

Strangler Fig (*Ficus* sp.)

(source: Selingan Island, Sabah, Borneo)

A Welsh School Proving



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This work is dedicated to my mother, the most courageous person I know.



Author & Mother 2003

CONTENTS

Acknowledgements	Page 05
Chapter 1 – Why the Strangler Fig Tree?	Page 06
Chapter 2 – Strangler Fig Tree Ecology	Page 08
Chapter 3 – Obtaining the Remedy	Page 12
Chapter 4 – Making the Remedy	Page 18
Chapter 5 – Repertory	Page 22
Chapter 6 – Strangler Fig Profile	Page 38
Chapter 7 – Themes in the Mind	Page 42
Chapter 8 – Themes in the Physicals	Page 54
Appendix 1 – Guidelines for the Provers & Supervisors	Page 58
Appendix 2 – Letters for the Proving	Page 68
Appendix 3 – Prover Codes	Page 71
Appendix 4 - Master Prover Notes	Page 72
Miscellaneous	Page 80
Possible Curatives During the Proving	Page 83
Cases	Page 84
References	Page 85

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Chapter 1

Why the Strangler Fig Tree?

It was June 1998 when my mother was diagnosed with Motor Neurone Disease, after she had noticed weakness for months in her hands and legs. Our family watched as my mother gradually lost the use of her limbs and was restricted to head movements. Allopathically we knew there was no cure, but it was at this point, that I started to consider what alternative forms of treatment might provide hope. We tried, faith healers, acupuncturists, herbalists, dieticians and even made two trips to Brazil to see a psychic surgeon. By this time, my mother was having difficulty swallowing food and even liquids. We then watched as she lost weight rapidly, wanting to eat, but the muscles in her mouth and throat were weakening.

Over the months that followed I read many books and read about a homoeopath in Kent who'd had success in treating MND. It was my first encounter with homoeopathy. We travelled there a number of times, but yet my mother got weaker. Why did he have success with some patients and not with others? Why did he ask about her unique symptoms and not the standard MND symptom picture? I was intrigued and so I started reading books about homoeopathy and found that the possibilities were endless. At this point I knew I'd found what I'd been searching for! It all seemed to make such complete sense.

As the months went by my mother dropped to five stone and her breathing became laboured. Physically, she was a shadow of herself. For those who don't know about the illness, MND affects all the muscles of the body. The messages from the brain to the muscles slowly stop getting through and the muscles fail to work, while the mind stays totally intact. Those affected become slowly paralysed while being completely aware of the full horror of the situation.

My mother's partner Jeff would carry her to bed each night and spent many nights with her, in the small hours of the morning sitting in their garden as she needed to feel the air on her face and try to get some air into her lungs. Watching someone struggling to breathe makes you feel so helpless. Life was very stressful for everyone and we needed to get away for a while.

August 2000 saw my husband Barry and I set off for Peninsula Malaysia. We had planned to visit three separate rainforest locations; lowland rainforest, cloud forest and a mangrove area. It was at the first of these where I came face to face with the Strangler Fig tree for the first time.

The lowland habitat we visited was a national park area called Taman Negara. This comprises of 43,000 hectares of some of the oldest virgin rainforest in the world. This area has been left untouched after successive ice ages and it is estimated to have been rainforest for 130 million years, which makes it older than the Congo and the Amazon basins (Eliot & Renshaw, 2000).

It is difficult to express the enormity of this first day at Taman Negara and how this one day, has affected my life since.

I am moved by many things, by the stars at night and the comets that quietly slip by; by all creatures however big or small. I am always drawn to the unusual and the Strangler Fig is unusual in many ways.

The air was hot and very humid this particular day, as we grabbed our cameras and binoculars and headed into the forest. The sound of cicadas filled the air like a chorus of chain saws around us. I was full of anticipation of what animals we might see and photograph. Of course the trees were big and impressive, but not at all a focus of mine. However, this was to change rapidly!

We turned a path following the sounds of some birds ahead only to be stopped in our tracks by what I can only describe as a monster. It seemed like a tangled wall of trunk blocking our path. I stood on the roots and looked up into the canopy. It was over 40m high and I couldn't see the crown. It was so wide; it was like an obstacle course and we clambered over and around the thick root system. I couldn't figure it out. How could one tree trunk look so strange and so deformed? Barry had read about the tree and explained the life of the Strangler Fig and how it claimed a tree by slowly paralysing its host from the top down. I was awestruck and would defy anybody seeing this tree for the first time to feel any different. It was the sheer strength and power that was so captivating. A tree that grew from the top down, how unusual!!!

This tree reminded me of my mother's illness. MND is a neurological disease that slowly paralysis the body. The control centre being the brain at the top and the paralysis taking place below. Just like the Strangler!

It was from this moment on that my fascination with the Strangler Fig began...

Chapter 2

Strangler Fig Tree Ecology

Bizarre is a word you would definitely use to describe the growth forms of the fig tree family. Most people are familiar with the Old World edible fig (*Ficus carica*), but there are many other species of figs, the vast majority of which grow in tropical locations around the world. It is true to say, that they are one of the most successful trees on Earth.

Figs occur in the genus *Ficus*, belonging to the diverse Mulberry family (Moraceae) and are one of the largest genera of woody flowering plants in the world. There are approximately 1,000 species of fig trees known and their diversity is rivalled only by a few other genera of trees and shrubs. These being the Acacia, which has around 800 species and the Eucalyptus, which has around 500.

Almost every tropical continent and major island group has an indigenous species of fig. In their native, tropical habitats, many species of fig are called, 'stranglers.' The Spanish call the strangler fig, 'Matapalo' which means 'tree killer'.

Another widely used common name for the Strangler Fig trees are Banyan Trees. (Benders-Hyde, 2002) A large proportion of the 1,000 species of fig trees are Stranglers. Without expert knowledge, it is almost impossible to identify a Strangler Fig down to species level. Furthermore, there is likely to be a large degree of genetic variation within species as the regions they grow in allow this to occur readily. Attempts were made to have my photographs identified at Kew Gardens, London and the Natural History Museum, London. However, this was not possible from the limited measurements and material we were able to collect. Therefore, we can only refer to the Strangler Fig used for this proving as:

'*Ficus* sp., (source: Selingan Island, Sabah, Borneo)'

Some of Southeast Asia's ficus species are *Ficus benjamina*, *F. religiosa* (a homoeopathic remedy has been made from this species), *F. microcarpa*, *F. rubiginosa* and *F. macrophyll* and the infamous Strangler Figs. (Benders-Hyde, 2002)

Germination

The forest floor of a rainforest can be a difficult place for seedlings to grow. There is little light and a lot of competition for water and nutrients. Strangler Figs have made an amazing adaptation to avoid these difficulties. Unlike most plants, Strangler Figs start out their lives as epiphytes in the crook of a tree or on a branch. Tiny, sticky seeds are deposited high in a tree by animal droppings. The seeds are not affected by the animal's digestive tract and soon germinate. If the right environment is present, with the correct bacteria, then the seed will germinate. The Strangler is not a parasitic tree. It does not feed from the host; it is an epiphyte, using another tree as a vantage point from

which to grow. Once it has become established in the top of another tree it already has access to sunlight, which is essential for growth. It sends aerial roots out to obtain moisture and other roots are sent down around the host tree. It is like the botanical equivalent of the Boa Constrictor. These snake like roots gradually wind their way around the trunk of the host tree, constricting and slowly killing it. Eventually the host tree dies through strangulation, shading and root competition. The host tree (unless it's a palm,) finally succumbs and slowly rots away. It is fascinating to study a mature strangler fig. As there is no solid trunk of its own, once the host tree dies and rots away, it is sometimes possible to step inside the void and look up the inside of the tree.

Strangler Figs have light coloured bark and form umbrella shaped canopies. They are green above and lighter below, the leaves are simple, ovoid and usually between 3 – 7 cm long. Waxy leaves protect the Strangler Fig from drying winds and sunlight that it is exposed to high in the canopy or on coastal locations.

What is so fascinating about the Strangler Figs is their versatility. In the wild, Strangler Figs grow from the top down using a host tree. However, in cultivation it is possible to plant a Strangler Fig and it will develop from the ground upwards just like 'conventional' trees.



Ficus sp., (source: Selingan Island, Sabah, Borneo)

Food and Shelter

In spite of their sinister name, Strangler Figs are one of the most important plants in tropical forest ecosystems. They are often seen as a keystone species, as different fig trees fruit at different times of the year, ensuring a

continuous supply of food. In some forests up to 70% of the animals depend on these fig trees. During the day hundreds of animals feed on the sweet fruits, including many species of birds and monkeys. As night falls, the day foraging animals retire and flocks of fruit-eating bats descend upon the branches. Fig trees typically produce three or more crops of fruit a year. This provides food throughout the year when other sources are in short supply. The fruit of the Strangler Figs are fleshy and juicy. These fruits are full of small seeds, which readily pass through the digestive tract of animals. In fact, the purgative effect of fig fruits on the bowels encourages it's seed to be widely dispersed. In addition to the wonderful food source, hundreds of animal species make their homes in the hollow trunk where the Strangler Fig has enveloped the host tree. The cavities provide housing for a myriad of creatures, including geckos, frogs, lizards, bees, wasps, beetles and ants. These trunk-dwellers in turn provide an additional food source for higher levels of the food web.

Destruction

These highly successful trees, though bringing such wealth to the rainforest ecosystems, can also be very destructive. According to Paul C. Standley (Flora of Yucatan, 1930), they are also a major factor in the destruction of Mayan cities. The seeds, which have been dispersed by animals, can also germinate in cracks in walls and buildings. The powerful roots will reduce ancient walls to rubble in a relatively short period of time. Many ancient cities are partially or completely covered by the Strangler Figs. In Guatemala, the wonderful pyramids of Tikal resemble islands of stone in a verdant sea of tropical forest. A steep trail ascends one of the tallest pyramids, winding through a mass of fig roots, which serve as convenient steps and handrails.



Ficus sp., (source: Selingan Island, Sabah, Borneo)'

A Symbiotic Relationship

One of the most amazing parts of this extraordinary tree is its flower. What we think of as the fruit is really a hollow, flower-bearing structure called a cyconia. The inside of this structure is lined with hundreds of male and female flowers. The males carry pollen and the females bear seeds. There are two different types of female flowers, one with a short style and one with a long style.

Each species of fig has a symbiotic relationship with its own species of tiny pollinator wasp (*Agaoninae* spp). These wasps are only about 2 millimetres long, and enter the cyconia through an opening at the bottom of the fruit. When inside, these tiny wasps pollinate the long-styled female flowers in the process of laying their eggs in the ovaries of short-style flowers. Virtually every fig species has its own unique wasp pollinator. The wasps live through the year inside the fig's hollow fruits, which are called syconia. This is one of nature's most amazing symbiotic relationships between a tree and an insect. The tree relies on these special wasps carrying the pollen from one cyconium to another in order to be able to produce seeds.

It is clear that the Strangler Fig is vital for rainforest ecosystems, but at the same time it brings death and destruction to other forms of trees and even buildings that are unfortunate enough to hold the seed. It is a hopeless situation for the host tree once the Strangler Fig seed germinates. Its fate is sealed and it has to wait while the snake like roots slowly wrap around the host extinguishing its life and takes over its place in the rainforest.



Chapter 3

Obtaining the Remedy

In late July 2004 Barry and I set off for Sabah in Borneo, Malaysia. We flew from Heathrow to Kota Kinabalu, a flight with connections that lasted 18 ½ hours.

We saw a number of Strangler Figs in Kota Kinabalu Park, which is found on the N E side of Borneo and then in Poring, but as they formed part of a thick rainforest canopy, none of them had any leaves that were accessible and I thought I'd leave tree climbing as a last resort!

On 3rd of August we took a flight to Sandakan on the NE side of Borneo and then a boat from the jetty out to a small island called Selingan. This island is also known as Turtle Island. It is one of the most NE islands of Borneo and the next island across belonged to the Philippines. As we left Sandakan we travelled past an amazing water village, kept afloat on stilts. It had been in existence since 1880. It was quite remarkable.

After a journey of 1 ¾ hours by boat we approached a truly beautiful island. There was a small golden sand peninsular that swept into the ocean and guided the small boat ashore. It was a truly tropical paradise.



Selingan Island, Sabah, Borneo

We had chosen this island specifically to witness the Green Turtles coming in at night to lay their eggs. It was going to be a short stay as we had a very early departure the next morning. We checked in and were given our chalet key. It was a very small island with only a few places of accommodation. It is primarily one of the research islands for the turtles, but the only island that allows visitors. As we walked the sandy track past the turtle hatchery to our chalet there stood a magnificent Strangler Fig, in all its glory. The host tree had long since died and there wasn't another tree in sight. This was a giant of a tree and was the first Strangler I had ever seen on its own and the wonderful domed canopy arched downwards, almost touching the ground. The leaves were accessible. This had to be one!

Fear now began to set in. This was a heavily protected island. In fact they had 24-hour guards stationed all around as they'd had some problems with the Philippines and they had to guard the turtles from collectors. We sat on the

beach and discussed the best way to get the leaves and the woody stems we needed. We agreed that we should do this under the cover of darkness and took a stroll past the tree to surreptitiously decide which part would be the best.

Shortly after 8pm we were called down to the beach to see a Green Turtle lay her eggs in the sand. People are banned from the beaches from dusk onwards not to frighten the turtles and we were only permitted to see, with a warden, once she had started laying and just for a few minutes. Once this was over the warden took us, and a group of turtle hatchlings down onto the beach where we released the turtles watching them scurry down the beach, flippers flying, into the sea. I wished them good luck. They wouldn't be back for at least 30 years!



Green Turtle hatchling, Selingan Island

We said our goodnights and by torchlight headed back to our chalet. We waited a while for the other guests to make their way to bed and once the talking had died down we crept out. In the distance the odd flashlight was visible from a patrolling guard, but as soon as this disappeared we headed straight for the fig. Barry picked the fresh leaves and some woody stems, I thanked the tree and we walked quickly back to our room. I lay out all the leaves and stems and chopped them into tiny pieces before placing them in the alcohol solution we had carefully been carrying around. I left two pieces of leaf out, one each to put under our pillows to see what we would dream.



