.

P5 Itchy back, between scapula. NS

P6 Lower back ache > eating. SAI menses will start, no menses for 5 months.

S6 Back, left side 'playing up' RS/OS

P6 Neck stiffness > movement. RS

P6 Back pain, running up both sides of spine > vigorous massage. OS

P6 Back pain tension > bending forward, > firm pressure, > crying & > talking

P6 Dragging down pain, lower back. > Sitting US

S6 Back ache, all across lower back, a bar across.

P6 Dragging ache, lower back over sacrum & down legs. NS

P6 Stiffness in my neck. When I turn my head everything crunches. OS/RS

P6 Tension running down either side of spine.

P6 Lower back ache, a band around lower back. << Moving head, > Lying down

P6 Tension in neck, moving into jaw & top of chest. OS/RS

S7 Pain mid thoracic , left of spine, > massage. AS (Usually lower)

P8 Pain left side of lower back. Dull ache. NS

P8 Spot back of neck, left side. Crusty. AS (right sided previously)

P8 Aching around thorax, ribs, muscles of upper back. NS

P8 Aching soreness in hips, lower back and elbows.

P8 Headache in front and across back of head. Felt ill. Extremely painful. Extended to neck, shoulder and back. Aching so much thought it might be meningitis.

P8 SE sharp pin prick, middle of hollow of back. NS

P9 Fell off kerb, jolted hard through right heel, shooting pain up leg and into lower back NS

Extremities

P1 Sensation of moving in upper left arm and lower right leg, before falling asleep US
P1 2 Spots erupted on left upper, inner arm. One has red spot in centre, the other just raise skin as a small nettle sting. Itching for a couple of minutes. NS
P1 Spots on arm now much smaller, very red in middle, lighter red around edge, with yellow tinge in middle, not itchy now. `NS
P1 Pain in left foot improved (H)
P1 Cold feet. AS
P1 Foot pain much better since proving began. Usually very painful on waking, now pain free. (H)
S1 Tiredness in brain lifted but arms and legs tired.
P1 Sharp pain, middle finger, left hand, middle joint. Lasts for a few seconds. NS
P1 Feet are hurting again a bit today. AS
P1 Feet painful again. AS
P1 Legs feel really heavy, like lead weights. Both thighs and when I stopped my soles felt as though they were burning, yet cold. NS
P1 Sharp shooting pain from outer left ankle, across top of foot. Lasted about 1 minute. NS
P1 Both legs trembling & shaking on standing. > Leaning back onto heels, >sitting down. Not internal trembling, visibly shaking. Lasted a few hours. NS
P1 Unusually warm hands and feet. US
S1 Legs shaking after shock of son not going to college.
P1 2 Itchy spots appeared on right hand. Middle finger, just below joint & base of little finger. Very itchy, slightly swollen. Very similar to spots on left arm. NS
P1 Feeling warm, especially hands, they are perspiring RS
P2 (S2) Palms and soles burning in bed. OS
P2 Both legs, top to ankles, really active, tingling sensation. Not unpleasant but weird. Felt like there were millions of tiny furry bubbles bursting repeatedly on surface of my skin. Soft like rabbit fur but effervescent like bubbles. Lasted a few minutes. NS
P2 Cramp in left foot.
P2 Pins & needles, tingling/pricking in palm of left hand, extending down index & little finger. Lasted 10 hours. NS
P2 Odd pricking sensation on skin like pins and needles, but only 1 needle prick at a time. Not all over at once, palms of both hands, then calves and shins. Bottom of feet. Lasted 50 mins. NS
P2 Aware of feet sweating, wearing flip-flops. Coinciding with dry mouth & thirst.
P3 Awareness of pressure, from neck to shoulders on top. Sense of it being removable, flexible, not a hinderance. RS/NS
S3 Tingling in thighs, buttocks and legs. OS
S3 Aching in legs and knees.
S3 Legs and knees aching.
P3 itchy raised spot on right inner thigh. NS
P3 Pain in right elbow, like a burning while carrying light shopping.OS
P3 Sharp burning pain in left deltoid. OS
P3 Spasm in muscle top of shoulder left side. Lasted 3 minutes. OS
P4 Right thumb aches each time I write. NS
P4 Pain in right thumb, fingertips right hand purple, as if picking blackberries. Not cold. NS
P4 Leg pain resolved. AS (H)
P4 Tightening & hardening of muscle in right shoulder & neck.
P4 Slight ache in legs, knees down. RS
P4 Itchy palms < right. Comes & goes. NS
S4 Bruising and swelling to both hands and bruising to top of left foot. No recent trauma. (Taken Arnica 200c & Ruta 30c) NS
S4 Burning pain small area of right outside lower leg.

P4 Pain in knees and down shins Like bolts put through knees, deep deep in the bones. SAI bones being cooked. RS
P4 Pain in left leg, nagging aching bone pain.
P4 Fizzing sensation in left arm and left leg. NS
P4 Hands cold, both thumbs aching.
P4 Left leg, knee down, pain like iron rods, as if my leg has been frozen (doesn't feel cold)RS
P4 Hips ache, feel quite mechanical & 'grindy' < left side.

P4 Right hand hot itchy & tingly. Very itchy. Sore & swelling. < Cold water. Take antihistamines.NS
(Wasp sting in Aug led to right hand swelling ?ROS)
P4 Arms feel weak, drained of life.
P4 Legs trembly
S4 Lower legs icy cold.
P5 Tingling left thumb, along old scar line, like mini electric shocks OS
P5 Tenderness in ankles when running. NS
P5 Clicky toe & left knee OS
P5 (S5) Heel pain improved. AS
P5 Little finger completely numb on waking, then started tingling. US
P5 Feet, boiling hot, 'fiery' had to stick left foot out of bed. NS
S5 Tingly sensation in feet < on floor. Like electricity. RS
P5 Itching/Irritation of old scar right hand. NS
P5 Itching right outer upper thigh, feels bruised from scratching. RS
P5 Heel pain. Aversion to putting it on floor/pressure. AS
P5 Scar on left thumb itchy & tingly US
P5 Painful right ankle. SAI twisted it. OS
P5 Intense itching left buttock. NS
P6 Feet are freezing. RS/OS
S6 Left ankle gave way.
P6 Flare up of wart on ring finger. Red, angry & itchy. RS
P6 Red patch of itchy skin, inside right wrist. NS
P6 Legs feel shaky & weak. > Sitting. US
P6 PA right knee. > Climbing & descending stairs. Sharp pain, catching. NS
S6 PA in hand, wanted to stop writing.
P6 Hands and feet freezing.
P7 Pain in left knee on rising from squatting. RS
P7 Left hand top, little vesicle like blister, under the skin. 1mm, not itchy. AS (Usually itchy)
P7 Hips achy, feels muscular. > Short walk.
P7 Left index finger base, inner aspect, PA like a burn, stinging, nothing to see.
P7 Left wrist bit achy, SE as if strained. RS
S7 Sharp pain in right knee, < straightening, > movement, lasted couple of hours, < morning. NS
S7 Both legs feel heavy & achy from knees down, tingling pain moving down, SE as if done lots of exercise. + Sit but not >. NS
P7 Big toe right, SE chilblain developing. Slight tingly PA.
P7 PA on touch, left upper arm. Muscular ache. NS
P7 Tension in shoulders, tight and tense, < when walking.
P7 Outer left thigh PA like bruised muscles, < touch
P7 Left little toe aching, drawing up into lower leg. SE as if swollen/inflamed, since catching & tearing nail day before. Not < walking.
P7 PA right heel, outer, on the side. Sudden, sharp, like a needle being stabbed into it. Pain felt in the bone.
P7 PA top of left foot << Movement. SE as if something had been dropped on top of foot.
P7 Inside left knee itchy lump, SE as if an insect bite.
P7 PA on the skin around left hip joint, size of a palm. Burning & stinging, like a graze or burn. < Light touch. Nothing to see. NS

P7 Smacked outer left arm against a piece of wood. 1" up from wrist. PA intense, felt faint & nauseous. Remained painful from elbow to little finger for 1 hr. Small scratch remains, no bruising or swelling. < Pressure.

P8 Twinges in knees whilst walking. OS

P8 Itching, left foot and between 2/3/4 toes. RS

P8 Twinging in upper arm and shoulder left side, throughout day moved to left leg then back to left lower arm and wrist. SE of a string. NS

P8 Itching under centre of right foot. RS

P8 Burning sensation of inner knees and ankles. NS

P8 Itchy red raised rash (like heat or nettle rash) above and below knees. RS/OS

P8 Feet have strong (sour) odour. RS/OS

P8 PA right inner ankle, like needle being pushed in. Lasted 10 sec.

P8 Flakey skin right shin (site of old cellulitis) RS

P8 Sore, right shin, just above inner ankle. Like a graze. Burning.

P8 Itching, right little toe. RS

P8 Aching soreness in hips, lower back and elbows.

P8 SE burning, front of left shin.

P8 First finger, right hand involuntary flicking. Lasted 20 mins. NS

P8 Needle like stabbing sensation in left shin. NS

P8 Cramp in foot. Left big toe pointing towards me. Very sharp and painful in left ankle and foot. NS/RS

P8 SE inner right knee, as is an insect bite. Sharp pain, nothing visible but remained scratchy. NS

S8 PA Right side head, jaw, ear & shoulder.

P8 Itchiness on heel of both hands. Nothing visible on right but left side 2 raised white lumps. 3mm diameter and 1cm apart. Appearance of insect bites. NS

P8 Itchy toes & top of left foot. Toes 3&4.RS

P8 Contractions in left hand, fingers tightened involuntarily inwards, lasted about 4 mins. RS

P8 SE again of insect bites, right inner knee, right inner, upper thigh and front of left thigh. Lasted 30 mins. RS

P8 Feet aching. < Left. NS

P9 PA stitching, ball of right foot, between big toe & next toe.

P9 Sharp ache/pressing pain right shoulder.

P9 Fell off kerb, jolted hard through right heel, shooting pain up leg and into lower back NS

P9 (S9) Hot feet at night NS

Sleep

- P1 Woke 5:35am, usually wake earlier. US
- P1 Restless night, didn't sleep for too long without waking. RS
- P1 Don't remember any dreams, unusual, usually dream loads on restless nights. US
- P1 Didn't sleep well but energy good on waking. US
- P1 Woke with the name 'Huxley'
- P1 Woke with a start while dozing on sofa, thought someone had punched me in abdomen, left side. Feeling frightened. US
- P1 Didn't wake to wee as usually do.
- S1 Feeling sleepy & stupid 2pm onwards.
- P1 Slept from 2-5pm. Felt > US
- P1 Feeling tired. AS
- S1 Really tired and heavy SAI 'not quite here'.
- P2 (S2) Unable to get to sleep. NS
- P2 Awake most of the night. Not too restless but awake. Got up at 04:30, didn't sleep again.
- P3 Unrefreshed on waking. Too little sleep for me (6.5hrs) OS
- P3 Woke unrefreshed, struggled to get up. RS
- S4 Can't recall ever having such depth of sleep.
- P6 Yawning, can't stop. > Exercise / moving around. NS
- P6 Sleep was excellent, no tossing & turning, no hot flushes. Dreaming for the first time in a while. US
- P6 Sleeping in foetal position, hands curled up. US
- P6 Very bad sleep, fitfull, hot, had to take clothes off. (menopausal) Body tension.
- P6 VVV bad sleep. Restless, tossing & turning, irritable (supermoon)
- P6 Sleep good since moon
- P7 Can't sleep, charged up.
- P7 Restless sleep.
- P7 Feeling tired, sleepy & detached. NS

Chill

P4 Cold shivers, emanates from inside. OS

S6 Keep shivering, not cold, something making me need to move upper body.

