

## Loxosceles Reclusa – A Homeopathic Proving

*This document is from the web site [www.homeopathycourses.com](http://www.homeopathycourses.com) about a homeopathic proving using the venom of a loxosceles reclusa spider. Therefore, first we will describe what a proving and homeopathy is all about. Proving information, including some interesting facts about the brown recluse spider starts on page 5. Louis Klein's new book, Clinical Focus Guide to Homeopathic Remedies also includes a clinical section on Loxosceles Reclusa. This proving is also available in the book: Luminos Proving.*

*For more information about homeopathy, books and courses on homeopathy refer to our web site [www.homeopathycourses.com](http://www.homeopathycourses.com) or email [info@homeopathycourses.com](mailto:info@homeopathycourses.com)*

### What are Provings?

Homeopathy is based on the principle of "similar curing similar". This means that a substance that can create a set of symptoms in a person can cure those same symptoms, when given in a diluted and "potentized" form to a person suffering from similar symptoms. The basis of information for homeopathic remedies has traditionally been from recorded poisonings and from what are called "provings". Provings are when in an organized fashion, a group of individuals take the diluted and potentized substance and carefully record the symptoms that they experience over a period of time. The information is then organized and compiled together.

### About Homeopathy

Homeopathy is an elaborate and very detailed system of healing based upon the principle of stimulating the body to heal itself. It is non-toxic and highly effective. Widespread throughout Europe, Great Britain, Central and South America, India, and Africa, homeopathy is experiencing an explosive resurgence in the United States and Canada as part of the movement toward alternative medicine. Homeopathic remedies and pharmacies are regulated by Health Canada and the FDA in the United States. The principles underlying the specialty of homeopathy have been systematically proven throughout two centuries of practice and validated by over 200 scientific studies meeting modern criteria of acceptability.

### What are the principles underlying homeopathy?

Homeopathy was founded by a German physician named Samuel Hahnemann and the principles that he elucidated have stood the test of time and application.

The basic principle, verified by vast clinical experience, is: Like Cures Like — A substance that produces symptoms in a healthy person will cure those very symptoms in a sick person. Healthy individuals called "provers" are given a substance in a highly dilute form and carefully record their symptoms. This highly diluted and specially prepared substance is then given to a sick person with similar symptoms.

Homeopaths observe that virtually all substances — plant, mineral, or animal — may produce symptoms if given carefully to sensitive individuals or in larger quantities to less sensitive people. These symptoms are painstakingly catalogued in *Materia Medica*s, which are then elaborately analyzed (in modern days, by computer) to match the symptom properties of substances to symptom pictures of patients.

The basic concept is that symptoms are manifestations of the organism trying to heal. In acute disease, the fever, malaise, pain, and diarrhea or discharges are attempts to kill the offending organism and expel the toxins while encouraging the person to slow down and rest. In chronic disease, the symptoms are attempts to heal which are not succeeding — thus, they are chronic.

In the homeopathic perspective, symptoms are any limitations of freedom — whether mental, emotional, or physical.

### What is the method?

The practitioner conducts a very detailed interview addressing all major and minor symptoms of mental, emotional, and physical planes. Each symptom is elucidated as to what makes it better or worse, when it occurs, whether there are others in conjunction, what circumstances produce it, what stresses seem to lead to it, and whatever hereditary traits contribute. A total symptom picture is built which is then matched to the best possible snapshot of a person's health and factors that lead to and continues the problem state.

A homeopathic remedy is administered. It is sent to the patient directly or can be ordered from various homeopathic pharmacies.. Progress is then monitored at six –eight weekly intervals or longer as needed. The follow up interviews are not as long as the initial interview.

A good homeopath, usually chooses only one remedy (out of 3,500 or so available). This is quite a daunting task but sophisticated computer data bases and modern techniques make the task much more accurate.

If the remedy is correct, there is improvement on many different levels notwithstanding the main problem. . If the remedy given is incorrect, essentially nothing at all happens — the patient is neither worse nor better as a whole even despite minor changes. In that case, another remedy is selected.

### What are homeopathic remedies?

Made from plants, minerals, earth salts, animal tissue, even poisons, there are approximately 3,500 remedies. Examples from daily practice are *Pulsatilla* (Windflower),

Sepia (ink of the cuttlefish), Calcarea carbonica (calcium carbonate from oyster shells), Sulphur (the element), and Natrum muriaticum (sodium chloride, table salt).

Remedies are all prepared by FDA-approved pharmacies by serial dilutions of the original substance, with forceful shaking between each dilution. There is no therapeutic effect if the substance either diluted without shaking, or shaken without dilution. However, the effect is very potent when matched precisely to the symptom picture of the patient.

A shocking fact is that the more the remedy is shaken and diluted (serially), the more powerful the curative action! This remains true even beyond the point of there being even one molecule left in the solution! This seeming paradox has been recently elucidated by a variety of studies throughout the world since 1995 — clarifying special Quantum Electrodynamics processes occurring only in dilute solutions of water or other dipolar solvents. Essentially, the process of shaking and diluting creates clusters of water molecules aligned with associated electromagnetic fields. When there is resonance between the remedy "vibration" and the patient's symptoms, the structure of water changes and improves all the chemical reactions involved in bodily processes. (Bill Gray, MD, Homeopathy: Science or Myth? North Atlantic Books, Berkeley, 2000)

### **Is homeopathy placebo effect?**

There certainly is considerable placebo effect arising from the holistic nature and thoroughness of a well-taken homeopathic interview. However, homeopathy is very effective in babies and animals. And over 89 carefully designed double-blind clinical and laboratory studies have been published proving its effectiveness. Tissue and cell cultures also respond quantitatively to exposure to remedies. ( Bill Gray, MD, Homeopathy: Science or Myth? North Atlantic Books, Berkeley, 2000)

### **Remedy Preparation for Loxosceles Reclusa**

Micheal Quinn who is the head of the Hahnemann Pharmacy kindly supplied all the remedies for the HMC Proving. The substances were carefully classified and then prepared according Hahnemannian principles. All remedies were taken in the 30c potency.

You can order these remedies by reaching the Hahnemann Labs through their excellent web site:

<http://hahnemannlabs.com> . The web site has more information on homeopathy.

or phone: 1-8884-ARNICA.

You can also refer back to our web site: [www.homeopathycoours.com](http://www.homeopathycoours.com)

## Participation in the Proving

The most important part of a proving is the volunteers and individuals who make a proving happen. Along with Louis Klein, there are individuals who volunteer as Co Master Provers. There are supervisors and provers who remain anonymous. A very special dedication and insight into homeopathy is developed as a result of participation in a good proving.

In 1995, the HMC Course in San Francisco developed a written agreement to be signed by all who participate in a proving. This was a document that was developed with reference to the Helsinki Human Experimentation Accord. It addressed concerns about what a prover could expect and how each prover and participant is to be treated and heard. It had a very beneficial effect on all provings.

## The Nature of these Provings

The rigorous nature in which these provings were done grew out of the Homeopathic Master Clinician Course. Out of pursuing excellence in clinical practice we discovered that without a really good proving of a remedy, our grasp of that remedy is primarily from the clinical application rather than from the information in the proving. Many provings are incomplete primarily because they don't last long enough. The poor nature of proving information, is why, to a certain degree, so many newhomeopaths are desperately searching and using a lot of conjectural information when prescribing. This leads to relying solely on signature information in an attempt to advance their understanding. In the short term this approach may work to a degree but in the long term it will not truly advance our art and science. The foundation of our science depends on good provings.

The standard for these provings was set by Hahnemann and has been further elucidated by Louis Klein.

By doing the more rigorous Hahnemannian proving, secondary symptoms, along with primary symptoms are revealed by the provers. Each prover had a supervisor who took the case prior to starting the proving. The supervisor then followed the individual prover on an almost daily basis in the beginning. This approach provides a degree of safety as well as helps the prover to stay on a track of reporting symptoms effectively.

## Structure of Provings

### Prover

The prover takes a homeopathically prepared substance in the 30c potency. It is repeated only if the initial dose fails to provide any effect. Most of the provers in all provings took just one dose. The prover keeps a journal of his symptoms preferably on a daily basis or when they occur.

## Supervisor

The Supervisor's role is to assist the prover in relating and recording symptoms effectively as well monitor any strong reactions etc. Prior to the prover ingesting the remedy, the supervisor takes a complete "case" or records all the current symptoms the prover has experienced. After the prover takes the remedy, the supervisor stays in contact, usually by phone and records the interaction.

The supervisor also records all symptoms in a journal and these are compared to the provers in the final extraction.

## Master Prover and Co-Master Prover

The master prover and CO master prover make decisions as to what remedy is proven and the overall organization and monitoring.

## Compilation

Many hours of work go into compiling the information in a usable form. A number of individuals usually volunteer for this process. Most of the information in this internet format is based on a preliminary compilation with no editing of the expressions of the provers. Future books and documents with this information may contain more edited versions and larger introductory sections.

# Loxosceles Reclusa the Proving

## Common Name

Brown Recluse Spider

## Proving Details

Primary Proving Location: Vancouver, British Columbia, Canada

Master Prover: Louis Klein, R.S.Hom.

Co-Master Prover: Heather Knox

Compilation: Cynthia Shephard and Heather Knox

Provers took a 30c potency, one dose without knowing the identity of the remedy.

## Source Notes

Description: Gertsch and Mulaik first described the brown recluse spider in 1940. Smaller in size than the black widow spider, its average measurements are 7-12mm in length and 4-6mm in diameter. It has an oval body with four long, thin legs on each side of the cephalothorax. The body color can vary from a light fawn to a dark chocolate or mahogany brown. The cephalothorax and abdomen of adults are usually light brown or fawn and the legs are much darker brown. There is much variation in coloration due to genetic variation and length of time since the last molt. Both

body and legs are covered in short hairs which are not visible to the naked eye. The darker band, which is shaped like a violin and extends from the eyes back to the end of the cephalothorax, is the source of this insect's other common names, the fiddle-back spider and the violin spider. Females are slightly larger than males. Males are distinguished from females by the bulbous appearance of the pedipalps, which function as sperm transfer organs, and the first pair of legs, which are longer than in the female. Both sexes are venomous.

Range: *Loxosceles reclusa* is a major resident in the south central United States, in an area running east from Texas to South Carolina, and south from Indiana to Alabama. It is reported to be most common in Missouri, Arkansas, eastern Kansas, and Tennessee. Warm dry climates are the natural limits of this spiders range, but since they are long-lived (maximum life span of adults ranges from two to four overwinters) and very tolerant of environmental changes, the brown recluse is expanding its range by transport in man's belongings (e.g., shipping crates) and by existing indoors in areas where the natural climate is not suitable.

Habitat: One study in Texas revealed the typical habitats of *Loxosceles reclusa*. This spider occupies almost any dry niche, indoors or outdoors, that can provide seclusion during daylight hours. Such locations include "inside walls of barns, around feed sacks, between and under hay bales, closets of dormitory rooms, garages and closets of homes, under miscellaneous rubbish in old barns and sheds, outdoors under rocks and in stacks of wood or posts, in decaying logs, and under corrugated metal." Large numbers of brown recluse spiders have been found during winter months in Arkansas. They take shelter between rocks that are protected by overhanging cliffs. The web of the brown recluse is spun for shelter, not for trapping food. It is irregular in shape and consists of a densely woven central retreat with loose silk threads surrounding it in various directions.

Hunting and prey: The brown recluse spider forages, moving about freely at night in search of its prey, primarily insects. Under natural conditions *L. reclusa* feeds on different species of isopods, spiders, mites, beetles, millipedes, earwigs, crickets, flies, wasps, ants, moths, firebrats and cockroaches. It belongs to the Family *Loxoscelidae* (most closely related to the *Scytodidae*) and the Super Family, *Plecteuroides*. The superfamily is that of the 'primitive hunters.' These spiders are active ground vagrants, stalking the terrain as they hunt. Most retire to some sort of base during the day, such as a silken tube or a padded corner. Very few of the primitive hunters use silk with much proficiency and they do not rely upon it as a means of capturing their prey. All of them are shortsighted, and since they are active at night, eyesight plays only a small role in the success of their hunting. Unlike most spiders, they are six-eyed (instead of the usual eight); there are three pairs of eyes arranged in a semi-circle on the anterior portion of the cephalothorax.

Mating: The brown recluse mates between May and September, depending on seasonal temperatures. Mating behavior includes random contact and pursuit, followed by caress, embrace and copulation. The male is rarely killed by the female, although it has been observed in one instance when the male was very aggressive and the female nonreceptive. Females who mate late in the season have proven able to survive the winter and produce viable eggs the following spring; therefore females transported out of their normal range can produce broods without males. Although spiderlings can successfully emerge from the egg sacs on their own, the female has been frequently observed helping spiderlings escape the egg sac by pulling the cover webbing back.

Behavior: The brown recluse is sedentary, some may call it shy, and it avoids light. These habits all support naming this brown spider the recluse. It is thought to bite only in self-defense. Man is an unwanted intruder into this spider's habitat, but contact can occur when a foraging spider takes cover in bed clothes; the bed's occupant's subsequent limb movements or pressure of body weight can then cause the spider to inflict a bite.

Effects of the bite: The victim is often not aware of the bite until two to six hours later, unless, and this is rarely the case, he witnesses the spider in the act. The first symptoms after the bite include a stinging sensation with mild to intense pain. The immediate local effects of envenomation are a transient erythema, which produces a dusky or mottled appearance to the skin. Sometimes a blister quickly follows. During the first several hours the dusky hue expands, traveling downward from the site of the bite, along the forces of gravity. The pathologic process is fully established within six hours, and within 24 hours the area where necrosis is taking place is indeed striking. The zone of erythema is replaced by violaceous discoloration, and subsequently an irregular zone of necrosis develops ranging in measurement from a few centimeters to more than 30cm. Aseptic necrosis proceeds to dry gangrenous slough and black eschar formation. Open ulcers form as the necrotic area breaks away from surrounding healthy tissue. Thus the venom diffuses through subcutaneous tissue until the supply is exhausted. In some cases it extends through the

fascia, exposing the underlying muscles. Healing of such ulcerous wounds can require months, and often a sunken scar endures. If the quantity of venom is small, no necrosis occurs and only the local erythema appears.

The venom: Numerous studies have been conducted on the action of the brown recluse spider venom. A wide variety of enzymatic activities have been reported. The venom contains a phospholipase, sphingomyelinase D, and this component is believed to play a role in cell lysis. A study as recent as 1994 reported that the mechanism by which the venom causes necrotic lesions is currently unknown. Certainly, though, envenomation by the brown recluse spider can result in an impressive dermonecrotic lesion. These lesions are remarkable given the fact that the spider injects his victim with only a few tenths of a microliter of venom!

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### **Commentary**

I decided to prove this remedy after much prodding by many veterinarians and homeopathic practitioners. Brown recluse spider bites are common in certain parts of North America and pose a particular problem in domesticated animals. The bite leads to serious life-threatening problems and death.

This proving was the most difficult of all provings I have supervised. The symptoms of the provers were intense and long lasting. A number of provers had suicidal thoughts and therefore needed close supervision. Fortunately the preparation for the proving was thorough and comprehensive, and each prover signed an agreement that encourages communication. I also was committed to treating any provers after the proving if there were any residual problems.

The provers, in the spirit of Hahnemannian inquiry, felt that the short-term suffering they experienced was well worth the attainment of the final totality of symptoms. I applaud their efforts. It is my hope that their efforts will lead to the cure of many sick people with similar symptoms.

### **Extraction Meeting**

The extraction meeting was a combination of gloom and (spider) industriousness. No languid pauses like in the earthworm proving! It was decided that the provers would cut and paste their journal entries such that there would be a book that would have only proving symptoms and none that contained previous symptoms. This was done intensely and everyone was very busy.

The next day a class was held and the students who participated in the proving were defiantly silent when questioned. The aura of this proving had to do with death.

### Post Script

This remedy is proving to be an important one. It adds to our materia medica a remedy which can treat suicidal depression. Additionally, I see it as an important remedy for physical conditions such as chronic fatigue syndrome and muscular rheumatic complaints, including fibromyalgia.

It also bears importance for individuals who have been involved in violence, either as a victim or as a perpetrator. I have seen both the suicidal impulses and the violence cured with this remedy.