Comment:

Author putting the chopped leaves into the alcohol

Barry dreamt my mother died, but couldn't remember any details.

I dreamt I was in a toilet block connected to a very long corridor. I was being strangled from behind. I couldn't see who it was and I knew no one would hear me scream. It was a hopeless situation and I knew I was going to die.

When I woke up my hands started itching and I was scratching them quite hard and they became very red. I remembered then, some of the sap had spilt onto my hands when I was cutting the leaves and stems the night before. My hands remained very itchy for the rest of the holiday.



Ficus sp., (source: Selingan Island, Sabah, Borneo)'

As we got on the boat we were warned about the fines and prison sentences we would face if we took anything from the island. We then found out that this group of islands was one of the most heavily protected parts of Malaysia. I started to feel sick. I casually kicked my legs onto my bag protecting my sample and smiled as my stomach began to sink. Surely, this couldn't apply to just the tiniest tree specimen? It couldn't infect other areas as it was in 90% alcohol.

From Selingan Island we headed to a pristine rainforest habitat called Sukau only accessible by a boat up the Kinabatangan River. We stayed there for several nights before chilling out on Manukan Island on the N W side of Borneo for the last few days of our trip. It was on this island that we started to feel ill. Barry suffered with diarrhoea and I had a very upset stomach and felt very nauseas. For the three mornings we stayed on the island I would wake with an unbelievable headache and drenching sweats. I would take headache pills before I could even think of doing anything. I would toss and turn in bed. I felt like there was string attached to my belly button and it was being pulled through my back. My neck was really aching and my ears were hurting. I remember thinking, how pathetic I was! We had sustained loads of mosquito bites from Selingan Island and I was now frantically itching them. I looked like I had the plague!

We were feeling particularly rough when we got to the jetty to catch our boat only to find out we had been given the wrong time, we had just watched our boat sail away and had to wait another 1 ½ hours in the blistering heat. Fortunately there was a canopy on the jetty, which provided some relief.

On arrival at the airport I felt it was only a matter of time before I was physically sick, the sweat was pouring off me and my head was pounding and we still had to go through customs! Every where I looked there were signs warning of the 6 months prison sentence that we would face and the £750,000 fine that we would incur if anyone tried smuggling any plants or animals out of the country. I placed my rucksack on the conveyor belt behind another couple and watched it temporarily disappear through the scanner. Just as we went to collect our bags the customs official spoke. They wanted to search the bag. I felt faint, but then realised they were talking to the people in front. With a new spurt of energy, we picked up our bags and headed for check in.

The flight home was horrendous; the sweats were coming on every few hours. I couldn't eat anything as I felt so sick and I was shovelling down the headache tablets.

We arrived back in London on Wednesday 11th August. We were so relieved to be almost home. The sweats continued however and the next day I made myself keep our dog's appointment with the vet for her acupuncture. Looking back I must have looked dreadful. Whereas I normally hold my dog for the 45 minute session, the vet made me a cup of tea and held her himself. He said that he thought I didn't look too good and I could see him glancing at my stomach. I looked down to see my shirt was soaking with perspiration. He asked me where I'd been and about my symptoms and said he thought I had Malaria and to go straight to the doctors for a blood test. To cut a long story short the next few days were pretty rough. I then rang Linda (my clinical supervisor and subsequently my homoeopath) and she prescribed me China over the next few days.

Over the course of a week I felt much stronger day by day and no symptoms ever returned. Thank you Linda!

All I needed to do now was to go to the Helios Pharmacy and make the remedy!

Chapter 4

Making the Remedy

The Strangler Fig was placed in a solution of 90% alcohol. This was the tincture, the 1x.

I had arranged to be at the Helios Pharmacy in Kent on Monday 23rd August and was relieved when this day approached, as I just wanted to get this part of the task done. I felt until it was made into its potentised solution there was always the chance I could drop the bottle, have my rucksack snatched, anything and everything might happen.

I had arranged to travel down to the Helios Pharmacy in Kent with my cousin, Rhian who assisted in the making of the remedy. I remember guarding my rucksack with my life. No-one was going to take this from me now. I had travelled so far and been through quite a lot to get to where I was now.

I was shown a space on a bench where I was given glass vials, a rack for storing the separate potentised vials, an alcohol filled dispenser, which neatly discharged exactly 99 drops of alcohol into each vial and of course a large book for succussion. I was given plenty of friendly instruction before we started.



Author at Helios Homoeopathic Pharmacy in Kent

I poured 1 drop of the orange coloured fig tincture and added 99 drops of alcohol, succussed this 25 times to become a 1c. I then poured 1 drop into another vial, added 99 drops of alcohol and succussed this again 25 times, making 2c. This process was repeated until I reached 30c.



Rhian Evans succussing the remedy at Helios

I have to admit to giving a huge sigh of relief when this process was over and the tincture and potentised bottles were taken from me and safely stored away.

Two weeks before the proving was due to start I contacted Helios who made up 15 remedy bottles and numbered these 1-15. As it was a double blind trial, I had no knowledge as to who were issued with the placebo bottles until after the proving was over. I had numbered the provers, so issued the corresponding bottle number to the prover number.

Prover Codes

Prover	Potency	Sex
001	30c	female
002	30c	female
003	30c	female
004	placebo	male
005	30c	female
006	30c	male
007	placebo	female
008	30c	male
009	30c	female
010	30c	male
011	placebo	female
012	30c	female
013	30c	male
014	30c	female
015	30c	female

MP - Master Prover (Author)

I had 10 female provers and 5 male provers.

I had 11 female supervisors and 4 male supervisors.

Before the proving meeting took place I met with my clinical supervisor Linda Gwillim to discuss the dates and the framework for the project.

Our first meeting took place on Friday 7th January in the Welsh School in Carmarthen. All the provers were issued with their remedy bottle, an orange notebook, guidelines and a contract. The supervisors were issued with green notebooks, guidelines and a contract. The guidelines issued can be found in Appendix 1. The letters for the proving and the contract can be found in Appendix 2 and the prover codes in Appendix 3.

The provers were asked to start recording a week before the proving start date in order to get into the habit of daily recording and observing.

The actual proving started on Saturday 29th January 2005. The proving lasted just short of five weeks and ended on Friday 4th March.

I was supervised, monitored and guided at each stage of the proving.

Chapter 5

The Repertory

MIND	
Rubrics	Prover
AILMENTS FROM	
MIND, Ailments from, anger, indignation with:	7, 11
MIND, Ailments from, anger suppressed:	6, 8, 10, 15
MIND, Ailments from, mental exertion:	6, 9
AMOROUS	
MIND, Amorous:	15
ANGER	
MIND, Anger:	1, 2, 5, 6, 8, 9, 10, 12, 13, 15
MIND, Anger, himself; with:	2, 13, 15
MIND, Anger, violent:	1, 6, 15
ANXIETY	
<i>MIND, Anxiety:</i>	<i>5, 6, 7, 8, 9, 12, 15</i>
MIND, Anxiety, anticipation, from:	9, 12
MIND, Anxiety, health; about, own:	6, 15
MIND, Anxiety, occupation, over:	6, 7, 8, 9
MIND, Anxiety, dreams; on waking from frightful:	6
AVERSION TO CUSTOMARY WORK	
MIND, Aversion to customary work:	2, 6
AWARENESS	
MIND, Awareness, heightened:	5, 10, 13, 15
MIND, Awareness, heightened, birds; of the presence of:	5, 7, 10, 13
BEAUTIFUL THINGS, AWARENESS OF	
MIND, Beautiful things; awareness of; heightened:	15
MIND, Beautiful things; they are:	15
CAREFREE	
MIND, Carefree:	1, 12
CHAOTIC	
MIND, Chaotic:	5, 8

COLOURS	
MIND, Colours:	1, 8, 15
MIND, Colours, desire for:	1, 15
COMPANY	
MIND, Company, aversion to:	6, 9, 10
MIND, Company, desire for:	5
MIND, Company, aversion to, desire for solitude:	9, 10
CONCENTRATION DIFFICULT	
MIND, Concentration, difficult:	2, 6, 10
CONFIDENCE	
MIND, Confidence, want of, self-confidence:	1, 5, 9, 14
CONFIDENT	
<i>MIND, Confident:</i>	1, 2, 6, 8, 14, 15
CONFUSION	
MIND, Confusion:	8, 15
CONTENT	
MIND, Content:	1, 15
CONTRADICTION	
MIND, Contradiction, disposition to contradiction:	6, 8
CURSING	
MIND, Cursing:	6, 12, 15
DELUSIONS	
MIND, Delusions, body, out of the body:	1, 10, 15
MIND, Delusions, emptiness of:	8, 9
MIND, Delusions, visions, has:	1, 15
MIND, Delusions, face, ugly:	5, 12
DETACHED	
MIND, Detached:	1, 6, 8, 15
DESIRE	
MIND, Desire, visit old friends and relations:	1, 5, 8

DISCONTENTED	
MIND, Discontented:	1, 2, 6, 9, 12
MIND, Discontented, himself, with:	1, 2, 6, 12
DREAM	
MIND, Dreams, disgusting:	5, 15
DWELLS	
MIND, Dwells, past disagreeable occurrences, on:	1, 15
EUPHORIA	
MIND, Euphoric:	5, 6, 8, 10, 15
EXCITEMENT	
MIND, Excitement:	2, 5, 12, 15
EXHILARATION	
MIND, Exhilaration:	9, 15
FEAR	
MIND, Fear, robbers of:	1, 5, 6
FORGETFUL	
MIND, Forgetful:	1, 5, 15
FORSAKEN FEELING	
MIND, Forsaken, feeling:	1, 6, 12, 15
MIND, Forsaken, feeling, isolation, sensation of:	1, 12, 15
GIGGLING	
MIND, Giggling:	6, 15
HATRED	
MIND, Hatred:	1, 12, 15
HEEDLESS	
MIND, Heedless:	5, 6
HELPLESSNESS	
MIND, Helplessness, feeling of:	1, 15
HONEST	
MIND, Honest:	6, 15

IDEAS	
MIND, Ideas:	6, 15
IMPATIENCE	
MIND, Impatience:	1, 2, 5
INDIFFERENCE	
MIND, Indifference:	1, 3, 5, 6, 9, 10, 11, 12, 13
MIND, Indifference, work:	9, 12
INDIGNATION	
MIND, Indignation:	7, 8, 13, 15
INTROSPECTION	
MIND, Introspection:	6, 10, 15
IRRESOLUTION	
MIND, Irresolution:	5, 6, 10
IRRITABILITY	
MIND, Irritability:	1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15
MIND, Irritability, children towards:	1, 9
MIND, Irritability, people with:	5, 9
MIND, Irritability, trifles, from:	10, 12
MIND, Irritability, working, when:	12
JOY	
MIND, Joy	8, 15
LAUGHING	
MIND, Laughing:	6, 15
LAZINESS	
MIND, Laziness:	2, 3, 5
LOQUACITY	
MIND, Loquacity:	5, 6
MEMORY	
MIND, Memory, weakness of memory:	1, 5, 11, 12, 13, 15

MISTAKES

MIND, Mistakes, making:	1, 5, 10, 11, 13
MIND, Mistakes, making, speaking, in:	5, 10, 13
MIND, Mistakes, making, spelling, in:	5, 11

MOOD CHANGEABLE

MIND, Mood, changeable:	1, 15
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MUSIC

MIND, Music:	1, 5, 12, 15
MIND, Music, desire for:	1, 5, 15

NATURE

MIND, Nature, loves:	1, 15
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OBSERVER

MIND, Observer, being an, oneself of:	6, 8, 15
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ORDER (DESIRE FOR)

MIND, Order, desire for:	5, 12
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POWER

MIND, Power, sensation of:	9, 15
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QUARRELSOME

MIND, Quarrelsome:	5, 6, 7, 12, 14
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RAGE (FURY)

MIND, Rage:	6, 12, 15
MIND, Rage, cursing with:	6, 12, 15
MIND, Rage, with weeping:	12, 15

REMORSE

MIND, Remorse:	5, 15
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REPROACHING

MIND, Reproaching, himself:	5, 12, 15
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RESTLESSNESS

MIND, Restlessness:	1, 2, 5
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SADNESS

MIND, Sadness:	1, 2, 5, 6, 8, 9, 13, 14, 15
MIND, Sadness, quarrel, with child, after:	5, 6

MIND, Sadness, weeping, with:	5, 8
SEASIDE	
MIND, Seaside, loves:	5, 15
SENSITIVE	
MIND, Sensitive:	5, 13, 15
MIND, Sensitive, nature and natural objects to:	13, 15
SHRIEKING	
MIND, Shrieking:	6, 12
SIGHING	
MIND, Sighing:	5, 15
SINGING	
MIND, Singing:	5, 9, 12
MIND, Singing, amel:	5, 9, 12
SNAPPISH	
MIND, Snappish:	10, 12, 14
SPACED OUT	
MIND, Spaced out feeling:	2, 6, 8, 10
SYMPATHETIC	
MIND, Sympathetic:	1, 5, 13, 15
THOUGHTS	
MIND, Thoughts persistent:	5, 15
MIND, Thoughts, past, of the:	1, 5, 13, 15
MIND, Thoughts, sexual:	2, 3
TIMIDITY	
MIND, Timidity:	1, 6, 15
MIND, Timidity, bashful:	1, 6
TRANQUILLITY	
MIND, Tranquillity:	2, 3, 5, 6, 7, 8, 9, 10, 12, 15
UNFORTUNATE	
MIND, Unfortunate, feels:	1, 6

WEEPING

<i>MIND, Weeping:</i>	1, 5, 6, 9, 12, 13, 15
MIND, Weeping, easily:	13, 15
MIND, Weeping, forsaken feeling; from:	5, 15
MIND, Weeping, irritable:	6
MIND, Weeping, sad, thoughts, at:	13, 15
MIND, Weeping, vexation from:	9, 12

WRITING

MIND, Writing, difficulty in expressing ideas in:	6, 8
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VERTIGO

Rubrics	Prover	Supervisor
VERTIGO:	2, 12, 15	

HEAD

Rubrics	Prover	Supervisor
HEAD, Heavy:	2, 6, 15	2
HEAD, Itching:	5, 15	
HEAD, Lightness, sensation of:	2, 11	
HEAD, Lightness, sensation of, when smoking:	11, 15	
HEAD, Hair, affections of, bristling, standing on end, sensation of:	2, 12	