P7 Feeling shivery

Perspiration

P2 Hot and sweaty.

P2 Woke at 4:50 dripping sweat on chest neck & back.

P4 Armpits stinking, 'high', quite unusual.

S4 Perspiring heavily during night, across chest and shoulders. US

P5 Really hot and sweaty, especially axilla during night. US

Skin

P5 Very itchy. NS

P5 (S5) Sensation of crawling NS

P7 Itchiness - ear lobes, scalp, abdomen, < scratching. RS

Generals

P1 Feeling warm, especially hands with perspiration RS
S1 Woke feeling cold, needed to move bed to warm up.
P1 Desires sugar in tea, not taken sugar for months. US
P1 (S1) Feeling warm, like wrapped in a blanket.
P1 Energy slump 1:40pm feeling tired. NS and US
S1 Really tired and heavy SAI 'not quite here'.
S1 Friends cats avoid me, I seem to repel them.
S1 Desires - butter on homemade soda bread.
P1 Only want bread with LOTS of butter on for breakfast. Usually seed bread & organic butter.
Would usually have marmalade or miso spread with tahini. NS
S1 Tiredness in brain lifted but arms and legs tired.
P1 Didn't enjoy tea this morning, wanted sugar in it. US
P1 Drinking more coffee with sugar. US
P1 Ate loads of ginger biscuits, dont like ginger biscuits. US
P1 Wanting coffee but feeling nauseous after. RS
P1 Ate more chocolate than usual. US
S1 Over the top reaction to full moon. Restlessness, high anxiety & weepiness.
P1 Eating fruit more than usual, grapes, usually only eat bananas.US
P1 Craving too much cake & chocolate.
P1 Gained nearly half a stone in first 2 weeks of proving. Heaviest Ive ever been. NS
P2 Desiring spicy food. Adding cayenne & paprika to everything.
P2 (S2) Can't drink coffee (why?) although would like to, it smells so good.
P2 Internal trembling (NS)
P2 Insides feel sore and burning.
P2 Headache & unwell since having coffee.
P2 Cold despite lots of blankets.
P2 Really want chilli, to eat & drink.
P2 Full moon - woke feeling weird, head pressure, as if being sucked up and away from crown of head. Chest feels pressure, heavy SAI there is a weight pressing down. SAI pressure in chest up through throat. NS
P3 Desires bread & butter. RS
S3 Physically tired.
P3 Cheese <<
P4 Heat, quick intense, whole body, feels as if heat is retained in body, cannot escape. No cooling. I feel cooked. No change of colour, no sweat, skin not hot to touch. NS
P4 Suddenly I'm hot again, like I was on Friday night - it's sudden, magnetic?? Intense. Sensation of a massive wave, 'coming up'
P4 Craving ice cream.
P4 > Dancing
P4 Craving dairy
S4 ++ Sweet things & chocolate.
S4 ++ Sour food
P4 Body smells sour, horribly sour, wash & wash my skin in shower. NS
P4 Sensation of fizzing, not sure if its blood or bone. NS
P4 Warmer than usual but desire hot water bottle.
P4 Desire fresh air.
P4 Shuddering, big waves from belly up torso.
P5 Feeling tired, dazed and lazy US
S5 Aversion to cheese and dairy
S5 Flush of heat to the face. US
P5 Had experienced severe nausea after eating dairy, not experienced this during first few days of proving. (H)
P5 Feel very cold.

P5 ++ Crusty bread, went to 3 different places looking for some.
P5 Tiredness and lethargy.
P5 ++ Carbs (pasta, sweets, chocolate, porridge)
P5 Feeling very hot.
P6 Feeling cold.
P6 Buy sweets and chocolate but can't eat them. Taste like poison. NS
P6 > Eating.
S6 ++ Sweets, chocolate biscuits.
P6 Craving warmth, getting cold, want to soak up the sun. RS
P6 Hot#Cold more exaggerated than normal. RS
S6 Poor appetite, don't know what to eat then eating rubbish, chocolate, ice cream, coffee.
P6 Aversion to salt. AS
P6 ++ Seafood/fish, unprocessed earthy food.
S6 ++ Sugar
P6 Tension throughout body RS
P6 Sudden exhaustion, must lie down < sea
P6 Aversion to salt & sugar. NS
P6 Sinking sensation through body. MUST sit down > Sitting.
S7 Aversion to meat. + + Vegetarian food & light food, nothing heavy.
S7 ++ Clean food, no meat.
P7 Woke wrapped in blanket with hot water bottle but not too hot. AS
P7 Very shaky & jittery, like a sudden drop in blood sugar. > Eating. AS (stronger than ever, more sudden)
P7 Feeling sluggish, heavy & dopey. NS
P7 Still feeling jittery & trembly, maybe palpitations.
P7 Jitteriness, trembling, convulsive shudders. Like too much coffee.
P7 Spaced out, jittery, dizzy, shaky inside.
P7 Feeling cold, needed full PJ's, extra blanket and hot water bottle.
S7 Cold on going to bed, have slept in PJ's all through proving, usually sleep naked. NS
P7 Wired, nervy, twitchy feeling, like too much adrenalin. Coming from chest not mind.
P8 Moving around more than usual.
P8 ++ Fruit, even bananas, usually not keen.
P8 Drained and tired. Can hardly walk. Can't be bothered to get ready to go out. US
P9 Dizziness, tingly, breathy, like coming up on mushrooms
P9 > Beer.
P9 ++ Tobacco
P9 - - chocolate

Part 2

Rubrics of Physical Symptoms

Head Rubrics

Head - Pain - Forehead - Left side - Extending to Right side (K154) S1
Head - Coldness (K108) S1
Head - Motions of Head - Nodding of (K131) P1 US
Head - Pain - Forehead - Left side (K154) P1 AS
Head - Hair - Falling (K120) P1 OS
Head - Pain - Occiput - Boring Pain (ES337) P1 NS
Head - Pain - Cutting - Vertex (K181) P2
Head - Pain - Coffee agg - pressing (ES283) P2
Head - Hair - Greasy (K120) P2
Head - Pain - Occiput - Extending - Temples to (K165) P2
Head - Hair - Dryness (K120) P2
Head - Pain - Coffee from (K138) P2
Head - Pain - Shooting - Temples - Lying agg. (K203) P2
Head - Pain - Occiput - Extending - Ears to (K165) P2
Head - Eruption - Itching (K116)
Head - Eruption - Vertex (ES253) P3 NS
Head Pain - Forehead, eyes above - extending to - occiput (K161)P4
Head - Pain - Blow, pain as from a (ES281) P4 *** P6
Head - Pain - Forehead, eyes above - extending to - face (K161)P4
Head - Pain - Sides - waking, on (ES352) P4 NS
Head - Pain - Crushed, as if shattered, beaten to pieces (K180)
Head - Pain - Pressure - External amel (K145)
Head - Pain - Vertex - Crushed as if (ES366)
Head - Pain - Pressing pain - Pressure amel (ES298)
Head - Water - SE as of - wrapped up in (K234) P4
Head - Pain - Forehead (K153) **
Head - Heaviness - Forehead (K126) P4
Head - Confusion in head - forehead (ES244) P4 **** S4
Head - Sensitiveness - Touch to (ES377) P4 ** S4 NS
Head - Pain - Pressing - Vertex - Extending occiput to (K201)
Head - Pain - Eating amel (ES287) P4
Head - Quivering sensation (K228) P4
Head - Pain - Pressing (K188) p4 & Head - Pain - Sore (ES302)P4** NS
Head - Pain - Temples - Sore (ES361) P4
Head - Tingling - Vertex (K232) P4, S4
Head - Skull Cap - Sensation of (K230) P4**P6 S6 NS
Head - Heaviness (K124) P4 **
Head - Pain - Forehead - right side (K153) P4
Head - Tingling - Occiput (K232) S4
Head - Itching of scalp - crawling (K128) P5 NS
Head - Pain - Forehead - Eyes behind (K161) P5 S6 NS
Head - Constriction - band or hoop (K112) P6 **
Head - Constriction - Stooping agg (K112) P6 NS
Head - Heaviness (K124) P6 NS
Head - Pain - Drawing - Tightening pain (ES286) P6 NS
Head - Pain - Forehead - Eyes above (K160) P6
Head - Pain - Accompanied by - Nausea (ES277) P6 S6 P7 NS
Head - Pain - Forehead (K153) S6
Head - Constriction - Hat, as of a tight (K112) P6
Head - Heaviness - Occiput (K127) P6
Head - Pain - Side - left (K165) P6
Head - Pain - Pressure, external - amel (K146) P6
Head - Pain - Excitement of the emotions - after (K139) P6

Head - Pain - Stitching - Sides, left (K211) S6
Head - Pain - Lancinating - Sides (K187) S6
Head - Turning & twisting sensation of (K232) P6
Head - Pain - Lancinating - Occiput (K187) S6
Head - Pain - Sun from exposure to (K149) S6
Head - Pain - Lying, while - amel (K142) S6
Head - Pain - Forehead - Lying down - amel (ES319) S6
Head - Pain - Forehead - Motion agg - stitching pain (ES32) S6
Head - Pain - Sleep during (K147) S6
Head - Pain - Pressing - Weight, as from (K192) P6
Head - Itching - Forehead (K129) P6 OS/RS
Head - Pain - Vertex - Dull pain (ES366) P7
Head - Pain - Vertex - left (ES364) P7 **
Head - Heaviness - Forehead (K126) P7
Head - Pain - Temples - Right (K169) P7
Head - Pain - Temples - Pulsating (K170) P7
Head - Pain - Vertex - Motion agg (ES367) P7
Head - Constriction - Occiput (K113) P7
Head - Constriction - Pressure amel (K112) P7
Head - Pain - Pressing - Vertex (K200) P7
Head - Pain - Bursting - Vertex (K179) P7
Head - Pain - Vertex - Extending Occiput (K173) P7 AS
Head - Pain - Forehead - Eyes above - Right (K159) P8 RS
Head - Pain - Forehead - Extending Neck to (K158) P8
Head - Pain - Forehead - Extending Shoulders to (K158) P8
Head - Pain - Forehead - Left (K154) P8
Head - Pain - Stitching - Forehead (K208) P8
Head - Pain - Forehead - Closing Eyes amel (K156) P8 NS/AS
Head - Pain - Side - right (K165) S8
Head - Pain - Sides - Extending to - ear (K168) S8
Head - Pain - Sides - Extending to - shoulder (K168) S8