### Proving Collation

Section	Day :Time	Prover #	Symptoms
<u>GENERALITIES</u>			
Generalities	00:XX:XX	03	No appetite; no enjoyment of food (very unusual), may eat salad only.
Generalities	00:02:00	03	Mild electric shocks, left side especially through my arm and labia. An awareness of energy in left half of body and a fullness, almost a heaviness; right side feels empty.
Generalities	00:05:30	01	Feeling of weakness throughout body.
Generalities	01:XX:XX	02	Good energy which is bizarre because went to bed at 1 am got up at 5 am.
Generalities	01:XX:XX	06	Took a second dose of the remedy. Got on the scale & weighed myself. Had lost 2 lbs in one day, amazing.
Generalities	01:XX:XX	03	Left sided heaviness, energy.
Generalities	01:17:00	06	Went and bought a pecan pie and a pint of whipping cream to drown my sorrows.
Generalities	01:21:30	04	OS Tired, tired, a little early.
Generalities	02:XX:XX	02	Like I have got all this energy and just want to go and go-don't have control of that.
generalities	02:XX:XX	02	Nothing is lasting (symptoms) except the hyper energy with jittery feeling since tea-- 4pm Sunday. Didn't mention it before because thought it was the tea.
Generalities	02:XX:XX	06	Desired and got pie and whipped cream. Ate lots.
Generalities	02:XX:XX	01	Thinking about remedy: everything got worse in the evening both days. Felt fine in the mornings both mornings.
Generalities	02:13:00	04	OS? Feeling well, good energy. Optimistic, enthusiastic, but having troubles getting down and focusing on writing tasks (planning a class). Procrastinating.
Generalities	02:18:00	01	I feel more fatigued than usual.
Generalities	03:XX:XX	02	NS Hunger-- Not hungry or thirsty. Keep reminding myself to eat.
Generalities	03:XX:XX	02	If didn't have control of body parts would want to move or bounce— everything - extra energy - lets go, lets do, lets get it down. Partner made me sit down that night and be mellow but the energy is still

				there and I am controlling it. Sunday that I took the remedy thought it was the tea - tea does that to me - caffeine - didn't even write down when it quit - then it came on again the next day - now it is doing it in the morning
Generalities	03:XX:XX	03		No appetite still.
Generalities	03:07:30	01		I feel like I just want to stay cocooned under my blanket. (NS... usually wake up ready to go , not one that enjoys sleeping in).
Generalities	03:07:30	01		I feel like I want to be at home.
Generalities	03:08:30	01		Feel tired and heavy. Not a pleasant feeling.
Generalities	03:21:30	01		Feel like want to go to bed, have an ache in lower back. Feels like there's too much to do, want to escape it in sleep.
Generalities	04:XX:XX	04		Busy day, energy good in spite of loss of sleep last night.
Generalities	04:08:00	04	US OS	Feeling very energetic and exuberant while preparing breakfast-- listening to music and singing and dancing.
Generalities	04:08:30	02		I seem to be thirsty I've had three glasses of water already today not sure if I'm really thirsty anymore just know I should drink more.
Generalities	04:08:30	01		Flush of heat. Face. Brief. Head and arms. Needed to get outside.
Generalities	05:XX:XX	06		Weigh the same despite very excess eating.
Generalities	05:XX:XX	03		Ameliorated windy weather.
Generalities	06:XX:XX	02		Seem to crave protein—eggs—have had them 3 times this week-- not like me. Not cheese, it is eggs I want (Vegetarian and only eats protein of eggs and cheese)
Generalities	06:XX:XX	02		Tired tonight I've eaten well today had extra protein (eggs) seem to crave eggs don't usually eat a lot of eggs but I've had them about 3 times this week and it's eggs not cheese that I crave. (I don't eat a lot of cheese normally)
Generalities	06:07:15	04	OS	Lying in bed feeling lazy, don't really want to get up and start day.
Generalities	06:17:30	06		Cold. Wanted to come home and get warm, cozy in my home. Lasted one and half hours.
Generalities	06:21:00	03		I felt very chilly suddenly and for a few minutes only.
Generalities	07:XX:XX	03		Generally ameliorated sitting down.
Generalities	07:XX:XX	03	os	Allergic symptoms-- sore throat, running nose, cough (had these years ago).
Generalities	07:XX:XX	03		Averse rich seafood, spices, cold food, strong flavours or textures (usually want shrimp, avocado, sweets if feeling stress)
Generalities	07:08:30	01		Got up. Dizzy. Top-heavy.

Generalities	08:XX:XX	06		Fighting a desire to take a hot bath.
Generalities	08:16:45	03		The gas fumes seemed to bother me more than usual.
Generalities	09:XX:XX	03		Want to sit all the time. Sitting curled up, on my legs.
Generalities	10:XX:XX	01		Chills all evening, through body. Lying in bed with sweater.
Generalities	11:XX:XX	06		Craving sweets.
Generalities	12:XX:XX	06		For lunch had clam chowder (milk) which I would NEVER have-- enjoyed it. Also pie and whipped cream. Realized I've been eating lots of whipped cream and craving ice cream no probs with dairy products. Usually don't eat and when I do I get stomach upsets the next day.
Generalities	12:XX:XX	06		Desires-sweets, ice cream, whipped cream.
Generalities	12:17:00	06		Totally became exhausted. I told my kids, I cannot think; I cannot talk. Kids kept asking me questions, and I could not respond. My head felt very heavy. I was not depressed this time, I made an effort and a will to overcome that part. This lasted two hours.
Generalities	13:07:30	04	OS	Wake late, feeling like staying in bed. Lazy feeling.
Generalities	14:XX:XX	03		First time supervisor has seen the prover since the start of the proving: Observed that the prover moves very stiffly; a certain rigidity to the gait and arm/ hand movements. Slightly awkward and slower than normal; a bit like a rickety, old lady. Even face seems less expressive, more severe and tighter than usual. Lips are pursed; forehead more deeply creased.
Generalities	14:XX:XX	03		"Contraction" postures. Still want to SIT down all the time; mainly hunched forward, with leg up. Feeling stiffer; want to move more slowly.
Generalities	14:XX:XX	03		Craving LIVER AND ONIONS (very odd).
Generalities	15:XX:XX	01		Felt hot. Then felt cold. Put on sweater. Then hot. Cheeks flushed. So irritable. Any little sound was annoying. Went and laid down-- feel better for resting.
Generalities	15:18:00	01		Flushing of face. Maybe <fatigue. Cold, put sweater on, then too hot. Pre-menstrual now.
Generalities	16:15:00	04	US	Feeling hot, too hot in building?
Generalities	19:XX:XX	06		I'm still eating more. Definitely have put on a couple of pounds, which aren't falling right off. That depresses me quite a bit.
Generalities	20:XX:XX	03		Still craving liver onions and liver.
Generalities	22:XX:XX	03		I notice that I sit with my legs wrapped around each other and my arms intertwined.
Generalities	28:15:00	04		Very tired and exhausted.
Generalities	29:XX:XX	03		Body feels stiff; still winding legs

Generalities	30:XX:XX	01		around each other.
Generalities	30:07:00	04	OS	Energy low. By evening felt better.
Generalities	36:XX:XX	06		Very tired in morning, do not feel like getting up.
Generalities	42:18:00	04	US	Thought about getting another pecan pie and whipping cream but didn't do it.
Generalities	48:XX:XX	06		Exhausted-- feel like hit by truck. Lasted two hours.
Generalities	XX:XX:XX	02		This has never been an issue before; I can't even remember noticing a drop of water before. Water started to bug my hands, cuts developed 3 or 4 days later, could not tolerate any water on my hands at that point. I noticed a definite irritation from water in the shower at least a week ago. Clumsy and dropping things.
<u>MIND</u>				
Mind	00:XX:XX	02		I don't feel like my spirit is part of me.
Mind	00:XX:XX	03		Feel like what I am doing and thinking is part of my body.
Mind	00:XX:XX	03		Increased consciousness of my breathing.
Mind	00:XX:XX	03		Confusion and communication foul-ups.
Mind	00:XX:XX	03		"Hero's Journey"-- greater sense of self, outer situation is irrelevant, alone, vagabond life.....now coming back into the world.
Mind	00:01:15	03		The green of new leaves seems brighter, the magenta of flowers seems clearer-more vivid.
Mind	00:01:25	03		A feeling of expectancy.
Mind	00:09:00	03		I feel a sense of waiting and feel hyper-vigilant. I constantly am scanning my world for an awareness of what might happen.
Mind	00:09:00	03		I feel very isolated. This experience of proving seems very inward and not available to anybody but me. Very aware of what is happening in the exact present. Not much matters except this constant vigilance-- a disassociation from the usual cares. A strong sense of being in the present.
Mind	00:10:30	01	OS	I turned the light off, felt nervous in the dark
Mind	00:12:30	01		Feel space out, heavy.
Mind	00:12:30	01		Feeling anxious. Remembering the bad experience when I took the <i>Agaricus</i> (and proved).
Mind	00:17:30	01		A feeling of lightness when walking, like walking on air.
Mind	01:XX:XX	02	NS	Morbid Thoughts. Thoughts of how easy it would be for me to die (had been listening to radio news a young girl (16) was killed in a car accident) that's what triggered the thought for me to die and just how easy it would be. Didn't seem like a big deal to have such morbid thoughts (this is a very strange thought for me to have hope it's the remedy.) "It is easy to die. You could just die today."
Mind	01:XX:XX	02		Since yesterday don't feel like my spirit is part of me-- the sensation came on so strongly lying there this morning. Too prominent and different, so will watch that. Still feeling

			that-- like not a part of me. I feel almost like my mind isn't part of my body.
Mind	01:XX:XX	02	Thought I was uptight because of drive. I put bread on the stove to toast and then went and found some pasta and started eating that and then wondered what that smell was (burnt toast). Did that twice.
Mind	01:XX:XX	06	Went kayaking with lover. I was supposed to be tying a certain knot in a rope, but just gave up. I never give up. While paddling around the lake, I felt like my arms were too weak to get all the way around; felt, "I give up." Back at his house thought to myself, this relationship is too hard; feeling to just give up. Walked out and didn't even say good-bye.
Mind	01:XX:XX	06	While kayaking there was helicopter logging going on in the vicinity. This noise really bothered me.
Mind	01:XX:XX	06	On the way felt so sad, depressed. I felt like crying.
Mind	01:XX:XX	06	Went and bought a pecan pie and a pint of whipping cream to drown my sorrows.
Mind	01:XX:XX	03	Don't want to interact with anyone.
Mind	01:XX:XX	03	Feel isolated like I have a secret.
Mind	01:XX:XX	03	Confusion about time with the landlord-- he showed up at 2:00 when told not to.
Mind	01:XX:XX	03	Forgetful - left car door open when I went into a shop.
Mind	01:XX:XX	03	Suffocating feeling-anxious.
Mind	01:XX:XX	03	Indifference to everyone but myself.
Mind	01:XX:XX	01	I rearranged my house. The living room felt too cluttered. I felt strongly that I wanted to change the colours of the walls. I wanted to paint flowers on my bathroom wall. Wanted COLOUR.
Mind	01:09:30	02	Drove in the ditch on the way home after phone calls (lots of snow on the road, very slippery) (snow what a bummer). Driving all over the road and into the ditch. Lost hub cap and went into ditch. I cried (unusual)-- don't even have winter tires. No damage done just drove back out picked up my hub cap and made it all the way home with no problems. Upset with everyone because I wanted to put snow tires on earlier and they told me not to.
Mind	01:10:00	02	Feel like I'm in a hurry or something.
Mind	01:10:00	02	Heart seems to beat faster and like I've had too much coffee.
Mind	01:17:00	06	Felt like taking a hot bath and did. Took bath and was crying in the bath. Very sad. Then felt like crawling into bed under my fluffy white down comforter, being warm and sleeping. Felt defeated; I gave up. Fell asleep and slept until my kids came home at 19:30 hrs. This is really NOT ME; to stop in the middle of the day, take a bath and to go to bed.
Mind	02:XX:XX	06	I did notice that I was speeding and right on the tail of people (while driving), but had the feeling I was hardly moving at all.
Mind	02:XX:XX	03	I would probably enjoy caustic and cruel (verbally).
Mind	02:XX:XX	03	Even awake there is a constant feeling of being the observer; isolated from everything that's going on.
Mind	02:XX:XX	03	Still self-absorbed. Feeling critical and self-righteous. Contented; self-satisfied.
Mind	02:XX:XX	03	I felt unusually tired and silent in a

				social situation.
Mind	02:XX:XX	03		Deception: Gave a gift to a prisoner, against the rules, but didn't tell. Prisoner challenged me to give up something; I like to think I'm not attached to things.
Mind	02:XX:XX	03		Feeling INVINCIBLE. Not concerned about the work I didn't do.
Mind	02:XX:XX	03		From each window I see a greater variety of birds than usual. I am so appreciative of the various bird noises.
Mind	02:XX:XX	03		I am very aware of colors, especially the yellow and greens.
Mind	02:XX:XX	03		I have no interest or enthusiasm for any of the events scheduled today. I'd rather remain in bed or in isolation. I am very reluctant to be with other people. I feel very disconnected from my responsibilities.
Mind	02:07:30	02	US	Morbid Thoughts. Wonder what my family would think if they came home to find me hanging from a rope (strange thought will try to keep my mind away from that). This morning when boys going off I thought, "You boys can come home and find me hanging by the rafters." That is not me. "That is crazy."
Mind	02:10:00	03		I would value my dominant emotions as critical and judgmental. I feel irritated and annoyed at most everyone. I am feeling a type of hopelessness as I observe choices made by other.
Mind	02:15:30	06		Overwhelmed, cold, tired, want hot bath and bed.
Mind	02:16:00	02		Feel like I've had too much coffee again, seems to get worse in the late afternoon I have to sigh a lot. Have been busy all day and just can't seem to stop (not that unusual).
Mind	02:21:00	03		I am going to bed, read a few pages and cannot continue. Everything seems an effort. This seems like the diaries in those explorer films-it seems unlikely that it will be so dramatic.
Mind	02:22:30	06		Right at bed time I got the urge to play piano. I did that for about an hour, and then took out a watercolor painting and worked on it until 2:00 a.m.
Mind	03:XX:XX	02		Bursts of energy to work on projects late in the evening, I guess. In town today have lots of energy and head and mind seem very clear well focused and ready for the day.
Mind	03:XX:XX	02		Generally happy-- I'm okay but know if somebody who came to me with these symptoms I would be pretty scared they would be suicidal.
Mind	03:XX:XX	02		Girlfriend said she thought I wasn't my usual self. She said I seemed clearer, more focused and directed better-- Incredible clarity, more focused than the first couple of days.
Mind	03:XX:XX	06		Dyslexia while taking case today. I knew the words I wanted to write, but I'd be writing the wrong letters.
Mind	03:XX:XX	03		Concentration difficult. Bewitched— under a spell. Problems interacting with patients; they are too attached to me.

Mind	03:XX:XX	03	Felt like being rude and outspoken.
Mind	03:XX:XX	03	I don't find much joy-it seems to be an ordeal.
Mind	03:XX:XX	03	Today I found myself at times totally confused by small tasks which threatened to overwhelm me. I could easily have cried but didn't.
Mind	03:XX:XX	03	Strong feeling of unreality. Bored by everything anyone says. (not unusual) More irritable and intolerant "Charlatan." Acting broken-hearted over people I don't care about.
Mind	03:15:30	06	Got home, was overwhelmed, depressed and cold. Wanted to take a hot bath and go to bed. Couldn't. Had a sweet binge again. Fortunately there were no pies in the house this time! Very irritable. Just wanted to be left alone. Snapping at the kids. Just felt overwhelmed and cold; just wanted to get warm. This lasted about 2 hours.
Mind	03:17:28	03	My place of centre seems to be lost for me.
Mind	04:XX:XX	06	I kind of lost my temper. Poor son. He was kind of deserving of it. I was carrying papers. Threw the papers and his coat at him. I was yelling. Just way out of line. Felt horrible afterwards.
Mind	04:XX:XX	03	Still frustrated; not tolerant at work. Irritated by cheap patients giving me expensive gifts now that I'm leaving.
Mind	04:XX:XX	01	I painted in the open studio. I loved using the colours and textures. I loved moving the paint around on my board. I felt very whole and satisfied in this act of creation. What was unusual was that I felt no self-consciousness about my work. I didn't care what anyone thought I just wanted to paint and explore. I felt very happy and excited. supervisor: Paintings full of oranges and reds. Flowers. Bird flying toward the light.
Mind	05:XX:XX	06	At court house, happy about getting divorced. While there, my van got towed from parking lot. Still happy and up. Driving 6 kids in van, not so happy.
Mind	05:XX:XX	06	White, Clouds, Down Comforter. These words/themes are coming up for me. I've circled them at least 6 times.
Mind	05:XX:XX	03	Lots of confusion.
Mind	05:XX:XX	03	Woke with great enthusiasm and boundless joy. Positive. Clarity; empowered in the pursuit of myself.
Mind	05:XX:XX	01	That afternoon one of my colleagues said "Is there something you're not telling us, you seem so lively and happy."
Mind	05:23:30	02	I find I have no fears like I just go into anything. I drove home in a blinding snow storm on the highway. I never once considered I wouldn't make it. Not careless, just not as fearful.
Mind	06:XX:XX	06	I guess I was kind of rebelling this morning. I was in bed when you called (for our daily call), heard the message, but didn't want to get out of bed.
Mind	06:XX:XX	03	Very quick speech. Sarcastic.
Mind	06:XX:XX	03	I long to be invisible and find myself

Mind	06:XX:XX	01		deflecting any attention to myself. I felt very tender towards the people I saw today.
Mind	06:XX:XX	01		Felt sad about the injustices of the world, yet it was mixed with amazement and delight at how well people can do under such tough circumstances.
Mind	06:06:20	03		Very sensitive to the special, bond with my siblings. Had a sentimental gift from my sister and I found myself thinking that no one else in the world understands me or appreciates me as much as she does.
Mind	06:17:30	06		That time, between 5:30 and 7:30 PM, felt really hopeless despair, like an insurmountable obstacle, and cold.
Mind	06:18:30	04	US	Huge outburst of anger, yelling at my wife when I didn't feel listened to. I felt she wasn't hearing me, listening to what I was saying. Got very angry, slamming my hand. And shouting (a little unusual, more dramatic than I'd usually be). At the same time part of me felt very detached from my outburst, passed very quickly and was calm within a few minutes.
Mind	06:19:00	06		Arrived at lover's house. Didn't even want to go (!) (was looking forward to it all week until 5:30 PM today). Seeing him made me feel a bit better. Cold (3) just wanted to get warm in bed. Felt I must cry. Holding back tears for a long time. Given a painting to copy-- utter despair. "I just cannot do it." Cried. Wanted to get up and leave forever but used all my will to force myself to stay. Eventually came out of it, about 1 1/2 hours later. This remedy is for despair and feeling of hopelessness. Troubled by dyslexia while writing this out.
Mind	06:19:25	03		Found myself thinking about my death, the ease of that transition, the impermanence of all things.
Mind	06:20:45	03		I have such high energy for tasks and a sense of clarity which helps get them accomplished.
Mind	06:21:30	02		Watched Phenomenon (movie) had to leave was crying so hard. I usually cry in sad movies but this was out of control just had to cry. It seemed fine to do and made me feel better (Family wondering what's up with me).
Mind	07:XX:XX	06		Severe dyslexia while trying to write this out.
Mind	07:XX:XX	06		The crying, is it from the proving? If it's not from the proving then I really need counseling.
Mind	07:XX:XX	03		Just want to go to bed.
Mind	07:XX:XX	03		I love the colours of the sky and clouds and notice the changing patterns.
Mind	07:XX:XX	03		I am very sentimental about my past— memories of shared experiences.
Mind	07:XX:XX	03		Usually big energy, but now I'm feeling condensed. Never felt like this before. Want to CROUCH into a tiny space, like a little animal. Want to take the littlest amount of space and not be visible.
Mind	07:XX:XX	03		Packing to move. If I died, what would people think to find my things?
Mind	07:XX:XX	03		Sadness but can't cry. Wants to

			provoke someone to get me crying. Sentimental. Guilty for things done in childhood to take attention away from siblings.
Mind	07:XX:XX	03	Hopelessness; longing for what never was.
Mind	07:XX:XX	03	Want silence. No music; too cluttered; no room for me.
Mind	07:XX:XX	03	Restless and superficial chatter; changes the topic often.
Mind	07:XX:XX	03	Great today. Thinking of DEATH, DISEASE, SIN.
Mind	07:XX:XX	03	"CONTRACTURE"-- feeling >> sitting down legs crossed, hunched over, crouched, in a small space. Even my personality is smaller; ie., at a party didn't try to be the chatelaine, as usual. Like I'm occupying a smaller space. "condensation"
Mind	07:XX:XX	03	INDIFFERENCE TO OTHERS Want to be alone. Feeling alone, even in a group.
Mind	07:XX:XX	03	Phone cut off at prover's end; supervisor could hear her calling out.
Mind	07:XX:XX	03	Strong sense of TIME: wasting my days. Never thought of DYING before when LEAVING. Death thoughts- gift of knowledge of near mortality; how precious time is wasted on trivial stuff.
Mind	07:XX:XX	03	Telephone went three times during conversation. Only time this happens is when we talk about the proving.
Mind	07:11:20	03	This morning I heard myself thinking of the gift that knowledge of near mortality would bring. It seems like a gift in that the more trivial worries would not be so very present.
Mind	08:10:00	04 US OS	Feeling criticized, sensitive, anger, hurt after criticism from wife, withdraw to some degree. Over-sensitive.
Mind	08:23:35	03	Again this evening I felt exhaustion beyond tired.
Mind	09:XX:XX	02	Raining today but I feel the weather i changing. Feels good to have some warm weather; as the weather changes, hopefully my mood will change also.
Mind	09:XX:XX	02	Tired-- emotionally on sort of scale— don't say something wrong or I will cry-- or something happy and I will cry. Not in control of my emotions. Partner picked up on it-- so weird for you.
Mind	09:XX:XX	02	Decide to just stay home today. I don't really want to deal with people on any level. Have so much on plate and must wait and deal with what I have inside of me and let everything wait-I can make people wait.
Mind	09:XX:XX	02	Weepy, will cry at anything.
Mind	09:XX:XX	06	Eating a lot, lately. Rummaging and foraging and wishing for something to eat. Not knowing what I crave. Eating kind of disjointed foods.
Mind	09:XX:XX	03	Thinking about time wasting.
Mind	09:XX:XX	03	Sentimental thinking about past friends.
Mind	09:XX:XX	04 OS US	Still procrastinating, re: course I