HEAD PAIN

Rubrics	Prover	Supervisor
<i>HEAD, Pain:</i>	1, 2, 5, 6, 7, 8, 9, 12	2, 5, 8, 15
HEAD, Pain, morning:	2, 8, 12	5
HEAD, Pain, waking on:	2, 9, 12	6
HEAD, Pain, forehead:	1, 12	
HEAD, Pain, forehead, eyes, above:	1, 8, 7, 9, 12	15
HEAD, Pain, forehead, eyes, above, right:	8, 9, 12	
HEAD, Pain, forehead, eyes, behind:	8, 12	5
HEAD, Pain, localisation, sides, left to right:	8, 9	
HEAD, Pain, occiput:	8, 12	5
HEAD, Pain, sides:	1, 9, 15	
HEAD, Pain, sides, left:	1, 9	
HEAD, Pain, temples:	2, 5, 7, 9, 12	8
HEAD, Pain, temples, right:	2, 5, 9, 12	
HEAD, Pain, vertex:	5, 12, 15	
HEAD, Pain, aching:	2, 5, 8, 9, 12	
HEAD, Pain, bursting:	6, 12	
HEAD, Pain, cutting:	5, 8	
HEAD, Pain, dull:	1, 12	

HEAD, Pain, pressing:	5, 8	15
HEAD, Pain, pulsating:	2, 5	

EYE

Rubrics	Prover	Supervisor
EYE, Discoloration, red:	5, 8	
EYE, Heat:	5, 11, 15	
EYE, Inflammation:	5, 11	
EYE, Itching:	1, 2, 5, 7, 15	
EYE, Itching, right:	1, 7, 15	
EYE, Lachrymation:	1, 5, 12	
EYE, Lachrymation, afternoon:	5, 12	
<i>EYE, Pain:</i>	5, 7, 8, 12, 13, 15	2, 8
EYE, Pain, left:	7, 8, 13	2
EYE, Pain 16hr:	8, 12	
EYE, Rub, desire to:	5, 7, 15	
EYE, Pain, pressing, pressure:	7, 8	8

VISION

Rubrics	Prover	Supervisor
VISION, Blurred:	8, 11, 12	
VISION, Blurred, left:	8, 12	

EAR

Rubrics	Prover	Supervisor
EAR, Discoloration, redness:	5, 7	
EAR, Pain, eruptions:	3, 12	
EAR, Heat:	5, 6, 7	
EAR, Itching:	5, 10, 12	
EAR, Itching, concha:	5, 10	
EAR, Pain:	2, 8, 10	
EAR, Pain, aching:	8, 10	
EAR, Pain, burning:	6, 7	
EAR, Pulsation:	2, 5	

NOSE

Rubrics	Prover	Supervisor
<i>NOSE, Discharge:</i>	1, 5, 7, 9, 10, 14, 15	
NOSE, Discharge, bloody:	7, 10	2
NOSE, Discharge, clear:	7, 9, 10, 14, 15	
NOSE, Discharge, copious:	7, 8, 14, 15	8
NOSE, Discharge, green:	5, 7,	8
NOSE, Dryness, inside:	5, 13	5
NOSE, Itching:	5, 7	

NOSE, Obstruction:	7, 9, 12, 13	8
NOSE, Sneezing:	2, 5, 7, 9, 11, 13, 14, 15	2, 8, 15
NOSE, Sneezing, on waking:	11, 15	

SMELL

Rubrics	Prover	Supervisor
SMELL, Acute:	5, 14, 15	15

FACE

Rubrics	Prover	Supervisor
FACE, Dryness, lips:	5, 7	2
FACE, Eruptions, spots:	5, 14	
FACE, Eruptions, spots, forehead:	5, 14	
FACE, Expression, old looking:	5, 12	
FACE, Heat:	5, 10	
FACE, Itching:	5, 6, 14, 15	
FACE, Numbness:	5, 15	
FACE, Numbness, left:	5, 15	
FACE, Pain:	5, 10, 13, 14, 15	10
FACE, Pain, cheek:	2, 10, 13, 14, 15	8
FACE, Pain, pressing, pressure:	7, 8	8
FACE, Pain, prickling:	5, 10	
FACE, Spots:	7, 11	

MOUTH

Rubrics	Prover	Supervisor
MOUTH, Dryness:	5, 8, 9, 12, 13	
MOUTH, Dryness, waking on:	8, 9, 13	
MOUTH, Dryness, thirstless:	5, 8	
MOUTH, Pain:	12, 13	

TEETH

Rubrics	Prover	Supervisor
TEETH, Pain:	5, 6, 11, 12, 13	2
TEETH, Pain, right:	6, 11, 12, 13	2
TEETH, Pain, upper:	11, 13	
TEETH, Pain, aching:	6, 11, 13	

THROAT

Rubrics	Prover	Supervisor
THROAT, Constriction:	8, 15	
THROAT, Dryness:	5, 7, 12, 15	5, 8, 15
THROAT, Hawk, disposition to:	10, 14	
THROAT, Inflammation, tonsils:	1, 7	

THROAT, Lump, sensation of a:	8, 14	
THROAT, Pain:	7, 8, 9, 10, 15	8, 15
THROAT, Pain, drinks, cold, amel:	9, 12	8
THROAT, Pain, swallowing on:	8, 12	
THROAT, Pain, burning:	8, 15	8
THROAT, Pain, sore:	7, 9, 10, 15	8

STOMACH

Rubrics	Prover	Supervisor
STOMACH, Appetite diminished:	6, 7, 10	
STOMACH, Appetite increased:	2, 5, 12, 15	
STOMACH, Emptiness:	2, 14	
STOMACH, Heartburn:	10, 12, 15	
STOMACH, Nausea:	2, 9, 12, 14, 15	15
STOMACH, Nausea, morning:	2, 12	
STOMACH, Nausea, eating after:	9, 14	
STOMACH, Pain:	2, 7, 10, 12, 15	8, 15
STOMACH, Pain, morning:	2, 9	
STOMACH, Pain, nausea, during:	2, 15	
STOMACH, Pain, aching:	2, 6, 9, 15	
STOMACH, Pain, cramping:	10, 12, 15	15
STOMACH, Pain, rumbling:	1, 15	

ABDOMEN

Rubrics	Prover	Supervisor
ABDOMEN, Constriction:	7, 12	
ABDOMEN, Distension:	5, 9, 12, 15	
ABDOMEN, Flatulence:	5, 9, 12	
ABDOMEN, Flatulence, accompanied by distension:	9, 12	
ABDOMEN, Fullness, constipation, during:	9, 10	
ABDOMEN, Pain:	1, 5, 7, 8, 9, 10, 12, 13, 14, 15	
ABDOMEN, Pain, lying amel:	1, 13	
ABDOMEN, Pain, touching, agg:	1, 7, 13	
ABDOMEN, Pain, hypochondria, right:	1, 5, 13, 15	
ABDOMEN, Pain, sides, right:	1, 13, 15	
ABDOMEN, Pain, left:	7, 9, 10	
ABDOMEN, Pain, umbilicus:	7, 12, 13, 14	
ABDOMEN, Pain, umbilicus, region of:	7, 12, 13, 14	
ABDOMEN, Pain, dragging, bearing down:	7, 15	
ABDOMEN, Pain, lancinating:	5, 10, 15	
ABDOMEN, Pain, sharp:	5, 15	
ABDOMEN, Pain, stitching:	7, 12	
ABDOMEN, Rumbling:	1, ,14, 15	

RECTUM		
Rubrics	Prover	Supervisor
<i>RECTUM:</i>	3, 5, 9, 10, 12, 13, 14, 15	
<i>RECTUM, Diarrhoea:</i>	1, 8, 10, 12, 13, 15	
RECTUM, Flatus:	6, 9, 12, 13	
RECTUM, Flatus, odour, eggs, spoiled:	9, 12	
RECTUM, Pain:	5, 8, 12, 13, 15	
STOOL		
Rubrics	Prover	Supervisor
STOOL, Hard:	6, 10, 15	
STOOL, Odour, offensive:	9, 10, 12	
STOOL, Soft:	7, 12	
BLADDER		
Rubrics	Prover	Supervisor
BLADDER, Urging to urinate:	1, 12	
URINE		
Rubrics	Prover	Supervisor
URINE, Odour, strong:	3, 10	10
FEMALE		
Rubrics	Prover	Supervisor
FEMALE GENITALIA/SEX, Leukorrhea:	3, 5, 12	
FEMALE GENITALIA/SEX, Menses, bright red:	7, 9, 12	
FEMALE GENITALIA/SEX, Menses, clotted:	1, 5, 7, 12	8
FEMALE GENITALIA/SEX, Menses, scanty:	1, 7, 12	
FEMALE GENITALIA/SEX, Pain:	1, 15	
VOICE		
Rubrics	Prover	Supervisor
VOICE, Croaking:	9, 12	8
COUGH		
Rubrics	Prover	Supervisor
COUGH, In general:	7, 8, 9, 14, 15	8
COUGH, Dry:	7, 9, 14, 15	8
COUGH, Lying agg:	5, 15	
COUGH, Paroxysmal:	5, 15	
COUGH, Tickling:	5, 8, 15	8

EXPECTORATION

Rubrics	Prover	Supervisor
EXPECTORATION, Thick:	7, 12, 13	

CHEST

Rubrics	Prover	Supervisor
<i>CHEST, Pain:</i>	2, 5, 7, 9, 10, 11, 12, 13, 15	8, 10, 15
CHEST, Pain, cough, during:	7, 15	
CHEST, Pain, mammae:	5, 7, 9, 12	
CHEST, Pain, mammae, left:	7, 9	
CHEST, Pain, constricting:	12, 15	
<i>CHEST, Pain, sides:</i>	2, 7, 9, 11, 12, 13	
<i>CHEST, Pain, left:</i>	2, 7, 9, 11, 12, 13	
CHEST, Pain, right, 22hr:	5, 12	
CHEST, Pain, cutting:	9, 12, 13	
CHEST, Pain, sore:	7, 15	

BACK

Rubrics	Prover	Supervisor
BACK, Itching:	5, 6, 13, 14	
BACK, Pain:	1, 3, 5, 6, 7, 8, 9, 10, 12, 14, 15	8, 15
BACK, Pain, motion on:	5, 6, 12	8
BACK, Pain, walking while:	5, 6	
<i>BACK, Pain cervical:</i>	3, 5, 8, 12, 14, 15	8
BACK, Pain, lumbar region:	1, 5, 12, 14	
BACK, Pain, lumbar region, right:	5, 12	
BACK. Stiffness:	1, 5, 9, 12, 15	8

EXTREMITIES

Rubrics	Prover	Supervisor
EXTREMITIES, Cramps, lower limbs, right:	2, 12	
EXTREMITIES, Dryness, hands:	5, 7, 8	
EXTREMITIES, Heat, lower limbs, sensation:	8, 13	
EXTREMITIES, Heaviness:	3, 8	8
<i>EXTREMITIES, Itching:</i>	2, 5, 6, 7, 12, 13	
EXTREMITIES, Itching, upper limbs, arms:	5, 6, 7	
EXTREMITIES, Itching, wrist:	5, 6	
EXTREMITIES, Itching, lower limbs:	2, 5, 7, 12, 13	
EXTREMITIES, Itching, lower limbs, leg:	5, 12, 13	
EXTREMITIES, Itching, lower limbs, leg, scratching amel:	5, 12	
EXTREMITIES, Itching, lower limbs, leg, calf:	5, 12	
EXTREMITIES, Itching, lower limbs, leg, calf, scratching amel:	5, 12	
EXTREMITIES, Stiffness:	8, 9, 13, 15	

EXTREMITIES, Stiffness, lower limbs:	9, 13
EXTREMITIES, Weakness:	9, 14
EXTREMITIES, Weakness, lower limbs:	9, 14

EXTREMITY PAIN

Rubrics	Prover	Supervisor
EXTREMITIES, Pain	1, 2, 3, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15	
<i>EXTREMITIES, Pain, upper limbs:</i>	<i>1, 3, 5, 8, 10, 12, 13, 14, 15</i>	
EXTREMITIES, Pain, shoulder:	1, 7, 12, 15	8
EXTREMITIES, Pain, lower limbs:	1, 2, 3, 5, 8, 9, 10, 11, 12, 13, 14, 15	10
EXTREMITIES, Pain, hip:	12, 14, 15	
EXTREMITIES, Pain, hip, right:	12, 14, 15	
<i>EXTREMITIES, Pain, knee:</i>	<i>1, 2, 5, 10, 11, 12, 13, 14</i>	
EXTREMITIES, Pain, knee, right:	1, 12, 13	
EXTREMITIES, Pain, knee, left:	5, 10, 11, 12	
EXTREMITIES, Pain, foot:	3, 8, 13, 14	
<i>EXTREMITIES, Pain, aching:</i>	<i>2, 5, 8, 10, 12, 13, 14, 15</i>	
EXTREMITIES, Pain, aching, muscles:	8, 15	
EXTREMITIES, Pain, aching, upper limbs:	8, 13, 14, 15	
EXTREMITIES, Pain, aching, lower limbs:	2, 5, 8, 14, 15	
EXTREMITIES, Pain, burning:	3, 8	
EXTREMITIES, Pain, sore, bruised:	1, 12, 13, 15	
EXTREMITIES, Pain, sore, bruised, motion:	1, 13,	
EXTREMITIES, Pain, sore, bruised, upper limbs:	12, 13	
EXTREMITIES, Pain, stitching:	5, 10, 12	
EXTREMITIES, Pain, stitching, as if pins and needles:	12, 13	

SLEEP

Rubrics	Prover	Supervisor
SLEEP, Falling asleep, difficult:	1, 7	
SLEEP, Refreshing:	2, 10, 12	
SLEEP, Restless:	1, 6, 7	8
SLEEP, Sleepiness:	2, 5, 9, 13, 15	15
SLEEP, Sleepiness, daytime:	2, 5	
SLEEP, Sleeplessness:	1, 2, 5, 9, 15	15
SLEEP, Unrefreshing:	5, 7, 13	
<i>SLEEP, Waking early, too:</i>	<i>1, 2, 5, 7, 8, 9</i>	
SLEEP, Waking early, too, 5-6am:	2, 5, 7, 8, 9	
SLEEP, Waking, heat, from and with:	5, 9	
SLEEP, Waking, nausea, from:	2, 6	
SLEEP, Yawning:	5, 7, 12, 15	