Vertigo Rubrics

Vertigo - Fall - tendency to (K99) P2 OS
Vertigo - Lying - while (K101) P2 P4
Vertigo - Swaying (ES236) P4
Vertigo - Rocking, as if (K103) P4
Vertigo - Floating, as if (K99) P4 NS
Vertigo - Menses - During (K101) P4
Vertigo - Trembling (K105) P5 OS
Vertigo - Headache - during (K99) P7
Vertigo - Intoxicated, as if (K100) P7
Vertigo - Motion - floor, as from motion of the (ES232) P7

Eye Rubrics

Eye - Twitching - Lids - left (K269) P1 **** NS
Eye - Twitching - Lids - lower (K269) P1 **** NS
Eye - Coldness in - left (K236) P1 NS
Eye - Coldness - Eyeballs (ES392) P1 NS
Eye - Lachrymation - Left (K245) P1** NS RS
Eye - Pain - Foreign body, as from a (K256) P1 RS P4
Eye - Tension - Lids - Lower lid (K268) P1 NS
Eye - Pain - Weeping after (K251) P1 RS
Eye - Tired sensation (K268) P1 NS
Eye - Heaviness - Lids (K241) P1 NS
Eye - Pulling Sensation (K262) P1 ** NS/RS
Eye - Pain - Sore (K258) P2
Eye - Swollen - Lids (K267) P2
Eye - Itching - Lids - Margin (K245) P3 RS
Eye - Itching - Eyebrow (K245) P4 & Eye - Pain - Sore (K258) P4 ***
Eye - Heaviness - Lids (K241) P4
Eye - Pain - Paroxysmal (K250) S4 & Eye - Pain - Left (K248) S4
Eye - Swollen - Sensation of swelling (K267) P4 NS
Eye - Pain - Sore - Foreign body, as from (K258) P4
Eye - Heaviness (K241) P4
Eye - Tired Sensation (K268) P4 **P7
Eye - Itching (K244) P5 NS P6 OS/RS
Eye - Rub - Desire to (K265) P5 NS
Eye - Lachrymation (K245) P6 *** OS/RS
Eye - Pain - Sore (K258) P6
Eye - Eruptions - Lids - Crusts - Margins of lids (ES398) P6 NS
Eye - Swollen - Lids - Under the lids (K267) P6
Eye - Sunken - Sensation (ES434) P6 OS/RS
Eye - Hypermetropia (K280) P6
Eye - Swollen - Right (K267)
Eye - Blinking (K235) P7 NS
Eye - Pain - Exertion of vision from (K249) P7
Eye - Pain - Aching - Straining sight (K252) P7
Eye - Dryness (K238) P7 P9 OS
Eye - Lachrymation - Right (K245) S9
Eye - Lachrymation - Coryza during (K245) S9
Eye - Lachrymation - Cough with (K245) S9

Vision Rubrics

Vision - Blurred (K271) P1 *** NS/AS P4 P5 RS S6 P7 NS

Vision - Blurred - Writing, when (K271) P1** AS

Vision - Foggy (K279) S1 P5

Vision - Acute (K271) P3 NS S4

Vision - Focal Distance (K279) P7 ** NS

Vision - Moving - Objects seem to be (K283) P7

Vision - Field of Vision - Complaints of (ES450) P7 NS S8

Ear Rubrics

Ear - Stopped - Intermittent (ES495) S1
Ear - Eruptions - Behind ears (K288) P1 NS
Ear - Eruptions - Behind Ears - Moist (K288) P1 NS
Ear - Itching - Left (K291) P1 NS & Ear - Itching - Lobes (K292) P1 NS
Ear - Heat - Inside (K290) P2
Ear - Pain - Stitching in - Left (K313) P2
Ear - Noises - Ringing - Left (K298) P3
Ear - Noises - Left (K292) P3 AS
Ear - Noises - Buzzing - Right (K295) P3 AS
Ear - Noises - Buzzing - Left (K295) P3 AS
Ear - Pain - Behind ear - Extending down neck (307) P3 NS
Ear - Stopped - Left (K318) P4 P9 H
Ear - Noises - Ringing (K298) P4
Ear - Prickling (ES494) S4
Ear - Itching (K291) P5 NS
Ear - Pain - Wind in, cold (K306) P6
Ear - Pain - Warm amel (ES488) P6 OS
Ear - Pain - Right (K303) S6 P7 AS S8
Ear - Itching - Right (K291) S6
Ear - Itching - Eustachian tubes (K292) P7
Ear - Stopped - Right (K317) S9

Hearing Rubrics

Hearing - Acute - Noises to (K321) S1 P1 NS P6 S6
Hearing - Acute - Music to (K321) P1 NS S5 NS
Hearing - Impaired - Left (K322) P3 ** AS
Hearing - Impaired (K321) P4
Hearing - Impaired - Voice, the human (K323) S6

Nose Rubrics

Nose - Smell Acute - Sour odours (K349) S1 P1 NS
Nose - Smell Acute - Strong Odours (K349) S1
Nose - Sneezing - Air Cold, in (K350) P1 NS
Nose - Coryza- Left (K325) P1
Nose - Fullness - Sense of (K338) S1 P4 P8 RS
Nose - Coryza (K325) S1
Nose - Discharge - Posterior Nares (K333) S1
Nose - Coryza - Discharge with (K327) P1 P8
Nose - Discharge - Clear (K330) P1 NS P4 S4 P5 RS S6
Nose - Sneezing (K351) P1 P4 S6 P8
Nose - Discharge - Albuminous (K329)
Nose - Discharge - Hot (K331) P1 RS/US
Nose - Numbness (K340) P1 NS
Nose - Discharge - Right (K329) P2 S9
Nose - Discharge - Copious (K330) P2 S9
Nose - Coryza (K325) P4
Nose - Smell Acute (K349) P4 **P5 NS S5
Nose - Water, Sensation as if - posterior nares, had passed through (ES543) P4 P6
Nose - Dryness - Inside (K335) S4
Nose - Obstruction - Root at (K341) S4
Nose - Discharge - Crusts - Right (K330) S4
Nose - Discharge - Greenish - Blood streaked (K331) S4
Nose - Discharge - Crusts - Bloody (K330) S4
Nose - Obstruction (K340) S4
Nose - Tingling - Inside (K353) P4
Nose - Smell Acute - Tobacco (K349) P4
Nose - Odours - Cheese of (K342) S5
Nose - Pain - Sore - Right (K347) P5 NS
Nose - Obstruction - Left (K340) S6 P6
Nose - Discharge - Left (K329) S6
Nose - Discharge - Gelations (K331) S6 (gelatinous ES515)
Nose - Discharge - Yellow (K333) S6
Nose - Obstruction - Left - Followed by right (ES527) S6
Nose - Coryza - Warm Room (K329) P6
Nose - Coryza - Lying amel (K328) P6
Nose - Coryza - Cold Air amel (ES510) P6
Nose - Obstruction - Morning, on waking (K340) P7 RS
Nose - Coryza - Discharge without - Left (K327) P8 RS

Face Rubrics

Face - Pain - Drinking agg (ES582) P1 NS ***
Face - Swelling - Left (K392) P1 ** RS
Face - Swelling - Toothache (K393) P1 RS
Face - Pain - Jaws - Left (ES587) P1 NS
Face - Pain - Jaws - Extending to temple (ES587) P1 NS
Face - Pain - Jaw - Extending to ear (ES587) P1 NS
Face - Drooping (K364) P1 NS P4 P5 P6** NS
Face - Itching - Cheeks (K379) P3 OS
Face - Itching - Mouth around (K379) P3 OS
Face - Itching - Lower jaw, biting, burning (K379) P3 RS/AS
Face - Discolouration - Red - Cheeks (ES557) P3 ** NS S6
Face - Eruptions - Dry (K368) P3 NS
Face - Discolouration - Red - With Heat (ES556) P3 AS
Face - Itching (K378) P3 AS
Face - Tension - Jaws (ES600) P3 RS/AS **
Face - Itching - Jaws - Lower (ES577) P3 RS
Face - Itching - Eyebrows (ES577) P4
Face - Pain - Eyes around (ES587) P4
Face - Swelling - Sensation of (K393) P4 NS
Face - Numbness - Left (K379) P4 **
Face - Tingling - Left (K395) P4
Face - Eruptions - Nose (K366) S4
Face - Eruptions - Bleeding when touched, on nose (K367) S4
Face - Pain - Lower jaw (K383) S4
Face - Stiffness - Jaws (ES596) S5
Face - Pulsation - Lips (ES595) S5 NS
Face - Chewing motion of the jaw (K356) S5
Face - Swelling - Lips (K393) P6 OS
Face - Clenched - Jaw (K356) P6 OS/RS
Face - Heat (K376) S5 US S6
Face - Eruptions - Pimples, chin (K370) P7
Face - Pain - Stitching - Jaw - Joints of (K389) P7 NS
Face - Swelling - Jaw (K393) P7
Face - Pain - Jaw - Extending to; ear (ES587) S8

Mouth Rubrics

Mouth - Prickling - Tongue (K415) P1 NS
Mouth - dryness - thirst - with P2
Mouth - Saliva - Thick (K417) P3 AS
Mouth - Saliva - Ropy (K417) P3 AS
Mouth - Taste - Putrid (K425) P4
Mouth - Taste - Metallic (K424) P4 P6 OS P1 RS
Mouth - Salivation (K417) P5 OS P7 NS
Mouth - Salivation - Sleep during (K418) P7 OS
Mouth - Dry - Sensation of (K403) S7 NS
Mouth - Pain - Lips - Inner side of (ES633) S7 NS **
Mouth - Taste - Banana, like (ES649) P7 NS
Mouth - Pain - Tongue - Bitten as if (K410) P7
Mouth - Swelling - Tongue (K421) P7
Mouth - Swelling - Tongue - One sided - right (K421) P7

Teeth Rubrics

Teeth - Pain - Upper - Left (K433) P1 RS
Teeth - Pain - Roots - left side (ES679) P1 RS
Teeth - Itching; in (K432) P2
Teeth - Pain - Pulsating pain (ES673) S2
Teeth - Looseness of (K432) S4
Teeth - Clenching - Sleep during (ES662) P6 OS/RS

