

Helodrilus Caliginosus

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Why Earthworm?

I chose earthworm for a number of reasons. One was at the urging of a number of friends and students who were Doctors of Chinese Medicine and Acupuncture. Earthworm has been used for hundreds of years in Chinese medicinal concoctions. The other consideration was looking at other remedies that were well proven. The current trend is to potentize inert substances such as venoms etc. for consideration in aggressive and egocentric patients. I found, though, that most people, especially those seeking our help, don't feel poisonous and aggressive but rather small. They feel as small as a worm, or worm like, vulnerable.

Requirements for Potentization, Preparation and Ingestion

The particular earthworm used in the proving was found by a specialist. It was carefully classified prior to potentization. The entire worm was macerated with milk sugar and then potentized to the 30c potency by Michael Quinn of the Hahnemann Pharmacy, San Rafael, CA. The remedy is available from them-
<http://hahnemannlabs.com>.

Each prover took one dose of the 30c. One prover took two doses. The proving was done in California and the final extraction meeting was done in Berkeley, California.

Helodrilus Caliginosus: Common Field Worm

“Helodrilus caliginosus “ or the common field worm occurs throughout the humid areas of the country (USA). It is more common than the native night-crawler, particularly in the southern states. The field worm may prevail in the same locality as the nightcrawler if the fertility level is too low for the nightcrawler. The field worm is not a good reproducer nor particularly adaptable to commercial production.-*From Earthworms for Ecology and Profit, Volume #1* By Ronald E Gaddie and Donald E Douglas

In other words its a “wild worm” versus one grown for commercial use.

Facts you always wanted to know about earthworms:

There are actually over 1800 species of earthworms.

Earthworms are invertebrates. They are also called annelids because of the circular rings or many segments that make up their body.

Earthworms are extremely valuable creatures as they keep soil healthy, well aired and drained with their constant burrowing.

Worms are used commercially for “vermin-compost”. Vermicompost contains worm castings and other organic materials left by earthworms.

Worms have little capacity to grind their food. They have a muscular gizzard which functions similarly to that of birds. Small grains of sand lodge in the gizzard and help grind hard materials into smaller particles. The ground up food enters the worm’s intestine The intestine secrets digestive enzymes. The food is then absorbed into the bloodstream.

The blood of the worm is amazingly similar to ours, having the same function of carrying oxygen, and having iron-rich hemoglobin as its base.

Worms have a remarkable ability to regenerate but perhaps not of the same sort as fables tell. They cannot regenerate a new head but will regenerate a new tail. They do not reproduce via “cuttings” but via copulation. Even though they have organs of both sexes they still reproduce with two worms. They join at the saddle. This saddle then becomes a cocoon and this is left just under the soil. Young worms hatch out from it after a few weeks.

An even more interesting fact you always wanted to know about earthworms:

The largest earthworm ever found was in South Africa and measured 22 feet (6.7 metres) from nose to tail tip.

Finally, earthworms are slippery and slimy and evoke all sorts of reactions. Usually, unlike a fear of venomous creatures there is primarily an initial disgust over the earthworm’s slimy and soft exterior and then a protective feeling (unless you are a young boy with plans).

Current Research

There is some current research into the effects of Lumbricus or Chinese Earthworm. It has significantly lowered blood pressure and has an effect on smooth muscle control as well as it is being tested in treating convulsions.

Chinese Medicine

Di Long: literal translation: “ earth dragon”

From Chinese medicine texts and discussions with Chinese medicine practitioners here are just some of the conditions this substance is known to treat:

Condition of wind (gallbladder meridian) and heat symptoms. Note in the proving that wind aggravated.

-Quells heat and stops spasms. Used in Warm febrile diseases with high fever that lead to -convulsion and seizures

-Expels wind

-Stops wheezing; lung heat

Section	Day/Time	Prover	Symptom	Symptom
Abdomen	05:XX:XX	05		The gastrointestinal is still there. No diarrhea, stool normal, but still gurgling, like intestines are rearranging. Yes, I am still very quiet. I'm not a chit-chatter now. More introspective. Thinking more about what I'm saying.
Abdomen	06:XX:XX	05		Lower intestine stuff or ovulating is going on. Ache, mild cramps.
Abdomen	08:XX:XX	05		Gurgling in intestines. Had to use will power to stay in bed, but eventually it

urged me out of bed. There was nothing, just some slime and gas. This went on for about three hours 6 - 8:30am, had to run to bathroom 3-4 times in this time. Always ineffectual urging, just had the urge to go, passing didn't amel. Finally after a run in the

morning, I had normal but looser than

usual bowel movement. I can hear the stomach gurgling right now (10pm). Wasn't comfortable all day, but not really in pain.

Back 03:07:00 01
stabbing pain in mid thoracic spinal

Woke up at 7:00 a.m. with sharp, muscles. Went away when I got up and moved.

Back 03:14:00 02

Sharp, pulsing pain in upper right buttock. Brief, one second, repeated 4 or 5 times.

Back 03:XX:XX 04

My sacrum has a distinct feeling of being pulled downward into the earth.

Back 03:XX:XX 04

Sacro iliac joint ache never really OS
develops.

Back 05:08:30 04

Had a dull ache in my back all the way across right below my shoulder blades. The ache made me feel nauseous. It lasted about 5-10 minutes and happened on my dog walk.