DREAM		
Rubrics	Prover	Supervisor
DREAMS, Animals	1, 3, 5, 6, 7, 8, 9, 11, 14, 15	
DREAMS, Anxious:	1, 8, 12	
DREAMS, Beach:	1, 8, 12	
DREAMS, Birds:	11, 15	8
DREAMS, Bridge:	2, 3	
DREAMS, Cats, big:	7, 8, 14	8
DREAMS, Chaotic:	2, 5	
DREAMS, Children, newborns:	1, 2, 11, 14	
DREAMS, Churches:	12	
DREAMS, Dead, of the:	2, 12	8
DREAMS, Dogs:	1, 6, 11	
DREAMS, Driving:	1, 2	
DREAMS, Fire:	2, 3	
DREAMS, Food:	1, 7, 14	8
DREAMS, Friends, old:	2, 5, 6, 12, 14	
DREAMS, Giants:	1, 11	
DREAMS, Holidays:	9, 12	8
<i>DREAMS, House:</i>	<i>1, 2, 3, 9, 11, 12, 15</i>	<i>8, 15</i>
DREAMS, House, decorating:	2, 9	
DREAMS, House, moving:	2, 11	8
DREAMS, Lions:	8, 14	8
DREAMS, Marriage:	7, 8, 10	
DREAMS, Marriage, unfaithful:	6, 9	
DREAMS, Motion:	1, 3	
DREAMS, Motorcycles:	1, 8	
DREAMS, Nakedness:	2, 12	8
DREAMS, Pursued:	2, 8, 11, 12,	8
DREAMS, River:	2, 3	
DREAMS, River, crossing over:	2, 3	
DREAMS, War:	3, 8	8, 10
DREAMS, Water:	1, 2, 3, 8, 12	

CHILL		
Rubrics	Prover	Supervisor
<i>CHILL, Chilliness:</i>	<i>1, 2, 5, 7, 10, 12, 13, 14, 15</i>	

PERSPIRATION		
Rubrics	Prover	Supervisor
PERSPIRATION, In general:	3, 5	

SKIN

Rubrics	Prover	Supervisor
SKIN, Dry:	5, 7, 11	
SKIN, Eruptions, eczema, itching:	6, 11	
SKIN, Itching:	1, 2, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15	2, 8, 15
SKIN, Itching, bleeding:	12, 13	
SKIN, Itching, scratching amel:	5, 10, 12	
SKIN, Itching, scratching, bleeds, must scratch until it:	12, 13	

GENERALS

Rubrics	Prover	Supervisor
GENERALS, Air open amel:	7, 10, 12	
GENERALS, Air, open, desire for:	1, 7	
GENERALS, Faintness:	12, 15	
GENERALS, Energy, excess of:	2, 8	
GENERALS, Food and Drink, alcoholic drinks, agg:	2, 8, 15	
GENERALS, Food and Drink, alcoholic drinks, desire:	3, 8	
GENERALS, Food and Drink, bananas, desire:	13	
GENERALS, Food and Drink, chocolate, desire:	3, 5, 12, 15,	15
GENERALS, Food and Drink, food, desire:	3, 12	
GENERALS, Food and Drink, sugar, desire:	15	15
GENERALS, Food and Drink, wine, aversion:	2, 12	
GENERALS, Food and Drink, wine, agg:	2, 12	
GENERALS, Food and Drink, wine, desire:	8, 10	
GENERALS, Heat, flushes of:	6, 8	8
GENERALS, Heaviness:	7, 9	
GENERALS, Influenza, sensations, as if:	2, 10, 13, 15	10
GENERALS, Heat, sensation of:	9, 15	
<i>GENERALS, Motion, agg:</i>	6, 7, 9, 12, 13, 15	8
GENERALS, Numbness, affected parts, of:	5, 12, 15	
GENERALS, Aching:	2, 5, 6, 8, 9, 10, 11, 12, 13, 14, 15	8
GENERALS, Burning, externally:	3, 5, 6, 7, 12	
GENERALS, Burning, internally:	8, 15	
GENERALS, Constricting:	8, 15	
GENERALS, Cramping, muscles:	2, 10, 12, 13, 15	
<i>GENERALS, Cutting, internally:</i>	2, 5, 10, 12, 13, 15	8, 10, 15
GENERALS, Pressing, internally:	7, 8	8
<i>GENERALS, Sore, bruised:</i>	1, 2, 5, 7, 8, 9, 12, 13, 15	2, 8
<i>GENERALS, Sore, bruised, externally:</i>	1, 2, 5, 7, 8, 12, 13	2
GENERALS, Sore, bruised, internally:	5, 7, 9, 12, 15	8

GENERALS, Rest, amel:	1, 5, 9, 12	
GENERALS, Stiffness:	1, 5, 7, 8, 9, 12, 13, 15	
<i>GENERALS, Touch, agg:</i>	6, 7, 11, 12, 13, 14	10
GENERALS, Weakness:	2, 6, 5, 9, 10	8
GENERALS, Weakness, muscular:	1, 7	
GENERALS, Weariness:	1, 2, 7, 11, 15	
GENERALS, Weariness evening 6-9pm:	1, 2, 7, 15	

Chapter 6

Strangler Fig Profile

REGION AFFINITY

MIND (**Anger, frustration**). *Skin* (Dryness, **ITCHING**). *Head pain. Face. Nose (Discharge).* ABDOMEN. *Stomach. Chest.* **Back. Extremity Pain, Knee pain.**

MIASM

Psora

MODALITIES

Worse: suppressed anger, alcohol, *motion, touch*.

Better: open air, music, rest.

LEADING SYMPTOMS

M - **Anger** leading to explosive rage. Intense anger that is suppressed by 'keeping a lid on it.' Anger with themselves and towards other people. Shouting and using foul language. Expressing violence thoughts or actual acts.

M - *Anxiety* over anticipating an event. Anxiety over work or health issues. Anxious dreams.

M - Indifference. Can't be bothered to do any tasks. Indifferent about the consequences.

M - Awareness of nature heightened. Sight, sounds, smells enhanced. An increased awareness of birds in the environment.

M - A strong desire to be left alone. Not wanting to be sociable.

M - *Confidence* was bi-polar. Being very confident and assertive to lacking in confidence and having a low self-esteem and generally being unhappy with their abilities or appearance.

M - Disconnected from friends and family. A feeling that they don't fit in. With a desire to reconnect. Having a feeling of being spaced out and not being quite present.

M - Euphoria. A feeling of being on top of the world. Being full of energy and exhilarated.

M - Becoming **FRUSTRATED/IRRITATED** very easily. Towards children, people generally and work situations.

M - Suffering from a *weak memory*. Not remembering the names of places or people they know well and being unable to remember lists.

M - Making mistakes in both reading and speaking and sometimes not recognising the mistakes they have made.

M - Playing and singing along to music ameliorates the anger and frustration. There is also a desire to take up forgotten instruments.

M - Looking to pick quarrels with people generally and becoming snappy and argumentative.

M - Feeling of *sadness*, depressed and quite hopeless at times. Feeling that the weight of the world is on their shoulders. Can be sympathetic and can weep with their sadness.

M - A sense of calmness, **tranquillity** and composure.

M – *Weeping*. Weeping easily, from feeling forsaken, from sad thoughts or from vexation.

P – *Head pain*, on morning, on waking, above the eyes, forehead, temples. Pain that is aching, bursting, cutting, dull, pressing and pulsating.

P – Eyes that are *painful*, itching, having heat, inflammation, blurriness. With a desire to rub.

P – Ears that are itching, painful, hot and red. With an aching, burning and pulsating feeling.

P – Nose. With lots of *discharge*, copious, clear, bloody. With itching and *sneezing*.

P – Face. *Pain in the cheeks*. Pressing or prickling pain and numbness. Itching and heat of the face, with dry lips.

P – Teeth pain. Aching.

P – Throat. Pain which is sore, burning. A dry throat and a feeling of constriction. A disposition to hawk. Pain on swallowing > cold drinks.

P – Stomach. An increased and decreased appetite. Nausea and heartburn. Stomach pain that is aching, cramping, rumbling.

P – Abdomen. **Pain** around the umbilicus. Touching agg. Lying amel. A bearing down pain. Pain that is lancinating and sharp. There is distension of the abdomen with flatulence and a feeling of constriction.

P – *Rectum. Diarrhoea.* With flatus and pain.

P – Female. Menses that are scanty, clotted, bright red. Leukorrhoea.

P – Cough. Dry, tickling, paroxysmal.

P – Chest. *Pain left and right.* A cutting, sore pain. Pain during coughing. Pain in the mammae. A constricting pain in the chest.

P – Back. **Pain.** *Cervical pain.* Stiffness. Pain in the lumbar region. Pain on motion. Itching.

P – Extremities. Dryness in the hands. Sensation of heat in the lower limbs. Heaviness. *Itching.* Itching in the upper limbs, wrist, lower limbs and in particular the calf muscles, Scratching amel. **Pain.** *Pain in upper limbs.* **Pain in lower limbs.** *Knee pain* right and left. Pain that is aching, burning, cramping, sore, bruised and stitching. Shoulder pain. Stiffness and weakness in the lower limbs.

P – Sleep. Difficulty falling asleep. Refreshing sleep. Sleepiness, sleeplessness. Unrefreshed sleep. *Waking too early* 5-6am. Waking with heat. Waking with nausea. Yawning.

P – Chill. *Chilliness.*

P – Skin. Dry. Eczema itching. **ITCHING.** Itching until bleeding. Scratching amel. Must scratch until bleeds.

G – Ameliorated from open air.

G – Influenza type sensations.

G – **Aching.**

G – Burning, externally and internally.

G – Constriction with cramping muscles.

G – *Cutting internally.* Pressing internally.

G – *Sore and bruised.* Externally and internally.

G – A general feeling of stiffness.

G – *Touch agg.*

G – A general feeling of weariness. 6-9pm

D – **Animals.** Of birds, big cats, snakes and dogs.

D – Nostalgia.

D – Marriage/Divorce/Infidelity

D – *Houses*

D – Water

D – Babies

D - Pursued

Food

Aversion to wine.

Desires alcoholic drinks, chocolate, food, sugar and wine.

Worse for alcoholic drinks and wine.

Better for cold drinks.

Chapter 7

Themes in the Mind

- | | |
|---|------------------------------|
| <input type="checkbox"/> Anger/Rage/Quarrelsome | Indifference |
| <input type="checkbox"/> Company | Lacking Confidence/Confident |
| <input type="checkbox"/> Detached/Disconnected/Spacey | Euphoria |
| <input type="checkbox"/> Frustration/Irritability | Memory |
| <input type="checkbox"/> Mistakes | Sadness |
| <input type="checkbox"/> Tranquillity | Weeping |

N.B. I am including themes of dreams into the Mind section.

Dream Themes

- | | |
|--|-----------|
| <input type="checkbox"/> Animals | Nostalgia |
| <input type="checkbox"/> Marriage/Divorce/Infidelity | Houses |
| <input type="checkbox"/> Water | Baby |
| <input type="checkbox"/> Pursued | |

Anger/ Rage/Quarrelsome

There was a great deal of anger and rage in this remedy felt by almost all the provers, supervisors and the MP. This was both expressed and unexpressed. When it was expressed, it was through confrontation, shouting (often with foul language) shrieking or breaking things. It was so intense at times it was like a rocket going off, very quickly turning to rage. It was even seen to spill over into real hatred of people. This rage was sometimes accompanied with weeping. Along with the anger and the rage, many of the provers were told by their partners or friends, that they were seemingly picking arguments with people and would jump at an opportunity to quarrel.

'I lost it and screamed back at, in fact I screamed so hard I gave myself a pain in the chest.' P12

'I'd specifically askedto do that today. Flash Point Zero. Calm to rage in sixty milliseconds. I visualised it like the detonation of an atomic bomb, that sudden spreading out of a huge shock wave. I didn't let rip. I bit the blades of retort back.' P15

'I'm very volatile emotionally and very close to flying off the handle, but keeping a lid on it.' P6

'I got ballistically angry with because I didn't want to go for a meal andwouldn't take no for an answer.' P15

'I feel pain – massive fucking anger and evil, high explosive fucking rage and being treated like a fucking piece of shit. I'm so fucking wildly angry. I feel the dark rage is so huge and fucking there, I could bite.' S11

'The rage grows.' P15

'I'm feeling agitated and very easily angered.' P12

'I'm extremely agitated.' P8

'I didn't know whether to tear her to ribbons, burst into tears or rush to the loo to be sick. I hate her!' P15

'I want to kill, maim and draw blood. I actively want to harm.' P15

'I could decisively demolish her in a few well chosen moves.' P15

'I spoke toand cried on the phone. Feel totally pissed off with myself and this fucking proving!' P12

'I had a row with for no good reason. I feel detached.' P6

'.....said I was quarrelsome and quite aggressive with a friend who made a statement I didn't agree with.' P14

Indifference

Most of the provers felt indifferent at some point during this proving. Sometimes it was a general feeling of just 'couldn't be bothered' with the proving, college work, housework, or occupational work.

'Normally if I'm late finishing work I get annoyed, but I haven't got wound up about it at all.' P10

'I am supposed to lay a wooden floor today, but I feel like I can't be bothered.' P11

'Someone asked me about homoeopathy and I said I wasn't really motivated at the moment.' P1

'Can't be bothered to ring ...' P1

'I'm very lacking in motivation.' P9

'I can't really be bothered to write much in this diary. I don't just mean today, but all the way through.' P3

'I have no motivation to do anything.' P5

'I don't care about the outcome, whereas I would normally be worrying about it.' P12

'I feel like I just couldn't be bothered.' P9

'One of my colleagues commented on my don't care attitude.' P12

Company

This was very interesting as this contained the opposites. Some of the provers wanted company, but most of the provers experienced the complete opposite to this. There was a great desire for solitude and a real aversion to company and being unable to fit in and mix with other people.