Throat Rubrics

Throat - Foreign Body - Sensation of (K452) P1 NS P5 NS
Throat - Scratching (K466) S1 S9
Throat - Catarrh (K448) P1 NS P6
Throat - Pain - Sore - Extending to - Ear (K464) P1 NS
Throat - Pain - Sore (K463) P2 S3 P4 & Throat - Heat (K453) P2
Throat - Pain - Burning - Oesophagus (K461) P2
Throat - Pain - Burning - Peppery (K461) P2
Throat - Itching - Coughing - When (K454) P2
Throat - Pain (K458) P3 OS
Throat - Lump - Sensation of (K454) P3 AS **P7 RS/OS ***
Throat - Pain - Splinter as from a (K464) P3 NS **
Throat - Constriction (ES685) P3 RS P6 RS
Throat - Pain - Burning (K460) P3 RS
Throat - Swollen Sensation (K469) P4 NS ***
Throat - Pain - Rawness (K462) P4
Throat - Prickly (K465) P4
Throat - Pain - Swallowing on (K459) P4 S6 P6
Throat - Induration of tonsils (K453) P4
Throat - Itching (K454) P4 RS
Throat - Pain - Sore - Coughing; on (K463) P4
Throat - Hawk; disposition to (K452) P6
Throat - Pain - Burning - Swallowing when (K461) S6
Throat - Pain - Night (K458) P6
Throat - Pain - Left (K458) P6 S6
Throat - Tension (K469) P6
Throat - Roughness (K465) P6
Throat - Pain - Sore - Eating while (K463) P6
Throat - Mucous - Yellow - Morning (K457) P6
Throat - Fullness (K452) P7 NS
Throat - Pain - Right (K458) P9 NS S9
Throat - Sand; in throat - Sensation; as if (ES709) P9

Stomach Rubrics

Stomach - Nausea (K504) P1** RS US P3 S4 P6
Stomach - Nausea - Sleep; after (K509) S1 P3 OS
Stomach - Nausea - Throat; in (K510) P1 RS
Stomach - Nausea - Abdomen; in (K506) P1 RS
Stomach - Nausea - Dreams; from (K507) P1
Stomach - Nausea - Air, in open amel (K506) P1
Stomach - Nausea - Coffee; after (K506) P1 RS
Stomach - Nausea - Eating; amel (K507) P1
Stomach - Nausea - Pain; during - abdomen (ES761) P1 NS
Stomach - Nausea - Pain; during - stomach; in (ES761) P1 NS
Stomach - Nausea - Waves; in (ES763) S3
Stomach - Gurgling (K499) S3
Stomach - Heartburn - Soup; after (K500) P3 OS
Stomach - Heartburn (K499) P3 OS
Stomach - Nausea - Pressure on painful spot; from (K509) P3 OS P7
Stomach - Epigastrium - Complaints; of (ES801) P3 OS ** P6 **P7** RS/OS P9 **
Stomach - Pain - extending to - oesophagus (K515) P3 OS P7
Stomach - Heaviness - Bread; after (K501) P3 OS
Stomach - Nausea - Bread; after (K506) P3 OS **
Stomach - Nausea - Eating; after (K507) P3 OS
Stomach - Nausea - Tea; after (K510) P3 OS
Stomach - Appetite; wanting (K479) P3 P6 AS S6** P7 P9 **NS
Stomach - Thirst (K527) P4 ** S4 P6 ** S7
Stomach - Nausea - Warm room; in (K510) S5 US
Stomach - Eructations (K489) S5 US P7 NS **
Stomach - Hiccough (K502) P5 NS
Stomach - Appetite - Diminished (K476) P5 NS P6
Stomach - Nausea - Eructations - Amel (K507) P6 **
Stomach - Appetite - Ravenous (K478) P6 US **P7
Stomach - Pulsation (K524) P6 NS
Stomach - Trembling - Nausea; with (K530) P6
Stomach - Nausea - Eating after - Amel (K507) P6
Stomach - Nausea - Motion - Head; of agg (ES760) P6
Stomach - Thirstless (K530) P6 P9 NS
Stomach - Fullness - Sensation of (K498) P7
Stomach - Appetite - Increased - Accompanied by - Nausea (ES725) P7
Stomach - Appetite - Increased - Trembling (ES725) P7 NS
Stomach - Thirst - Decreased (ES787) P7
Stomach - Coldness - Cold drinks; after (K482) P9
Stomach - Pain - Hunger; during (K513) P9 NS
Stomach - Appetite - Wanting - Hunger; with (K479) P9 NS
Stomach - Tingling (K530) P9

Abdomen Rubrics

Abdomen - Pain - Liver - Motion (K568) P1 RS/NS
Abdomen - Pain - Stitching - Ileo-caecal region (K594) P1 NS
Abdomen - Pain - Stitching - Night - Waking; on (K591) P1 NS
Abdomen - Pain - Sore (K589) P1 NS
Abdomen - Pain - Liver (K568) P1 RS
Abdomen - Pain - Stitching - Iliac region - ilium to ilium (K594) P2
Abdomen - Pain - Cramping Gripping - Hypogastrium (K576) P2 **
Abdomen - Pain - Cramping Gripping - Tea; after (K576) P2
Abdomen - Heaviness - Hypogastrium (K552) P3 US
Abdomen - Shocks - left (ES888) P3 NS
Abdomen - Shocks - Hypogastrium (K602) P3 NS **
Abdomen - Shocks - left - extending to right (ES888) P3 NS
Abdomen - Itching - Sides (K553) P4 NS
Abdomen - Pain - Sore (K589) S4
Abdomen - Distension - Painful (K545) P4 ** NS
Abdomen - Distension - Eructations - not amel (ES810) P4
Abdomen - Bubbling (K541) P4
Abdomen - Pain - Squeezed - As if (ES842) P4
Abdomen - Pain - Wave like (ES846) P4 **
Abdomen - Shuddering in - Extends over body (K602) P4
Abdomen - Pain - Burning - Umbilicus; region of - Burrowing (K573) S4 NS
Abdomen - Distension - Accompanied by - Flatus passing; with (ES810) S5 **
Abdomen - Distension - Flatus passing amel (K545) P6 RS/OS
Abdomen - Eruptions - Itching (K547) P6 AS/RS
Abdomen - Trembling (K604) P7 NS
Abdomen - Gurgling (K550) P7 NS P9 NS
Abdomen - Movements (K554) P7 NS
Abdomen - Pain - Stool; after (K560) P7 NS
Abdomen - Pain - Inguinal Region - Lying agg (ES863) P7 AS
Abdomen - Pain - Inguinal Region - Night (ES862) P7 AS
Abdomen - Pain - Inguinal Region - Stretching agg (ES865)
Abdomen - Pain - Iliac Region - Cramping (ES859) P9 NS

Rectum Rubrics

Rectum - Constipation - Insufficient Stool (K607) P2 OS P3 AS
Rectum - Straining (ES934) P3 AS
Rectum - Flatus - Loud (K618) P3
Rectum - Flatus - Odourless (K618) P3
Rectum - Pain - Anus (ES931) P4 RS/OS
Rectum - Pain - Motion agg (K624) P4 RS
Rectum - Pain - Extending to Abdomen (K625) P4 RS
Rectum - Flatus - Offensive (K618) P4
Rectum - Flatus (K617) S5 P7
Rectum - Urging - Night - Waking; on (K633) P5 US
Rectum - Pain - Anus (ES931) P7 * AS
Rectum - Pain - Anus - Stool; before (ES931) P7 NS
Rectum - Urging (K633) P7

Stool Rubrics

Stool - Odour - Sour (K640) P1 NS
Stool - Thin (K642) P1 NS ** P2 S9
Stool - Copious (K636) P2 S4 P7
Stool - Odour - Offensive (K640) P2
Stool - Odour - Sulphur; of (ES945) P2
Stool - Hard (K638) P7 NS
Stool - Mucous - Jelly like (K640) P7

Urinary Rubrics

Kidney - Pain - Right (K663) P1 NS

Kidneys - Pain - Sore (K665) P3 OS

Urethra - Pain - Urination - During - Burning (ES990) P3 OS

Urethra - Pain - Stinging (ES991) P3 OS

Urethra - Pain - Burning - Urination; during (K675) P6 AS

Urine - Copious - Drunk; more than is (K686) P8

Female Rubrics

Female - Eruptions - Herpetic (K717) P4 RS
Female - Eruption - Pustule (K718) P4 NS
Female - Pain - Ovaries (K731) P4 **
Female - Pain - Uterus (K733) S4 RS P4
Female - Ovulation; during (ES1071) P4 NS ** US
Female - Pain - Sore - Uterus (K741) P4 NS
Female - Desire - Increased (K716) P4 ** P7
Female - Pain - Sharp - Ovaries (K740) P4
Female - Menses - Early; too (K726) P4
Female - Menses - Bright red (K725) P4 NS
Female - Menses - Copious (K725) P4 NS ** P7
Female - Pain - Vagina (K734) S5 P6 NS ** AS
Female - Leucorrhoea - Yellow (K723) P6 **
Female - Dryness - Vagina (K717) P6 NS
Female - Pain - Stitching - Ovary; left (K742) P6
Female - Leucorrhoea - Copious - Menses; like the (K721) P6 P7 NS
Female - Pain - Stinging - Vagina (K742) P7 NS
Female - Leucorrhoea - Copious (K721) P7 ** S8
Female - Leucorrhoea - White (K723) P7
Female - Pain - Stitching - Vagine - Extending upward (K742) P7
Female - Itching - Vagina (K720) P7 OS
Female - Menses - Scanty (K728) P7 NS S7
Female - Menses - Dark (K725) P7
Female - Menses - Stringy (K728) P7
Female - Menses - Protracted (K728) P7
Female - Desire - Diminished (K716) P7
Female - Menses - Clotted (K725) S8
Female - Pain - Menses - During (734) S8
Female - Menses - Painful; dysmenorrhea (K727) S8
Female - Pain - Aching - Ovaries - Left (K735) P9 NS

Larynx & Trachea Rubrics

Larynx & Trachea - Voice - Hoarseness (K758) S1
Larynx & Trachea - Voice - Deep (K758) S1 P1 NS P6
Larynx & Trachea - Tickling - Throat pit; in (K758) P9

Respiration Rubrics

Respiration - Wheezing (K776) P3 OS **** RS P4 RS
Respiration - Gasping (K772) P4
Respiration - Difficult - Waking; with (K772) P4 NS/ROS
Respiration - Superficial (K776) P4
Respiration - Impeded, obstructed - cough; during (K773) P8
Respiration - Difficult (K766) P9

Cough Rubrics

Cough - Loose (K795) P3 NS/AS **

Cough - Dry - Waking from sleep (K788) S4 **

Cough - Tickling - Larynx; in - Lying; while (K808) P5 NS

Cough - Foreign Body - Sensation as of; in larynx (K791) P5 NS

Cough - Tickling - Trachea; in from (K809) S6

Cough - Deep (K785) S6

Cough - Loose - Morning (K796) P6

Cough - Dry - Larynx; in (ES1145) P8

Cough - Constant (K784) S9

Expectoration Rubrics

Expectoration - Daytime (K812) P3 NS/AS
Expectoration - Grayish (K815) P3 NS/AS ** RS
Expectoration - Greenish (K816) P3 NS/AS ** RS S9 **
Expectoration - Yellow (K821) P3 NS/AS ** RS P6
Expectoration - Morning (K812) P3 RS
Expectoration - Brownish (K814) S9