Back	08:XX:XX	04	My back hurt in two places at two separate times. Just below the shoulder blades across the whole back there was an aching pain like my back was trying to open or expand. The other pain was around my kidneys (OS), a dull pressure like they were swollen or congested.
Back	08:XX:XX	04	Sacro iliac joint ached like a tooth ache.
Back	10:XX:XX	04	Neck tension, especially on the left. Left sacro iliac pain.
Back	11:XX:XX	05	Neck really stiff today. Normally I crack my neck, now it hurts. Neck is where I always hold my tension.
Back	12:XX:XX	04	My neck on both sides was very sore, especially in the front of the neck. Wanted to put cold pack on back of neck and heat on front of neck. Did get a chiropractic adjustment on neck and midback which gave much relief but not to the HA. By the end of the day the left occipital area was also hurting. Headache in temple went on until midnight when I went to sleep.
Back	14:XX:XX	05	Head OK, just feels stiff in neck, right on base of skull, stiff, hard to turn head, back and forward is a little easier than sideways which is almost impossible.

Back	14:XX:XX	05	This pain in the neck, perhaps I have meningitis?
Back	15:XX:XX	04	Shoulders felt somewhat tight.
Back	16:XX:XX	04	Upper back around the scapula is tight.
Back	18:19:00	05	7 - 8:30 pm shoot pain up the neck, base of neck to skull. Feels like neck is grimacing. One or two quick shocks at a time. Like a mini heart attack in the neck. Neuralgia thing. Neck less stiff. If it would be more that 1-2 joints it would be scary and painful. On both sides, right up the nerver cords right next to the spine. Feel 'after shocks' tenderness where it happened. Should get a massage but it is definitely a nerve thing and not a muscle thing.
Back	19:XX:XX	04	Neck is tight. Did some neck rolls and it hurt to do them.
Back	19:XX:XX	05	Weird neck jolts start to dissipate. Now approximately every hour a couple of jolts. Had reflexology done, helped loosen it up a little, could crack my neck afterwards, felt really good. Have to grimace with the jolts, not comfortable. I would not be that short, I would have a problem with it. Comes on in any positions, still or moving, time of the day.

Back	20:XX:XX	04	Shoulders and neck and now back near kidney area are tight.
Back	20:XX:XX	04	Have some joint aching in my shoulder joints.
Back	21:XX:XX	04	Neck and shoulders very tight.
Back	23:XX:XX	04	Back, neck better today.
Back	23:XX:XX	05	Neck really stiff at base of head (normally it is just the shoulders).
Back	24:XX:XX	04	Back and neck on and off.
Back	25:XX:XX	04	Left sacro iliac really aches. Could be from rigorous (horse) ride yesterday.
Back	25:XX:XX	04	Right trapezoids mm cramp this morning.
Back	28:XX:XX	05	Neck really stiff at base of head (normally it is just the shoulders).
Bladder	16:XX:XX	04	Difficult to completely empty my bladder even if I force it. Have had this for a few days.
Chest	06:XX:XX	05	Breast tender; odd time for that in my cycle. Normally this happens only a few days before my period.
Chest	09:17:00	02	Anxiety in region of diaphragm. Feel some tightness in breathing.
Chest	10:XX:XX	05	The worst is the burning in the lungs. Achiness all over. Hard to function. Hard to work up mucous.
Chest	11:XX:XX	05	Can hear a deep wheezing. Have to work to get anything up. When I'm sick

always first cold then bad cough.

Difference is now that it is not productive, it is dry and asthmatic side.

I just take it slow today. It's going deeper. Hard not to take any remedies.

I took vitamin C (2000mg) and Zinc (60mg).

Chest	11:XX:XX	05	Lying down, wheezing, something is in lungs. Can't talk for a long time without coughing. Mucous not as green as yesterday. More clear today. Cough more great irritability. Hard to breathe, breathing makes me cough. Shower steam and hot tea makes cough better.
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Chest	11:XX:XX	05	Doing OK today. Better today. Cough is deeper. Rattle. Younger son woke up with croup. Lungs are weak link in family.
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Chest	14:XX:XX	05	Sternum is very sore (lower end). Put some Traumel (Homeopathic low potency complex cream) on it and neck, seemed to help.
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Chest	21:22:30	02	Feeling of congestion in chest worse in evening. A section of pain, dull, burning in left chest, possibly head. Continuing for 20 seconds.
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Cough	00:XX:XX	05	8 year old son has bronchitis for 8 days. Coughs until throws up. Went finally
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to MD. Don't want to do steroids.

Give him bronchodilator. Does it have to do with the proving? Poor guy! It is very odd for him to be sick so long. 8 days is a long time. Coughing until you throw up is hard.

Cough	18:22:00	02	Tickling cough, sensation of some congestion in chest.
Dreams	00:02:30	03	On a motorcycle and driver can't make it up a hill. I'm on the back seat. Again, no particular emotion or fear involved.
Dreams	00:02:30	03	I'm in a basement and also outside looking into the basement through a rectangular window. I'm alone and looking at the window at the same time thinking that is the way out. No particular emotion.
Dreams	01:XX:XX	01	Had been dreaming, woke up with these words in my head: "commanding with courage but degradation."
Dreams	01:XX:XX	01	Dreamed I was planning a trip to Sedona Arizona in October at the time of the full moon. Was going with my mother and sister. I was telling them how beautiful it is to watch the sun setting and the full moon rising against the red rocks, but it was if I was already there.