'I felt I ought to be alone, as I didn't want anyone to witness how depressed I was getting. I said to my husband to go out, but desperately didn't want him to leave me on my own.' MP

'I realise that I have come up to the loft to hide.' P6

'I want to be left alone.' P10

'I wanted company, so went to meet a group of friends.' P5

'I feel better this afternoon, as a friend comes over.' P1

'Don't even bother to pull the curtains open the whole of this month. (During the proving.) Don't want neighbours to see or come here.' P5

Lacking Confidence/Confident

Again, this encompassed the opposites. Most of the provers experiencing both the sense of confidence and the complete lack of confidence and low self-esteem. Being unhappy with themselves, whether occupational or personal.

'A friend told me that I was lacking in confidence.' P5

'I wanted to pluck up courage to tell ... about not smoking in the house.' P9

'I was very affected by my low self-esteem today.' P14

'No self confidence.' P1

'Quite confident over my work today, then I lost confidence again.' P5

'I am speaking up much more and not worried about what others may think.'
P12

'I was drunk and embarrassed, so disappeared upstairs without speaking to anyone. P6

On the opposite side:-

'....thinks I appear to be more assertive.' P14

'I feel confident, open and able to cope.' P6

'I'm amazed at being this assertive in the office.' P15

'This morning, I feel I must follow up more creative things and I am more determined to do things.' P2

'I felt strangely secure.' P8

'I feel wonderful, powerful, tall, funny, beautiful and confident.' P15

'I hate my job. I feel I'm not able to do it to the best of my ability and I feel demoralised.' P6

'I have a feeling of dissatisfaction.' P1

'I'm frustrated with myself that I couldn't make sense of it.' P2

'I feel disillusioned with homoeopathy.' P9

Detached/Disconnected/Spacey

A general sense of detachment was experienced amongst some of the provers. Many of the provers expressed feelings of disconnection and some expressed a desire to be connected. There was talk of feeling connected to the Earth, talk of old connections, ancestral connections, heartfelt connections. There was also a feeling of being spaced out which was prominent with some of the provers at the very beginning.

'I have a feeling of disconnection.' P6

'I feel disconnected with my daughter.' S9

'I feel distant from my husband.' Went on to say how alone she had been feeling through the whole of this proving. S9

'I'm detached from everyone at home.' P6

'I felt detached and unable to let go of the sadness.' P15

'I feel disconnected.' P15

'I want to reconnect back to homoeopathy.' P1

'I feel like the remedy is connecting me back to the Earth.' P1

'I feel totally relaxed but not here.' P10

'Feel slightly spaced out. I looked relaxed and out of it.' P2

'An absent, spacey feeling with a slight sense of euphoria.' P8

'I've been hazy and spacey.' P8

'I feel a bit spaced out mentally.' P6

Euphoria

This was very strong. It wasn't just a sense of being happy; it was an extreme swing of the pendulum, to being absolutely overjoyed. It was euphoria and exhilaration.

'I was bouncing with happiness. I had so much energy I felt I could run a marathon or take up pole vaulting. Ordinary running and jumping wasn't good enough. It had to be extreme. It was almost like being very excited about something, but not knowing what.' MP

'Intensely happy.' P15

'I feel euphoric and purposeful.' (after a phone call) P6

'A slight sense of euphoria.' P8

'Darkness = excitement = promise!' P15

'I have an increased desire for excitement. I've said that I will go on a TV show.' P5

'Desire to run and run and run. Absolute total exhilaration!' P15

Everything is an invitation to connect with the Divine. The idea exhilarates me.' P15

'Sitting at the top of my garden, looking at crocuses, irises, hellebores in full bloom and everything is so full of promise. Feel happy, content, exhilarated, privileged.' P15

'Did a good session and felt exhilarated.' P9

'Feel joyous and relaxed.' P8

Frustration/Irritability

Frustration was extremely prominent in this proving. The slightest thing made people irritable, being irritable with people and children. People expressed having a lack of patience.

'I feel quite touchy today – don't anyone cross me today!' P12

'I'm frustrated with work. I don't seem to be getting anywhere.' P12

'I'm very irritable today and the least thing aggravates me.' P12

'I'm irritated by people and things.' P5

'I feel quite irritated with my daughter when we were shopping and I'm still feeling irritable now, but towards partner.' P9

'I'm irritable, especially towards the children.' P1

'I feel irritable and bad tempered. I notice other people are irritable too.' P1

'I'm pissed off with my patients in work. I don't want to see them. They are a nuisance.' P10

'I had the urge to go shopping this afternoon and spend quite a bit of money. I was getting irritated in the house and I haven't had a lot of patience today.
P11

Memory

Memory weakness was very marked. From forgetting what they were doing, to forgetting where they parked their car and forgetting the names of people they knew well.

'Got lost at least three times on way to a first aid course. I don't seem capable of interpreting the simplest instructions from paper to road.' P15

'Forgot to buy peanuts for the garden birds.' P15

'Inability to think of words I need today. Can't get my brain to work properly.'
P12

'Forgetting people's names. People I know well. Happening an awful lot recently.' P5

'Forgot to write a letter tonight.' P13

'I forgot my sister-in-laws birthday, which is unlike me as I am very good with birthdays. P11

Mistakes

Numerous provers made mistakes. It could be more general kinds of mistakes but also saying the wrong words when speaking and sometimes not even being aware of it.

In fact I couldn't seem to be able to correct the final rubrics. As often as I thought I'd corrected it, I'd find, I'd duplicated it or not saved it. Even now as I glance at the printed rubrics, it is the only one that has come out double, again! (MP)

'I'm making mistakes and can't make my mind up quickly about things, which makes me make the wrong choice.' P10

'I can't spell. I've looked up five words, as I can't remember them. I've lost confidence now.' P5

'I'm making mistakes in writing and spelling now.' P5

'I said to , 'Here by the pianna.' Odd, because we don't have a piano!' P13

'Sleeping like a frog, someone told me I'd said last week. They were adamant that I'd said frog.' Hadn't realised. P5

'Feel I must be careful, I might make mistakes.' P1

'So busy rushing around, I'm making mistakes. Opened mascara and nail polish remover and put a big swab of nail polish remover on my right eye.' MP

Sadness

This was also extremely marked. This seemed quite broad, from feeling hopeless and depressed to being sad after a quarrel. This sadness could also be seen to extend into weeping.

'I felt profoundly sad at times and completely unable to weep even though I was sure I would feel better afterwards.' (MP)

'I want to feel happy and good again. Think I'm going to have another cry.' P12

'I felt very subdued and low on arriving home. Heavy hearted.' P9

'I feel progressively more and more down.' P6

'Watched the start of 'The Piano' film today and felt a strong sense of sadness and nearly shed some tears.' P7

'Listening to a story today and felt sadness, emotion rising.' P13

'Emotion continues, could feel it rising in my chest.' P13

'I feel very low today and very tired. I feel as if I'm carrying the world on my shoulders.' P14

'Feeling very depressed tonight. I wanted to give up the homoeopathy course, as the workload is too much. I just want to be left alone!' MP

Tranquillity

A wonderful sense of peace and calmness seemed to reign for sometime with the provers. It was like a sense of calmness and being in control of situations. Work colleagues and friends even passed comments about how composed and at ease they seemed. However, this did not stay throughout the proving.

'I feel totally relaxed but not here. I have a strange feeling I am not myself.' P10

'Still relaxed and calm in work.' P7

'Feel calm and capable.' P15

'I feel calm and my friend noticed how calm I was both yesterday and today.' P5

'I aimed to clear as much as I could before gets back tomorrow. I'm not too bothered about it, I'm calm.' P5

'Things that would normally wind me up are not having any effect on me today.' P10

'Felt calmer about my workload.' P9

'I have felt very calm all day.' P2

'I felt relaxed and chilled out for the first time in a long time.' P3

Weeping

Weeping was very marked. Some provers found they would weep much more easily than they have done so before. It could be from watching sad films or listening to someone recall a sad story. They would also mention feeling isolated or detached from everyone else. Others found they had been let down and would become sad and tearful.

'I also feel quite emotional and have cried over a sad film on the telly.' P12

'I had a follow up case today and came home and cried. I couldn't stop. I don't know what's the matter with me.' P5

'Feeling of dislocation and distance really persisting. Feel physically shaky and close to tears.' P6

'Tears in my eyes when Wales won the rugby.' P13

'Been quite tearful on waking. Why can't I just wake up and feel ok?' P1

'Tearful in the evening. Didn't feel able to eat with the others. I felt separate from the others.' P1

When talking about a relationship. 'I'm nobody and I can't stand it. I'm tearful for all those thoughts.' P5

'He left sayingI found tears streaming down my face.' P9

Or even tearful when they are angry. (9, 12)

"Had an emotional upset withwe argued before he left. I came home and cried. It was on my mind all day.' P12

'I was in tears of grief and rage about a dead badger on the road.' P15

Dreams

I think the themes of dreams were very clear. There were a very large amount of provers and supervisors who had dreams about animals.

Animals

Birds: -

Dreamt of witnessing a buzzard being hit by a car and feeling anxious about having to look after the sick bird and bring up the young chicks it had. S8

Dreamt of magpies flying from house. P11

Dreamt of birds building nests. P15

Dreamt of having to repair the windows, to stop the birds coming in. P15

Dreamt of a rare bird. MP

Cats (Big and Small):-

Dreamt of a lion that was running loose. They felt anxious, but had to come face to face with it. P8

Dreamt of lions hunting. S8, P14 & MP

Dreamt of tigers. P7 & MP

Dreamt of being hunted by a Puma. MP

Dream of a cat coming into the house. P5

Snakes:-

Dreamt of coloured snakes that were so aggressive they killed it. P8
Dreamt of three different coloured snakes coiled round arms. MP
Dreamt of watching a luminous snake slithering around. S8

Dogs:-

Dreamt of breastfeeding children that turned into dogs. P1
Dreamt of being chased by black dogs. P11
Dreamt of a dead dog in the road. P6
Dreamt of being observed by a fox. S8
Dreamt of a giant whirring beetle. PS8
Dreamt of white rats and mice. P9
Dreamt of bears licking faces. Anxious that they may start fighting. P3

Nostalgia

Dreamt of my mother's old house. P2
Dreamt of looking back. P2
Dreams full of old school friends. P6
Dreamt of old friends and shouting at each other. P12
Dreamt of old boyfriend and felt sad. P14
Dreamt of old school boyfriend. P2
Dreamt had new phone. Video of friend not seen for 12 years on phone.
Crying at seeing long lost friend after so long. P12
Dreamt of moving house and being a child, nostalgic. P2

Marriage/Divorce/Infidelity

Dreamt of asking girlfriend to marry him. P8
Dreamt of getting married in a conveyor belt. S8
Dreamt of friends discussing marriage. P7
Dreamt of marriage break up. P10
Dreamt of ex-husband. P9
Dreamt of being unfaithful and anxiety. P6
Dreamt of infidelity. P6
Dreamt of partner was unfaithful. P9

Houses

Dreamt of moving house. P11
Dreamt of friends in a building and the walls kept changing. P11
Dreamt of best friend moving and having a forsaken feeling. S8
Dreamt they were house sitting. P12
Dreamt they were house sitting and there was a horrible, frightening caretaker. P2
Dreamt they were caring for grandmother's house, while everyone was away.
Woke up, longing to be in that house. P2
Dreamt house had been petrol bombed. P12
Dreamt of buying a house. S15
Dreamt of living in a mansion and lots of people living there. Having nowhere to go. P12
Dreamt of grandmother's house. P2

Dreamt of a large house with a little caravan in the garden. The weather was wild and the caravan fell over. P2
 Dreamt the village was flooded. The houses were standing in water and had a foreboding feeling. P1
 Dreamt of going to a neighbours house, intending to have an argument with them, but they were welcoming instead. P15
 Dreamt of house being decorated all in wood and painted grey, then blue. Everyone left and felt abandoned. P15
 Dreamt of running a party for lots of people at grandmother's house. A sinister old man turned up and tried to drag me off. P2
 Dreamt of mother's old house. P2
 Dreamt of going to see brother's new house, but the in-laws turn up at the same time and then feel awkward. P12
 Dreamt went to solicitors to sign for a new house. P2
 Dreamt cleaning house for person who hates them. S8
 Dreamt of moving house and being a child. Nostalgic. P11
 Dreamt discussed merits of moving house and this was unsettling. P2

Water

Dreamt, son was starting a new job and for some reason was driving behind him. He drove across a bridge with no sides crossing a river. I was too afraid to cross. P2
 Dreamt, finding a motorboat I had lost, called Scorpion, on a lake with too little water in it. P8
 Dreamt, tried to take boat out to sail on the estuary, but the tide was out. Then carried the boat in a small package to the sea. P8
 Dreamt, in a country at war. No Bombs. Crossing a river. It was tidal, could see the riverbed. P3
 Dreamt, a customer was sitting in her car. Car began to roll backwards into sea/water. Got to her just before water filled the car. Then mother-in-law in same situation, screaming and tried to run but not getting anywhere. Very frustrating. P12
 Dreamt that a railway track ended up on a beach with buffers right by the sea. P1
 Dreamt of being by the sea and wanting to swim, but had no bather. P1
 Dreamt been given aerial photos of a beach and had to try and guess its name. There are hills, sea and an island. Clouds look like islands. P1
 Dreamt, of having to swim in puddles. P1
 Dreamt that a new neighbour visited. He couldn't swim. P12
 Dreamt, "she'll hound you by day, she'll hound you by night and she'll die in the river". P1
 Dreamt that crossing a bridge, oil refinery on fire. Fires were burning, but only in the water. P3
 Dreamt, mother was giving a party for all cousins, but forgot to ask them. So went down to beach and mother was sitting at a table with six nuns. Nun found wedding band in sand and was overjoyed. P12

Baby

Dreamt of friend having a baby. P11

Dreamt of having a baby that could speak. P14

Dreamt that niece was pregnant and she had a baby boy who was a replica of brother. P2

Dreamt of being on cliff path overlooking a beach. It has two paths. Walk to standing shore and find a baby that looks abandoned. Leave him and think his parents must be close by, but then worry so much I have to go back but can't find him. P1

Pursued

Dreamt of being pursued by nasty characters. A feeling of fear, having to run for life. Poured gasoline on them and lit them. Going to catch a plane and fly away. S8

Dreamt, "She'll hound you by day, she'll hound you by night and she'll die in the river." P1

Dreamt at grandmothers house running a party for a large number of young people. Rattling at the door, looked outside and doorknob had come off.