Chest Rubrics

Chest - Pain - Stitching - Lower ribs - right (K868) P1 NS
Chest - Pain - Mammae - Right (K845) P1 AS ****
Chest - Tumors - Mammae - Painful (ES1262) P1 AS ****
Chest - Swelling - Mammae (K881) P1 NS
Chest - Pain - Cutting - Mammae - left (K855) P1 NS
Chest - Pain - Mammae - Nipples (K846) P1 NS P3
Chest - Pain - Sore - Short ribs - Left (K862) P1 NS ***
Chest - Pain - Sore - Sternum (K862) P1 NS
Chest - Palpitation - Heart - Anxiety (K874) P2 S5
Chest - Pain - Sore - Lower part (K862) P2
Chest - Pain - Burning - Heart - Region of (K854) P3 ** RS
Chest - Pain - Sides - Night (K847) P3 OS
Chest - Pain - Burning - Sides (K854) P3 OS
Chest - Ball - Sensation of a (ES1179) P3
Chest - Pain - Burning - Extending - Upwards (K854) P3 RS
Chest - Pain - Sore - Axilla (K861) P3 RS
Chest - Pain - Sides - Upper part (ES1246) P3
Chest - Pain - Sides - Right (K846) P3 RS
Chest - Pain - Extending to - Axilla (ES1217) P3 RS
Chest - Pain - Sore - Mammae (K862) P3 AS
Chest - Pain - Pressure agg(K843) P3 AS
Chest - Pain - Ribs - Sore (ES1235) S4
Chest - Itching - Mammae - Between (K837) P4
Chest - Palpitations (K873) P4 S4 P7 ** NS P9 ** NS
Chest - Pain - Aching - Heart (K852) P6 **OS
Chest - Tingling - Mammae; in (K881) P7
Chest - Pain - Aching (K851) P8 NS
Chest - Pain - Ribs (ES1235) P8 NS
Chest - Pain - Sides - Left (K846) P8 **
Chest - Oppression (K839) P9

Back Rubrics

Back - Pain - Cervical Region - Extending; upward (K901) P1 NS
Back - Pain - Lumbar Region - extending downwards (K908) P1 NS
Back - Pain - Dorsal Region - Moving amel (K903) P1 NS
Back - Pain - Dorsal Region - Sitting; while (K904) P1 NS
Back - Pain - Dorsal Region - Scapulae right (K902) P1 NS
Back - Cracking - Cervical Region (K886) P1 RS/AS P3 OS
Back - Pain - Aching - Lumbar Region - Bending; backward (K916) RS
Back - Pain - Bending; forward - amel (ES1285) P1 RS
Back - Pain - Aching - Lumbar Region - Motion amel (K917) P1 RS
Back - Pain - Sore - Dorsal Region (K933) P1 NS
Back - Pain - Stitching - Motion (K936) P1 RS
Back - Pain - Stitching - Dorsal Region - Extending to chest (K938) P1 RS
Back - Pain - Sore - Sacral Region (K934) P1 NS
Back - Pain - Sacral Region - Bending Backward (K910) P1 NS
Back - Pain - Cervical - Extending - Ear to - behind right (K901) P2
Back - Pain - Sacral - Region (K909) P2 NS
Back - Pain - Pressing - Sacral Region (K931) P2 NS
Back - Pain - Aching - Cervical Region (K915) P2 P8
Back - Pain - Sore - Dorsal Region (K933) P2 S4
Back - Pain - Sore - Lumbar Region (K933) P2 P3 OS
Back - Pain - Cervical Region - Extending to - Shoulders (K901) S3
Back - Pain - Cervical - Right (ES1295) P3 NS
Back - Pain - Stitching - Dorsal Region (K938) P3 NS
Back - Tension - Cervical Region (K948) P3 OS
Back - Pain - Sacral Region - Extending down legs (K911) P3 OS
Back - Pain - Cervical - Extending back; down the (K901) P3 OS
Back - Pain - Cervical - Turning head - to left (K901) P3 OS
Back - Pain - Burning - Dorsal Region - Scapulae - Right (K920) P3
Back - Pain - Aching - Lumbar Region (K916) P3 OS/RS P6 ** S6 P8 ** NS
Back - Tension - Cervical Region (K948) P4 P6 OS/RS
Back - Spasms (K946) S4
Back - Pain - Stitching - Cervical Region - Bent Over (K937) S5
Back - Pain - Stitching - Cervical Region - Stretching out amel (K937) S5
Back - Pain - Sore - Cervical Region (K932) P5 RS
Back - Pain - Sore - Pressure amel (K932) P5 RS
Back - Pain - Lumbar Region (K905) P5 OS
Back - Pain - Lumbar Region - Lying - Back; on (K906) P5
Back - Itching - Dorsal Region - Scapulae - Between (K893) P5 NS
Back - Pain - Lumbar Region - Menses - As if would come on (K906) P6
Back - Pain - Left (ES1282) S6 RS/OS
Back - Stiffness - Cervical Region (K947) P6 RS P6 OS/RS
Back - Stiffness - Cervical - Motion amel (ES1343) P6 RS
Back - Pain - Rubbing amel (K897) P6 OS S7 AS
Back - Pain - Ascends (K895) P6 OS
Back - Pain - Aching - Pressure Amel (K914) P6
Back - Tension (K948) P6 **
Back - Pain - Bending - Forward; amel (K895) P6
Back - Pain - Lumbar Region - Sitting amel (K907) P6 US
Back - Pain - Dragging (ES1286) P6 US ** NS

Back - Pain - Aching - Sacrum - Extending into lower extremities (K918) P6 NS
Back - Stiffness - Cervical Region - Turning Head; on (K947) P6 OS/RS
Back - Pain - Aching - Lumbar Region - Motion; on (K917) P6
Back - Pain - Aching - Lumbar Region - Lying amel (K917) P6
Back - Pain - Dorsal Region (K901) S7 AS
Back - Eruptions - Cervical Region (K887) P8 AS
Back - Eruptions - Crusts (K887) P8 AS
Back - Pain - Aching - Dorsal Region P8 NS **
Back - Pain - Stitching - Lumbar Region (K939) P8 NS P9 NS

Extremities Rubrics

Extremities - Motion - Involuntary - One arm & leg (K1033) P1 US
Extremities - Eruption - Upper Arm - Itching (K990) P1 NS
Extremities - Coldness - Foot (K962) P1 AS P6 RS/OS P6
Extremities - Weakness (K1224) S1
Extremities - Pain - Fingers - Second - Joints - Middle (K1061) P1 NS
Extremities - Pain - Stitching - Fingers - Third - Joints (K1144) P1 NS
Extremities - Pain - Foot (K1078) P1 ** AS
Extremities - Heaviness - Thigh (K1016) P1 NS
Extremities - Pain - Burning - Foot - Sole - Cold to touch (K1097) P1 NS
Extremities - Pain - Shooting - Ankle (K1125) P1 NS
Extremities - Pain - Stitching - Ankle - Extending to foot (K1151) P1 NS
Extremities - Trembling - Legs - Standing agg (ES1613) P1 NS
Extremities - Trembling - Legs - Sitting amel (K1214) P1 NS
Extremities - Heat - Hand (K1010) P1 US P2 OS P4 NS
Extremities - Heat - Foot (K1012) P1 US P2 OS
Extremities - Trembling - Lower Limbs - Vexation; after (K1213) S1
Extremities - Eruptions - Fingers - Second Finger (K997) P1 NS
Extremities - Eruptions - Fingers - Fourth Finger (K997) P1 NS
Extremities - Eruption - Fingers - Itching (K996) P1 NS P6
Extremities - Perspiration - Hand - Heat; with (K1181) P1 RS
Extremities - Heat - Foot - Bed; in (K1013) P2 OS P3 NS P9
Extremities - Tingling - Leg (K1209) P2 NS ** S3 OS P4 NS S7 NS
Extremities - Cramps - Foot (K976) P2
Extremities - Tingling - Hand - Palm (K1208) P2 NS **
Extremities - Tingling - Foot - Sole (K1209) P2 NS
Extremities - Perspiration - Foot (K1183) P2
Extremities - Heaviness - Shoulders (K1015) P3 RS/NS
Extremities - Tingling - Thigh (K1209) S3 OS
Extremities - Pain - Aching - Knee (K1086) S3 **
Extremities - Pain - Aching - Leg (K1087) S3 ** P4 ** RS S7 NS
Extremities - Eruption - Thigh - Itching (K999) P3 NS
Extremities - Pain - Burning - Elbow (K1092) P3 OS
Extremities - Pain - Burning - Shoulder (K1092) P3 OS
Extremities - Contraction - Shoulder (K966) P3 P4
Extremities - Pain - Aching - Thumb - Using it (K1085) P4 NS
Extremities - Pain - Thumb (K1062) P4 NS
Extremities - Discolouration - Fingers - Nails - Purple (K981) P4 NS
Extremities - Itching - Palm (K1023) P4 NS P8 NS
Extremities - Swelling - Hand (K1198) S4 NS
Extremities - Discolouration - Hand - Back of - Brown - Bruised; as if (K980) S4 NS
Extremities - Discolouration - Foot - Back of (K983) S4 NS
Extremities - Pain - Burning - Leg (K1096) S4 P8
Extremities - Pain - Knee - Extending Tibia (K1074) P4 RS **
Extremities - Tingling - Upper Limbs - Left (K1207) P4 NS
Extremities - Pain - Aching - Thumb (K1085) P4
Extremities - Coldness - Hand (K958) P4 P6
Extremities - Pain - Aching - Hip (K1086) P4 P7 P8
Extremities - Itching - Hand (K1022) P4 NS P5 NS
Extremities - Tingling - Hand (K1208) P4 NS
Extremities - Weakness - Upper Limbs (K1226) P4
Extremities - Trembling - Legs (K1214) P4 P6 US