Dreams	01:XX:XX	01	<p>Dreamed I was reading a homeopathic newsletter, it was 4 pages long, and was a tan color. Can't remember what it was about.</p>
Dreams	01:XX:XX	02	<p>Was driving a truck out of a steep driveway. The brakes didn't work and the truck went rolling down the driveway, then ended up bouncing off of obstructions. Eventually came to a halt. Got out and saw that the metal of the truck was damage and crinkled on all sides. Associated with anxiety. Then, switched to scene with my parents. We were inspecting the refrigerator which had been damaged due to some fault of mine. The metal of the refrigerator was damaged, particularly in the front. There was a huge dent. My parents were concerned because relations were coming over and they didn't know how they would explain the damaged refrigerator. Interestingly, both dreams were of large metal objects.</p>
Dreams	01:XX:XX	04	<p>Dream last night. There is a black woman outside my house (not my present house). She seems poor and young. I try to help her by fixing her hair but she's selling prescription drugs</p>

on the street. I don't like black people.
She scares me. I'm angry at the
pharmaceutical companies. She has
honey brown skin and straight wiry hair
that stands up straight.

Dreams	01:XX:XX	05	At a pool in the middle of nowhere. People are diving, looking for things, I don't know for what, that is awkward. I'm ready to jump in anyway. But it is getting dark and my mom says: it's getting dark, it's not a good idea to jump in now. All my friends were there. I was ready to do it. Underlying feeling: as if I waited till just too late to jump. Eerie because I don't know what they are doing and what they are looking for.
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Dreams	01:XX:XX	05	(or perhaps dream 1 continued?): Dream of old friend. A few of us in his house. There where we grew up, he was just down the road. My husband I s there too. I kept hugging and embracing this friend. We both knew, this is wrong, but it felt so good. Theme: morality versus desire. Waking up, thought; what was that all about?
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Dreams	02:XX:XX	01	Dreamed I was taking a boat trip to a party at a country club in San Jose. The
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boat started taking on water and there was urine in the water. I was mad that my party clothes were getting ruined. It was hot and stuffy because the captain turned off the ventilation due to a crew member getting sick with strep throat. The captain didn't want the disease to spread. While on the boat we were passing what looked like a war zone,

buildings burning and buildings that

were

now rubble (like they were bombed out). It seemed like a foreign country.

Dreams 02:XX:XX 01

Dreamed I was flying to San Diego. Then it was as if I was looking up at the phone and I could see a dark outline of where the cargo weight was being carried. There was too much weight in the front and it needed to be re-distributed to the middle before the plane landed.

Dreams 02:XX:XX 03

One vivid colorful dream: I'm at fitness club waiting to teach my class but there's another class in the room and its filled with people. After that class came another class (not mine) came to take a test. I'm standing there frustrated and not sure what to do.

Dreams

02:XX:XX

04

Dream with a very tall man. We were married. We were walking along the streets of my old hometown and discussing that we should be walking or riding our bikes to work. I got a bumble bee in my shoe and had to stop to dislodge it from a tiny crevice at the shoe's toe. We ran into a young man who said he was 14 and we started to talk him into writing an article for tee in a publication my husband had. It was a sunny day but the town seemed to be deserted. We walked by this bar called the office and I wondered if my old boyfriend was inside.

Dreams

02:XX:XX

05

Watching video at home. Fly to San Francisco. Then at a rock n' roll show. One singer from U2 is there. All of a sudden my father and grandmother show up. Everything is very colorful.

Funny dressed up animals (humans in animal costumes, not as goofy as Barney but similar). Only remember one Toucan (reddish, orange, bright colors), but there were many more. I am running around, looking busy. I want to be on stage, dancing, but nobody is with me and I didn't want to be alone

dancing on stage. Premise: wanting to do something but I don't, I just acted busy. Feeling: Exciting, lots of colors, really wanting to be out there, but not going for it. Looking for anybody to dance with. So odd for father and grandma to come in there. Very unusual. We flew to SF from somewhere. Seeing father and grandma had to look even busier so I didn't have to take care of them. Looking busy: ordering a drink at the bar, go to the ladies room, looking for people I might know.

Section	Day/Time	Proffer	Symptom	Symptom
Dreams	02:XX:XX	05	<p>Thanksgiving at mother's house. Lots of people. Cousin (male) just had a baby, but he has no say over what the babies name should be, nor what should happen with it. Feeling: why did he get himself into it? (In real life we grew up in Catholic family, so there is in the dream this feeling of passive judgment). This is weird. Wife in dream is from another culture. I never even met her in real life. The parents-in-law have the saying, they have strict rules.</p>	

Everybody was feeding the cousin names for the baby. Cousin said: I can't name the baby.

Dreams 03:XX:XX 01 Dreamed of building a house. Lots of different people were coming to live there. Homeless kids, single people, people of all races. Everyone was working and contributing, family-like. There was also a house that I think I lived in before the new house. It was about to collapse and I had to sneak in to get some of my belongings out of there.

Dreams 03:XX:XX 01 Dreamed of tasting baby food, as if I was on a tasting panel. There were thousands of jars piled up in a 4 foot high pile of trash.

Dreams 03:XX:XX 02 Unremembered dreams. Some type of abstract dream about figuring out how to reach a destination or goal.

Dreams 03:XX:XX 04 Am dreaming but can't quite capture them to remember enough to write them down. Can't even remember fragments. Felt inadequate about this because I know they are important for the proving.

Dreams 03:XX:XX 05 Could only remember a fragment; my female friend's boy going to the boys.

Dreams 04:XX:XX 01 Dreamed I got a Starbucks latte and I

didn't care if it antidoted my remedy or not.