Mind	09:11:0	01		need to write-- due in two days. Experiencing a feeling of anxiety and depression. A feeling that there is an emptiness that needs filling. It's vague... maybe want to cry
Mind	09:15:30	02		Mood better when having pain in lower back that extends down sciatica nerve.
Mind	10:XX:XX	02		Still clear-- clarity is incredible-- so focused even when emotional stuff was happening knew it was the remedy-- focus clarity great.
Mind	10:XX:XX	02		Had so much energy was doing six things at once.
Mind	10:XX:XX	06		Got home at 3:30pm. Was totally exhausted. I wanted to, guess what?, take a hot bath and go to bed. Well, I did. I told my kids that was what I was doing. I took a hot bath. Laid down in bed, was burning hot, had clothes on and all, but still wanted that down comforter around me.
Mind	10:XX:XX	01		Hoping I was sick so I could go home. Wanted to go home.
Mind	10:XX:XX	01		I was distracted and oddly disconnected from the job at hand.
Mind	11:XX:XX	06		I took my son to the doctor today. I've told you a bit about his problems. Well we got a super devastating diagnosis, a genetic thing. It should have hit me hard, but it didn't. I didn't get depressed. Came home and looked on the internet. We know from the myasthenia gravis case that all diseases have their clubs now on the internet. Well this disease is horrible. I learned things on the internet that the doctor didn't even tell us about. (would not tell supervisor the diagnosis)
Mind	11:XX:XX	01		I felt very distracted at work today.
Mind	12:XX:XX	02		Slept with azurite stone to change Dreams-- dreams had seemed so heavy-- don't usually have that kind of dreams-- just since remedy-- then dreams changed.
Mind	12:XX:XX	02		Period due - no pains but heavy mood there.
Mind	12:XX:XX	06		Hated being inside a restaurant.
Mind	12:XX:XX	03		I've heard myself laugh very heartily-- much more than usual.
Mind	12:XX:XX	01		Feel tired. Want to be alone. Don't want to do the mothering thing right now.
Mind	12:XX:XX	01		Breathless and dramatic: "I can't manage it." Scary to be out in open when it (sharp pain on right side) happened. Wasn't as scary when it happened at home, when alone.
Mind	12:07:30	04	OS US	Very irritable, short tempered, bitchy, wanting to be alone, but not want to be-- sarcastic. Lasted three hours.
Mind	13:XX:XX	06		Super irritable and harsh with kids. Yelled at the kids for no reason. Snapping and yelling at them, then apologizing. Then yelling some more, knowing I wasn't wanting to be doing this.
Mind	13:13:00	06		Another futility scenario. Walking at waterfalls with another mom and her kids. Children took off to rocks over the river, not too safe, I went after them-placing my foot up on a rock of all a sudden felt I could never make it. Gave up-felt defeated-

Mind	13:15:00	06	<p>forced myself to think "this is the remedy, not me" and I forced myself on even though I was absolutely exhausted.</p> <p>Too tired to articulate. Couldn't come up with the words I wanted. Futility.</p> <p>Hopelessness. Too tired, depressed to attempt anything. So hopeless I just want to lie down.</p> <p>The feeling is first that I can't do it and then that I'm tired and exhausted and just want to lie down. Lasted two hours.</p>
Mind	14:XX:XX	06	<p>Lover's aversion to having sex with me came out this weekend. It's the idea of sleeping with some old hag. I'm sure if I dyed my hair it would be fine for him. I'm angry about that. When we talked he gave me about six reasons why, but the main thing was my gray hair and my age. Maybe that's why I wanted to kill myself. All day when I was walking around Victoria, I was looking at other women and wondering, "does she dye her hair?" Most women do, I think.</p>
Mind	14:XX:XX	03	<p>Felt insulated from every other human or experience. Apathy for others. "I was always alone, even when with others."</p>
Mind	14:XX:XX	01	<p>Felt very emotional. Had been feeling down on self, physically. &gt;after crying.</p>
Mind	14:14:00	06	<p>&gt;Comforted by partner. Felt alone, and needed support.</p> <p>Another hit of depression.</p> <p>Suicidal thoughts. Felt, what's the use. I wanted to get into my car and drive to Seattle, go see some friends who like me-- now matter how I am, they still will like me. The only thing that stopped me from going was that I had brought along only one change of clothing with me.</p> <p>Just a desire to escape, my life here as it is.</p> <p>(Supervisor asked if the suicidal thoughts were just thoughts, or if there was any chance she would act on them.)</p> <p>The way I was going to do it, was to jump off the falls at Englishman River. I was nowhere near there, so I was ok. And I just think of my kids, that stops me. Lasted two hours. (2pm-4pm)</p>
Mind	14:23:30	03	<p>A day of many minor communication problems. I said that I no longer ceased to be possessed by the remedy; a few seconds later a friend talked about being possessed.</p>
Mind	15:XX:XX	06	<p>Supervisor could sense the prover was getting edginess about her again. As if she was present and in the conversation one minute, and then answering to a strong impulse beckoning her to flee, move, get out, in the next minute. On the receiving end, it feels as if one is being 'brushed off.' Brushed off is definitely one of the tones of this proving.</p>
Mind	15:XX:XX	06	<p>For a period of one week, did not record proving notes, ignored supervisor's calls. Sick of this proving.</p>
Mind	15:XX:XX	06	<p>This morning I went to the Crystal Gardens with my son. Now you have to remember that I have three children and I've been to countless zoos. We went into a little room with two nocturnal exhibits. I just freaked out on seeing a bat.</p> <p>I was upset, shocked, and fearful at glimpsing a bat. Then I saw one with it's wings outstretched, that was horrible. I went out of there, on upstairs to the aviary. I looked up and saw bats in that cage too.</p> <p>I screamed. My son tells me there were indeed bats in that cage too. From that point on I was scared to look up. I wrote down, Fear of Bats, and wrote it with a Three. I've seen bats before and never had this reaction.</p>

Mind	15:XX:XX	06	While in Victoria I did a lot of looking in mirrors and did a lot of analyzing about how old and how ugly I am. Noticed that my skin is sallow. Don't know if it's just that I'm losing my summer tan.
Mind	15:XX:XX	06	I have a lot of things to do today. I sat down to do some work. It was going slowly. Then the crying came over me. This is really strange for me. Things can get worse for me before my period, but when I get my period, I feel a release, I feel better. Things don't go like this.
Mind	15:XX:XX	01	I get tremendous satisfaction from painting. I get so excited. Never discovered this before-- I was too insecure to explore art. Normally I would feel so judgmental of what I was doing. Today I felt totally at peace with it.
Mind	16:XX:XX	03	I feel the closeness and interconnectedness of all aspects of the universe.
Mind	16:XX:XX	03	Yesterday I heard someone use the expression "eat crow" three times.
Mind	16:XX:XX	01	On the bus today sat beside someone who had a cockroach crawling around on his coat. Moved away. Didn't want to risk bringing one home.
Mind	16:10:45	06	I'm calling you in a mood. I'm having suicidal thoughts again. Overwhelmed; feel so sad. It just came over me, like a cloud. There, a cloud again. (Laughs lightly) There, I can even laugh about it.
Mind	17:XX:XX	06	Tuesday, I drove the kids to Qualicum to school as usual. I then had two hours before having to be there for the kindergarten class. You won't believe this, but I drove all the way down to Nanaimo again to go to the Body Shop and shop for make up. I looked at all the colors. Sparkling eye color, etc. Spent about \$200 on make up.
Mind	17:XX:XX	06	How old and unattractive I am, that's what I've been hearing in my mind since Friday.
Mind	17:XX:XX	06	Went to meeting, Tuesday night. My lover was going to be there, and myself, and sixty unsuspecting parents. I wore eye makeup. Was thinking to myself (during meeting) where is the light shining on my face? What profile is he (Chris) seeing? I even wore clothes that I thought would make my skin color look better. In the past I'm sure I never would have thought of or cared about such things. I look in the mirror now and see an ugly, old, corpse. An ugly, saggy, sallow, drooping, wrinkling face. At the meeting, I had the opportunity to really present a clear, objective case (about situation that is going on with one teacher her class at the Waldorf school). But, feeling ugly, obsessing about that and about how I looked, prevented me from presenting my well thought out opinions about the subject at hand.
Mind	18:XX:XX	06	My mental state, oh, I'm so confused. I'm fascinated with who dyes their hair. I've been looking at women's heads, at the roots of their hair. Even at the mothers of my clients that I saw this morning. They were 41, same age as me. Looking at sparkling gold and red highlights. An obsession with hair color. Think we'd better note it down, because it may be tied into the proving in some way. Maybe the remedy is a dye. I've never had this issue come up for me before. People would compliment me on my

				hair.
				This whole issue of my hair color has come up during the proving, and it has never come up in my life before.
Mind	18:XX:XX	06		I hope you're getting this because I don't want to write it down, this stuff. (Supervisor: You could start by writing down your reluctance to write down your symptoms). I don't want to. I don't want to make it real; to dignify it. But I like talking to you about it.
Mind	19:XX:XX	06		It was nice to get the attention. Usually I'm worse from consolation. Actually since my Dad died about a year ago, I've been more of a hugger. But the verbal consolation is something I've never wanted.
Mind	19:XX:XX	01		While washing dishes I put a bowl into the sink and the glass beneath it literally exploded. Cubes of glass flew out. I wasn't hurt. Prior to this I had been feeling frustrated, angry and annoyed.
Mind	20:XX:XX	06		Driving home it was a real battle between myself and my 'proving' self. I would think, oh, I should go and meet him where he was going. Then I'd think, no! He should pay for what he said. This'll teach him-- that sort of thinking.
Mind	20:XX:XX	03		Noted DEATHS of several important figures in the past few weeks. (Named 6 people).
Mind	21:XX:XX	06		Was really restless. I knew I'd been really rude to lover the night before. I got into a state that I just had to track him down, find him, and explain that I can be a normal, nice person. So I got in my car and I tracked him down.
Mind	21:XX:XX	06		I've been taking offence. Taking offence at things too easily. That's got to be a key part of this remedy.
Mind	21:22:XX	02	NS	Tired today - not usual energy level. Not easy to make me smile; not really short with anybody but inside felt like wished everybody would piss off and leave me alone-- I don't do that.
Mind	22:XX:XX	06		I think the emotional stuff is over.
Mind	22:XX:XX	06		I am going to stop using the proving notebook because it seems like bad energy and I want to get away from that whole thing.
Mind	23:XX:XX	03		TIMING OFF-- Lost my watch. Arrived at the workshop one day late.
Mind	23:XX:XX	03		"Knot-wrenching grief at friend's death."
Mind	24:XX:XX	06		I frequently cut up my notes in a fit of anger about this proving. Did not want to have symptoms so through the record of them. Cut into little pieces or crumpled and threw them away.
Mind	24:XX:XX	06		For five days refused to take notes. Had no contact with supervisor
Mind	27:XX:XX	03		Felt happy and comfortable being with the cloistered St. Claire sister's— enjoyed the silence and isolation.
Mind	29:XX:XX	03		"We only want to share our BIGNESS." Not so proud of that; wish I was more tolerant.
Mind	29:XX:XX	03		Terrified to have photo taken; felt EXPOSED.

Mind	29:XX:XX	03	TIMING ; no idea of schedule; out of time.
Mind	29:XX:XX	03	Phone not working at home and at work. Lost my ring.
Mind	29:XX:XX	01	Watching TV. Not used to this. Too much violence. Had bad dreams, violent but can't remember them.
Mind	30:XX:XX	01	Wanting to be home.
Mind	34:XX:XX	06	I was going for a walk in a rural area (evening). This is another of my horsey symptoms. I had a horrible urge to run. Could hardly restrain myself. Even my companion asked me, "Why are you walking so fast?"
Mind	35:XX:XX	06	I note that I am still reluctant to write down my symptoms.
Mind	35:17:00	06	Got home from the workshop about 5pm. From 5 to 7pm, I wrapped myself in a blanket. Feeling sad and cold again. Turned the heat up in the house. By 8:00pm, all of a sudden, I wasn't depressed anymore, and I felt too warm. It's really interesting, you know, about a week ago I put my down comforter in a flannel cover and gave it to my son.
Mind	37:XX:XX	06	Woke up at 5:00am, depressed. I was so depressed that it woke me up. (Supervisor: What's that like?) I just kind of woke up and the first thought was this horrible, depressed thought like, "oh, God!" It's still present now (6:50 am). It's that kind of hopeless feeling, hopelessly overwhelmed. (Supervisor: It's good that it seems to be less intense) Yes, I don't want to jump from anything or take my life, but it's just as sad and painful. I don't even want to look at anyone.
Mind	38:XX:XX	06	Totally depressed today, and snapping at my little girl. Snapping at her and then apologizing and then snapping again. I could see myself doing it.
Mind	46:XX:XX	06	Both my sister and brother are horrified that I have let myself feel so bad about myself because of lover's comments. I have been depressed for over a week and have gained 8 pounds.
Mind	46:XX:XX	06	I want to run away, am actually making calls and plans to move to Oregon just to escape.
Mind	46:XX:XX	06	Last week I contacted an old male friend who is going to come to town and take me out dancing, and make me feel young and attractive for a change.
Mind	46:XX:XX	06	The remedy did something very noticeable. Why does it affect only those systems which embarrass me? Maybe everything embarrasses me.
Mind	48:XX:XX	06	I'm not into writing this down-- it's for you to deal with! Here it is, live suicidal depression. Definitely a desire to commit suicide by jumping off a high place into water. Was at Little Qualicum Falls Provincial Park today as a parent on a field trip and remarked to another parent that there certainly were a lot of scenic spots to commit suicide within a few minutes' driving distance-- he was shocked-- tonight I keep thinking about going back (I won't-- I am so aware of my children). A couple of weeks ago at Hornby

				Island I was on the edge of the cliffs thinking-- what if??-- And several times since
Mind	48:XX:XX	06		coming home have thought I could just throw myself into the water. I realized that I had such good times with my lover before the proving, but ever since doing the proving I have felt nothing but bad about myself, inadequate, ugly, not good enough, rejected (I am)-- the strong, healthy part of me says "run away." I did make the decision tonight to not spend time with him any more and I did tell him that. I went away feeling very sad, the music in my van brought me to tears, I was making furious plans to run away to Seattle tomorrow and not tell anyone where I was. I want to call my sister and see if I can move there with my kids; I want to go anywhere to get away from him (even though I felt so good all day and have for several days).
Mind	48:XX:XX	06		Do not wish to be seen at school or see Chris there because I know he is going to drop by and listen in on my flute playing and I can't stand to think of what thoughts are going through his head (feeling judged and coming up short as usual!)
Mind	56:XX:XX	03		Still losing things: misplaced my wallet; another time, my passport. Memory seems worse than usual for the past couple of months.
Mind	60:XX:XX	06		I had an amazing insight about the remedy while I was driving, but I have forgotten it-- I hope I remember before next Friday - it was the key to the whole remedy. Again, however, my response to all this was immediately to frenziedly start thinking where I could escape to, where I could "run," I thought I would pack up my children on Friday night and take them somewhere and never let him know where.... was actually plotting finances, etc. The urge to run away is strong. Is this horsey or unknown remedy?
Mind	60:XX:XX	06		Oh, I also called my niece and had her babysit so I could go cry and go to a school function I had not planned to attend. I crave company, it really ameliorates. I have always been a loner so I think this is new from the proving. It is good! Also I stopped at Purdy's at the mall and bought a ton of candy (ended up NOT eating it-- yay) and was crying and ran into a friend who happened to have a bottle of rescue remedy with her. Felt like an angel had come to be with me. I can't express how good it is to have people around me now-- this is really unusual. I barely care who!
Mind	XX:XX:XX	02	US	Have been listening to music on the radio-- want to have noise in the background. Lots of noise wouldn't bother me at all.
Mind	XX:XX:XX	02		Not a carelessness-- like a strong— really clear that I will be okay. When I say clear I mean happy-- feel very strong.
Mind	XX:XX:XX	02		Mood from dreams seem to linger— close to tears any little thing.
Mind	XX:XX:XX	02		Incredible clarity and focus-- but mind is always busy anyway-- 4-5 different thoughts going in head but it is not unusual for me-- am busy in head all the time have been like that as a child-mother would say 'You have so many thoughts in your head - relax.' But I would say that I am not uptight. Scares me to think that I wouldn't have thoughts in my head all the time.
Mind	XX:XX:XX	02		If stressed out or something happens

				that is traumatic, I can just control the whole thing tell myself to mellow out and relax and that this isn't in my control. Was really clear with that when trying to knock it out-- couldn't knock it out-- then it calms down and feel normal again.
Mind	XX:XX:XX	02		Not afraid-- no fear through the whole thing-- totally focused on what I am doing. No fear attached to this remedy at all-- suicidal but no fear.
Mind	XX:XX:XX	02	US	Client asked me a question yesterday-- 'Was I ever unaware of what I was doing'-- and I said 'Never, I am always clear on what I am doing'-- taken aback because I usually have to think about it-- part of that is me--instantaneous-- I am clear and I know exactly what I am doing-- I think that is different-- wouldn't have been so up front with that person
Mind	XX:XX:XX	02		She seems to be confused and in a hurry. She is doing things all the time-- has got too many things going at once - wants to do tasks to clean things. Normally busy this time of year but she seems more so this year.
Mind	XX:XX:XX	02		Moods-- shorter with son than normal. Put him straight immediately instead of letting him be.
Mind	XX:XX:XX	02		Death-- saying that I thought of about dying-- dying is a very hard way to learn about life. So profound for me-- went back and wrote it down it was so strong for me-- that statement-- feel like we are all going to die anyway but that is what we are here to do. Whole really clear thing that it would be okay to die-- if I died tomorrow-- If you would asked me before I was on the remedy I would tell you there were things I want to do first.
Mind	XX:XX:XX	02		Close to tears all day-- feel okay about it. Just feel bad-- for me because of who I am sadness is about environment-- have to stop myself dwelling on it-- hunting season-- poaching by people in area-- can't seem to lift my spirit-- think about those awful things going on in environment-- that is me-- things I feel bad about-- don't usually dwell on it but it is like I am sad and have to work at not thinking about those things.
Mind	XX:XX:XX	01		Have noticed how my relationship with alcohol has changed since the remedy. Use to want/need to drink. Started to think about addiction. Even my tea drinking. I feel like I want to avoid alcohol.