Extremities - Coldness - Legs (K961) S4
Extremities - Tingling - Thumb (K1208) P5 OS **
Extremities - Pain - Sore - Ankle - Walking; while (K1133) P5 NS
Extremities - Cracking - Joints; in - Knee (K971) P5 OS
Extremities - Cracking - Joints; in - Foot (K971) P5 OS
Extremities - Numbness - Fingers - Fourth Finger - Waking; on (K1040) P5 US
Extremities - Tingling - Fingers - Fourth (K1208) P5 US
Extremities - Tingling - Feet - Standing agg (ES1609) S5 RS
Extremities - Itching - Thigh - Scratching agg (K1026) P5 RS
Extremities - Pain - Feet - Heel - Pressure Slightest agg (ES1462) P5 AS
Extremities - Itching - Thumb (K1024) P5 US
Extremities - Pain - Ankle (K1077) P5 OS
Extremities - Itching - Nates (K1025) P5 NS
Extremities - Weakness - Ankle - Sudden (K1232) S6
Extremities - Eruption - Fingers - Third Finger (K997) P6 RS
Extremities - Eruption - Wrist - Itching (K992) P6 NS
Extremities - Weakness - Leg - Sitting amel (K1231) P6 US
Extremities - Pain - Stitching - Knee (K1148) P6 NS P8 NS
Extremities - Pain - Hand - Writing; while (K1059) S6
Extremities - Pain - Knee - Squatting; when (K1073) P7 RS
Extremities - Eruption - Hand - Back of - Vesicle (K995) P7 AS
Extremities - Pain - Burning - Fingers - first (K1094) P7
Extremities - Pain - Aching - Wrist (K1085) P7 RS
Extremities - Pain - Stitching - Knee - Stretching; on (K1149) S7 NS
Extremities - Pain - Stitching - Knee - Motion amel (K1149) S7 NS
Extremities - Pain - Stitching - Knee - Morning (K1148) S7 NS
Extremities - Heaviness - Leg (K1016) S7 NS
Extremities - Tingling - Toes - First (K1210) P7
Extremities - Pain - Aching - Upper Arm - Touch; on (K1084) P7 NS
Extremities - Tension - Shoulders - Walking agg (ES1607) P7
Extremities - Pain - Sore - Thigh (K1131) P7
Extremities - Pain - Thigh - Touch; on (K1071) P7
Extremities - Pain - Aching - Toes - Fifth (K1088) P7
Extremities - Pain - Stitching - Heel (K1153) P7
Extremities - Pain - Sore - Foot - Back of (K1134) P7
Extremities - Eruption - Knee - Itching (K1000) P7 P8 RS/OS ***
Extremities - Pain - Burning - Hip - External (K1095) P7 NS
Extremities - Pain - Forearm - Touch agg (K1057) P7
Extremities - Pain - Knee - Motion (K1073) P8 OS
Extremities - Itching - Toes - Between (K1028) P8 RS
Extremities - Pain - Twinging - Upper Limbs (K1176) P8 NS
Extremities - Itching - Foot - Sole of (K1028) P8 RS
Extremities - Pain - Burning - Knee (K1096) P8 NS
Extremities - Pain - Burning - Ankle (K1096) P8 NS **
Extremities - Perspiration - Foot - Offensive - Sour (K1184) P8 RS/OS
Extremities - Pain - Stitching - Ankle (K1151) P8
Extremities - Dryness - Lower Limbs (K985) P8 RS
Extremities - Itching - Toes - Fifth (K1029) P8 RS
Extremities - Pain - Aching - Elbow (K1084) P8
Extremities - Twitching - Fingers - First (K1217) P8 NS
Extremities - Pain - Stitching - Leg (K1150) P8 NS
Extremities - Cramps - Toes - First (K977) P8 NS/RS
Extremities - Pain - Shoulder - Right (K1052) S8
Extremities - Eruption - Palm (K995) P8
Extremities - Itching - Foot - Back of (K1027) P8 RS

Extremities - Itching - Toes - Third (K1029) P8 RS
Extremities - Itching - Toes - Fourth (K1029) P8 RS
Extremities - Contraction - Hand (K966) P8 RS
Extremities - Itching - Thigh (K1025) P8 RS
Extremities - Itching - Leg (K1026) P8 RS
Extremities - Pain - Aching - Foot (K1088) P8 NS
Extremities - Pain - Stitching - Foot - Sole - Ball; on the (K1153) P9
Extremities - Pain - Aching - Shoulder (K1083) P9
Extremities - Pain - Stitching - Heel - Extending Upward (K1153) P9

Sleep Rubrics

Sleep - Waking - Late (K1256) P1 US
Sleep - Restless (K1247) P1 RS P6 P7
Sleep - Dreams - Unremembered (K1243) P1 US
Sleep - Waking - Fright - as from (12560) P1 US
Sleep - Sleepiness (K1248) P1 AS P7 NS S1
Sleep - Sleepiness - Afternoon - 2pm (K1249) S1
Sleep - Falling asleep - Afternoon (K1245) P1 US
Sleep - Sleeplessness (K1251) P2 NS ** P7
Sleep - Short (K1248) P3
Sleep - Unrefreshing (K1255) P3 OS/RS **
Sleep - Deep (K1234) S4 P6 US
Sleep - Yawning - Frequent (K1257) P6 NS
Sleep - Position - Curled up (ES1649) P6 US
Sleep - Restless - Heat - From body (ES1651) P6

Chill Rubrics

Chill - Internal (K1269) P1 AS P4 OS

Chill - Shaking (K1270) P4 OS P7

Chill - Shaking - Motion during (K1272) S6

Perspiration Rubrics

Perspiration - Hot (K1297) P2 P5

Perspiration - Profuse - Night - Sleep; during (K1300) P2

Perspiration - Odour - Offensive (K1298) P4

Perspiration - Profuse - Night (K1299) S4 US P5

Skin Rubrics

Skin - Itching (K1327) P5 NS

Skin - Itching - Crawling (K1328) P5 NS

Skin - Itching - Scratching agg (K1328) P7 RS

Generals Rubrics

Generalities - Heat - Sensation of (K1366) P1 RS ** P4**NS P5
Generalities - Cold - Bed - Lying in (ES1813) S1 S7 NS
Generalities - Food & Drink - Sugar - Desires (ES1860) P1 US ** S6 P6
Generalities - Weakness - Afternoon (K1415) P1 NS/US **AS
Generalities - Heaviness - Externally (K1367) S1 P7 NS
Generalities - Food & Drink - Bread - Desire - Butter; and (ES1848) S1 P1 NS P3
Generalities - Weakness (K1413) S1 S3 P5 US **P6 P8
Generalities - Food & Drink - Coffee - Desires (ES1849) P1 US P2 S6
Generalities - Food & Drink - Biscuits - Desires (ES1847) P1 US S6
Generalities - Food & Drink - Coffee - Desires - Nauseates; which (ES1849) P1 RS P2
Generalities - Food & Drink - Chocolate - Desire (ES1849) P1 US ** S4 S6**
Generalities - Food & Drink - Grapes - Desire (ES1853) P1 US
Generalities - Food & Drink - Pastry - Desire (ES1857) P1
Generalities - Constriction - Band; sensation of a (K1351) P1 P6
Generalities - Full Moon - agg (ES1888) S1 P2** NS P6 ** P7
Generalities - Food & Drink - Spices - Desire (ES1859) P2 **
Generalities - Trembling - Internally (K1409) P2 NS P7 *****NS
Generalities - Heat - Sensation of (ES1867) P2
Generalities - Heat - Vital; lack of (K1366) P2 P5 P6 P7
Generalities - Food & Drink - Cheese - Agg (ES1848) P3 S5
Generalities - Pressure agg (K1392) P3
Generalities - Wavelike Sensations (K1413) P4 **
Generalities - Food & Drink - Ice Cream - Desire (ES1854) P4 S6
Generalities - Dancing - Amel (ES1829) P4
Generalities - Food & Drink - Dairy Products - Desires (ES1851) P4
Generalities - Food & Drink - Sweets - Desire (ES1860) S4 S6
Generalities - Food & Drink - Sour Food - Desire (ES1859) S4
Generalities - Odour - Of the body - Sour (ES1895) P4 NS
Generalities - Warm - Applications - Amel (ES1962) P4 P7 AS **
Generalities - Air; open - Desire for (K1343) P4
Generalities - Bathing - Cold agg (K1346) P4
Generalities - Food & Drink - Dairy Products - Agg (ES1851) S5
Generalities - Heat - Flushes of (K1366) S5 US
Generalities - Food & Drink - Bread - Desire (ES1847) P5
Generalities - Food & drink - Farinaceous - Desire (ES1852) P5
Generalities - Food & Drink - Sweets - Desire - Aggravates; but (ES1860) P6 NS
Generalities - Eating - Amel (K1357) P6 P7
Generalities - Warm - Desire for warmth (ES1962) P6 RS
Generalities - Cold - Heat & Cold (K1349) P6 RS
Generalities - Food & Drink - Salt - Aversion (ES1858) P6 **AS/NS
Generalities - Restlessness (ES1932) S5 US P8
Generalities - Food & Drink - Fish - Desire (ES1852) P6
Generalities - Tension internally (K1406) P6 RS
Generalities - Seaside - Agg (ES1935) P6
Generalities - Sitting - Impulse to sit (ES1939) P6
Generalities - Sitting - Amel (ES1939) P6
Generalities - Sinking Sensation (ES1939) P6
Generalities - Pressure - Agg (K1392) P6
Generalities - Food & Drink - Meat - Aversion (ES1855) S7 **
Generalities - Shuddering (K1400) P7
Generalities - Twitching - Internally (K1410) P7

Generalities - Trembling - Externally - Hungry; when (K1409) P7
Generalities - Trembling - Externally (1408) P7 **
Generalities - Food & Drink - Fruit Desires (ES1853) P8
Generalities - Plug - sensation of - internally (K1391) S8
Generalities - Food & Drink - Beer Amel (ES1847) P9
Generalities - Tobacco - Desire for tobacco (ES1951) P9
Generalities - Food & Drink - Chocolate - Aversion (ES1848) P9

No Rubrics

HEAD

P2 Pressure in head on waking, weird feeling, SAI being sucked up & away, full moon. NS

P2 'Fizzing' in my brain. Slight, right side, top, unpleasant, fuzzy. (Head - Confusion - Occiput (ES244) but NOT vertex)

P4 Headache, top of head, leftish. Increases rapidly, squeezing crushing, all of left side. >

Pressure & holding head. **SE as if my head has exploded, underwater.**

P4 SE as if head bruised and tender inside.

P4 Front / top head 'Fizzy'

P4 Fizzing feeling & pressure on vertex. P4

P4 Top of head 'light headed' as if it's quivering/**not there.**

P4 SAI head is being massaged, woozy, heavy, rolling, **as if there is no 'top of my head'.** NS

S4 Pressure in vertex & P6 Pressure, back of head, moving upwards. NS &

P6 Top of head feels strange, as if elongating, pressure rising upwards. NS (Rubrics are all for applied pressure) ?? Constriction?

P6 Head feels like it has a large blob sitting on it. US

P7 Pressure in head, like a fullness NS

P7 Fullness top of head but also sides. < Right side. NS

VERTIGO

P7 SE of dizziness, a bit spaced out, as if the top of my head were open. NS

P9 Dizziness, tingly, breathy, like coming up on mushrooms

EYE

P3 Entering the book, between words, like portals to enter through. Pathways going in, a depth. Being shown new ways of seeing. NS

P4 (S4) Left eye has felt bigger and different shape to right. NS

S4 **Vision altered, luminous sort of glow. Eyeballs feel expanded,** greater clarity of vision even without specs. NS

P5 **Right** eye itchy NS

P6 Bags under eyes, **eyes like piss holes in the snow.**

P6 **Vision grainy,** << Since proving, 'Can't see hardly anything close to my face'.

P7 **Adjusting eyes makes me feel queasy,** as if they cannot accommodate the change from far to near quickly.