Dreams	04:XX:XX	01	Dreamed my sister was building a house in the mountains. She had a double hammock and a single hammock tied between some trees. She recommended that I get a single hammock, since 2 people rarely use one at the same time.
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Dreams	04:XX:XX	03	Last nite had another vivid dream with people in it but can't remember it.
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Dreams	04:XX:XX	05	Magnificent dream, excitement. Had a feeling of Spain. Everything was happening, moving and grooving. Was big castle, lots of work has to be done. My friends were there and working people. All centered around old friends, haven't seen them for a long time in real life. Meeting people. I have to be somewhere at 8pm. Parents own castle on ocean, set in an old scene. Like the time of the pirates. Lots happening in harbor that belongs to the castle. Lots of people. Lots of friends of mine. Lots of people working. Coming and going. I'm in a sailboat, there is a race going on. People in the water. Had to turn before the reef, made mast turn and
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mast made husband fall into water. OK we laugh about it. Other people in water as well. I could turn the boat around, no idea how to do it, behind me a huge wave. I knew I could do it. The sailboat had no sails, didn't even know how it was moving. White boats. One man who works in the castle, my girlfriend likes him. So do I. I arrange that he can see her. The arranging gives me an opportunity to see him as well. Everyone knew me, because my parents were owners of the castle. Felt like adolescent time, lots of friends, meeting them, adventurous things going on. Cobblestone walkways. Time of the pirates with modern conveniences. Not ruff and rumbling but magnificent. Not dirty but clean and beautiful. Lots going on. Exciting. Important through all of the dream: Got to keep appointment at 8pm. Looking forward, is it 8pm yet? (To see guy I like and want to bring to my girlfriend). Didn't wake up until 8:30am. Woke up at 7am, wanted to remember dream, fell back to sleep.

Dreams 05:XX:XX 01 Dreamed I was in high school. I was sitting in the front of a lecture theater (where the front seats are much lower than the back). When the lecture was about to begin, the seats in my section were moved with hydraulics the back of the room. I was afraid I wouldn't be able to see. The kids were all talking about who they wanted to date. Suddenly, I was shopping at the mall. It was the day after Thanksgiving and it was so crowded that I wanted to leave. A nice boy from school gave me a ride home.

Dreams 05:XX:XX 05 In supermarket. So tired, sleep in shopping cart. Near freezer section. In Old friends woke up us, asking us: "What are you doing here?" These are like the down side of the other magnificent dreams. Now bag people.

Dreams 05:XX:XX 05 Eagle, wrapped in shrouds (cloth). Really big eagle. Old come above my knees. Friend says: you got to help this bird. Feeling: frantic, not knowing what to do. Lots of fast cars around us. Bird might have been hurt by car. Wrapped so he doesn't fly away. On a road to Balboa Bay Park. This is where I went

many years ago. This dream was so weird. I just couldn't remember or grab it.

Dreams	06:XX:XX	02	More unremembered dreams.
Dreams	06:XX:XX	05	Situated in beach town somewhere. Meet biological father. He wants to see my younger son which he never saw (true in real life). Once we get to the pier where we are supposed to meet him, he sits on a table with another woman and there is no space for me or my son. Go upstairs with son. Feeling: we were there to meet him and he wasn't there for us.
Dreams	06:XX:XX	05	Never dreamt that much. Always old friends in the dreams. I didn't think about them for a long time (in real life).
Dreams	06:XX:XX	05	Getting ready to go camping with old friends. YMCA packing my bag with flowers on it. Went to go get the bike that was getting fixed (don't have a bike in real life). Joking around with guy who fixed the bike. Say sarcastically (for fun): "you are nuts!" He gets very upset, offended. I have to hurry to make it on time for the bus leaving for the camping trip. Put the bike on my

VW bus (I always wanted one like that in real life). I don't have time to defend myself (that I didn't mean it when I said you are nuts). I make it on time to the bus, pull in the drive way. End of dream. Had a date to make again, like in the castle dream. He said, "fuck you," so upset he got. Felt violated.

Dreams 07:XX:XX 01

Dreamed of riding a horse (or a cars?). I wanted it to jump off of a water-fall. It was screaming and wouldn't jump. Then an alligator attacked the horse and I was afraid it would attack me.

Dreams 07:XX:XX 01

Dreamed that a friend had 2 babies, one was born dead and the other had a very bruised face and a black eye. "R" The baby looked like a little street urchin and had a cute smile. I had a huge (3) desire to have a baby and quit work to take care of it. I found my friend's babies father in the cafeteria at college. He asked if she'd had an abortion and had no intention of helping take care of the baby. The woman sitting across from us in the cafeteria agreed with me that he was an SOB. I was angry and disgusted with him.

Dreams

07:XX:XX

02

Supervisor--With some effort recalled part of a dream. Arrived with supervisor in a car at a family gathering.

She stayed inside the car while I got

out

and met some of the people. Later, her and I became very interested in what appeared to be a glowing small object moving about in the air. It was a small object, glowing very brightly. When I recalled the dream, I thought that a firefly might describe it, but in the dream really didn't know what it was. (At time of extraction, wondered if it was Hale Bop?)