DREAMS

Dreams	09:04:30	02		See someone's face and eyes sitting somewhere but don't know who it is or what the dream was all about but feels heavy. Could only see one face but there were 2 of them. If I meet this person I would know them. Face for some reason was important. Had something to do with dream I had-- it was a really heavy dream--dark-- spooky because I didn't understand what this person's face-- ominous feeling when I woke up-- really sleepy and then when woke up at 5:30 still tired. Ominous faces-- something coming-- not good coming. Face cold and staring and like I was supposed to know something and I didn't know it. Almost like 'why aren't you understanding?'-- I should have known the face and I didn't. Have been trying to bring that back since-- can see the eyes. Dark eyes and dark around them-- I know this face but I don't. No physical sensations with dream.
Dreams	16:XX:XX	05		I suddenly remembered a dream that I had one of the previous days. I was in England, all the people drove at the right side. Lately the traffic laws had been changed. I was

		curious if their steering wheels were still at the right hand side of the care. But no, it was at the left side and I thought that was quite amazing.
Dreams 00:13:50	02	I was riding on the back of this huge motorcycle. I have no idea who was driving but I was carrying this huge shot gun at my right side and we were going shopping. All I had in my mind was buying carrots, beets, and potatoes. So we drove the bike right up the stairs of the Mall through the doors and into the Mall and I woke up. "How bizarre." Got up to go to bathroom but can't go back to sleep. Not restless, just seems nice to lay quietly in bed.
Dreams 01:XX:XX	03	Dreams: Bought a tall plant at florist shop, broke off dead, yellow leaves at bottom. Then the top grew faster and faster, like Jack and the Beanstalk feeling. Helplessness at this unstoppable growth. I was feeling awe, wonder, helplessness, but separated from it.
Dreams 01:XX:XX	03	Gone to the airport to pick up a group of people; everyone was going through customs. A male friend went out announcing he had some business. His wife followed. They were gone a long time; everyone was getting annoyed waiting. I went behind and saw her working happily as a waitress, serving everyone.
Dreams 01:XX:XX	01	I'm walking down the street in the dark. I see someone and he talks to me. I can't understand him. Then he goes to my front door and tries to get into my house. He has a devious look on his face.
Dreams 01:XX:XX	04	Was in a race around a track.
Dreams 01:XX:XX	04	Dreamed I was writing up my dreams.
Dreams 01:XX:XX	04	Dreamed of a moose.
Dreams 01:07:00	04	Dreamed my cousin took over my office, music blasting, party atmosphere, while I was still trying to see patients, like an invasion. I feel very uncomfortable with this. Coming out of this dream into wakefulness, I have a brief period of heart palpitations. (cross referenced)
Dreams 02:XX:XX	06	Choosing desserts, very detailed about desserts-- pancakes with fruit sauce and sugar.
Dreams 02:XX:XX	03	DEATH, DESTRUCTION AND TERROR (very unusual). In Thailand, the banks of the river are full of floating dead bodies, swirling masses of bodies. Horror was all around me, but I was insulated from it. There was an aspect of terror and horror; it was grim but not related to their being dead.
Dreams 02:XX:XX	04	Dreamed of being in a communal situation in a foreign country, in France.
Dreams 02:XX:XX	04	In another dream I am fighting people with a large cross, using it as a weapon.
Dreams 03:XX:XX	03	Made a necklace with interlocking black, plastic billiard balls. It felt too uncomfortable and tight.
Dreams 03:XX:XX	04	Was setting up a service/company to deliver and sell eggs and bread to people with a couple of friends of mine.
Dreams 03:XX:XX	04	Dreams of water, being on a boat, like a tour boat.
Dreams 03:XX:XX	04	Dream of skating-- ice skating-- trying to go fast-- feels good.
Dreams 03:XX:XX	04	Dream of a wild car chase on a bridge, I'm in a beetle, (VW) I am in the car but more an observer from above, more detached from the action,-- like a movie.

Dreams 04:XX:XX	06	Went to a friends' house. It was really busy there, lots of people around. I needed to pee (urinate) but there was no place to go. My friend gave me a paper bag. I folded down the edges of it, and squatted to pee by the corner of my van. I noticed two geeky men watching me.
Dreams 04:XX:XX	06	Kids have to take a vegetable to school to make a soup. Went to buy one and was looking at all the various vegetables. They all were artistically shaped, not like the neat, uniform ones we normally get. Went to a nearby counter and saw 'rocky road bars.' They were in such detail, could see every chocolate chip. They also were making crepes filled with various sauces, all kinds of sweets. I ordered one and then a second one. My family was just kind of hanging by; they just had to wait for me.
Dreams 04:XX:XX	06	Ran into my friend, the one whose house I had had to pee at. She empathized with me about having no place to go and told me about the time that she and her husband were stuck in the front seat of their car. They were stuck there for 3 days, making love in the front seat of their car, and their kids just had to wait for them.
Dreams 04:XX:XX	04	Dream was at a great world music jazz concert by 2 people with my son celebrating his or my graduation from something and other relatives were there, I was dancing, having a great time, really enjoying the music, had some weird things in my hair-- like dreadlocks-- took one out because I was feeling self-conscious. My son was dancing - not self-conscious. Fun time, overall was having a very good time and good feelings. The band was connected with some Eastern Guru mystic or something.
Dreams 05:XX:XX	06	Dream-- excellent! Dreams of having to move-things in piles, looking for boxes-- icky ugly shelves--finally got to move into a "cabin" which had just been vacated by lover. However, it was beautiful-spacious and clean and really LIGHT with skylights and high ceiling--the floor I noticed had nice tiles and a carpet over them (new--he has a new carpet). There were a few small beautiful plants and decorations it was so clean and I told the kids I'm glad lover lived here before us because he made it so nice. There were lots of big beds all covered with raw cotton covers--the "porch" was all sunny despite heavy rain, enclosed by glass windows, and had several more cozy looking beds. There was a garden... anyway a LONG detailed dream of this wonderful house, and at the end I said "and only \$400 per month!"
Dreams 05:XX:XX	06	Was talking with friend. She was telling me about all the silk designer clothes she had bought. Was modeling her new coat, which she was so proud of - but it was made out of my down comforter. Really bizarre. This friend would be the last person to buy silk designer clothing.
Dreams 05:XX:XX	06	In a strange town. Went into a church and went to light a candle. But they were all electric. One blew up on me. I decided to put the rest in the freezer. Walking around some more in the strange town.
Dreams 06:XX:XX	04	Dreamed meeting 2 women from high school who I never really knew then and visiting with them.
Dreams 06:XX:XX	04	Dreamed I was socializing, entertaining some celebrity guy, simply felt comfortable with this.
Dreams 07:XX:XX	06	Minute details of a candy bar or

			dessert-like confection. I saw every component, I saw the nuts, the chocolates, every detail. It was like dissecting it. Could see all the marble lines in the chocolate.
Dreams 07:XX:XX	06		Dreamed I was lying in bed in the morning sleeping in for a long time with my lover beside me.
Dreams 07:XX:XX	01		Bits of dreams: Woman preparing a full moon ceremony. Something about swimming. Forgetting things—feeling ashamed.
Dreams 07:06:50	03		I dreamt my friend had come from Vancouver on the Anacortes Ferry. I met her and we started to walk - the road started to climb up sand dunes which got steeper and steeper. The sand was difficult to maintain a footing but I didn't notice that until my friend called out to caution some young men who were climbing. The area in which we were climbing seemed desolate and vast. Soon I noticed that she had disappeared. The color of the sky was pale blue and the landscape beige and gray and brown. I felt I was walking into nowhere and as I looked back I couldn't see where I had come from.
Dreams 09:XX:XX	06		Had some great dreams, sexual, weird, really bizarre. Dream of a female teacher at school who is at least 60 yrs old. She is lecturing to some students why they didn't hire a teacher who had applied for work. She was not hired because she was a sinner. As she continues to lecture the students, who are college aged, begin to strip, "is this sinning?" I am there dancing around in a bright red bikini.
Dreams 09:XX:XX	06		Dream turned into a sexual thing. It was like sex in slow motion. Partner said "don't give me a stroke, (heart attack)." We were wearing silky black clothes.
Dreams 09:XX:XX	06		Dream I am walking down a hiking trail and a snake leaps out at me. It is wriggling all around.
Dreams 09:XX:XX	04		Visiting my cousin, she lives on a farm and she is showing me her home made swimming pools and all these different buildings she has.
Dreams 09:XX:XX	04		My wife and I are renting the upstairs of a house-- there is some friction with the other tenants who complain about our noise or something. I'm a little angry about this.
Dreams 09:XX:XX	04		Dream of watching these helicopters taking off-- flying tourists around. I am wanting to give my children a view of them. There's also an issue with my wife in this dream. I am angry with her over childcare arrangements between us. I feel it's not fair.
Dreams 10:XX:XX	04		Dreamed of parachuting alongside a hot air balloon, controlled falling—a lot of fun-- no fear. Initially holding onto hot air balloon and falling then falling with parachute and flying down a hill with control.
Dreams 11:XX:XX	06		A good dream about facing challenges, I guess. I had to climb up rope ladders, and then slide down some tubes. Just climb up and slide down, over & over. I kept on doing it even though it was very scary for me. It was my job to keep doing it. When I finished my 'shift' climbing, I went to take a shower. There I am naked and dirty but I had no shampoo or soap. Nearby in the shower room there was a group of ladies. They are all immaculately dressed, and they had these wonderful gourmet

lunches they were sharing. And here I was with no shampoo just hoping to find a scrap of soap on the floor to take my shower with.

Dreams 11:XX:XX 01 (1) I was talking on the phone to someone, confusing conversation, remembered another dream

Dreams 11:XX:XX 01 (2) I can see this mountain. It's real, I'm there yet it looks like a simplistic picture of a mountain, like an inverted "V" with a line across the peak to look like snow. I drew mountains like this as a child. I began to climb this mountain, oddly I can reach and hang onto both sides of the mountain as I climb. I slip and fall into water. My friend Marty is there in a canoe to help me.

Dreams 11:XX:XX 01 (3) Remember yet another dream. I'm in the bathroom at work, though in my dream the bathroom is a big room and it's full of people all lined up to use the toilet. It takes a long time for my urine to come out. Finally I pee, I wipe myself. I don't feel embarrassed.

Dreams 11:05:30 02 Strange dream I was hiding behind these big rocks in this huge cave, I was all alone and I have no idea who or what I was hiding from and I just woke up. Strange feeling of hiding-- woke up with that feeling.

Dreams 12:XX:XX 06 Dreams of desserts in great detail.

Dreams 12:XX:XX 04 I am called in to a committee investigating some serious matters, to be questioned to see if I know anything about a certain incident which resulted in dire consequences. Although I was involved directly my motives were good and I have no guilt, I feel prepared to tell the whole truth-- though I am a little nervous about the consequences.

Dreams 12:XX:XX 04 I'm racing in a car with my brother and wife fighting with these criminals. We need to get back by a certain time to prevent some serious consequences from happening. These criminals are fighting with us and trying to get there first.

Dreams 12:XX:XX 04 Dreams of my father and brother.

Dreams 12:XX:XX 04 I dream my father has died, I am sad, then I see my father alive in my dream and tell him that my father has died, I burst into tears and emotion-- he comforts me.

Dreams 14:XX:XX 06 I was sleeping with an old boyfriend. Sex over and over.

Dreams 14:XX:XX 03 Feeling misunderstood.

Dreams 14:XX:XX 04 My wife and I are driving through a cornfield-- she is driving, we get stuck or slowed a few times, but make it through back onto main road.

Dreams 14:05:45 02 Dreaming about a dead mouse very fat but very dead mouse- so strange having thing in mind-- like wake it up or bring it back to life - other part of me saying this is dead walk away from it - had rock under pillow - wake up with it in my hand-- not a bad dream like hiding one which was a different feeling-- this was just a dead mouse-- maybe cat playing with one in the house that night or something. I just remember wondering if I could bring it back to life but it was dead "strange."

Dreams 15:06:00 02 Night filled with dreaming very busy not sure what I was up to but have strange music and something about meeting someone in the middle of the USA-- determined I was supposed to do that. Have no idea who, why or when.

Dreams 16:XX:XX 04 My wife and I are in a house and a

		faucet in the wall was broken and water was running all over and we were fixing it. (Later this day my first patient calls to cancel appointment because of a water leak-- precognitive dream?)
Dreams 16:03:41	01	Woke from a dream. My dream made me feel very unsettled. Dream: I came downstairs, my front door was kicked in. I thought... where is my camera? Looked at desk and saw computer was gone.
Dreams 16:05:45	02	I was the same person in black leather as the first dream (day 01) - seems to be busy with other people who had guns I'm sure, only I saw small ones and I didn't have one this time myself. Walking with these people and talking, I was more watching and looking. They seemed to know me. Strange to see myself this way. Thinking, was this me? No, somebody who looks like me.
Dreams 21:XX:XX	06	My Dad and a swimming pool. A bad, obscene dream. I don't want to talk about it. But I woke up from this terrible dream, woke in horrors. The dream was about death and sex.
Dreams 21:XX:XX	06	I think it signified the turning point in the proving for me. You know how I've been talking about clouds, my down comforter, and whipped cream. Well, in this dream I am wearing my down comforter coat. I want to shed it for a plain yellow one.
Dreams 22:08:00	04	Dreams of an earthquake closing off a city, I am flying in a helicopter to help get someone out. Not a particularly frightening dream, in a way I was more of an observer, although I was also a participant.
Dreams 28:XX:XX	01	I was singing then I heard my friend sing. I was aware of the difference between an amateur singer (me) and a professional singer.
Dreams 29:XX:XX	03	Ribbons of Energy: cross-current, like cars on a highway.
Dreams 29:XX:XX	03	At Homeopathy Seminar: Left to use the bathroom, but they were being cleaned. Chinese people were lined up waiting for the bathroom. I went back to the classroom and everyone was sitting on the floor with tiny notebooks. I wanted a piece of paper from someone, but they only had tiny notebooks.
Dreams 31:XX:XX	01	Singing, performing, had all the harmonies down. Performance went really well.
Dreams 34:XX:XX	06	Dream that I had a horse's head. The mane was ripped off. It was awful; you could see right down to the gristle. But the neck was a beautiful chestnut brown color and shiny. And the neck was cut open. It was in the process of being dissected. How's that for a horrible horse dream? I hope it doesn't mean that I have tumors in my neck, or something.
Dreams 34:XX:XX	04	Another dream of a criminal who's doing some corruption and has a gun and like a violent movie, but in the end he gets caught and I am left in a position where I can take advantage of what he's done.
Dreams 34:XX:XX	04	Dreamed I was helping people climb to top of a tall cliff in winter, a rock broke loose near the top and I was falling I willed myself to a soft landing, I was falling at a terrific rate, but was able to will myself to slow down and land gently. I'm fairly calm through the whole process. Not frightened.
Dreams 38:XX:XX	06	I dreamed that we found out what the

remedy was, and that it was a bat.. It was made of ground up eyelid and eyeball of a certain species of bat. Then bats were there, in the class. It was like they had to be there with us. This bat stuff has never been there for me before.