EAR

P3 Nerve like PA from behind right ear, along neck **into right breast.** NS

S4 Burning sensation top of both ears & inside ear.

S4 Pricking sensation right ear. **Trickling inside ear.**

NOSE

P1 Glasses feel heavy on my nose. NS (Nose - Heaviness (K339) but referring to SE of nose not glasses)

P4 SE as if punched in the nose. As if water has gone into sinuses.

S4 SE as if being stroked on right side of nose.

P5 Soreness right nostril. **Stinging sensation.** NS

FACE

P5 **Rubbing eyes & face to 'remove the veil of sleepiness'. NS**

P6 Eyes watery and puffed up. **Sensation of dried tears on my face.** RS/NS

P2 Odd pricking sensation on skin like pins and needles, but only 1 needle prick at a time. Not all over at once, intermittent on face both left and right cheek. Lasted 50 mins. NS (Prickling refers to Tingling)

P5 Rubbing eyes & face to 'remove the veil of sleepiness'. NS

S5 SAI face is drawn/old. (Face - Drawn (K364) but not SAI)

P7 Desire to hold my face. I'd like to disappear.

MOUTH

P7 Tongue PA, left side, far back SE as if I've bitten it (I haven't). **Bit swollen. PA extending to throat & left ear.**

THROAT

S2 Fluttering in throat RS

P2 Throat sore, hot, **SAI scalded.**

S3 Throat rasping.

P3 (S3) Pain throat, **< tired.** OS

P3 Lump in throat. **Anger < AS**

P3 Fishbone sensation **behind right tonsil < belching AS**

P4 Woke early, couldn't breathe, throat felt 'weighted' NS

S4 Scorched feeling in back of throat.

P6 Pressure left tonsil. US

P6 Throat feels tight, **sensation of pressure - having to hold it all in.** RS

P6 Aching tension in throat, **extending to back of head & neck**

P7 Lump in throat pronounced. **<< Touch - makes it feel bigger. < Travelling in car.** RS/OS

P7 SE in throat as if an air bubble would rise up but it doesn't. RS/OS

P9 **Sticking** pain in throat, right side. NS

STOMACH

P2 (S2) knotted sensation in solar plexis when anxious. (RS?)

P3 Fire in my belly, excited and strong. NS (MIND)

P3 Feel like going to vomit in physical release of ancient PA. NS (MIND)

S5 Belching **on laughing. Trapped wind.** US

P7 Stomach queasy **as if something pressing from underneath.** NS

P7 SE as if tenacious mucous in oesophagus RS/OS

ABDOMEN

P7 SE of something in my abdomen, as if womb enlarged. ?Pregnant. NS

URINARY

P3 Small sense of UTI just fleeting symptoms of burning while **feeling hard to urinate**. OS

FEMALE

P3 'Glow' in pelvic area

P3 Sexual arousal with sense of joy, innocence & love. AS

P3 Pressure in sexual organs right side. not discomfort, just awareness. NS

S4 Period type pains (**post menopausal**) RS

P7 SE as if pregnant, like 8-12 weeks. Although the tightness feels like later in pregnancy. NS

P7 SE in womb as if it's tightening, contracting. No pain.

P7 Very light & '**orangey**' **spotting**, start of menses. NS

LARYNX & TRACHEA

P1 Moaning to drown out sound of "Bittersweet Symphony" in supermarket. It was grating. NS
(MIND)

P6 Voice changing, sometimes deep with assurance, others **disconnected with a different tone**.

RESPIRATION

P4 Gasping for breath, **trippy sensation, I'm gone, gasp to pull myself back**. (MIND)

P8 Cough, feels blocked at back of pallet/mouth. **SE thick & sticky, but still dry**.

COUGH

P8 Dry cough, only affecting throat, not chest. **< Turning in bed**.

CHEST

P1 PA in lower left ribs now **extended around to the back**. Feels sore & bruised. **> Arching back** but still there. Feels like a band around rib cage, bruised feeling. Sore. NS

P3 Pressure both sides of chest. Anger < AS

P3 Pressure in right chest extending to right axilla RS

P3 Right sided pressure extending up towards throat. Light burning pain in chest and trail of pain going upwards. RS

P3 Soreness/discomfort axillae **associated with chest pressure**. RS

P3 Pressure on right hand side of chest radiating to throat. RS

P4 Boobs feel extraordinarily weighty.

P8 Twinging of muscles in left chest, **extending under arm and up into left neck**.

BACK

P2 SAI pebble lodged in back, between lung & ribcage, left side, so inside rib cage, thoracic region, just left of spine. NS

P6 Lower back ache **> eating**. SAI menses will start, no menses for 5 months.

P6 Back pain tension **> bending forward, > firm pressure, > crying & > talking**

S6 Back ache, all across lower back, **a bar across**.

P6 Tension in neck, **moving into jaw & top of chest**. OS/RS

EXTREMITIES

S7 Both legs feel heavy & achy from knees down, tingling pain moving down, SE as if done lots of exercise. + **Sit but not >**. NS

P8 Twinging in upper arm and shoulder left side, throughout day moved to left leg then back to left lower arm and wrist. **SE of a string**. NS

SLEEP

P1 Didn't sleep well but energy good on waking. US

P1 Woke with the name 'Huxley'

P6 Yawning, can't stop. > **Exercise / moving around**. NS

P6 Sleep good since moon

GENERALITIES

S1 Really tired and heavy **SAI 'not quite here'**.

S1 Friends cats avoid me, I seem to repel them.

P1 Gained nearly half a stone in first 2 weeks of proving. Heaviest I've ever been. NS

P4 Sensation of fizzing, not sure if its blood or bone. NS

P9 Dizziness, tingly, breathy, like coming up on mushrooms

Themes

Head

Several provers described the sensation of a skull cap or hat on the head and a sensation of pressure on the vertex.

3 Provers experienced headache with nausea.

Vision

5 Provers experienced blurred vision, several had issues with focussing and visual disturbances.

Hearing

Several provers experienced an increase in the sensitivity of their hearing.

Face

4 Provers had a dropping sensation on one side of their face, in some cases this was an actual physical drooping.

Stomach

There were numerous instances of nausea, loss of appetite & burning pains in the oesophagus.

Larynx

3 Provers experienced deepening of their voice.

Chest

4 provers recorded palpitations in their chest.

Back

Back pain in general seemed to be a theme, particularly in the lumbar spine.

Extremities

There were several instances of either extreme cold or heat in the hands and feet.

4 provers experienced tingling in the legs.

Pains of the extremities were generally 'burning' pains or 'aching'.

Sleep

3 provers described restlessness at night and sleepiness in the day.

Generals

There was a marked aversion to meat and a general sense of wanting to eat healthy food. Several provers had a huge desire for bread & butter and coffee was popular too. There seemed to be a desire for sweets, chocolate & cakes but <.

There was a super moon during the proving which several of the provers felt affected by.

Lots of sensations of heat - words like 'burning', 'scorching' & 'scalded'.

My Journey with Salvia Apiana

I first heard about Caz's intention to do this proving early in 2015 and I was immediately very drawn to it. I had used white sage myself for smudging and remember being amazed that it hadn't been proved before. The real moment of clarity for me came during a teaching weekend when Caz was discussing which method of proving she was intending to use. She felt that a full Hahnemannian proving may be too much for her to manage on her own so was considering possibly a trituration proving. I suddenly had an overwhelming feeling that this wasn't what the substance needed and so I immediately volunteered to join her on the journey.

I began journalling in April '15 and looking back at those notes I can see that I immediately began to experience some symptoms that have since become clear themes - head pressure in the vertex, burning throat pains, itchy eyes and sense of 'clarity' both mentally with a feeling of 'But of course!' as well as visually with very acute peripheral vision.

In May Caz and I purchased and planted some Apiana seeds. I'm not the least bit green fingered but it felt right to have the substance growing in my home.

Around this time I decided that I would attend Exploring the Field in the July, I'd never been to it before but it felt for me as if it was part of the journey and something that I really should do. It was an Earth Ritual that year which seemed to fit in with the substance perfectly.

From the beginning of June I developed an intense sensitivity to noise of any kind, quite difficult to cope with when living with 6 children! I longed for silence. This, for me was the most difficult time of the proving, my journal entry for 17th June reads - 'Mood V. low, depressed ++, thoughts of cutting, complete despair. Dark pit. Horrible, don't feel like my symptoms at all.' I've never felt such a sense of despair but it was as if I was observing these symptoms from outside, they didn't feel as if they belonged to me.

I found Exploring the Field hugely difficult, I wanted to leave & 'go home' from the second I arrived, I felt massively insecure & judged, as if I was lacking & not good enough. I completely withdrew for the entire weekend. I had a hammering headache (vertex again!) with nausea. The sound of the drums, which I usually love, were unbearable. I was very determined to stick it out, which I did, but I sobbed all the way home. These symptoms were very unusual for me and not at all how I would have expected to feel.

On 25th July Caz & I went to Helios in Tunbridge Wells to make the remedy. I had the feeling of going to meet someone, who I had been writing to but never met before. On the morning we left I sat with a pen and paper and cleared my mind. The message that I wrote said 'The substance is in control. You're on a journey, sit back and enjoy. You have no control over what will happen'.

We made the remedy up to 30c with the help of John Morgan. I had blurred vision at around 22c but little else in the way of symptoms during this part of the process.

We ran the proving from 12th Sept. to 10th Oct. Within the first few days myself, 2 of my children & my dog had sore, itchy, crusty eyes.

As the proving progressed I continued to get symptoms of paranoia as well as lots of intense burning pains - throat, ears, nose. I also became very argumentative, I couldn't bite my tongue in situations where I usually would, I had to speak my mind. I became unable to eat meat and was very conscious of having to have organic, clean food. Alice in Wonderland also played a significant part in my journey. It popped up everywhere, I have no idea of the significance of it but every time I turned on a computer, a tv, opened a magazine, there it was.

The close of the proving was amazing, and it was a real honour to hear how everyone else's journey was and compare experiences. Working through the diaries, extracting symptoms and finding suitable rubrics has been time consuming but so interesting and the best lesson ever in use of the repertory!

I would really like to thank Salvia Apiana for sharing itself with me, Caz Pattinson-Phillips for allowing me to share her journey with White Sage, Linda Gwillim for being a font of proving knowledge, Bill Rumble for his endless support & John Morgan for his time and knowledge. Most of all I would like to thank the provers & supervisors for giving so much of themselves to provide homeopathy with a new remedy.

Appendix 1

Symptoms before proving.

S1 Pain left breast, sharp, stabbing & constant.

S1 Heaviness left arm, hope I don't have to use it, it won't work.

S1 Excitement at darkness, feeling very energised. Its really, really, dark.

P1 Nausea with metallic taste in mouth RS

P1 Ran over and killed hare US

P1 Sudden sharp pain in right kidney NS

P1 Stabbing pain in rib, above and to side of liver, right side NS

P2 Period pain type cramps on way to Summer School (no uterus), strongly felt it was proving related.