Dreams

07:XX:XX

04

Dream. Lived in this apartment in the city - couches - pictures on the wall, Santa Frank fried kept thinking about the owner - discussing hormones - men ability to have sex. Event in auditorium - half horse person but the feet were only human. Elevator. I was coming out of some event or activity in a large building. I was in a lobby watching people. People were going out, coming out of restroom. Then a white golden or

light colored horse came out of the women's restroom and it/she was

short

because she had very short horse legs
but human feet with ladies shoes. I was
amazed. I went to the elevator and
someone had put and set off a bomb in
the lobby elevator panel but I wasn't
worried. I was going to use it anyway.
The elevator came. The door opened

And inside was empty and filthy --

like a

homeless person lived there -- filthy
clothes, a cardboard box, grime on the
walls. It was too disgusting and I left.

Next part of dream is I'm with an
estranged friend Clair and a client and
we're going to my apartment. Seems
like it is in NYC in my old building.

The client is complaining about the
landlord. The apartment is small and

messy with old couches and tacky

pictures on the walls like barroom

pictures. Old furnishings. My

underwear is on the furniture. I run

around tidying it up. The conversation

is about men and how they don't have

enough hormones and they can't have

erections. After my dream I realize

that

both women are lesbians. The feeling

of

the dream is about filth, bums,
homeless, old and icky stuff.

Dreams 08:XX:XX 01

Dreamed I was going on a trip with a girlfriend (flying somewhere). When I returned I was going to fly to Austria and Germany with a sexy guy who was a history buff. I was looking forward to both trips.

Dreams 08:XX:XX 04

For yesterday and today, dream "felt like I captured one."

Dreams 08:XX:XX 05

Cant really remember anything. There was a gathering, a party at my parents house. Old friends were there again. One old, old friend I went out with long time ago (17years). Everybody needs to take a shower, we need to get cleaned up before we can go to dinner. Dinner is ready, we need to hurry up, there is a room for boys and one for girls. But it doesn't quite work out. So I start to undress, being a little embarrassed, there are about 10 people. But I just want to get done with it. My husband gets really upset because I start to undress in front of that old friend of mine, the one I went out with. That is all I

remember. These dreams bring back cellular memory. I dream about people I didn't think about for the longest

time.

There is a core group of really old friends (from teen years for example) and there is a top layer in the dreams with more recent friends. Now it feels like the top layer is gone and I dream just about the really old friends. From very old to recent.

Dreams	09:XX:XX	01	Dreamed that a piano fell into the pickup bed of my brother's truck. My brother owed some money to my father for the truck so my father was deducting that from my brother's inheritance. My brother would not get any of the family land, but I didn't think that was right so I was going to share my portion with him.
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Dreams	09:XX:XX	01	Dreamed of jumping out of a plane, without a parachute, about 20 feet above the ground, just before the plane crash landed.
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Dreams	09:XX:XX	04	I woke during this dream and a man who was a supervisor told me the proving was over. There was more to it but I forgot. I got up had a cold drink, ate an orange and was better from walking
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around. Went back to sleep at 4:00am.

Dreams 10:XX:XX 01

Dreamed that my friend from Memphis, with white skin and red hair, was on a Turkish homeopathic remedy. She wanted Turkish things for her house.

Dreams 10:XX:XX 03

Very colorful, lots of people in it. Handicap people being cared for by other people in green uniforms, in a large house that was for sale. I was at the house to look at it to purchase it. It was very large with heavy door/thick doors and many rooms. Some of the people could not walk on their own, others were in wheelchairs being pushed by the attendants. Then I couldn't find my car. I felt a see of fear and urgency to find my car. My sisters were in the

dream and one said, "Kathy and I

took a

boat here so that's why your car can't be found, come with us." We went on a

boat, I was hesitant and unsure but

hopeful my car would be where we were going. I was wondering how Carol (one sister) managed to do the boat ride with Kathy (other sister) as she does not walk on her own. As I am writing this I am grieving for my sister and her

limitations. I thought I was done with this emotion. I feel sad, deep inside my heart for her (crying).

Dreams	10:XX:XX	04	Had a dream before I woke that I went to a basketball game. I wore a pink cotton running suit with pearl necklaces and earrings. I had on a pair of high heels. Somehow I became part of a game with the other team. I was the only player on my team. The game was that the other team members were at intervals on a large square court and I had to run following the square but allude member of the other team.
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Dreams	11:XX:XX	01	Dreamed I did a physical exam on a young boy and I wrote two pages of notes about his swollen, sore throat.
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Dreams	11:XX:XX	02	Dreams of an earthquake occurring.
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Dreams	11:XX:XX	02	Dreams of someone looking into my mouth and being aghast at all the fillings.
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Dreams	11:XX:XX	05	Our old house where I grew up for 10 years. Was upstairs in parents room. Son in arm, he was a baby, one year old. Thought I will be alone with him for a few weeks. Roaming around, lonely, how will I manage that? Then mom came in and a few old friends (again).
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Camaraderie was there, felt supported.
Felt good. Feeling when friends came in like: "Hi, what's for dinner?"
Everybody there for helping, very relaxed atmosphere. A lot to share with friends. End of dream. In real life, mom is always there for me.

Dreams 12:XX:XX 01

I was vomiting gallons of fluid and had diarrhea. I didn't feel sick and I wanted to go to school and to a dance. I threw up all over the outside of my car. Someone wanted me to take some medicine to suppress the symptoms but I knew it would antidote my remedy. I felt indignant about taking medicine to suppress symptoms.

red

Dreams 12:XX:XX 03

Had another dream of my sister Kathy. She was in a wheelchair, young and happy. She was lifting out of chair to go into the water (I think it was water, not sure). Maybe a fountain. I was observing her and don't remember any particular emotion. I feel I'm processing something about my sister. I have been thinking about her a lot. I'm not sure what is going on. Not totally are there was anything I needed to work out. Things are coming up.