Sinister old man outside holding the doorknob. Came towards me and suddenly grabbed my arm and tried to drag me off. I shouted to friends and they came to my aid. Also I was too strong for him and pulled away. P2

Dreamt that gang of teenagers barged through the door and began abusing my family and me. Very frightened. Then a group of boys picked on me and I thought they were going to rape me. Then my husband came in and things came back under control. P12

Dreamt that housesitting, really small woman with an injection in her hand.

Led me to a room where an old man and an old woman with her knee open.

Think they were going to take part of my knee and put it into hers. P12

Dreamt of being chased by black dogs. P11

Chapter 8

Themes in the Physical

- | | |
|---|---|
| <ul style="list-style-type: none">❑ Itching❑ Aching❑ Weakness❑ Prickling | <ul style="list-style-type: none">ConstrictionEnergy/ElectricityDryness |
|---|---|

Itching

Itching had to be the most prominent of the physical symptoms. Almost every prover experienced itching and this was experienced mainly on the extremities and the face.

‘I have experienced itchy hands, wrists and calf muscles from the moment the remedy was picked in August 2004.’ MP

‘I’m going off my head with this itching,’ P10

‘My eyes were itching and burning. I had to rub them and now they feel dry and sore.’ P5

‘I’ve never had an itchy eye last over a day.’ P7

‘I have an itch on top of my ear that I have to scratch.’ P10

‘I forgot to mention that I had a terrible itch on the right side of my neck which then moved up to the right side of my head. It was like stinging nettles.’ P14

‘Little toe on left foot very itchy.’ P13

‘Tremendous irritation on both calves. Once again it was better for scratching like mad.’ P5

‘Calves of both legs very itchy. Better for scratching them, but throbbing.’ P12

Constriction

A number of provers used the word constriction when referring to different ailments. Others had a feeling of tightness e.g. around the chest.

‘I’m in a clamp vice grip. It feels like I’m being squeezed. The more I struggle, the worse it gets. I have to surrender’ S8

‘I experienced great tightness across my chest on inhalation. The feeling extended up to my throat.’ P12

'My rib cage felt as though it was being compressed. The image that sprang to mind was that of a jubilee clip, a metal band being tightened and tightened. This is unusual for me, as my asthma doesn't normally affect me in this way. P15

'I felt everything was constricted up to the back of my mouth, literally.' P15

'It's not like my usual asthma. The closure is high up in the throat, near the epiglottis. Felt like I was being throttled, strangled. Like if you grasp your own throat with that bit of your hand between the thumb and first finger, under the jaw line. I was gasping for air.' P15

'Feels like my throats being strangled and my lower ribs are being enclosed by a wide belt that's being tightened under my boobs. My normal ventolin doesn't work!' P15

Aching

There seems to be a tremendous amount of aching pain. This was expressed through being like 'flu-like symptoms', generally aching all over or being more centralised in the lower limbs and focused on the calf muscles.

'A lively angry ache in the back of my legs.' P8

'When I went to bed last night I had aches in my shins and calf muscles.' P2

'I have an aching sensation in my left arm.' P13

'I felt an aching across my shoulders. No wonder, because I feel as if I'm carrying the weight of the world on my them.' P14

Energy/Electricity

There were a fascinating number of electrical occurrences. Some felt they were buzzing with energy, feeling like they were wired to the mains. Others had static electricity experiences, but practically everybody involved had electric light problems (See miscellaneous section).

'My muscles were grabbing with energy.' P8

'Feels like I'm wired to the mains.' P8

'Had the sensation of hair standing on end all over my body.' P2

'My hair is full of static today – I'm like an electricity pylon!! It's driving me mad!!!' P12

Weakness

There was also had a general feeling of weakness all over. They would feel lethargic, their energy was down or described a washed out feeling.

'I started to feel weak all over and the aches and pains started in my limbs.' P10

'I have a weak sensation today.' P5

'Went for a walk before breakfast. Feel weak.' P9

Dryness

There was a definite dry theme to this remedy. Different parts of the face were dry and the lips and inside of mouths were dry. Complaints relating to coughs and throats were mostly of a dry nature and the hands were also quite dry.

'I woke early again. My eyes are still sore and dry. They also feel hot.' P5

'I have a dryness about me. My nose is continually bunged up with dry hard mucus.' P8

'Woke up during the night absolutely choking! My mouth was so dry it felt like it had stuck together. I was coughing and spluttering. It felt like the moisture had been sucked out of it.' P12

'My cough this morning is so dry and irritating.' P9

'My skin is very dry on my hands, shins and lips.' P7

'I've got dry hands and palms in particular. My nails are also breaking.' P5

Prickling

A pins and needle, prickling type of feeling was experienced in various parts of the body and even occurred in a dream. This prickling sensation was experienced in the eyes, ears, face, on the extremities and as a general prickly heat.

'My right eye is really prickly and itchy in the inner right corner.' P15

'I had a strange sensation like barbed wire being dragged across my right cheekbone and up to eye. This was very unpleasant and was like needles. It was rather like a spider's web of needles.' P10

'I developed a terrible itch on the right side of my neck which then seemed to move up the right side of my head. It was like the stinging of nettles.' P14

'I have pins and needles sensation on my face under the eye.' P15

'In a very short time, my hip, which is normally a sore pain, started prickling.'
P14

'Went out this afternoon, later at 1800 hours had pain in left hand side of abdomen at the same time as a pain in my left big toe – like a pin being stuck into it. P13

'I have a prickly pins and needle heat sensation, with too much energy.' P8

Dream - 'I had something hanging down from my nose. When I pulled it, it was like string... a variety of sharp metal objects – a safety pin, broken needles etc. I thought someone had been trying to hurt me as a baby.' P8

Appendix 1

Guidelines for the Provers & Supervisors

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GUIDELINES FOR PROVERS

Initial Meeting – Friday 7th January 2005

Baseline cases to be taken before - Friday 21st January 2005

Pre-proving recording for 1 week commences - Friday 21st January 2005

Proving starts – Saturday 29th January 2005

Proving ending and closing meeting – Friday 4th March 2005

Please note that both meetings will take place after the regular clinics in Notts Square and are scheduled for 6pm on the above dates.

.....

Firstly may I thank you very much for taking part in this proving. I hope that you will benefit in many ways from this exciting experience.

Also please check with your Supervisor that you have the same number code and their contact details along with a mutually convenient time to ring each evening.

Why another proving?

There are so many new remedies to be included in Materia Medica and it may be argued whether we need any more. Hahnemann tells us that there are many cases where the simillimum cannot be found, no matter how hard we search and we are often forced to prescribe less accurately. However, he goes on to explain that when a new remedy is proved well, it will cure cases that until then could only be partially covered with existing remedies.

Sherr writes, ‘ As learning can only be gained through new experience, and since a proving by definition is a new experience, it will result in learning, or as the popular term goes, in growth. When one learns, one grows hardier, more robust, better able to protect oneself.’

This proving is a DOUBLE-BLIND trial. This means neither I or any Prover/Supervisor knows who will be actually taking the substance and who will have been given a placebo. This shall be revealed at the end of the proving. Only the Helios Pharmacy hold the number codes and I will be provided with them near the closing date.

The aim of this proving is:

To clarify the healing potential of this remedy so that it may be used for the healing and well being of others in accordance with homoeopathic principles.

The main objectives are:

To provide as far as is possible, a safe and tested framework for practice (double-blind trial).

Continuity in all aspects of the proving process.

To obtain thorough and accurate information about all aspects of the remedy.

Check that you have the appropriate colour diary (orange) and the number on the diary and the remedy bottle are the same. Ensure the contact details between you, your supervisor and co-ordinator are correct. If there is any discrepancy, please contact me immediately – details above.

It is important to understand that the issues that arise within the proving will not be attached to any one person. Only the project co-ordinator and your personal supervisor will know the person's individual notes.

The proving will start with the orientation meeting on Friday 7th January 2005 at the Notts Square Clinic in Carmarthen. You should be able to meet your supervisor and we shall go through the proving programme. The week following the proving is for base line case taking, which should be face to face where possible. This enables your supervisor to get to know how you are before the remedy is taken. One week before the proving is due to start, the Prover needs to start recording on a daily basis. In this way you can familiarise yourself with the method of note taking necessary for the trial.

You and your supervisor will need to ensure that the proving starts on Saturday 29th January 2005. The proving will draw to a close on Friday 4th March 2005 where we shall again meet for the extraction of symptoms. It is important that we can all attend together at this time as this is often a very illuminating experience, but it will be very important for us to be able to close the proving.

Taking the remedy:

On the 29th January, the remedy should be taken in the morning with a clean mouth and an empty stomach. The remedy should not be taken for more than three doses a day for two days (six pillules maximum). Once you notice definite symptoms, do not take any further doses of the remedy. Please keep in close contact with your Supervisor during this time. If either the Prover or Supervisor are under any doubt please contact me.

If you have any concerns about safety, please do not hesitate to contact me.

Once you begin taking the remedy be aware of any new symptoms or change and intensification of any existing ones, or return of old symptoms (those which have not appeared for over one year). Keep your notebook with you at

all times. This should become your new 'best friend' for the duration of the proving.

Life style:

Do not take food or drink half an hour before or after taking the remedy. The same rules apply when taking the remedy – no coffee, chewing gum, mint toothpaste, mints, vapour rubs, eucalyptus etc as these may antidote the remedy. Avoid taking any allopathic medication and supplements that are not part of your normal pattern. Avoid taking any other homoeopathic remedies for the duration of the trial including the run up to the proving. If in doubt, please contact your supervisor or proving co-ordinator. Obviously in the event of a dental or medical emergency, common sense must prevail. If this occurs please contact your supervisor or myself when you are able.

Please keep as far as possible to your usual habits and lifestyle throughout the proving. Avoid excess alcohol, exercise, work etc! Please do not try exclusion diets at this time.

The credibility of the proving depends on your accuracy when recording symptoms, which should be discussed carefully with your supervisor and not be discussed with fellow provers. The information you provide me with will be used for the greater purpose of homeopathy, but your identity will be confidential.

'The person who is proving the medicine must be pre-eminently trustworthy and conscientious.... able to express and describe his sensations in accurate terms.' Organon 126.

Contact with supervisor:

This should be at the agreed time on a daily basis at first, until you both agree that daily contact is no longer necessary.

Recording your symptoms:

Note down symptoms carefully as they come up. It is easier to do this whilst details are fresh in your mind! If nothing happens make a note of this also. If you have difficulty in motivating yourself to record symptoms, please note this down as it may be very important.

Please start each new day on a fresh page. Each new day in the notebook should be marked with the date and what proving day it is.

The first day you take the remedy is zero. Record as -

E.g. First day - Day 0, 29/1/05

Second day – Day 1, 30/1/05

Write on alternate lines as this makes the next stage of extracting symptoms easier and enables notes to be clarified etc. You should not delete things from the diary and try to write legibly and accurately.

Remember to include location – a simple diagram may help here.

The sensation you can briefly describe - burning, dull, throbbing, shooting, stitching etc.

Modality was it > or < from cold, damp weather, food, smells, dark, lying, standing, light, people, etc
 Try things out to see if they affect the symptoms.
 What time of day? and intensity where appropriate. Was it generally > or < at a particular time? Note anything unusual regarding time of day etc.
 Which side of the body is it?
 When did it start/stop/alter?

Run through the following check- list daily to aid observation:

Mind	Respiration	Sex
Head	Digestion	Temperature
Eyes	Skin	Sleep
Ears	Extremities	Dreams
Nose	Urinary organs	Generalities
Back	Genitalia	

Note full description of dreams and the feeling it left you with.

You may also wish to note the phase of the moon. (See the back page)

Make special note of mental and emotional symptoms, being as concise as possible! This may be the most difficult type of symptoms to record, so special attention must be given to these areas.

You may find friends and family members note changes in your behaviour that may not be noticed by you, so do write them down.

Towards the end of the proving, turn to the back page and write a general summary of your experience. Take this out and keep it. This will be very important when I contact you after 6 months to see if there has been any periodicity with the symptoms. It is therefore very important to keep this sheet in a safe place! Please feel free to scribble any notes on the back of this sheet any time after the proving has ended.

Use the following letter headings in red where possible when recording symptoms:

(RS) – recent symptom is a symptom you are suffering from now or over the last year

(NS) – new symptom

(OS) – old symptom, please state when it occurred.

(AS) – alteration in a current or old symptom. (e.g.: used to be left side and now is right)

(US) – unusual symptom for you.

The key to a successful proving is observation. As Hahnemann said,

‘The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves.’

Finally, please meet with your Supervisor to compare notes to ensure the information is as accurate as possible and the possibility of discrepancies are reduced. It may be easier for people to do this a couple of hours before the final meeting on the 4th March in Carmarthen.

Thank you once again for your time and dedication to this proving and hopefully, furthering homoeopathy.

*Sandra J Stewart, 36 Pencaecrwn Road, Penyrheol, Gorseinon,
Swansea SA4 4FU
Tel: 01792 539447. Mobile 07915 084149
Email moonmmoths@ntlworld.com*

GUIDELINES FOR SUPERVISORS

Initial Meeting – Friday 7th January 2005
Baseline cases to be taken before - Friday 21st January 2005
Pre-proving recording for 1 week commences - Friday 21st January 2005
Proving starts – Saturday 29th January 2005
Proving ending and closing meeting – Friday 4th March 2005

Please note that both meetings will take place after the regular clinics in Notts Square and are scheduled for 6pm on the above dates.

.....

Firstly may I thank you very much for taking part in this proving. I hope that you will benefit in many ways from this exciting experience.

Also please check with your Prover that you have the same number code and their contact details along with a mutually convenient time to ring each evening.

Why another proving?