Dreams 38:XX:XX	06		Another Dream: Going into a place where there are many people. Feeling older, catching a glimpse of myself as being old. Thought that everyone else thought that I was old too.
Dreams 48:XX:XX	05		I was dreaming I had to pee; I was out in the snow and I peed and then I woke up and had urinated while sleeping.
Dreams XX:XX:XX	02		Dream-- waterfall in nice setting and making a lei with beautiful flowers-- colors and sounds wonderful.
<u>VERTIGO</u>			
Vertigo 00:21:30	02		Lightheadedness. Ate but it didn't take lightheadedness away.
Vertigo 01:15:30	06	US	Dizzy after paddling a kayak.
<u>HEAD</u>			
Head	00:XX:XX	03	Fullness in left temple, feels like a raging headache. Internal speedy feeling, like adrenaline rush.
Head	00:01:00	01	Had fleeting, brief sharp pains in forehead, there and gone quickly.
Head	06:00:05	06	Static in head, white noise, in my head and in the R. ear.
<u>HEAD PAIN</u>			
Head pain	00:00:30	05	Very slight dull headache frontal.
Head Pain	00:01:25	03	Pressure at the occiput with a sense of pulling downward and inward.
Head Pain	00:02:30	01	Flashes of pain in right forehead.
Head Pain	00:04:30	03	Slight throbbing under the occiput.
Head Pain	00:05:30	01	Have a slight pain in the right side of occiput.
Head Pain	00:07:00	01	Tingling in head and into right jaw, then in face, sensation gone quickly.
Head Pain	00:17:45	02	Pain over left eye (sharp stabbing pain) but gone in a few seconds.
Head Pain	00:18:00	02	ns Took second dose of remedy then instantly got a pain behind my right ear and it ran down the side of my neck to my shoulder and then was gone, went back and lay down in bed.
Head Pain	01:XX:XX	02	us Pain over left eye and temple, like a little knife stabbing, gone in a minute.
Head Pain	01:XX:XX	01	Head a little achy. Non-specific.
Head Pain	01:XX:XX	01	Head aches. Right side and occiput. Very slight. Persisted today from yesterday.
Head Pain	01:18:20	01	Sensation of tightness in my head that comes and goes.
Head Pain	01:20:00	05	Slight dull headache.
Head Pain	02:XX:XX	05	Slight dull frontal headache.
Head Pain	02:18:00	01	Have a headache in the right frontal area that extends over the right eye. Head feels better if I lie down.
Head Pain	02:23:00	01	I still have the ache in the right frontal

Head pain	03:XX:XX	05		area.
Head Pain	03:07:30	04	OS US	Slight headache. Pain in left suboccipital region, mild, like a stiffness or subluxation, since waking.
Head Pain	03:09:00	04	OS	Still mild nagging pain at the base of the skull, left side.
Head Pain	03:12:00	04	US	Pain in left occiput persists, US (I don't usually get headaches).
Head Pain	03:22:00	04	US	Pain is worse jar, worse shaking head.
Head Pain	04:XX:XX	05		Light frontal headache most of the day.
Head Pain	05:XX:XX	05		The dull headache continues.
Head Pain	06:11:15	05		Frontal headache, more felt in the temples as well. The headache is there more or less the whole day. It seems to get more intense now, but it is not intolerable.
Head Pain	07:XX:XX	05		Headache much less than day before.
Head Pain	08:XX:XX	05		Hardly noticeable. Little worse 10-12pm
Head Pain	08:08:00	01		Still some headache, mainly frontal, very light, not disturbing.
Head Pain	08:16:30	01		Woke up with a pain in my left temple that extended over the left eye.
Head Pain	08:21:45	01		Aching in occiput.
Head Pain	09:11:50	05		Still have the same ache in my head, it's a dull ache, not too severe, sound of clock is bothering me. I want to lie down.
Head Pain	10:16:00	05		Light headache for about one hour.
Head Pain	10:19:00	05		Light headache for one hour.
Head Pain	11:XX:XX	05		Light headache; intermittent until going to sleep at midnight.
Head Pain	11:01:34	01		Frontal headaches on and off during the evening. Little bit worse right side. Dull, not severe.
Head Pain	12:06:30	05		Woke up from a dream. Headache right occiput.
Head Pain	13:XX:XX	05		Woke up with headache, frontal, little bit more above right eye. Headache present most of the day, but I was not always aware of it. Might have disappeared for a while and returned later.
Head Pain	14:12:00	04		Some headache. Worse 9am-12pm.
Head Pain	14:15:00	05		Occipital left headache in one spot under skull. Achy.
Head Pain	14:19:00	05		Frontal headache.
Head Pain	15:XX:XX	01		More severe frontal headache, with burning/pressure in the eyes (OS), as if a flu is coming on.
Head Pain	15:07:00	05		Headache frontal and top of head, frontal part. Lasted the whole evening until going to bed.
Head Pain	16:15:20	05		Felt a bit headachy.
Head Pain	17:12:00	05		Woke up with light headache. Got worse during the morning. Headache off and on. More constantly during evening and night. (8-12)
Head Pain	18:XX:XX	05		Headache.
Head Pain	19:XX:XX	05		Some headache after working on the computer. Headache on and off during day and evening.
Head Pain	20:06:45	05		Headache on and off. Worse thinking of it.
Head Pain	20:06:45	05		Headache on and off. Not too severe.
Head Pain	20:06:45	05		Woke up with headache. More

concentrated above the right eye in the first hours (OS) in the morning. Later returning to "the usual frontal headache." Headache worse evening, night.

Head Pain 21:XX:XX 05  
 Head Pain 22:11:00 05  
 Head Pain 23:XX:XX 05

Headache at night.  
 Slight frontal headache. Worse 3pm.  
 Headaches on and off. Not too severe, worse evening, night.  
 Slight headache, worse night.  
 Woke up with light headache. On and off during the day. Not too bad at night.  
 Have a headache on right side frontal area. It goes around to the back of head and down neck.

Head Pain 24:XX:XX 05  
 Head Pain 25:XX:XX 05  
 Head Pain 25:XX:XX 01

Head Pain 26:XX:XX 05  
 Head Pain 26:12:30 01

Headaches on and off, not too severe, sometimes annoying.  
 Went to bed. The headache is relieved by lying down.

Head Pain 27:21:00 05  
 Head Pain 28:XX:XX 05

Headache more right side of head. Stinging. Lasted only for a few minutes.  
 Slight headache: 4:15pm, Headache 7:30pm, 10:30pm.

Head Pain 29:00:30 05  
 Head Pain 29:07:00 05

Light frontal headache.  
 Woke up with a headache. Slight headache rest of the day.

Head Pain 30:XX:XX 05  
 Head Pain 31:XX:XX 05

Frontal headache, worse evening.  
 Frontal headache, pressing outwards.  
 Worse than the usual daily headaches.

EYES

Eyes 00:XX:XX 03  
 Eyes 09:XX:XX 03  
 Eyes 15:XX:XX 06

Both pupils dilated.  
 Left eye bloodshot in the morning; watery. Wrinkles/little bags under eyes.  
 But my eyes are yellow; a little bit bloodshot and yellowish. I think it's worth noting down.

EARS

Ears 00:01:15 03  
 Ears 00:12:05 06  
 Ears 01:XX:XX 06  
 Ears 01:07:00 06  
 Ears 01:07:00 06  
 Ears 02:XX:XX 06  
 Ears 03:11:00 06  
 Ears 04:XX:XX 06

Awareness of fullness in ears.  
 Faint static and noise in right ear.  
 Occasional high pitched tone in left ear throughout day.  
 Noise in right ear and sound in head— not buzz or ring-soft static- thought of clouds passing-- the noise they would make if it was amplified.  
 Definite "white noise" in my ears.  
 Notice ring in ears and noise in head "white noise."  
 At that time (about 11:00 am) noticed a definite white noise in my head , in my ears. They are two separate things, the head and the ears. In head: Not staticky, more like as if someone had left a radio on, but not tuned on a station. 'Hissing' might come close to describing it. In ears: I guess it's a pitch, but not a particularly high pitch.  
 I've got such ringing in my ears.  
 Maybe I should get my blood pressure checked. Usually my blood pressure is low, but this ringing could be related to high blood pressure. That would be interesting. A definite fuzz in my head and

				ringing in my ears. Ringing is in the right ear. Noticed this as I woke up again.
Ears	05:17:30	01	OS	On the way home, on the bus: Pain in my left ear. Sharp. Very brief. Like an ear ache pain.
Ears	07:XX:XX	06		Right ear is ringing again this morning.
Ears	07:XX:XX	03		Right ear pain-- sharp, shooting pain, yelled with the pain; takes the breath away, radiating into jaw bone < swallowing, touch, cold, > heat. LASTED ONE HOUR AND DISAPPEARED.
Ears	08:XX:XX	06		Ringing in Right ear; "white noise" with soft ringiness.
Ears	08:16:45	03		My right inner ear has occasional sharp pains which radiate into my jaw. The pain is especially sharp on swallowing.
Ears	08:23:00	04	NS US	After hot bath, water in right ear, if I touch or bump my head even slightly I get a vibration like a rubber band in my ear. Also with speaking. (very unusual symptom) Lasted till I went to sleep.
Ears	09:XX:XX	06		Ringing in Right ear and fuzzy noise.
Ears	12:XX:XX	06		Woke with a shock, thought I'd overslept-- full moon made house lighter. Ringing in right ear ended 6:30am. Replaced by hissing in top of head. 7:00am ringing starts again.
Ears	12:09:00	06		Right ear annoying and interfering with thoughts.
Ears	19:XX:XX	06		Ringing in right ear, and still "loud fuzz" in head.
Ears	21:XX:XX	01		Woke up with sharp pain ear.
Ears	22:XX:XX	01		Woke up in the middle of the night with sharp pain in left ear.
Ears	22:09:00	01		Pain in ear is still there, not as bad as in the night.
Ears	29:XX:XX	01		Both ears have little twinges of pain.
Ears	33:XX:XX	01		Somewhere between 3:00 - 4:00 PM— got a sharp pain in right ear, passed quickly.
Ears	34:XX:XX	06		This night the loud ringing in ears is back, worse in right ear.
Ears	36:XX:XX	06		I realized that this past week the ringing in my ear went away, because all of a sudden it came back. Today it came on 2 times, would come on and stay for less than an hour. Yesterday, Day 35, I woke up with it and it also came on in the evening. It is really striking. It just comes out of the blue. I don't know how I put up with it for all those first weeks, when it was constant.

HEARING

Hearing	15:05:45	02		Left ear-- in the morning with that hollow sound feeling-like hearing things inside of head and not through ears - almost like it was plugged. Ears stayed same all day.
Hearing	16:XX:XX	02		Left ear-- in the morning with that hollow sound feeling.

NOSE

Nose	01:09:30	03		Much mucous and nose blowing.
Nose	03:08:30	01		I'm sniffing. I blow my nose and expel

Nose	11:23:00	04	US	a clear discharge. Both nostrils partially clear after meditating.
Nose	20:XX:XX	05		Sore on tip of nose, right centre, inside.
<u>FACE</u>				
Face	00:10:00	03		Noticed that both my cheeks are flushed.
Face	03:08:30	01		I have a light aching around my eyes.
Face	10:XX:XX	04	NS	I have a pain in the right jaw area that is better from pressing on it.
Face	21:XX:XX	06		Lips are dry today.
				I had a cold sore (type of eruption) of the left corner of my lip. Never got cold sores. But that's ok. I don't care if I get herpes all over my face, as long as there's no more of the depressed cranky bitch stuff.
Face	39:08:00	04	NS US	Sensation in right cheek bone, slightly sore, like a pimple, but there is no actual eruption, just a sensation.
<u>MOUTH</u>				
Mouth	00:05:30	01		Mouth feels dry.
Mouth	02:17:00	02		I have a crack on the right side of my lip right in the corner don't think I've ever had this before. Not sure when it came but this is the first time I've noticed it.
Mouth	12:XX:XX	01		Have a sore area on upper right gum area behind the back molar. Makes me feel like my throat is sore.
Mouth	XX:XX:XX	02		I think I was clenching my teeth hard because the tooth where the abscess is was sore this morning to.
<u>TEETH</u>				
Teeth	12:02:XX	02		Tooth sore when bit down-- abscess out of blue.
<u>THROAT</u>				
Throat	00:01:00	02	NS	Feeling of scratchy throat, gone after a few minutes seem to need to clear throat of mucus no other really strong physical symptoms to report
Throat	01:XX:XX	03		Sensation of phlegm in throat. Frequent coughs to move phlegm.
Throat	01:06:48	01		Feel like I might be getting sore throat.
Throat	01:09:30	03		Phlegm in my throat. Felt suffocating with anxiety.
Throat	02:18:00	01		Throat feels better if I drink carbonated water or tea.
Throat	04:05:30	02		When I awoke have the same scratchy throat as before.
Throat	07:XX:XX	03		Sore throat, better salt.
Throat	10:XX:XX	01		Throat feels a bit sore.
Throat	25:XX:XX	01		Throat getting sore.
Throat	30:XX:XX	01		Woke up with slight sore throat.
<u>STOMACH</u>				
Stomach	00:XX:XX	03		Extremely thirsty-for lukewarm green tea.
Stomach	00:00:30	05		Faint feeling in stomach.

Stomach	00:10:30	01		home in bed, I feel bloated and nauseous, very nauseous. Just want to lie down. I turned the light off, felt nervous in the dark (OS). I turned on the light to write this feel very nauseous.
Stomach	00:12:30	01		Slight queasy feeling in my gut.
Stomach	01:XX:XX	01		Not eating much.
Stomach	02:07:15	04	US	Thirsty, drink 2 glasses of water.
Stomach	02:08:00	06	US	Nausea while driving.
Stomach	02:08:00	04	US	More water, more thirsty than usual.
Stomach	02:14:00	04	US	Drinking water in the office, don't usually do this. 1-2 glasses.
Stomach	02:19:00	06		Stomach upset and diarrhea.
Stomach	02:21:00	06		Stomach upset and diarrhea.
Stomach	03:05:00	01		Woke up feel nauseous.
Stomach	03:07:30	01		Nausea gone. stomach feels sore.
Stomach	03:08:30	01		Have this "background" nausea.
Stomach	03:16:00	06		Stomach started to be upset.
Stomach	03:17:00	04	US	Thirsty.
Stomach	03:22:00	04		Thirsty drinking more water than usual today. Usually no significant thirst.
Stomach	04:XX:XX	06		A lot of upset stomach and stomach cramps. Feeling like, Oh god, I've got to go to the bathroom. Stool not really diarrhea, just soft. I've described the color and all that in my journal, so we don't have to go over all that stuff.
Stomach	04:08:00	01		Slight nausea.
Stomach	04:09:30	04	US	Drinking water, 1.5 glasses.
Stomach	04:12:00	04		Thirsty for water, feeling good.
Stomach	05:XX:XX	06		Stomach ache and nausea in morning.
Stomach	05:XX:XX	06		Hungry all day.
Stomach	05:08:30	01		Nausea, better eating. Lasted an hour and half.
Stomach	06:15:30	03		I had a gastric reflux with the foul taste of bile in my mouth.
Stomach	07:XX:XX	03		Severe gastric reflux with bile (return of old symptom from years ago). Stomach > from coleslaw and graham wafers.
Stomach	07:XX:XX	03		Still no appetite; losing weight; nothing tastes good.
Stomach	07:00:00	01		Suddenly felt nauseous again at midnight. It seems if I'm the slightest bit tired, the nausea is there.
Stomach	07:05:30	01		Woke nauseous.
Stomach	08:07:30	01		Woke up felt nauseous. Felt better once I was up and around.
Stomach	08:12:00	04	US	Thirsty for waters.
Stomach	08:21:00	04		Thirsty for water.
Stomach	09:XX:XX	03		Still minor reflux problems after tea. Appetite slightly better.
Stomach	10:XX:XX	06		Severe stomach cramps.
Stomach	10:XX:XX	01		Today, pain in stomach at times.
Stomach	11:XX:XX	06		I've been eating a lot more than usual.
Stomach	11:01:34	01		Feel nauseous from waking from a dream.
Stomach	12:05:00	01		I was walking down the street on the way to the store and experienced a sudden sharp pain on the right side. It made me bend over, I felt scared it was so strong. Felt panic, was sweating. The pain eased up and then returned twice more with

			the same intensity. Each time it happened I felt scared and unsure I would be able to get home. Turned over onto hands and knees, which helped to relax me. Tense and hot and uncomfortable. Changed into looser clothes.
Stomach	12:09:00	06	Stomach upset, ongoing stomach cramps.
Stomach	14:XX:XX	03	Lots of acid reflux; frequent episodes.
Stomach	16:22:00	04	Still no appetite - eating almost nothing.
Stomach	17:08:00	04	US Thirsty, drink two glasses of water.
Stomach	19:XX:XX	06	Thirsty in morning. Two glasses of water.
Stomach	20:16:45	01	I got some pie with whipped cream again. I really crave the whipped cream. I had asked my daughter to tell me if I ever went to buy a pie again, to stop me. She tried to, but I did it anyway.
Stomach	20:19:00	01	Stomach cramps. Pants feel too tight.
Stomach	20:21:00	01	Ate French fries with lunch, maybe that's what caused the discomfort.
Stomach	22:XX:XX	06	Stomach discomfort better from burping.
Stomach	22:XX:XX	01	Decreased bloating, feel better.
Stomach	22:10:00	01	Had stomach cramps and diarrhea again, two times.
Stomach	30:XX:XX	01	Two consecutive nights haven't wanted to eat supper, I feel very full from lunch. Burping lots
Stomach	31:XX:XX	01	Feel slightly nauseous.
Stomach	97:XX:XX	03	Eating dried cranberries.. I like the tartness.
			Woke up feeling nauseous.
			Still reflux < black tea
			Still no appetite- bread and water only, bland food. Making myself eat; don't want to (never happened before).
<u>ABDOMEN</u>			
Abdomen	00:00:02	06	Clouds and tingling felt in pelvis and abdomen rising up through body.
Abdomen	15:XX:XX	02	I feel a bit bloated tonight in my stomach-- period still not here.
<u>RECTUM</u>			
Rectum	02:XX:XX	02	I've not had a bowel movement today
			I usually go within the first hour I'm up in the morning but haven't gone all day (very strange).
Rectum	03:XX:XX	02	Had a bowel movement this morning-
			same as normal-- smelly but didn't go the day before-- usually doesn't smell.
Rectum	03:21:00	06	I was reading a bedtime story at about
			9:00pm and had to stop and go (to the bathroom) right then.
Rectum	04:XX:XX	02	Had a small bowel movement before I
			went to bed (what a weird time to go to the bathroom for me).
Rectum	17:XX:XX	06	This morning I had some urgent
			diarrhea. Cramping before and immediate relief after stool. Fine all day after, bowel-wise.
Rectum	18:XX:XX	06	This morning, same as yesterday

morning, I had some urgent diarrhea. Cramping before, urgent need to get to the toilet, immediate relief after. I've been eating more salads, because I have gained some weight from all the junk I've been eating, but it doesn't make sense to me that salads would be the cause of the diarrhea.