Dreams 12:XX:XX 04 Dreamt I could get a flame of fire come out of my fingertips at will. I was traveling with what seemed like gypsies. Had another dream that I was traveling and a man came along on a horse. The horse was small, sage green and woolly like a sheep with no tail. Following the horse were two animals that looked like tiny sheep -- large toy size and white. One was woolly like the horse, the other was horse hair with tufts of wool.

Dreams 12:XX:XX 04 (Supervisor): Reads dream to me. Camel with high heels. It was weird, just the idea of high heels. I thought it was strange game. (Supervisor note: I'm struck by the notice I gave to a large poster in the underground in Berlin that was a camel with all four legs in high shining high-heeled black boots. I knew I was at the right entryway by noticing that poster. It was part of a series advertising cigarettes, I think. I thought of taking a snap shot -- the cabaret feeling of it.)

Dreams 13:XX:XX 01 Dreamed I was traveling to classes and the hospital. I asked for a TV in the room and I was planning to steal it. I

stole everything that I could fit in my bag, even the remote control for the TV

Dreams 13:XX:XX 02

Had been in some kind of motor vehicle accident where I had been unable to stop in time. Associated with this I had to get some paperwork delivered to the airport. On the way to the airport stopped at a woman's house. I was there for some time as she was getting ready in another room, but I would occasionally see her. She was very tall and elegant and spoke with a British accent, I believe. Outside of her house I noticed that she had hung the wash to dry. Some of the wash was hung on extremely high power lines and I wondered how she had put the wash up there and how she was going to get it down. At some point J.B., a friend of mine, came by in a pickup truck and I showed him some gadget I had.

Dreams 13:XX:XX 04

The other dream I remember is looking into a cage and there were two white duck like creatures that were bloody and had deep cuts in their bodies. They were in the cage with some other animal that was furry and the one that was

torturing them. The interior of the cage was bloody and dirty and couldn't see the details of the animals. I felt it was so cruel to have put these animals together and allow this to happen.

Dreams	13:XX:XX	04	Dreamt that I was in the waiting room of my clinic with my sisters, mom and two nieces (but they were boys in the dream) and down the stairs into the waiting room came a zebra with a tiger trying to get on it's back. They were coming down backwards with a Vet trying to pull this huge tiger off the zebra. At the foot of the stairs the tiger leapt into the waiting room. I pulled my youngest nephew away toward my mom to protect. The tiger leapt across the room onto a couch and my other nephew ran and started to climb up the couch after it. I went to pull my nephew away as the tiger turned and I was paralyzed by fear as to what to do and how to prevent harm to both of us.
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Dreams	14:XX:XX	02	Sexual dreams.
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Dreams	15:XX:XX	01	Dreamed of a baby. It was sleeping restlessly, didn't want any covers. Later baby was looking for her potty chair.
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Dreams	15:XX:XX	04	<p>Dreamt about being on a college campus and visiting sororities. Each one in a different setting and huge like castles or giant apartments. I couldn't understand the sorority life style.</p>
Dreams	15:XX:XX	04	<p>Another dream of being in a huge castle and it was a theater with a performance going on. The audience sat in corners and in odd places. I tried not to get in the way or disrupt.</p>
Dreams	15:XX:XX	05	<p>(Night from day 14 to 15) was with my birth family. Living at ski resort. No snow. Lots of people of my old neighborhood there. Walked the block. All these funny looking animals were in the street, cleaning the streets. Long and wide as Labradors, but only the height of a basset hound. Color of squirrel, but short tail. Faces dog like. They were not walking but moving like vacuum cleaners back and fort. It was the new thing to have, a fashion, everyone had one. Had no life force, they were animated animals.</p>
Dreams	15:XX:XX	05	<p>(Night from day 14 to 15) Dream 2 felt adolescent, among old friends, making plans. Feeling of summer, barbecues</p>

going on etc. All lived in apartments, neighborhood. An old man (who lives in real life in my neighborhood and whistles after me telling me I'm the prettiest girl in the neighborhood) tells young surfer guy (had a crush on as teenager) to go strap a fence up so that my mom and I can take our clothes off and walk around naked. Guys from neighborhood put up sticks and plastic in between to pull up fence. Looked like what you see in sky races. Then the whole thing fell down. It was funny. Feeling: barricaded in like animals. Feeling: innocent.

Dreams

16:XX:XX

05

Had bizarre dream: Christmas holiday. Brother and sister, old friends who I grew up with. We had to go see grandma. Didn't really want to but we had to. Got all the time hitched up with other things like going to store, etc. Met old friend in store I had a one night stand with. It was specialty food store. He pulled an eggplant parmesan out of the drain and ate it. It was so gross. Grandma is very negative and bitter in real life. End of dream. That was again a having to keep a date dream (like

pirate dream) or an appointment.

Something was pulling. There was an important time factor, keeping an appointment, a date.

Dreams	17:XX:XX	04	Dreamt that my dog June Moon (my dead dog) was outside in the yard of a house I didn't know. I was watching her from inside through the window and she started rustling around under the house seeming to be after something. After a while she came out (just dirty no grass) and looked like she was taking a shit. A huge mass came out, as big as her (she weighed 15 pounds). It had hair and intestines, teeth and a human baby leg -- a mess of ice. She walked away and became about a 8 month old baby and had, in the same way, a tinier baby. At the time I ran out of the house to get it. My feeling was at first repulsion, shock and disbelief.
Dreams	19:08:30	03	Dream of water. My dog is being drowned by a woman. I'm watching trying to bet him out of the water. I finally did, and did CPR on my dog and he came back to life.
Dreams	19:XX:XX	02	I came back with a friend to a hotel

where I was staying at and found the building to be completely cordoned off by police. I was quite anxious about this as I had purchased some drugs, marijuana and mushrooms, I think, and they were present in my room. I wondered if the police were searching all of the rooms.