There are so many new remedies to be included in Materia Medica and it may be argued whether we need any more. Hahnemann tells us that there are many cases where the simillimum cannot be found, no matter how hard we search and we are often forced to prescribe less accurately. However, he goes on to explain that when a new remedy is proved well, it will cure cases that until then could only be partially covered with existing remedies.

Sherr writes, ‘ As learning can only be gained through new experience, and since a proving by definition is a new experience, it will result in learning, or as the popular term goes, in growth. When one learns, one grows hardier, more robust, better able to protect oneself.’

This proving is a DOUBLE-BLIND trial. This means neither I or any Prover/Supervisor knows who will be actually taking the substance and who will have been given a placebo. This shall be revealed at the end of the proving. Only the Helios Pharmacy hold the number codes and I will be provided with them near the closing date.

The aim of this proving is:

To clarify the healing potential of this remedy so that it may be used for the healing and well being of others in accordance with homoeopathic principles.

The main objectives are:

To provide as far as is possible, a safe and tested framework for practice (double-blind trial).

Continuity in all aspects of the proving process.

To obtain thorough and accurate information about all aspects of the remedy.

Check that you have the appropriate colour diary (**green**). Ensure the contact details between you, your Prover and Project Co-ordinator are correct. If there is any discrepancy, please contact me immediately – details above.

It is important to understand that the issues that arise within the proving will not be attached to any one person. Only the Project Co-ordinator, the Supervisor and Prover will know the person's individual notes.

The proving will start with the orientation meeting on Friday 7th January 2005 at the Notts Square Clinic in Carmarthen. You should be able to meet the person you will be supervising and we shall go through the proving programme. The week following the proving is for baseline case taking, which should be face to face where possible. This enables you the Supervisor, to get to know the person whom they are supervising, before the remedy is taken. It sufficient to cover the main outline and symptomatology, rather than conducting a full first interview. This is very important, as it will enable us to distinguish between the natural state of the patient and what has altered as a result of the remedy.

One week before the proving is due to start, the Prover needs to start recording on a daily basis. It would be very helpful if you could prompt the Prover here. It is very important and it will be very reassuring for the Prover to know that they are not alone and can rely on their Supervisors.

You and your Prover will need to ensure that the proving starts on Saturday 29th January 2005. The proving will draw to a close on Friday 4th March 2005 where we shall again meet for the extraction of symptoms. It is important that we can all attend together at this time as this is often a very illuminating experience, but it will be very important for us to be able to close the proving.

Taking the remedy:

Please can you ensure that on the 29th January, the remedy should be taken in the morning with a clean mouth and an empty stomach. The remedy should not be taken for more than three doses a day for two days (six pillules maximum). Leaving several hours in between. Once definite symptoms are noticed, the Prover should not take any further doses of the remedy. Please keep in close contact with your Prover during this time. If either the Prover or Supervisor are under any doubt please contact me.

If you have any concerns about safety, please do not hesitate to contact me.

Once the Prover begins taking the remedy be aware of any new symptoms or change and intensification of any existing ones, or return of old symptoms (those which have not appeared for over one year). Keep your notebook accessible. This notebook will become the Prover's new 'best friend' for the duration of the proving and you must ensure to the best of your ability, that

clear notes are taken during your daily phone conversations. You may find that the Prover has not been clear with their recording of symptoms, so it would be very helpful to ask questions to clarify these, e.g. 'What do you mean?', 'Are you sure?', 'What did it feel like?' The frequency of contact can be reduced as the symptoms abate.

Life style:

The Provers are asked not take food or drink half an hour before or after taking the remedy. The same rules apply when taking the remedy – no coffee, chewing gum, mint toothpaste, mints, vapour rubs, eucalyptus etc as these may antidote the remedy. Avoid taking any allopathic medication and supplements that are not part of your normal pattern. Avoid taking any other homoeopathic remedies for the duration of the trial including the run up to the proving. If in doubt, please contact me – details at the top. Obviously in the event of a dental or medical emergency, common sense must prevail. If this occurs please contact me when you are able.

The Provers are advised to keep as far as possible to their usual habits and lifestyle throughout the proving. I have asked that they avoid excess alcohol, exercise, work etc! And not to try exclusion diets at this time.

The credibility of the proving depends on the accuracy of the Prover's and the Supervisor's recording of the symptoms. None of the information should be discussed with fellow Provers or Supervisors. The information provided will be used for the greater purpose of homoeopathy, but the identity of the Provers and Supervisors will be confidential.

'The person who is proving the medicine must be pre-eminently trustworthy and conscientious.... able to express and describe his sensations in accurate terms.' Organon 126.

Contact with supervisor:

The role of the Supervisor is to clarify, verify and expound. This should be at the agreed time on a daily basis at first, until you both agree that daily contact is no longer necessary.

Recording the Prover's symptoms:

Note down symptoms carefully as they are brought to your attention via phone communication with your Prover. It is easier to do this whilst on the phone. If nothing happens make a note of this also. If you feel the Prover has difficulty in motivating themselves to record symptoms, please note this down as it may be very important.

Please start each new day on a fresh page. Each new day in the notebook should be marked with the date and what proving day it is.

The first day you take the remedy is zero. Record as -

E.g. First day - Day 0, 29/1/05

Second day - Day 1, 30/1/05

Write on alternate lines as this makes the next stage of extracting symptoms easier and enables notes to be clarified etc. You should not delete things from the diary and try to write legibly and accurately.

Remember to include location – a simple diagram may help here.

The sensation you can briefly describe - burning, dull, throbbing, shooting, stitching etc.

Modality was it > or < from cold, damp weather, food, smells, dark, lying, standing, light, people, etc

Try things out to see if they affect the symptoms.

What time of day? and intensity where appropriate. Was it generally > or < at a particular time? Note anything unusual regarding time of day etc.

Which side of the body is it?

When did it start/stop/alter?

Run through the following check- list daily to aid observation:

Mind	Respiration	Sex
Head	Digestion	Temperature
Eyes	Skin	Sleep
Ears	Extremities	Dreams
Nose	Urinary organs	Generalities
Back	Genitalia	

Note full description of dreams and the feeling it left then with.

You may also wish to note the phase of the moon. (See the back page)

Make special note of mental and emotional symptoms, being as concise as possible! This may be the most difficult type of symptoms to record, so special attention must be given to these areas.

Use the following letter headings in red where possible when recording symptoms:

(RS) – recent symptom is a symptom you are suffering from now or over the last year

(NS) – new symptom

(OS) – old symptom, please state when it occurred.

(AS) – alteration in a current or old symptom. (e.g. used to be left side and is now right)

(US) – unusual symptom for you.

The key to a successful proving is observation. As Hahnemann said,

‘The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves.’

Finally, please meet with your Prover to compare notes to ensure the information is as accurate as possible and that the possibility of discrepancies is reduced. Please try to eliminate any ambiguities, uncertainties or vague

descriptions. It may be easier for people to do this a couple of hours before the final meeting on the 4th March in Carmarthen.

Thank you once again for your time and dedication to this proving and hopefully, furthering homoeopathy.

Appendix 2

Letters for the Proving

*Sandra J Stewart, 36 Pencaecrwn Road, Penyrheol, Gorseinon,
Swansea SA4 4FU*

Tel: 01792 539447. Mobile 07915 084149

Email moonmmoths@ntlworld.com

13th December 2004

Dear All,

Thank you for agreeing to be a prover/supervisor in my new remedy project. I greatly appreciate your participation and in order for this to run as smoothly as possible I would like you to fill in the details below a.s.a.p.

I will then be in touch regarding the time of the first meeting on Friday 7th January 2005, after clinic.

Proving Start Date – Saturday 29th January 2005.

Proving End Date – Friday 4th March 2005. (After clinic)

Please cut along the dotted line and use the S.A.E to post back to me.

.....

Name _____

Prover/Sup _____

Year/Grad _____

Address _____

Post code _____

Tel No. _____

Mobile _____

Email _____

*Sandra J Stewart, 36 Pencaecrwn Road, Penyrheol, Gorseinon,
Swansea SA4 4FU
Tel: 01792 539447. Mobile 07915 084149
Email moonmoths@ntlworld.com*

Consent and Release Form

I may decline to write or answer any questions that I may be asked, but I will not be permitted to exercise any editorial control over the text that will be the product of this proving project. The material will be used at the discretion of the Proving Co-ordinator, but I will retain my anonymity.

I will advise my supervisor/co-ordinator immediately if I feel any discomfort in the course of conducting this proving. I have the right to end any interview at any time and refuse further interviews/discussions.

During any of the interviews/discussions I may disclose information that may only otherwise be covered by a 'doctor – patient' privilege. I agree to waive such privilege, but only to the extent of the statements that I voluntarily make in the course of an interview/discussion. I fully understand that my name will not be used in conjunction with the text.

I hereby, irrevocably grant the Proving Co-ordinator the right to use, reproduce, prepare derivative works of, distribute copies to the public in any manner, publicly display, sell and publish in any medium, in whole or in part for any purpose, including but not limited to educational, advertising, or promotional activities and any copyright interest of any nature that I may have in diary form or from verbal feedback.

I hereby release and discharge the Project Co-ordinator from any claims and demands arising from any and all claims and demands arising out of or in connection with the use of my texts and interviews, including but not limited to any claims for defamation, invasion of privacy or appropriation of rights of publicity.

I acknowledge that I am of legal age and physical and mental capacity sufficient to enter into this agreement. I fully understand that if I have any other questions about this project, I can contact the Project Co-ordinator or her Supervisor through the following details:-

Project Co-ordinator – Sandra Stewart, 36 Pencaecrwn Road, Penyrheol, Gorseinon, Swansea, SA4 4FU, Tel: 01792 539447, Mobile 07915 084149, Email – moonmoths@ntlworld.com

Project Co-ordinator's Supervisor – Linda Gwillim, Covent House Natural Health Centre, Maengwyn Street, Machynlleth, Powys, SY20 8EB, Tel: 01970 832039 Email – Linda.gwillim@talk21.com

These contract details are mostly based upon the consent and release form in Paul Herscu's book "Proving" (2002), New England School of Homeopathy Press.

Date _____

Prover/Supervisor _____

ProjectCo-ordinator SandraStewart

Appendix 3

Prover Codes

On a daily basis, you should run through the following checklist to ensure that you have recorded all your symptoms.

Mind	Extremities
Head	Urinary Organs
Eyes	Genitalia
Ears	Sex
Nose	Temperature
Back	Sleep
Respiratory System	Dreams
Digestive System	Generalities
Skin	

Please give full descriptions of dreams, including how it made you feel afterwards.

Also consider any reports from friends and relatives, as they will often pick up on changes.

As far as possible, try to use the codes to classify each of your symptoms. This will be enormously beneficial when I come to sorting out the symptoms. Please circle the codes in red pen.

- (RS) – A recent symptom i.e. a symptom that you are suffering from now, or have been in the last year
- (NS) – A new symptom
- (OS) – An old symptom – state when they originally occurred e.g. dandruff 14 months ago.
- (AS) – An alteration in a present or old symptom (i.e. it used to be left sided and it's now right)
- (US) – An unusual symptom for you

Appendix 4

Master Prover Notes

Mind Symptoms

I am really worried I'm not going to be able to hand in my homework on time. This would be the first time ever. Feel like I could cry, but I didn't. I am devastated about this. Nov 04

Worked until late at night to make sure I finished my work. Nov 04

Organisation is my crutch and at the moment, I feel like it has been kicked away from under me. Dec 04

Quite depressed at the moment. Dec 04

Exhausted mentally and physically. So, much running around. Broke down and sobbed in the car. I've had enough of everything. Don't want to live here anymore. I want to move abroad. Dec 04

Doing loads of work. Working till late at night and I'm exhausted. This is common. Jan 05

So busy rushing around, I'm making mistakes. Opened mascara and nail polish remover and put a big swab of nail polish remover on my right eye. Jan 05

Feeling very depressed tonight. I wanted to give up the homoeopathy course, as the workload is too much. I just want to be left alone! Jan 05

I felt hopeless in work today. I have no ideas and I don't feel I'm doing a good job. Jan 05

Barry is going to drive me to work tomorrow, as my concentration isn't very good. This will help a lot. Jan 05

A couple of people have had to drop out of the proving and I need to find others. I'm at my wits end, just so very stressed. Jan 05

I'm annoyed with people now. Jan 05

Bloody furious today. Feel like I've put so much effort into the project so far. I've tried to be so organised, but there are external factors, beyond my control, that are messing things up! Jan 05

I put my head in my hands and cried today with frustration. Jan 05
I've been advised to stop the proving and to cancel it. I can't, I feel like I've come so far, we have to see it through. Jan 05

I've spent 4 hours on the phone this evening trying to sort out problems and I'm exhausted. Jan 05

The lights all over our house have not stopped flickering all evening. Jan 05

Exhausted in work and very irritable. Jan 05

I feel quite in control at the moment, which is quite unusual for me. Jan 05

Feel quite confident at the moment. Feb 05

I feel empowered and in control of situations. Feb 05

I'm very organised at the moment. Feb 05

I now feel a swing between control and out of control. Feb 05

I'm getting really annoyed in general about the lack of manners with some people. I've even responded in a sarcastic manner!
Feb 05

Ratty because the house is still untidy. Feb 05

I realised today that though I never read fictional books, I have read 3 and am on my 4th since the proving started. Feb 05

Feel very organised and in control. Feb 05

I feel really flat, but I just can't settle. Feb 05

I just can't get started with my work at all. Feb 05

I'm biting my nails now. Feb 05

Feel dreadful. Feel I've worked myself into the ground and can't stop, accompanied with a lump in my throat. Feb 05

I couldn't go to work today, as I feel so drained. Feb 05

I am very clumsy. Mar 05

I just cannot seem to find the right words to use. Mar 05 – May 06

I am very forgetful. Mar 05

I seem to be constantly talking about the project. It feels enormous and I don't know where to start. I'm sure people must be sick of hearing about it. July 05

I am really struggling to start the write up of this proving. I just can't face the books. Sept 05

Having a major downer at the moment. I just can't see there being an end in sight. It is endless. I have a vision of me being very small in a sort of vase and looking up skyward and somewhere, way up in the sky is my way out, but the walls are straight and I just can't see a way to climb out. Dec 05

Feeling I could pack the project in. It is taking over my life. Jan 06

I can really have an aversion to music or talking on the radio. It just annoys me so much. Jan 06