Rectum 19:XX:XX	06		Woke up with a feeling, and urgency to go to the bathroom. Looser stools again.
Rectum 23:12:00	01		I got a very strong crawling sensation in my rectum. (OS, but this was more intense)
Rectum 24:XX:XX	03		I have occasional times of anal burning.
Rectum 24:17:40	01		Passed some blood from rectum with a small bit of stool. No constipation or straining. Blood surprised me.

STOOL

Stool	03:XX:XX	03		Copious, large, golden yellow coloured stools.
Stool	03:21:00	06		Stool lighter color, pasty, light pale brown, formed but really soft and thin.
Stool	04:XX:XX	06		Stool, not really diarrhea, just soft.
Stool	07:XX:XX	03		Golden orange stools.
Stool	14:XX:XX	03	NS	"acidic" bowel movements that burn
Stool	19:XX:XX	06		Looser stools again.

URINE

Urine	03:XX:XX	02		I seem to be peeing less and it smells strong and is a bright yellow color.
Urine	48:XX:XX	05		During the last 10-14 days I woke up three times because I started wetting myself (peeing) while lying on my back after dreams of urinating.

FEMALE GENITALIA

Female 04:XX:XX	06		I did have one more symptom. I wasn't going to tell you about it. It's so embarrassing. I did write it down though. Vaginal discharge, that's bright yellow, like lemon colored. This is like out of the ozone. Now that's a symptom.
Female 15:XX:XX	02		I feel a bit bloated tonight in my stomach-- period still not here.
Female 16:XX:XX	03		This evening for the first time in many months I felt strong sexual feelings, not secondary to any situation or stimulation but a strong sense of personal ownership and power in my ability to be sexual.
Female 20:XX:XX	01		Described by friend as looking soft and sexy.
Female 22:XX:XX	02		Period is 2.5 weeks late.
Female 22:XX:XX	02		Right side-- can almost feel egg going down fallopian tube.
Female 23:XX:XX	03		At a workshop on sexuality... Hard to talk about fears and sexuality with strangers; remains aloof until last day of workshop and then flirts with the men.
Female 28:XX:XX	01		Lots of sexual thoughts. Sometimes almost constant. My vagina feels very stimulated.
Female 31:XX:XX	01		Energy good, feeling sexually aroused. Felt what it must be like to be a teenage boy.
Female 46:XX:XX	06		My cycles which have shortened from

28 days (from age 13-39) gradually to 27, 26 and for the last six months 25 days-have youthened up and I had a 28 day month this time. This is a very noticeable change.

Female XX:XX:XX 02 OS

Pain in right ovary area. Little jabs, nothing serious, gone right away.

Female XX:XX:XX 06

Ovulation was perfectly on time. I did have another yellow discharge with that. Kind of strange. Not quite as yellow and shocking as the first time. I ovulated the next day.

VOICE

Voice 08:08:00 04 OS US

Waking with hoarse voice.

Voice 32:XX:XX 05

A little hoarse. (pony)

RESPIRATION

Respiration 02:XX:XX 02

Partner said I sound like I am taking lots of breaths.

Respiration 33:XX:XX 01

Have a deep dry cough, very sparse cough. Doesn't keep me awake at night or bother me much in the day  
Dry air agg cough, > drinking, > warmth around chest and throat.

COUGH

Cough 32:XX:XX 05

Occasional cough.

EXPECXTORATION

Expectoration 32:XX:XX 05

Occasional nose blowing with not much clear mucous.

CHEST

Chest 00:XX:XX 02

Feels like an excess of energy in heart.

Chest 00:XX:XX 03

Feel slight exhilaration in heartbeat and internal increase of speed of metabolism.

Chest 00:02:20 03

Left breast, a mild stitch extending to the nipple. Very precise in location.

Chest 00:02:30 02

Tea made me feel very light headed like my heart is going too fast (had to much caffeine?) Feeling stayed with me until 8:00 p.m. (06:30) then mellowed down.

Chest 01:XX:XX 02

Knife pain on top of lung only on left side. Lasted about 20 mins. Nothing made it better-- thought maybe stressed out from driving.

Chest 01:05:00 02

Heart still seems to be beating too fast and I'm sighing a lot.

Chest 01:07:00 04 NS US

Coming out of this dream into wakefulness I have brief period of palpitations, I am very conscious of my heart racing and beating loudly for about 10 to 20 seconds. I take my pulse. No fear, just a calm awareness and trying to perceive what's actually going on. Then I am full awake a few seconds later and I'm not sure whether I dreamed that I had palpitations or actually had them.

Chest 01:11:00 02

Had pain in right side of chest just above my breast, coughed up some stuff (didn't look at it) but pain and need to cough stopped after maybe three minutes not long at all.

Chest	01:16:00	01		Irritation in the chest. A distinct fleeting pain in chest, left side.
Chest	XX:XX:XX	02		Taking deep breath-- like I need more oxygen for how hard my heart wants to go.
Chest	02:XX:XX	02		Lung pain-- right lung just above Breast-- top of lung-- when I breathe it is like a little knife going in-- about 3 breaths.
Chest	03:06:45	02		Had the same pain in right lung above my breast at the top of my chest. Just when I breath like a knife going in lasts about five or so minutes then is gone didn't feel the need to cough this time.
Chest	03:09:30	01		I got a flash of sharp pain in the lower lobe of my right lung on inspiration
Chest	05:22:30	02		Had a pain on the left side of my chest when I breath (take a deep breath) it's like a knife going in just above my breast just the same as on my right side which I've had before, but not on the left side. Didn't last long.
Chest	06:09:30	02	NS	Pain in left breast-- lung top part when I breathe-- had to cough and it was clear phlegm-- when breathed had to cough-- Cough makes it feel better-- Lasted an hour and a half and then like never even had it.
Chest	06:12:30	02		Woke up with heart racing again— pulse 70-- so tired that just told self to relax and would get used to it. Usually it was in the afternoon before-- gone by 1:10 when woke up again.
Chest	08:17:00	02	OS	What has started at 5:00 p.m. is pain in lower right lung, like a knife when I breath feel I have to cough and then feels better. Lasted an hour and a half.
Chest	11:11:00	01		Stitching pain left side. Below clavicle into back. Under rib cage. <Jar of walking. Stitching. >Sitting still.
Chest	12:16:00	01		Same stitching pain. <Walking.
Chest	14:XX:XX	06		Incredible breast tenderness; like two pounds of water hanging there.
Chest	14:02:00	01		When lay down to go to sleep, pain in left clavicle into neck.
Chest	15:XX:XX	06		Incredible breast tenderness; like two pounds of water hanging there.
Chest	16:02:30	02		Heart doing its thing-same-- just like I had too much coffee. Haven't had any coffee or anything that would do that. Seemed to be with dreams and perspiring. Lasted for about 15 mins.
Chest	23:20:00	04		Mild sensation of pain in sternum while meditating.
Chest	30:17:00	01		Again feeling like I might get sick.
Chest	31:XX:XX	01		Chest itchy and heavy with a slight cough. Lasted 3.5 hours.
Chest	31:XX:XX	01		Fighting a chest thing on & off all day.
Chest	32:XX:XX	01		Had an itching sensation in upper part of chest. Feels better drinking tea and orange juice.
Chest	32:XX:XX	01		Occasional cough today. Chest feels the same.
Chest	XX:XX:XX	02		Heart going at 2:45 am and my heart racing - pulse was 72 when sleeping for me that was probably high.
Chest	XX:XX:XX	02		Heart - this whole thing like I've done speed or something-- did speed when

was 15 years old - close to that I think (hard to remember back that far thought) Usually clear until 4 pm.

BACK and NECK

Back & Neck	00:03:00	04	OS US	Back pain < for last hour Left side Left sacroiliac joint region significant nagging pain - no real amelioration
Back & Neck	00:04:40	03		Slight tension in muscles down back of neck, minor throbbing.
Back & Neck	00:05:00	04	OS	Left hip, sacroiliac pain persists, stretching relieves slightly, but not significantly. Worse with extension of spine. Worse bending forward. Possibly better walking.
Back & Neck	00:10:00	04		This back pain (lower Left lumbosacral area) has been moderate to very severe for the last several hours. Constant pain: worse sitting, worse standing, better walking.
Back & Neck	01:04:00	04		Back pain, bad at night in bed , worse moving in bed, worse turning.
Back & Neck	01:10:00	04		Back pain still bothering me, definitely an irritating pain-- similar to what occurred 3-4 months ago.
Back & Neck	01:13:30	04		Low back still sore and sensitive, perhaps intensity is slightly less than yesterday. Today I can sit comfortably without pain, yesterday I couldn't. Pain is worse moving my back in different directions.
Back & Neck	02:XX:XX	04	OS US	Through the night, worse movement and turning, not as bad as previous night.
Back & Neck	02:XX:XX	04		Back feeling better, still some pain, now worse extension, bending back, but less intense than yesterday.
Back & Neck	03:21:30	01		Ache in lower back.
Back & Neck	03:22:00	04		Back pain, worse extension, better stretching.
Back & Neck	06:XX:XX	06		Neck, shoulders and back are REALLY stiff.
Back & Neck	06:15:00	02	NS	Pain in left side of lower back (about same area as my kidney but right on my back muscle like a knife going in. Have to keep posture good so it won't bother me when I'm sitting; pulls when I first stand up and would stay a few minutes while walking. Lasted an hour and a half.
Back & Neck	07:XX:XX	06		Pain. Pain that is burning downwards from the muscle behind the ear to the scapula, and across the shoulder to the collar bone, Right side. Can't turn my head to the right. Really locked up. Can't think of anything I did to cause the neck pain. Wanted to stretch it out.
Back & Neck	09:15:30	02	NS	Same pain in left lower back but seem to run down my sciatica nerve running right down to the back of my knee. When I first start to move then gets better it's like I've pinched a nerve or something (I haven't). Pain lasted two and a half hours. Mood better when having the pain.
Back & Neck	10:07:30	04	OS US	Wake with achy pulling left side of neck.
Back & Neck	11:XX:XX	06		Woke up at about 6:00 am because I had a horrible low back ache. It woke me up. My kids have been sleeping in my bed with me lately so we're not all getting the best sleeps. Pain was a nagging pain. I just laid there in bed and felt I'm

				going to have to get crutches or something. But when I got up and moved around it was better. Worse sitting, better walking.
Back & Neck	11:11:00	04	OS	Irritation Left side of neck, sensation of numbness extends down Left upper arm, slight not severe.
Back & Neck	16:XX:XX	06		My neck was out on the left, just like it was on the right a week ago.
Back & Neck	16:XX:XX	04	OS	Low back pain right side with still in bed and after rising. Better stretching.
Back & Neck	16:09:30	02	NS	Pain in left side of middle (lower) back just like before. Lasted 25 minutes.
Back & Neck	16:13:00	02		Pain in left side of middle (lower) back again. Just a few sharp pains and then gone.
Back & Neck	00:01:00	01		Have an ache in lower back.
Back & Neck	00:01:00	04		Low left lumbar region of back, sore aching pain better good posture better stretching OS (planted garlic this AM, could be just an effect of this)
Back & Neck	17:XX:XX	04		Stiff neck after rising.
Back & Neck	19:13:00	04	OS US	Low back pain lumbar area worse extension and flexion.
Back & Neck	19:16:00	04		Back pain persists (sitting all day?).
Back & Neck	19:19:30	04		Back pain , even worse extending, worse flexing pain in sacroiliac area at base of spine, constant pain, almost as severe as day.
Back & Neck	19:23:00	04	OS US	Back pain persists, constant pain. Very severe, worse movement, bending far in any direction. Low back middle and both sides sacroiliac area.
Back & Neck	20:XX:XX	04	OS US	Back pain all night, worse turning over in bed.
Back & Neck	20:XX:XX	04	NS	Back pain doesn't allow me to focus on other symptoms.
Back & Neck	20:07:00	04		Back pain in a.m. as last night, worse flexing, extending, low back sacro iliac area.
Back & Neck	20:12:00	04		Back still sore, localized to left lower, spine sacroiliac area. Worse any movement or bending. Not as severe as yesterday evening but still relatively constant and severe.
Back & Neck	20:16:00	04	OS US	Back pain still very acute, worse bending back any direction. Sharp pain worse movement (like first few days of proving).
Back & Neck	22:21:30	04	OS	Back pain-mild on extension and flexion.
Back & Neck	23:11:00	04	NS	Pulling left side mid back, medial to scapulae (from typing?)
Back & Neck	23:23:00	04		Low back pain localized to left low back, worse extending, not severe much improved from a few days ago. Worse stretching.
Back & Neck	26:18:00	04		Low back, left side in very specific spot.
Back & Neck	26:20:00	04	OS US	Back aching, low left in a spot, intensity more severe than in last several days, not as bad as 1 week ago aggravation, more localized.
Back & Neck	27:07:00	04		Tearing pain in my back, left side just above iliac in a spot.
Back & Neck	28:00:00	04	OS	Left low back pain all day.

#### EXTREMITIES

Extremities	00:00:30	06		Cold hands.
Extremities	29:XX:XX	03		Both hands asleep on waking on 2

mornings.

EXTREMITY PAIN

Ext Pain	00:00:45	03		An ache of the lateral aspect of my tibia, feels like a bruising.
Ext Pain	00:04:15	03		Tension behind left shoulder blade.
Ext Pain	00:18:00	02		My right arm and hand went numb— not pins and needles it was like I had no muscles in it and then it was gone. I moved my arm thinking it was going to be pins and needles but it wasn't. Only lasted a few seconds.
Ext Pain	01:18:20	01		I have an ache up the back of my left leg. > elevation.
Ext Pain	07:12:05	01		Bottoms of feet aching. > sitting down.
Ext Pain	10:XX:XX	06		Right shoulder, all across the back of my right shoulder really stiff. When I got up I really noticed it-- a shoulder ache out of nowhere!
Ext Pain	10:09:30	02		Pain in left buttocks when I first go to move but sore when I walk. Last one and half hours.
Ext Pain	11:06:00	02		Pain in left buttocks like a knife when I first get up better after I move around. Lasted 6 hours.
Ext Pain	12:16:30	02		Pain in left buttocks same thing when I first move, ameliorated after moving.
Ext Pain	12:21:30	02		Still have pain but feels fine when I'm just laying or sitting.
Ext Pain	13:06:30	02		Up with the pain in left buttocks already. It was really bad like a toothache in butt all day. I ignore it. When I would bend down and start to move, it would grab me.
Ext Pain	13:13:30	04	OS US	Tightness in shoulders, not really tightness -in my neck like feeling of nerves in my shoulders, neck area , like a nerve sensation
Ext pain	13:17:00	02		Pains finally gone in buttocks.
Ext Pain	14:XX:XX	04	OS US	Aching upper shoulders, stiff neck.
Ext Pain	14:XX:XX	04		Sort of numblike pain in upper shoulders.
Ext pain	14:14:30	02		Out walking pain in sciatica back when I first start walking not as bad as Sat. pain but very much there. Pain better the more I walked. Two hours later pain completely gone again.
Ext Pain	17:XX:XX	06		All day Tuesday, my right wrist was totally painful. It felt like I had sprained, twisted or injured it; and I hadn't. No cause for the wrist pain.
Ext Pain	17:07:30	04		Neuralgic pain-- point of right shoulder on waking while still in bed.
Ext Pain	17:09:30	04	OS	Neuralgic pains in right upper shoulder/neck.
Ext Pain	17:22:00	04	US OS	Lying in bed, pain in shoulder point, outer aspect better after rising.
Ext Pain	18:09:00	04	OS US	Pain in shoulder, deltoid area.
Ext Pain	19:08:00	04		Pain right shoulder area radiating to upper arm-- neuralgic nerve pain like brachial neuritis. (All these shoulder pains are reminiscent of pains I got 4 or 5 years ago when I was doing a lot of desk work. Haven't had any this severe since the that I can think of.)
Ext Pain	23:11:30	04		Discomfort in trapezoids area both

Ext Pain	24:14:00	04	OS	sides, worse on left, tightness neuralgic sensation. Neck stiffness and mild aching in shoulders/traps all day.
Ext Pain	24:22:00	04		Stiff and cracky shoulders, better shoulders.
Ext Pain	33:09:00	04		Shoulders and traps very sore, achy neuralgic pain extends down, arms, neck, stiff and sore.
Ext Pain	38:XX:XX	06		I've had this aching in the joint, I've forgotten the name of it, where the thumb goes into the wrist. It was in the Left hand for 3 days; Friday, Saturday and Sunday (Day 34, 35 & 36). I had been doing a bit of sewing, but not enough that I can think this would be a result. Today the aching appeared in the same joint, but in the Right hand. The aching feels better when I rub it.
Ext Pain	39:19:00	04		Right shoulder and neck very sore after lifting my son up. Persists sore and achy, feels like I stretched a nerve- fairly severe. This pain persists for a week afterwards and then resolves.

SLEEP

Sleep	00:11:30	03		Can't sleep, not restless but sleep eludes me. A sense of warm energy threw my left side especially my leg.
Sleep	00:13:50	02		I woke up "How bizarre" (from dream) got up to go to bathroom but can't go back to sleep. Not restless just seems nice to lay quietly in bed.
Sleep	01:XX:XX	06		Slept till 10am. Got up after lying awake for an hour.
Sleep	01:XX:XX	03		Sleep eludes me. (NEVER A PROBLEM TO SLEEP)
Sleep	02:XX:XX	06		Overslept.
Sleep	04:06:30	04		Woke to write the above dream down and couldn't get back to sleep, this happens occasionally but felt less frustrating perhaps than I would have normally.
Sleep	05:XX:XX	02		I've not slept very much in past 2 days think I'm running on nerves because energy still seems high.
Sleep	05:XX:XX	02		Stayed awake until 4:15 am trying to go to sleep.
Sleep	05:05:00	02		Awoke with same feeling of drinking too much coffee. Slept heavy, woke up sweating again but not as bad as yesterday morning. Still at the back of my neck. Song in head (Building a Mystery) and was still there at 8am.
Sleep	09:XX:XX	02	US	Started my day tired
Sleep	09:21:30	04		Sleepy but could not sleep, thoughts re work, etc., so got up and worked for 3 hours.
Sleep	10:00:00	04	US	Went to bed at 12, still couldn't sleep for about an hour, thought and just feeling a little hyped.
Sleep	16:05:45	02		Woke from dreaming at 2:30 am, perspiring. Got back to sleep at around 4:00 a.m.
Sleep	18:02:30	02		Seems like every night and can't go back to sleep-- wonder what is up. Back to sleep at 5:30 am. Heart pounding when woke up
Sleep	XX:XX:XX	02		Haven't slept much in past 2 days because energy level so high.