Dreams 19:XX:XX 02

Saw an old girlfriend in some public place, a restaurant perhaps. It felt good to see her and speak to her. Other people gathered around, eventually there was a crush of people and my old girlfriend was pushed into my lap, onto the couch that I was sitting on.

Dreams 19:XX:XX 04

Remember only a fragment of a dream and I was going to the Renaissance Fair with a gypsy costume and my friend Carol was going too, and she had a golden leather costume that was very pretty.

Dreams 19:XX:XX 05

Sleep pretty good. Very ashamed, can't even write it down. In dream had intercourse with my son, was bizarre. Just wanted to make him feel good. Wanted to turn him on. He was into it, but he didn't know what he was

supposed to do. We were in middle of action when started to dream it, no foreplay and stuff. End of dream. Husband and I had conversation with son about sex, he asked about mating animals. Woke up very (3) ashamed. It stuck with me all day. Very ashamed of myself. Son is very sensual being. I never had a dream like that before.

Dreams 20:XX:XX 04

Forgot my dream. Really had it but didn't write it down immediately. By the time I got to work forgot it.

Dreams 21:XX:XX 04

My dream. This client of mine who is an estate sale person and furniture antique expert and I went to see this furniture down an alley in an old bar that didn't have a wall that faced the alley. The bar had water on the floor and the furniture was submerged to varying depths. The furniture was old antiques in beautiful condition except that it now had water damage to the points of submersion. There were other estate experts there looking at the furniture too. My client was very aggressive about viewing it and she got an old fashioned shovel and dug around

the muck to see some pieces. She went up to the bar tender and complained about the situation. This is how she is in real life too. Never afraid to speak up. We were both in costumes of the era of the 1800's. She all in black and she had arrived on an old, old bicycle. I can't remember my outfit. At one point there were three little girls all under 10 years old looking around and I was afraid they were going to get filthy. They were all three dressed in antique white dresses. I thought the project was futile. One of the other experts verbalized it and I verbally agreed. I felt like a waster of time and that I spend constant time fighting the mold and filth and I didn't even really like the furniture that much.

Dreams 22:XX:XX 04

My friend decides to commit suicide and jumps, with a small surfboard, off a cliff into the ocean. I decide to go into the water at the beach. I have my dog Junee Moon with me, (she is dead in real life). I can't leave Junee alone so I tie her leash around me to her halter. So she is tight to my chest and I go in.

My

concern is to protect my dog.

Dreams 22:XX:XX 05

(Day 21-22) Laundering money. Had

300,000 which I had to hide. Trafer
in different accounts, etc. Person
was telling me what to do. Instructing
me in a pushy way. I said: "I don't
know if this is right." She said: "Just do
it!" Knew what I was doing was not
legal.

Dreams

23:XX:XX

02

Visited old friend in the city. The place
where he lived was attractively painted
in dark tones. There was a plaque in the
entry area that added a special touch. I
saw that the plaque had been painted
over, the old words were slightly visible.

Then I was coming back out of the
house through a narrow tunnel. I was
told that a football team had come
through the tunnel. I couldn't see how
that was possible. The building was
mostly underground. Then, a view from

above the river, asked if it was the
Hudson? Old friends were distant, they
were in some other mental space,
couldn't really communicate. Asked
about business of friend, thought it was
some kind of computer graphic design
training. He offered, but after an
explanation, it seemed like a scam, no

real production or training was given.

They were focused on presenting an image and succeeding in the eyes of others.

Dreams

23:XX:XX

02

Supervisor: visiting old friend in city,

living in place painted with dark

tones

(brown and black) plaque in entry

(wished I could remember what it said)

as I walked past I could see other stuff

had been written there. Coming out of

the house, have to go through narrow

tunnel, "don't worry whole football

team went through" really narrow,

really tight squeeze. I'm thinking "no

way football players went through."

View of river, asked if it was Hudson

River. I thought I was in NYC. Regular

houses. Can't remember what was said

re: river. Other old friends (mostly

high school friends), they were really

distant.

Dreams

23:XX:XX

04

Dreamt all night it seemed about the fact

that I lost my wallet. I didn't know it

but told me and he told me that a man

in La Paz, south America had it. His

intention was not to steal anything. I

seemed to be trying to figure out what

was in it. What I needed to do. I

though a lot about each item. It seemed a busy dream. Frustrating. How to contact this man and get everything back.

Dreams 23:XX:XX 05 (Day 22 to 23) Lived in sororities.

Guys downstairs played music too loud. Rock n' Roll, very irritating. One guy was a total slob, can't believe that anyone would want to live with him.

He was my brother's roommate a long time ago (again old friends). I was very judgmental about him in dream. I

jumped up and down on the floor so they'd stop playing. They stopped,

thinking I am an irritable bitch. End

of

dream. Sleep good. Older son comes into bed every night, don't know what that is all about.

Dreams 24:XX:XX 03 A house with many rooms and people.

I'm looking in the rooms and hallways to buy it.