Feel really vibrant at the moment and feel I could move mountains. I feel like I could jump but not ordinary jumping, but pole vaulting. I feel I could run, but long distance, like a marathon. Mar 06

Feel like I've become so low, don't feel I can possibly pick myself up. April 06

I'm experiencing the extreme opposite of my feelings in March. So very depressed at the moment and it's come on so suddenly. I think Barry should move out as I feel this state of mine is out of my hands. I feel I am transforming and it is completely out of my control. I feel like a monster. I can't speak to anybody at the moment. I'm not going to answer the phone. May 06

For a few months now there are times when I feel it would be better if I just cried but I'm totally unable to do so. Mar – May 06

I can see light at the end of the tunnel. The end is in sight. May 06

Head Pain

Had a bad headache today over the top of my head.
> for pressure. Jan 05

Woke with a head pain over left eye. Feb 05

I had a migraine. Couldn't bear the light or any noise and I have to lie down. I feel better for pressure and cold applications. Jan 06

Headache, which feels better for pressure, but accompanied with nausea. I couldn't bear the light. Feb 05

I had a migraine coming on in work so I had to leave for home. I couldn't quite make it all the way and stopped to be sick in a hedge. Couldn't bear the light. It was a dull day and I had to finish the drive home with sunglasses on. I am better for pressure and a cold flannel. Mar 06

Eye

I want to read, but it's late and my eyes are tired and burning. Jan 05

Under my right eye a sore, puffy red patch has erupted. My eye is very watery. April 06

Nose

I have boils on the bone in my left nostril at the moment and my nose is running a lot and I've started to sneeze. I may be in for a cold again. May 06

Face

All the muscles around my lower jaw feel bruised. Mar 05

Teeth

I have been grinding my teeth in my sleep. Dec 04

I have been clenching my teeth unconsciously. July 05, Dec 05, Jan 06, April 06

Throat

Got a sensation of a lump in my throat, brought on through stress. Mar 05

I have a pain in my throat, like a thumb being pressed in the pit. I'm sure stress has brought it on. Dec 05

I still have the pain in my throat. The thumbprint like sensation is on and off. It is definitely stress related. Jan 06

The thumb print pain in throat continues. Mar, April and May 06

Woke with such a sore throat this morning that I couldn't talk and found it really difficult to swallow. May 06

Stomach

Feeling very nauseous when I lay down at night. This has been going on for a week or so. April 06

Female

My period had started and I told Barry I was in a 'fit to kill' mood, but oddly still felt quite in control. Feb 05

Period was absolutely profuse. I'd never experienced anything like this before. Feb 05

For the past couple of months my periods have almost halved in length. March 05

Cough

Long term cough problem is getting worse.

- < anxiety
- < anticipation
- < excitement
- < cold weather
- < damp weather

I've got a cold. Not so much of a sore throat, but hot and cold chills. A very bad headache behind the eyes. Coughing until retching.
I'm also sneezing with this cold. I've coughed so much, I feel I've had a workout. My stomach muscles are aching from all the coughing.
The cold wind is affecting my ears. I feel fragile and sensitive with this cold. I've hardly any energy. My cough is dry and barking and can go on for ages. Loud sounds annoy me. I'm losing weight with this cold, as I have no desire to eat except when my stomach rumbles. I don't think I've had a cold like this since I was a child. Everything smells awful, in particular everything with vinegar. Dec 04

My cold is continuing. I am better for drinking lots of hot drinks, except hot orange juice as it hurts my throat. Jan 05

My cough had disappeared since Jan 05, but it is now back with the same symptoms as before. April 05

Chest

I've experienced tight, constricting pains in my chest that appear to be stress related. They can hurt when I take a deep breath. It feels better when I hold it. Feb 06

Extremities

My nails are flaking badly at the moment. Feb 05

My fingernails have now split quite badly. Mar 05

I cannot seem to stop itching the tops of both my hands. I scratch them furiously until they are red. They feel better after being scratched. Sep 04, - March 05. July 05, Sep 05, Nov 05 - May 06.

Just thinking or talking about the project makes me itch, somewhere, and I'm not an itchy person. This has been continuous throughout.

Extremity Pain

My right shoulder is so bad it feels like it is made of plaster and someone has hit it with a sledgehammer. Not because of the pain, as this is a bruised feeling, but because of the sound of the bones crunching. I have real difficulty looking over my right shoulder.

< when working at the computer

< carrying anything over that shoulder, even a light bag

< lying on it

> for massage

> for heat

Nov 04

My right shoulder and neck is playing up again and it has been getting worse for three days. Jan 05

My neck and right shoulder is aggravated at the moment and I'm in a lot of pain. April 06

Sleep

Barry wakes me up from sleep to tell me I was sweating a lot. Jan 05

Dreams

Dreamt I was keeping wild animals – lions, elephants and tigers and they'd escaped from my mother's garden one night. The puma was left. It was a weird colouration as it was blonde with a few black patches. It was stalking me in the night. Nov 04

Dreamt my husband and I were members of the SAS and we had set up some elaborate system of winches and pulleys in an old warehouse with the help of a local business to capture 'the bad guys'. The next time 'the bad guys' came back the local business wouldn't help us with the winches and pulleys and we were left helpless so had to run to escape. Dec 04

Had a bad dream about a snake, but can't remember details now. Woke up covered in perspiration. Nov 04

Dreamt I had fallen in the dark over tree roots. When I looked at my arm I had three snakes on them; a brown, green and another colour but can't recall. They were coiling around my arm. Dec 04

Dreamt I was a leader of a religious sect. It was night time. It felt like I had gone back in time as the roads were dust tracks and there were high stonewalls of the village and I was looking for the steps in. In my dream, I'd had a premonition I was going to die, but I couldn't recall how. I was walking into this stone village and turned left up some stone steps on a side street. I saw a wild looking woman come at me with a huge knife. I fought her off and ran up the steps. I remember thinking I should turn around and see what she was doing and the woman had got up quicker than I'd expected and she stabbed me through the heart. She took out the knife and ran off. I remember an old wise man coming up to me and he put his arms around me and said, 'This was your premonition, wasn't it?' I said yes and bled to death. It was painless. Nov 04

Dreamt my mother was getting married and was walking down the aisle of a church in an apricot dressing gown with her wedding dress underneath. I had no idea who she was marrying, but was shocked that she hadn't made any effort. No make up or had her hair done! Nov 04

Dreamt Barry had been abducted by some religious cult and was being kept in a church around the corner from where we live. I knew I had to infiltrate this group in order to rescue him. When I went inside, the people were like zombies and had been brain washed. As these people were led back to their enclosure I made a run for it and ran to a stranger's house to try and ring my sister. Dec 04

Dreamt I was smoking pot to see what it was like. I woke up feeling very dizzy. I got out of bed and fell into the wall and bumped my way through the passage. I was pulled to the left. I almost fell down stairs and staggered into the wall. I sat on the sofa arm, as I was so light headed and fell to the left onto the sofa. I went into the bathroom and bumped straight in the bath. This dizzy intensity lasted about two minutes. The very mild pulling to the left, last for about four hours.

Dreamt Barry and I were sleeping down my mother's and a small, but very muscular Water Buffalo was chasing me all over the house. It was trying to ram me with its horns. Jan 05

I dreamt that I went out three times for a meal in the nude. It was only on the third occasion did I realise this and I was so ashamed. Why hadn't anyone told me?

Jan 05

Dreamt another car bumped into our car. Jan 05

Dreamt I was walking from some shops home, with a friend of mine and I had to success 30 remedy bottles and I kept losing count. I was so frustrated. Jan 05

I dreamt I had an argument in a shop over some deals they were offering. I was getting annoyed. Jan 05

Dreamt I was walking to work in the morning twilight. As I turned to walk on the road along a lovely stretch of common land, there was a three-legged prize bull dead, but frozen solid in an upright position. A dead cow and donkey lay next to him. There was blood running everywhere. As I took the next turning on the common, there were three dead horses, which had been killed by a car. I looked up to see the landscape had turned red. The streams that came down the hills in the distance were running with blood and I was slopping through the blood as I walked. There whole countryside was covered in blood. I woke up with the horror of it all and kept falling back into the dream and looking at the blood. Feb 05

Dreamt I was being hunted by a lioness and there were wild pigs around. I only had a packet of butter, so I threw some of the butter at the wild pigs and the rest at the lioness and ran. I was still running when I woke! Feb 05

Dreamt we had to use toilets where the floors were covered with fleas and lice. I couldn't use them and said I would rather go outside. Feb 05

Perspiration

I've been suffering from a lot of night sweats. Oct 04

Woke up in the night from a bad dream, I think it was a snake dream. I was soaking in perspiration from head to toe. Nov 04

Soaking perspiration during sleep accompanied with teeth grinding. Feb 05

Soaking perspiration in the night. April – May 06

Skin

I've been itching under my chin, for over a month. There's no rash.
> for itching. Dec 04

My right wrist (underside) has been itching for two weeks. It started the same time as my chin was itching. Dec 04

I'm itching my calf muscles furiously when I go to be. It is much better for scratching. Dec 04, Jan 05, Feb 05, March 05, April 06, May 06

I have spots erupting on my neck, which I've never had. May 06

Generals

Told my homoeopath I felt constricted. Nov 04

Exhausted physically and mentally at the moment. Dec 04

Exhausted in the evenings at the moment. Feb 05

I can't stop eating. I seem to be eating anything and everything. Feb 05

Still eating far too much. Mar, April, May 06

I am exhausted at the moment and am really lacking in energy. I have a mild aching sensation all over my body. Just feel really weak. May 06

Miscellaneous

Lights

We had flickering light bulbs throughout this month. Jan 05

An aunty and uncle of mine told me as soon as we left their house, a light bulb shot out of the ceiling light and hit the place where Barry had been sitting.

They said it had never happened before. Feb 05

A light bulb melted in its socket at my mother's and this had never happened before. Feb 05

Countless provers and supervisors in the meeting which closed the proving and my clinical supervisor had their light bulbs blow all month. P3, 8, 12, 15, S12, MP had listed these in their books. There were more people that had experienced this, but only told me verbally.

One of the supervisors said she just had to squeeze light bulbs during the proving until they shattered. Feb 05

One of the supervisors referred to their prover as being, 'Like a light bulb in the dark.' Su8

A prover said their light in the bedroom wouldn't go off. P8

Coming to the closing meeting of the proving, one of the provers picked up a magazine blowing around the car park. It was only when she got home did she look at it, it was a magazine, purely on light fittings. P2

'We should be allowed to walk in our own light... bring the light in and set me free.' S11

'Light gave me life and I was glorious.' P15

'Turned the light out for the first time in 52 years,' when going to bed. 'I have a huge desire for darkness.' P15

'They see an abundance of lights.' P15

Trees

A prover was hit in the eye by a tree and had a black eye that was itchy. She also referred to wanting to find some space and wanting to grow. P1

'My life begins to spread, like a branch on a tree, buds bursting open and fills a bigger and bigger space. P1

While driving, had a flashback to an old tree that as a child they would climb inside and make a den. P13

For weeks this prover had been looking for a host for a web page. P13

Barry and I went over to a friend's house for food and to look at his holiday shots. He had erected a large screen in his living room. He told us to have a seat while he got us some drinks. I looked at this huge screen and it was a photo of a Strangler Fig and he was completely unaware of the proving! It's this photo I have also included as I thought it appropriate. MP

'Envisaged they were sitting on the soil and then, 'I was inside the earth... the roots of plants of trees expanding and questing through the soil in search of nutrients and substance.' P15

'The day the proving started the road I was on was blocked by a fallen tree.' P15

Had images of a jungle. S8

'I feel like a great seed awaiting in terror, the cracking and the breaking. The beginning of its growth.' P8 wrote just before the proving started.

Earth

Prover feels that the remedy is connecting her to the earth. P7

'Animals are all busy on a sub-terrestrial super highway.' P15

'Of course there was death down there. Bones of the once alive, animals, humans. Deeper and deeper. P15

General

One of the provers told me that if this proving went on any longer they would strangle me!

Lots of references throughout the diaries of constriction. P8

Teeth

Had to take daughter to the dentist with toothache. P1

Cat had to have back teeth removed due to abscesses during the proving. MP

Dog had to have rotten, crumbling teeth removed during proving. MP

'I want to bite her.' S11

Clinical supervisor had a tooth abscess for the first time ever.

Had to visit the dentist, as teeth were so painful. Dentist said they may have an abscess as face was so swollen. P11

Husband gone to dentist. When they took a tooth out two weeks ago, they cracked two alongside. P15

A colleague in work is off during the proving with a tooth abscess. MP

Nosebleeds

The husband and child had nosebleeds. S2

All four daughters had nosebleeds and for one of them it was the first time ever. P11

Brother in law has now started having nose bleeds. Three in two weeks. P11

Electrical

The main electrical panel of the car has broken on quite a new car. MP

The day after the car broke down, my television blew when I was watching it. MP.

The stereo broke on the car and was told it was unfixable, yet it started working two days later. S8

I have experienced a lot more static electricity than I normally do and it is very painful when it is discharged. MP

'My hair is full of static electricity. I'm like an electricity pylon. It's driving me mad!' P12

Possible Curatives During the Proving

Had varicose veins removed and has a pain in their legs if they stand too long. This was absent during the proving. P1

No hangover after drinking. P9

Only had a mild hangover, when they should have had a major one. P14

Drank a whole bottle of red wine but had no hangover in the morning. P10

Chronic neck pain disappeared during the proving. P14

Nasal catarrh absent during proving. P14

Chilblains still present, but not sore any more. P14

Chilblains cleared during the proving. S15

Anterior knee pain gone. P7

Asthma has improved and can even breathe through nose. Virtually never been able to breathe through nose. P15

Sinus troubles cleared during the proving. S15

Able to walk up hills and asthma not affected. Unusual. P15

'I'm now able to sleep and I'm a chronic insomniac.' This was the case throughout the proving. P15

Acupuncturist said it was the first time in a year they'd had energy in their lungs. P15

Stopped getting heart palpitations. P15

Cases

Please send any cases where Strangler Fig has been prescribed, so that I may compile the most comprehensive picture possible.

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