PERSPIRATION

Perspiration	XX:XX:XX	02		Slept heavy woke up sweating at the
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Perspiration	XX:XX:XX	02	back of my neck and trunk of body.
Perspiration	XX:XX:XX	02	Night time with heart palpitations.
Perspiration	04:02:55	02	Sweat when jittery and moving about.
			Woke up with my heart beating fast
			(about 72) sweating behind my neck not head but back of neck wet
			and under arms and legs chest wet with sweat.
Perspiration	16:02:30	02	Awake from dreaming, perspiring
			back of neck, torso, arms and upper legs wet feel very hot up for a
			pee.
 <u>SKIN</u>			
Skin	02:11:30	03	Looking in the mirror my skin has a
			yellow-green sallow cast.
Skin	05:XX:XX	03	I have pimples on either side of my
			gluteal cleft-- very itchy.
Skin	14:XX:XX	03	Ten warts on feet are gone!
Skin	36:XX:XX	06	Also when I wash dishes, etc my
			hands really feel irritated by the
			water. This has never happened before. I am not writing this
			anywhere
			else.
Skin	47:XX:XX	06	The other-- a symptom which is rather
			remarkable but I only remember it
			when I'm in the shower-- an aversion to showers, to getting my skin
			wet
			it is uncomfortable as if I don't want the water on my skin. It reminds
			me of trying to mix alcohol and water - a bad mix. Whereas a
			shower usually "blends" pretty well on the body.
Skin	48:XX:XX	06	Now my first two fingers on the left
			hand (I am left handed) have developed over this past week little
			painful cuts like they had been sliced by a knife. Maybe 1/3 cm. long
			each-- like paper cuts-- very painful. I went to watercolor tonight and
			realized that when I dipped the brush, some water would drip onto
			those fingers-- it was very painful and irritating, felt cold, I did not
			want the water on my fingers. I realized I had felt the same way last
			week. Very disturbed and cold (fingers) from the water on my fingers,
			and this is where the cuts developed. I kept having to wipe and hold
			my fingers in my cotton sweater to soak the water off them tonight.

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### Repertory Symptoms

#### Loxosceles Reclusa

# of

provers	CHAPTER	Rubric	
	MIND	Absorbed	
	MIND	Alcoholism	
3	MIND	Anger	
	MIND	Anger	alternating with repentance, quick
	MIND	Anorexia nervosa	
2	MIND	Anxiety	
	MIND	Anxiety	conscience, of

	MIND	Anxiety	dark, in	
	MIND	Anxiety	pains, from	
	MIND	Ardent		
	NR MIND	Awareness heightened	birds, of the presence of	
	MIND	Awkwardness		
4	MIND	Bed	desires to remain in	
	MIND	Brooding		
	MIND	Cares, full of		
	MIND	Censorious, critical		
3	MIND	Cheerfulness		
	MIND	Cheerfulness	pain, with the	
2	MIND	Clarity of mind		
	MIND	Colors	bright amel.	
	NR MIND	Colors	brighter, seem	
	NR MIND	Colors	desires	
5	MIND	Company	aversion to	
	MIND	Company	desire for	
	MIND	Concentration	active	
3	MIND	Concentration	difficult	
	MIND	Confidence	want of self	
2	MIND	Confusion of mind		
	MIND	Confusion of mind	time, as to	
	MIND	Conscientious about trifles		
2	MIND	Consolation	amel.	
	MIND	Contented		
	MIND	Courageous		
	MIND	Cruelty		
2	NR MIND	Curl up	desires to:	
	MIND	DEATH	desires	
	MIND	death	talks of	
2	MIND	Death	thoughts of	
	MIND	Death	thoughts of	fear, without
	MIND	Detached		
	NR MIND	Delusions	air	he is walking on
	MIND	Delusions	alone	world, in the
	MIND	Delusions	bewitched	he is
	MIND	Delusions	body	ugly, body looks
	NR MIND	Delusions	clouds	enveloping her
	NR MIND	Delusions	condensed	being
	NR MIND	Delusions	condensed	being sitting crouched, in a

				small space
	NR MIND	Delusions	condensed	being sitting amel.
	MIND	Delusions	criticized	that she is
	MIND	Delusions	floating	air, in
	NR MIND	Delusions	good enough	she is not
	MIND	Delusions	insects	sees
	MIND	Delusions	invincible	he is
	MIND	Delusions	invisible	she is
	MIND	Delusions	light, incorporeal, immaterial,	he is
	MIND	Delusions	light, incorporeal, immaterial, he is	walking, while
	MIND	Delusions	old	being
	MIND	Delusions	possessed, he or she is	
	MIND	Delusions	separated	body mind and body are
	MIND	Delusions	separated	body spirit had separated from body
	MIND	Delusions	separated	world, he is
	MIND	Delusions	smaller	from the body is
	NR MIND	Delusions	time	fritters away his
	NR MIND	Delusions	ugly	she is
	MIND	Delusions	unreal	everything is
	NR MIND	Desires	crouch, to	in a tiny space
	NR MIND	Desires	invisible	to be
	NR MIND	Desires	silence	
2	MIND	Despair		
	MIND	Despair	recovery, of	
	MIND	Despair	recovery, of	morning on waking
2	MIND	Detached		
	MIND	Dreams	absurd	
	NR MIND	Dreams	airports	
	MIND	Dreams	amorous	
	MIND	Dreams	anger	
3	MIND	Dreams	animals	
	NR MIND	Dreams	animals	bats
	MIND	Dreams	animals	dissection
	MIND	Dreams	animals	horses head
	MIND	Dreams	animals	mice
	MIND	Dreams	animals	mice dead
	NR MIND	Dreams	animals	moose
	MIND	Dreams	animals	snakes
	MIND	Dreams	beautiful	
	NR MIND	Dreams	bodies	death
	MIND	Dreams	brother	

	MIND	Dreams	busy, being		
	NR MIND	Dreams	candles	electric	
	NR MIND	Dreams	cars	driving on right side of the road, England, in	
	MIND	Dreams	cars, automobiles, of		
	MIND	Dreams	cars, automobiles, of	chasing	
	MIND	Dreams	cars, automobiles, of	race	
	MIND	Dreams	child, children		
	MIND	Dreams	climbing		
	MIND	Dreams	Clothing	coat	down comforter, made of
	NR MIND	Dreams	clothes		
	NR MIND	Dreams	clothes	beautiful	
	NR MIND	Dreams	clothes	silk	
	MIND	Dreams	confused		
2	MIND	Dreams	country	foreign	
	NR MIND	Dreams	country	foreign	England
	NR MIND	Dreams	country	foreign	France
	MIND	Dreams	crimes		
	NR MIND	Dreams	criminals		
	MIND	Dreams	dancing		
3	MIND	Dreams	death		
	MIND	Dreams	death	dying, of	
	NR MIND	Dreams	death	father, of	
	MIND	Dreams	death	relatives	
	NR MIND	Dreams	death	sex, and	
	NR MIND	Dreams	desolate areas		
	NR MIND	Dreams	dirty	being	
	NR MIND	Dreams	disputes		
	NR MIND	Dreams	dreams	recording	
	NR MIND	Dreams	driving	car, a	
	MIND	Dreams	driving	car, a	cornfield, in a
	MIND	Dreams	earthquake		
	NR MIND	Dreams	energy	ribbons of	
	NR MIND	Dreams	faces	devious	sees
				looking	
	NR MIND	Dreams	faces	ominous	sees
	NR MIND	Dreams	faces	sees	
	MIND	Dreams	falling		
	MIND	Dreams	family, own		
	MIND	Dreams	father		
	NR MIND	Dreams	fearlessness		
	NR MIND	Dreams	fight		

	MIND	Dreams	fighters	sword	
	NR MIND	Dreams	fighters	sword	cross as a
	mind	Dreams	gruesome		
2	MIND	Dreams	food		
	NR MIND	Dreams	food	desserts	
	NR MIND	Dreams	food	detail, in great	
	NR MIND	Dreams	food	pancakes	
	NR MIND	Dreams	food	preparing	
	NR MIND	Dreams	food	selling	
	NR MIND	Dreams	forgetting	something	
	MIND	Dreams	flying		
2	MIND	Dreams	friends		
	MIND	Dreams	friends	old	
2	MIND	Dreams	frightful		
	MIND	Dreams	guns		
	NR MIND	Dreams	helicopters		
	NR MIND	Dreams	hiding		
	NR MIND	Dreams	hiding	rocks, behind	
2	MIND	Dreams	houses		
	NR MIND	Dreams	houses	nice and clean	
	NR MIND	Dreams	houses	nice and clean	moving to
2	NR MIND	Dreams	intrusion		
	NR MIND	Dreams	lying	bed, in	
	NR MIND	Dreams	lying	bed, in	lover, with
	NR MIND	Dreams	meeting	someone	
	MIND	Dreams	money		
	NR MIND	Dreams	motorcycles		
	NR MIND	Dreams	motorcycles	driving	mall, into
	NR MIND	Dreams	mountains		
	NR MIND	Dreams	mountains	climbing	
	NR MIND	Dreams	moving, relocating		
2	MIND	Dreams	music		
	NR MIND	Dreams	necklaces		
	NR MIND	Dreams	necklaces	tight, too	
	NR MIND	Dreams	old	being	
	MIND	Dreams	parties, of pleasure		
4	MIND	Dreams	people		
	MIND	Dreams	people	Chinese	
	MIND	Dreams	people	guns, with	
	MIND	Dreams	people	meeting	

	NR	MIND	Dreams	plants	
	NR	MIND	Dreams	plants	growing fast
	NR	MIND	Dreams	plants	dead
		MIND	Dreams	questioned, being	
	NR	MIND	Dreams	race	
	NR	MIND	Dreams	robbed, being	
		MIND	Dreams	robbers	
	NR	MIND	Dreams	sand dunes	
		MIND	Dreams	shopping	
	NR	MIND	Dreams	shopping	mall, in
	NR	MIND	Dreams	singing	
	NR	MIND	Dreams	speedskating	
		MIND	Dreams	strange	
	NR	MIND	Dreams	terror	
	NR	MIND	Dreams	things	forgetting
2		MIND	Dreams	toilet	
		MIND	Dreams	toilet	observed on toilet
	NR	MIND	Dreams	town	strange
	NR	MIND	Dreams	urinating, of	paper bag, in a
2		MIND	Dreams	urinating, of	
		MIND	Dreams	violent	
2	NR	MIND	Dreams	waiting	someone, for
	NR	MIND	Dreams	watched	being
	NR	MIND	Dreams	watched	being     urinating, while
2		MIND	Dreams	water	
	NR	MIND	Dreams	water	boats
		MIND	Dreams	water	falling into
		MIND	Dreams	water	leaking
		MIND	Dreams	water	swimming
	NR	MIND	Dreams	water	swimming pools
		MIND	Dreams	women	
		MIND	Eccentricity		
		MIND	Embarrassment		
		MIND	Ennui, boredom		
		MIND	Escape	desire	
		MIND	Excitement		
3		MIND	Fear		
		MIND	Fear	animals	
		MIND	Fear	animals	bats
		MIND	Fear	dark	
	NR	MIND	Fear	photo	having taken her

	MIND	Fearlessness		
2	MIND	Forgetfulness		
2	MIND	Forsaken feeling		
	MIND	Grief		
	MIND	Grief	silent	
	MIND	Heedless		
	MIND	Hide	desires to	
2	MIND	Home	desires to go	
	MIND	Hurry, haste		
	MIND	Hypocrisy		
	MIND	Indifference, apathy		
	MIND	Industrious, mania for work		
	MIND	Intolerance		
	NR MIND	Invincible	feeling	
4	MIND	Irritability		
	MIND	Irritability	menses	before
	MIND	Joyless		
	MIND	Laughing		
	MIND	Laughing	sad, when	
	MIND	Loquacity		
	MIND	Loquacity	changing quickly from one subject to another	
	NR MIND	Lose things	tendency to	
	MIND	Liar		
	MIND	Memory	weakness, loss of	
	MIND	Mildness		
	MIND	Mistakes	spelling, in	
	MIND	Mistakes	time, in	
	MIND	Mistakes	writing	words, wrong
	MIND	Mocking		
	NR MIND	Noise	desire for	
	MIND	Obstinate, headstrong		
2	MIND	Offended easily		
	MIND	Optimistic		
	NR MIND	Overwhelmed		
	NR MIND	Painting	amel.	
	MIND	Persists in nothing		
	MIND	Philosophy	ability for	
	MIND	Prostration of mind		
	MIND	Postponing everything to next day		
	MIND	Rage, fury		

	MIND	Reproaching himself		
	MIND	Rudeness		
	NR MIND	Run	urge to	
	MIND	Sadness	weeping	impossibl e
3	MIND	Sadness, despondency, depression, melancholy		
	MIND	Sadness, despondency, depression, melancholy		waking, on
	MIND	Sadness, despondency, depression, melancholy		weeping amel.
	MIND	Secretive		
	MIND	Senses	acute	
	NR MIND	Senses	acute	breathing, of
?	NR MIND	Senses	acute	self, of
	MIND	Senses	confused	
2	MIND	Sensitive	noise, to	
	MIND	Sensitive, oversensitive	reprimands, criticism, reproaches, to	
	MIND	Sensitive, oversensitive		
	MIND	Sentimental		
	MIND	Sighing		
	MIND	Sit	inclination to	
	MIND	Spaced-out feeling		
2	MIND	Suicidal disposition		
	MIND	Suicidal disposition	best way to do it	
	MIND	Suicidal disposition	hanging, by	
	MIND	Suicidal disposition	throwing himself	height, a
	MIND	Suicidal disposition	thoughts	from:
	MIND	Talk	indisposed to, desire to be silent, taciturn	
	MIND	Talk, talking, talks	hasty	
2	MIND	Thoughts	clearness of	
	MIND	Thoughts	disease, of	
	mind	Thoughts	killing oneself, hanging from a noose	
	MIND	Thoughts	morbid	
	MIND	Thoughts	sexual	
	NR MIND	Thoughts	sin, of	
	MIND	Time	fritters away his	
	MIND	Time	loss of conception of	
	MIND	Tranquility, serenity, calmness		

	NR MIND	Vigilance				
	MIND	Vivacious				
2	MIND	Weeping	tendency			
	MIND	Weeping	tendency	easily		
	MIND	Weeping	menses	before		
	NR MIND	Writing	aversion to	writing down her symptoms		
	VERTIGO					
	VERTIGO	Exertion, on	agg.			
	VERTIGO	Rising, on	agg.	bed, from		
	HEAD	Constriction				
	HEAD	Heaviness				
	HEAD	Tingling				
	HEAD	Tingling	extending to	jaw		
5	HEAD PAIN	General				
	HEAD PAIN	General	morning	agg.		
	HEAD PAIN	General	morning	agg.	9 A.M.	noon, until
	HEAD PAIN	General	morning	agg.	9 A.M.	
	HEAD PAIN	General	morning	waking, on		
	HEAD PAIN	General	morning	waking, on		
	HEAD PAIN	General	afternoon			
	HEAD PAIN	General	evening	agg.		
	HEAD PAIN	General	evening	agg.	8 P.M.	
NR	HEAD PAIN	General	evening	agg.	8 P.M.	midnight, till
	HEAD PAIN	General	night	agg.		
NR	HEAD PAIN	General	night	agg.	10 P.M.	12 P.M., until
	HEAD PAIN	General	night	agg.	10 P.M.	
	HEAD PAIN	General	intermittent, recurrent pains			
	HEAD PAIN	General	jar, from any			
	HEAD PAIN	General	lying while	amel.		
	HEAD PAIN	General	noise, from			
	HEAD PAIN	General	shaking head	agg.		
	HEAD PAIN	General	spot, in small			
	HEAD PAIN	General	thinking of pain	agg.		
4	HEAD PAIN	Localization	Forehead			
	HEAD PAIN	Localization	Forehead	left side		
	HEAD PAIN	Localization	Forehead	right side		
	HEAD PAIN	Localization	Forehead	right side		
	HEAD PAIN	Localization	Forehead	extending	nape, to	
4	HEAD PAIN	Localization	Occiput			

	HEAD PAIN	Localization	Occiput	sides of	left
2	HEAD PAIN	Localization	Occiput	sides of	right
	HEAD PAIN	Localization	Occiput	extending	shoulders, to
2	HEAD PAIN	Localization	Temples		
2	HEAD PAIN	Localization	Temples	left	
	HEAD PAIN	Localization	Temples	extending	eye, to
	HEAD PAIN	Cutting	Forehead		
	HEAD PAIN	Cutting	Forehead	eyes, above	
NR	HEAD PAIN	Cutting	Forehead	eyes, above	left
	HEAD PAIN	Cutting			
	HEAD PAIN	Dull			
	HEAD PAIN	Dull	Forehead		
	HEAD PAIN	Pressing			
	HEAD PAIN	Pressing	Occiput		
	HEAD PAIN	Pressing	outward		
	HEAD PAIN	Pulling, like			
	HEAD PAIN	Pulsating, throbbing			
	HEAD PAIN	Pulsating, throbbing	Occiput		
2	HEAD PAIN	Stitching			
	HEAD PAIN	Stitching	Sides	right	
	HEAD PAIN	Violent			
	EYE	Discoloration	yellow		
	EYE	Ecchymosis			
NR	EYE	Ecchymosis	left		
	EYE	Pain	burning		
	EYE	Pupils	dilated		
	EAR	Fullness	sensation of		
	EAR	Noises in	General		
	EAR	Noises in	General	left	
	EAR	Noises in	General	right	
NR	EAR	Noises in	high pitched		
	EAR	Noises in	hissing		
	EAR	Noises in	ringing		
	EAR	Noises in	white noise		
	EAR	Noises in	ringing	morning	
2	EAR	Pain	General		
	EAR	Pain	General	morning	
	EAR	Pain	General	morning	waking, on

	EAR	Pain	General	afternoon
	EAR	Pain	General	night
	EAR	Pain	General	left
	EAR	Pain	General	right
	EAR	Pain	General	cold      agg.
	NR EAR	Pain	General	heat      amel.
	EAR	Pain	General	swallowing, on
	EAR	Pain	General	touch, on
2	EAR	Pain	General	extending jaw, to
	EAR	Pain	stitching	
	EAR	Pain	stitching	morning
	EAR	Pain	stitching	morning      waking, on
	EAR	Pain	stitching	afternoon
	EAR	Pain	stitching	night
	EAR	Pain	stitching	left
	EAR	Pain	stitching	swallowing, when
	EAR	Pain	stitching	extending jaw, to
	HEARING	Illusions		
	NR HEARING	Illusions	sounds	appear to come from inside the head
2	NOSE	Coryza		
2	NOSE	Discharge	clear	
	NOSE	Eruptions	inside	
	NOSE	Eruptions	inside	right
	NOSE	Pain	sore, bruised	inside
	NOSE	Pain	sore, bruised	tip
	SMELL	Acute		
	FACE	Aphthae on lips		
	FACE	Cracks	corners of mouth	
	FACE	Cracks	corners of mouth	right
	FACE	Discoloration	pale	
2	FACE	Discoloration	red	excitement, from
	FACE	Dryness	lips	
	FACE	Heat	flushes	
	FACE	Pain	General	eye      around
	FACE	Pain	General	jaw
	FACE	Pain	General	jaw      right
	FACE	Pain	General	jaw      pressure      amel.