S2 Also, strong period pains on way to Summer School, herself & 2 friends who travelled with her. No period due, friends post menopausal. Pain lasted all weekend.

P2 Red squirrel in garden.

P2 Painful red spot growing corner of right nostril. NS

P2 dream of neighbour selling all belongings to move.

P2 Dream neighbour stole a baby from a friend and went away.

P2 Awake between 2am & 4am.

P2 Felt light headed, queasy and sick at start meeting. OS

P2 Tongue tied.

P2 Dream - someone had hidden 2 dead babies and was chasing people away and threatening them with scissors. Woke afraid, with heart racing.

S2 Bloating & constipation for week prior to starting proving.

S2 Craving tea

S2 Owl themes.

S2 Large spiders, compelled to watch them.

S2 Giggling at start meeting, felt ashamed of myself.

S2 Irritation with neighbour during meeting.

P2 Irritated by comment from master prover during start meeting.

P3 Bottom back wisdom tooth extraction. Day -4

S3 Loose bowels - not diarrhoea. Queasy tummy. Nauseous

S3 Legs tingling, worse at the top.

S3 Dizzy and shaky - like transition in labour.

P3 More assertive & angry

P3 (S3) Dream - Sense of clarity, lots to do, have to keep going, not much lightness, a sense of duty and responsibility - a kite making, to make one, not enough time to do it. Wanted to take more time, orange, yellow, apple green, blue. How am I going to make it work? The sense - it was becoming a kite to become a duty.

P3 (S3) Dream - Awoke screaming, in the car with the kids, something to do with magic healing, to be assessed. Couldn't see what looking for, a socially deprived area, it wasn't safe. Then, still looking, 2 creepy people. One chasing after me, trying to run away. Put his hand in top of my trousers, no underwear on. His mouth closing in on mine, his dark, sense it was like acid it would destroy me, swallow me up. Being destroyed by this thing. I woke up screaming. Feeling dirty again, then fear (total) unable to escape. Fear of being swallowed up & sexual connotations as well.

P3 (S3) Dream - teaching French, asked the group 'are you active?' and had drawn the ideal home in great detail. Sense of urgency, a rocket - touching it and changing its orientation, setting it off to explode. Not awkward, everything was fine. The rocket - I knew it would do great harm, would explode, everyone knew I was doing it, was determined to do it. No guilt just great determination. Some seriousness, I had to do it - felt I was switching to the side of the baddies. I'd devised a plan to rob or con someone, I was leading us 3, just about to do it then an emergency so we couldn't

complete. I felt proud and happy, some exhilaration. No guilt when failed, afraid to be caught, so anxious because didn't want to get caught. NS

P3 (S3) Self critical.

P4 Fearful, hypervigilant, feeling watched. Overwhelming fear. OS

P4 Nausea, intermittent, variable, anxiety related. RS

P4 Anxiety based on trickery & authenticity.

P4 Absences, feeling of being drugged, anaesthesia. SAI will pass out. OS

P4 Pain in labia ROS fell onto back of chair. RS

P4 Vocal tic RS

P4 Numbness & tingling in both hands & forearms and both lower legs & feet, SAI sticking pins in me. OS

P4 SAI petrifying from feet up << past 2/52 OS

P4 'Big chasm in my head in terms of memory' RS

P4 Constant synchronicities RS

P4 Enhanced vision of colours.

P4 Trauma to right eye 4 days prior to proving. Vomited immediately after. Bloodshot & bruised. RS

S4 Pain and aching down right side RS

S4 Weird pain upper lobe left lung extending to clavicle, sharp. RS

S4 SAI something in back of throat on left side, like a membrane. Feels like its spreading across throat when I swallow. Back of throat dark red & intermittently sore. RS

S4 Agonising sharp pain in sacral/lumbar vertebrae. SAI vertebrae suddenly separating. OS

S4 Lots of dreams of poo. RS

S4 Agonising pain in liver/panc area & dorsal, lumbar, cervical spine areas. < right side. RS

S4 Rectovaginal prolapse.

P5 Dream - Very weird, I was asked to supervise 2 girls with learning disabilities who wanted supervision of oral sex.

P5 Dream - I was with Dad & Mum at an entrance, I had the sensation that someone else was behind us. Mum had to go through the gateway, but she was fine. There seemed to be no reason for her to go. She handcuffed herself to the gate and was eating broccoli. She thought it was funny but we weren't laughing. (Mum recently deceased)

P6 Headache before & during start meeting, all around my head.

P6 Eyesight very bad, blurred vision +

P6 Ravenously hungry on waking NS

P6 Lump on neck, right side, initially itchy. NS

P6 Raised, itchy skin lesion, below navel. > Cold. RS/OS

S6 Dream - 1) Rhianedd phoned me and wanted to stop doing the proving (fearful, very sensitive)

2) I am with lots of people in mountains in car, we get past a road next to the sea. Cars are parked and get swallowed by the sea, and it is like acid and the doors are not there anymore. 3) No need for the remedy, to actually take it, the proving already started!!

P6 Dream (9/8/15) I am on a journey, on a road to somewhere. I'm talking to an owl, it flies out of its tree and swoops down over me very close. I can see it clearly and it comes at me with quite a bit of intention. It feels significant, it's so clear. Then I'm giving someone a lift to the proving meeting, we take our remedy and I immediately start to get symptoms. I'm itching voluptuously! I go to a toilet where everyone can see me. It has windows all the way around and I can see people in cars who can equally look in and see me. Normally this puts me off going to the toilet, I don't like being observed but in the dream it feels natural to be viewed. I go the toilet and I try to itch. Linda says any symptoms, write them down. At this point I'm in some race but there is a sense that the only outcome possible is that I will win. A feeling of jackpot, win, win situation. It makes me feel very happy, all my problems will be sorted. A feeling that I can relax as the outcome is preordained and there can be no other outcome. I'm looking for my proving book to write my symptoms down only to find that I have drawn in them, they are full of my paintings. I'm leafing through, amazed at what I've created, but getting frustrated at the same time that I have NO SPACE, no space to write, to do what I need to do. There is a man there, I want to have sex with him. I almost push him into it,

urgently "kiss me, kiss me, lets do it now". My son is there and I feel frustration at feeling that I have no room or space to do what I need to do. Where am I in all this?NS

P7 Pain in right knee after gardening, usually left knee.

P7 Nausea

P7 Pain lower back and shoulders

P7 Pain left neck & down spine when turning head to left.

P7 Irritability due to lack of sleep & being rushed.

P7 Blocked nose.

P7 Insect bites on back

P7 Anticipatory anxiety re proving

P7 Skin irritation, itching in little spots as if mites are biting. <<Abdomen,belt line, upper inner thighs, head/hair, < arms, back

P7 Dream - Brian & I had done some kind of robbery and we had to sort out the money and bits (gold?gems?) We had this man we had to capture, we had to make sure he didn't escape as he knew we had done the robbery. So we bound him, gave him some drugs and gagged him and we locked him in a cupboard in my ex's house where we were. My ex was out with my daughter Lia whilst we were creeping around there. We had to hurry up because we didn't know when they would be back. Brian didn't understand that we couldn't leave any trace of where we had been and I had to keep checking. When we were about to leave I suddenly realised that this man we'd locked away would/could die, I got very upset about the implications, because if I owned up to what we'd done, which is what I wanted to do, I would have gone to prison and would not see Lia again. We only just made it out of the house and we were in a kind of bus shelter nearby when my ex and Lia returned. Lia came skipping by and spotted us, she was delighted and surprised but I felt very guilty.

P7 Sore right side tongue.

P7 Strong smelling vaginal discharge - smells 'yummy' and 'sexy'.

S7 Dream - we were in the opening meeting and my prover told me that they felt no emotions, all the supervisors were there and we found everything hysterical - laughing at serious matters.

S7 Diarrhoea like thick paste with painful abdo cramps left & right, < passing stool but then better.

S7 Dream - My hair was falling out in a bald patch at the centre of my head, made me feel panicky.

S7 Dream - My son's canines came through and fell out immediately - panicky feeling again.

S7 Dream - I had a flat tummy like I was a teenager again. Felt increased confidence in dream.

Appendix 2

Symptoms of Family/Friends

- P1 Son has fever, nausea, aches in arms and legs. Right elbow and left ankle ache.
- P1 Husband lost 3 dental fillings in 2 days.
- S1 Son, anxiety, very heavy & tired on waking, > open air.
- P1 Son, headache, vertex, right side.
- P1 Son & daughter asking for tea this week, first time ever.
- P1 Husband - blank, staring into space. Heart pain. Constipation.
- S1 Son usually moon sensitive slept right through the night.
- P1 Husband particularly anxious at the moment, not coping well with pressures of work & responsibility.
- P2 Husband good humoured despite stress. NS
- P2 Family member 'forgot words' a couple of times. Unusual for him. NS
- P2 Husband headache over right eye, sharp clean pain on movement or bending.
- S2 Son (8yrs) Dream - Chased by wild boar, family escaping on push bikes, only he survived.
- P2 Husband Dream - he was trapped in a ship that rolled over and sank.
- P6 Mum had flare up of healed shingles.
- P6 Son - Dream - I lost you mummy, I was looking for you mummy but it was ok, I found you on a beach not far from Wales. US
- P6 Husband - lower back ache
- P6 Youngest son - fever 3/7 clingy, cough < night
- P6 Oldest son snot & cough. Given up weed.
- P6 Both sons been prescribed Stram. during proving.
- P7 Daughter - croup, fever, shaky, whimpering > Aconite 200c
- P8 Dog fell & knocked himself out. >Arnica/Aconite.

Appendix 3

Healing

P1 Father, Father of children, Cyst in breast, Liver/gall improved, left foot pain improved, more energy, more enthusiasm, stomach less disordered.

P1 Bottom gums less puffy

P1 Bloating improved

P1 Pain in liver/gall bladder improved.

P1 Loose stools, improved.

P1 Breast cyst halved in size overnight. Less sore & tender. AS

P1 Breast cyst almost gone. AS

P1 Aching PA in ribs > since stopped wearing bra few days ago. AS

P1 Pain in left foot improved

P1 Foot pain much better since proving began. Usually very painful on waking, now pain free.

P1 Didn't wake to wee as usually do.

P1 No reaction to super moon, would usually sleep badly & dream.

P2 (S2) Prolapse symptoms better.

P3 Observed by friends to be more relaxed. NS

P4 (S4) Not woken at night to wee for days. AS

S4 Lips feeling smooth, usually cracked and dry. NS

P4 Leg pain resolved. AS

P4 Leg pain, chronic. Pain free for almost all of proving.

P4 Don't feel hot but don't feel my usual coldness. AS

P5 (S5) Heel pain improved.

P5 Had experienced severe nausea after eating dairy, not experienced this during first few days of proving.

P6 Menopausal flushing.

P6 No fanny farts since start of proving. NS

P7 Earache in left ear cleared during proving.

P7 Feel energised.

P9 (S9) Urgency improved, more warning of needing a wee.