	FACE	Pain	General	cheek bones	
	FACE	Pain	General	cheek bones	right
	FACE	Swelling	eyes	under	
	FACE	Tingling			
	MOUTH	Abscess	Gums, of		
	MOUTH	Aphthae			
	MOUTH	Cracked, fissured			
	MOUTH	Dryness			
	MOUTH	Pain	General		
	MOUTH	Pain	General	Gums	
	TEETH	Abscess of roots			
2	THROAT	Mucus			
2	THROAT	Pain	General		
	THROAT	Pain	General	morning	
	THROAT	Pain	General	morning	
	THROAT	Pain	General	waking, on	
	THROAT	Pain	General	waking, on	
	THROAT	Pain	General	drinking	amel.
NR	THROAT	Pain	General	salt	amel.
	THROAT	Scraping			
2	STOMACH	Appetite	diminished		
	STOMACH	Appetite	increased		
	STOMACH	Appetite	increased		
2	STOMACH	Appetite	wanting		
	STOMACH	Emptiness, weak feeling, faintness, goneness, hungry feeling			
	STOMACH	Eruclatations			
	STOMACH	Heartburn			
2	STOMACH	Nausea			
	STOMACH	Nausea	morning		
	STOMACH	Nausea	eating	amel.	
	STOMACH	Nausea	riding in a carriage or on cars, while		
	STOMACH	Nausea	sleep, after		
	STOMACH	Pain	General		
	STOMACH	Pain	General	eruclatation	amel.
				s	
2	STOMACH	Pain	cramping		
3	STOMACH	Thirst			

2	ABDOMEN	Distension			
	ABDOMEN	Pain	General		
	ABDOMEN	Pain	General	bending: double	amel.
	ABDOMEN	Pain	cramping	stool, before	
	ABDOMEN	Pain	cramping	stool, amel.	after
	ABDOMEN	Pain	stitching		
	ABDOMEN	Pain	stitching	Sides	right
	ABDOMEN	Tingling			
NR	ABDOMEN	Tingling	extending upwards through body		
	RECTUM	Constipation			
	RECTUM	Diarrhea			
	RECTUM	Diarrhea	morning		
	RECTUM	Diarrhea	morning	bed, driving out of	
	RECTUM	Formication in anus			
	RECTUM	Pain	burning		
2	RECTUM	Urging, desire			
	RECTUM	Urging, desire	morning		
	RECTUM	Urging, desire	evening		
	RECTUM	Urging, desire	evening	9 P.M.	
	RECTUM	Urging, desire	night		
	RECTUM	Urging, desire	waking, on		
	STOOL	Acrid, corrosive, excoriating			
	STOOL	Bloody			
	STOOL	Color	light-colored		
	STOOL	Color	orange		
	STOOL	Color	yellow		
	STOOL	Color	yellow	golden	
	STOOL	Loose			
	STOOL	Odor	offensive		
	STOOL	Profuse			
	STOOL	Soft			
	BLADDER	Urination	involuntary	night, incontin- ence in bed	dreaming of urinating, while
	URINE	Color	yellow	bright	
	URINE	Odor	strong		

	URINE	Scanty			
	FEMALE GENITALIA	Leucorrhoea	General		
NR	FEMALE GENITALIA	Leucorrhoea	yellow	greenish	
	FEMALE GENITALIA	Menses	frequent, too early, too soon		
	FEMALE GENITALIA	Menses	late, too		
	FEMALE GENITALIA	Menses	late, too	seventeen days too late	
	FEMALE GENITALIA	Pain	General		
	FEMALE GENITALIA	Pain	General	Ovaries	
	FEMALE GENITALIA	Pain	General	Ovaries	right
2	FEMALE GENITALIA	Sexual desire	increased		
2	SPEECH & VOICE	Voice; hoarseness			
	SPEECH & VOICE	Voice; hoarseness	waking, on		
	RESPIRATION	Accelerated			
	RESPIRATION	Anxious			
	RESPIRATION	Difficult	mucus in the	throat, from	
2	COUGH	Air	dry		
	COUGH	Daytime	agg.		
	COUGH	Drinking	amel.		
	COUGH	Dry			
	COUGH	Mucus, from	throat, in		
	COUGH	Respiration	agg., after		
	COUGH	Warmth	amel.		
	CHEST	Heaviness			
	CHEST	Itching			
NR	CHEST	Pain	cough	amel.	
5	CHEST	Pain	General		
	CHEST	Pain	General	walking	agg.
	CHEST	Pain	General	sitting	amel.
	CHEST	Pain	General	Clavicle	neck
	CHEST	Pain	General	Clavicle	extending to:
	CHEST	Pain	General	Mammae	

	CHEST	Pain	General	Mammae	left
	NR CHEST	Pain	General	Mammae	extending nipple to:
	CHEST	Pain	General	Lungs	
	CHEST	Pain	General	Lungs	
	CHEST	Pain	General	Lungs	right
	CHEST	Pain	General	Sternum	
2	CHEST	Pain	General	Sides	left
	CHEST	Pain	General	Sides	right
2	CHEST	Pain	cutting		
	CHEST	Pain	cutting	left	
2	CHEST	Pain	cutting	inspiration	
	CHEST	Pain	cutting	extending back to	
	CHEST	Pain	sore, bruised		
	CHEST	Pain	sore, bruised	Mammae	
2	CHEST	Pain	stitching		
	CHEST	Pain	stitching	right	
	CHEST	Pain	stitching	walking, while	agg.
	CHEST	Pain	stitching	Mammae	
	NR CHEST	Pain	stitching	Mammae	extending nipple to:
2	CHEST	Palpitation heart			
	CHEST	Palpitation heart	frightening dream, after		
	CHEST	Palpitation heart	perspiration, during		
	CHEST	Perspiration			
	CHEST	Perspiration	axilla		
	BACK	Eruptions	Sacral region		
	BACK	Numbness			
	BACK	Numbness	Cervical region		
	BACK	Numbness	Cervical region	extending arm to	
4	BACK	Pain	General		
	BACK	Pain	General	night	
	BACK	Pain	General	left	
2	BACK	Pain	General	right	
	BACK	Pain	General	bending: agg., forward	
	BACK	Pain	General	bending: agg., backward	
	NR BACK	Pain	General	extension	agg.
	BACK	Pain	General	on planting garlic	
	BACK	Pain	General	motion	agg.
2	BACK	Pain	General	motion	amel.
	BACK	Pain	General	sitting,	agg.

				while		
	BACK	Pain	General	sitting, while	agg.	
	BACK	Pain	General	spot, in one		
	BACK	Pain	General	standing	agg.	
	BACK	Pain	General	turning	agg.	bed, in
2	BACK	Pain	General	walking	amel.	
	BACK	Pain	General	extending	Downward	
2	BACK	Pain	General	Cervical region		
	BACK	Pain	General	Cervical region	left	
	BACK	Pain	General	Cervical region	right	
	BACK	Pain	General	Cervical region	extending	clavicles, to
	NR BACK	Pain	General	Cervical region	extending	shoulder, across the
	BACK	Pain	General	Dorsal region		
4	BACK	Pain	General	Lumbar region		
	BACK	Pain	General	Lumbar region		
	BACK	Pain	General	Lumbar region	right	
2	BACK	Pain	General	Lumbar region	motion	amel.
2	BACK	Pain	General	Lumbar region	sitting	amel.
	BACK	Pain	General	Lumbar region	standing	
2	BACK	Pain	General	Lumbar region	walking	agg.
	BACK	Pain	General	Sacral region		
	NR BACK	Pain	General	Sacral region	bending: agg.,	forward
	NR BACK	Pain	General	Sacral region	extension	agg.
	BACK	Pain	General	Sacroiliac junction		
2	BACK	Pain	aching			
	BACK	Pain	aching			
	BACK	Pain	aching	Lumbar region		
	BACK	Pain	aching	Lumbar region		
	BACK	Pain	cutting			
	BACK	Pain	cutting	Lumbar region		
	BACK	Pain	pulsating, throbbing			
	BACK	Pain	pulsating, throbbing	Cervical region		
	BACK	Perspiration	Cervical region			
	BACK	Perspiration	Cervical region	sleep, in	agg.	

	BACK	Perspiration				
2	BACK	Stiffness				
2	BACK	Stiffness	Cervical region			
	BACK	Stiffness	Cervical region	turning head	on	right, to
	BACK	Stiffness	Dorsal region			
2	BACK	Tension				
	BACK	Tension	Cervical region			
	BACK	Tension	Dorsal region			
NR	BACK	Tension	Dorsal region	Scapulae	behind	

	EXTREMITIES	Awkwardness				
	EXTREMITIES	Coldness				
	EXTREMITIES	Coldness	Hands			
	EXTREMITIES	Cracked skin	Fingers			
	EXTREMITIES	Heat				
	EXTREMITIES	Heat	Upper limbs			
	EXTREMITIES	Numbness, insensibility				
	EXTREMITIES	Numbness, insensibility	Upper limbs			
	EXTREMITIES	Numbness, insensibility	Upper limbs	right		
	EXTREMITIES	Numbness, insensibility	Upper limbs	Forearm		
	EXTREMITIES	Numbness, insensibility	Upper limbs	Forearm	right	
	EXTREMITIES	Numbness, insensibility	Upper limbs	Hand		
	EXTREMITIES	Numbness, insensibility	Upper limbs	Hand	right	
	EXTREMITIES	Perspiration				
	EXTREMITIES	Perspiration	Upper limbs			
	EXTREMITIES	Perspiration	Lower limbs			
	EXTREMITIES	Perspiration	Lower limbs	Leg		
	EXTREMITIES	Stiffness				
	EXTREMITIES	Stiffness	Shoulder			
	EXTREMITIES	Stiffness	Shoulder	right		
	EXTREMITIES	Tingling				
	EXTREMITIES	Tingling	Hand			
	EXTREMITIES	Tingling	Hand	waking, on		
	EXTREMITIES	Warts	Foot			

5	EXTREMITY PAIN	General				
2	EXTREMITY PAIN	Upper limbs				

2	EXTREMITY PAIN	Upper limbs	Shoulder			
	EXTREMITY PAIN	Upper limbs	Shoulder	extending arm to		
	EXTREMITY PAIN	Upper limbs	Shoulder	right		
	EXTREMITY PAIN	Upper limbs	Shoulder	right		
	EXTREMITY PAIN	Upper limbs	Shoulder	waking, on		
	EXTREMITY PAIN	Upper limbs	Wrist			
	EXTREMITY PAIN	Upper limbs	Wrist	right		
	EXTREMITY PAIN	Upper limbs	Fingers	first		
	EXTREMITY PAIN	Upper limbs	Fingers	first	joints of	metacarpal
3	EXTREMITY PAIN	Lower limbs				
	EXTREMITY PAIN	Lower limbs	left			
	EXTREMITY PAIN	Lower limbs	sciatica			
	EXTREMITY PAIN	Lower limbs	sciatica	walking	agg.	
	EXTREMITY PAIN	Lower limbs	sciatica	walking	amel.	continued
	EXTREMITY PAIN	Lower limbs	Buttocks			
	EXTREMITY PAIN	Lower limbs	Buttocks	left		
	EXTREMITY PAIN	Lower limbs	Leg			
	EXTREMITY PAIN	Lower limbs	Leg			
	EXTREMITY PAIN	Lower limbs	Leg	left		
	EXTREMITY PAIN	Lower limbs	Foot			
	EXTREMITY PAIN	Lower limbs	Foot	sitting, while	amel.	
	EXTREMITY PAIN	Lower limbs	Foot	sole		
	EXTREMITY PAIN	Cutting				
	EXTREMITY PAIN	Cutting	Lower limbs			
NR	EXTREMITY PAIN	Cutting	Lower limbs	Buttocks		
	EXTREMITY PAIN	Cutting	Lower limbs	Buttocks	left	
	EXTREMITY PAIN	Cutting	Lower limbs	Buttocks	moving	amel.
	EXTREMITY PAIN	Neuralgic				

	EXTREMITY PAIN	Neuralgic	Upper limbs	
	EXTREMITY PAIN	Neuralgic	Upper limbs	Shoulders
3	SLEEP	Disturbed		
	SLEEP	Sleeplessness		
	SLEEP	Sleeplessness	thoughts, from	
	SLEEP	Sleeplessness	waking, after	
2	SLEEP	Sleeplessness	waking, after	
	SLEEP	Waking	dreams, from	
3	CHILL, CHILLINESS	Chilliness		
	CHILL, CHILLINESS	Chilliness	Evening	
	CHILL, CHILLINESS	Chilliness	Night	
	CHILL, CHILLINESS	Coldness in general		
	FEVER, HEAT	Heat in general		
	PERSPIRATION	Morning		
	PERSPIRATION	Morning	waking, on	
	PERSPIRATION	Night		
	PERSPIRATION	Night	sleep, during	
	PERSPIRATION	Motion	agg.	
	SKIN	Cracks, fissures		
	SKIN	Cracks, fissures	washing, after	
	SKIN	Discoloration	greenish	
	SKIN	Discoloration	yellow	
	SKIN	Eruptions	General	
	SKIN	Eruptions	itching	
	SKIN	Eruptions	pimples	
	SKIN	Warts		
	GENERALITIES	Evening	agg.	
	GENERALITIES	Night	amel.	
	GENERALITIES	Allergy		
	GENERALITIES	Bathing, washing	agg.	
	GENERALITIES	Emptiness, hollow	sensation	
NR	GENERALITIES	Emptiness, hollow sensation	right side of body	
2	GENERALITIES	Energy, lots of		

	GENERALITIES	Food and drinks	alcohol, alcoholic drinks	aversion	
	GENERALITIES	Food and drinks	cold	aversion	
	GENERALITIES	Food and drinks	cole slaw	agg.	
	GENERALITIES	Food and drinks	eggs	desires	
	GENERALITIES	Food and drinks	fish	aversion	
	GENERALITIES	Food and drinks	garlic	aggravates	
	GENERALITIES	Food and drinks	ice-cream	desires	
NR	GENERALITIES	Food and drinks	liver	desires	
	GENERALITIES	Food and drinks	meat	desires	
	GENERALITIES	Food and drinks	onions	desires	
	GENERALITIES	Food and drinks	orange juice	amel.	
NR	GENERALITIES	Food and drinks	rich food	aversion	
NR	GENERALITIES	Food and drinks	seafood	aversion	
	GENERALITIES	Food and drinks	sour, acids	desires	
	GENERALITIES	Food and drinks	spices, condiments, piquant, highly seasoned food	aversion	
	GENERALITIES	Food and drinks	sweets	desires	
	GENERALITIES	Food and drinks	tea	agg.	
	GENERALITIES	Food and drinks	tea	amel.	
	GENERALITIES	Food and drinks	tea	desires	
NR	GENERALITIES	Food and drinks	tea	desires	green, lukewarm
	GENERALITIES	Food and drinks	water	desires	
	GENERALITIES	Heat	flushes of		
	GENERALITIES	Heat	sensation of	alternating with sensation of cold	
2	GENERALITIES	Heaviness	internally		
NR	GENERALITIES	Heaviness	internally	left side of body	
	GENERALITIES	Lie down	inclination to		
	GENERALITIES	Pain	Joints		
	GENERALITIES	Pain	Muscles, of		
	GENERALITIES	Pain	aching		
	GENERALITIES	Pain	burning		
	GENERALITIES	Pain	cutting		
	GENERALITIES	Pain	neuralgic		
	GENERALITIES	Pain	pressing	outward	
	GENERALITIES	Pain	sore, bruised		
	GENERALITIES	Pain	stitching		
3	GENERALITIES	Pulse	frequent, accelerated, elevated, exalted, fast, innumerable, rapid		
NR	GENERALITIES	Pulse	frequent, accelerated...	waking, on	
	GENERALITIES	Shocks	electric, like		

	NR	GENERALITIES	Shocks	electric, like	left side of body
		GENERALITIES	Sit, sitting	amel.	
		GENERALITIES	Stiffness, rigidity		
		GENERALITIES	Water	working in	hands in agg.
4		GENERALITIES	Weakness, enervation, exhaustion etc.		
4		GENERALITIES	Weariness		
		GENERALITIES	Weariness	morning	
		GENERALITIES	Weariness	morning	rising, on
		GENERALITIES	Weather	wind	amel.
		GENERALITIES	Wounds	heal:	slow