Dreams 24:XX:XX 04 Two beautiful bugs, one on each big toe,

black and white spiders. They look very exotic. Almost like sea creatures.

Dreams 25:XX:XX 03 Dream my mom is pregnant. I have

uncertainty and concern; I think for the child, but I'm not sure.

Dreams

26:XX:XX

05

At Holiday Inn, had to check out to go to another place. Reason: two guys were after me. The teacher of the study group was there too, his wife and children stayed in the other hotel. These guys were after some information we had. They were in suits, carrying guns in pocket. I knew they would use them. I talked myself out of a couple of things with telling them I had to get it at the other hotel. Scary. General feeling: I have to protect myself. End of dream. Dream so scary, that I booked my room not at the Holiday Inn.

Dreams

27:XX:XX

05

(Day 26-27) Went to X's house. I really admire her in her profession. Have resonance with her. Being at her house, I thought it is not that cool of a house as she said and wrote in an article. She sat on steps in backyard. She looked sad. I was attracted to her husband, felt sly, "innocently" tried to lure him away. Want him to be attracted to me. Was driving in convertible with him in San Francisco over the bridge. Had all these preconception, but it didn't happen.

like

to happen. I was very friendly, beating around the bush. Felt like it was inappropriate, because he is with her. Feeling: young and stupid. Sort of dumb, to try to take a man away from another woman. Felt foolish. Blowing connection with my preconceived ideas. End of dream. In pirate dream similar. Normally in dreams I have the man already, now I am trying to lure them in.

I don't have their person and I try to get them, but they are already taken. The married bachelorette. (Written at extraction: this is funny, fishermen use worms to lure in the fish).

Dreams

32:XX:XX

05

Odd. Again two men pursuing me. Gangster type, secret agent. I had some mechanism, so I could see and hear them in their car. Each time I pressed mechanism, a camera went out in their car. (They could see the camera go out in their car, goofy). Mechanism broke down. Went to man totally turst. Wouldn't have trusted anyone else. He told me to get another mechanism at a particular store. (Mechanism had size

of a wlakman). No idea where this dream played. Went down towards beach. Me a woman I know (and hadn't seen for a long time in waking life). My little kitten was with me, she pooped on her carpet. Came to store, got the mechanism, got into my car.

Tramission and brakes went out.

Couldn't stop car. Had to crash it into something. Ended up in a big old house, didn't know people there, except one friend. She told me where to go. Went up to attic, her husband was there. He told me to go back and around. Two guys were still after me. Could see it in the mechanism. I committed some crime, don't know what. I never thought I would get caught. Didn't hurt anybody, but I knew it was the right thing to do.

Dreams

33:XX:XX

02

Dreamed of driving a large truck into a ditch on left hand side of road. The truck ends up lying on its side in the ditch. There area lot of people in immideiate vicinity and this adds to my anxiety about the accident as I am hoping to keep the accident hidden as much as possible. Some high school friends come to look at the truck. Later

the scene is slightly traped and I am disconnecting a piece of the truck that is shaped like (he draws an elongated leaf shape, no stem), a large piece, several feet long. I am wondering if it will fit through the narrow passageway that leads out.

Dreams	36:XX:XX	03	Our land we purchased recently was under water. So we couldn't build our home on it. I felt concern and upset/lost.
Ear	16:22:30	02	"Stuffed up" seation in ears. Intermittent flow of clear fluid from both nostrils.
Ear	17:XX:XX	02	Seation of congestion and blockage in middle ears. Cracking noises when moving jaw.
Ear	19:11:30	02	Brief, sharp pain in left ear. Deep iide, probably eustachain tube.
Expectoration	09:XX:XX	05	Post-nasal drip from throat up to nose. Can taste brassy smell in nose and mouth. In nose, smell it just when I cough. Coppery tste, is this smell what people mean when they say metallic taste? Nose ran when I coughed.
Extremeties	13:XX:XX	04	Joints hurt in wrists and fingers. No swelling.

Extremities	00:15:00	05	Numbness down left arm. Lasted 2 minutes.
Extremities	00:17:00	05	Sciatic pain down buttocks, right side (that before) Sciatica went away. I started the proving even though I wasn't in great shape. Remedy seems to resonate. I go on with life easier today.
Extremities	00:XX:XX	02	Feet seem unusually cold, especially front part of feet and toes.
Extremities	01:10:00	04	Fingers are swollen.
Extremities	03:XX:XX	04	My entire legs feel larger, wider. Still a strong sense of awareness in my feet, almost a tingling sensation.
Extremities	03:XX:XX	04	Arms feel lighter.
Extremities	04:XX:XX	04	Shoulders seem more relaxed.
Extremities	04:XX:XX	04	Strong feeling of feet tingling and now occasionally hand tingling, especially in palms.
Extremities	04:XX:XX	04	Legs feel heavy and difficult to move. An effort to walk uphill, like walking through sand.
Extremities	05:11:00	02	Left wrist pain on extended malion following fall on rollerblades yesterday (exacerbation of OS).
Extremities	05:XX:XX	04	Sometimes feel lightness in arms but not like yesterday.
Extremities	05:XX:XX	04	Tingling in entire legs, feet, hands, and

			across scapula.
Extremities	05:XX:XX	04	Legs felt heavy, difficult to move, effort to move up hill, like walking through sand - resistance.
Extremities	05:XX:XX	04	Today can feel all my toes, not as rooted into ground. Tingling is more intense today, more distinct.
Extremities	06:13:00	02	Aching pain in right bicep last for about 5 seconds.
Extremities	06:XX:XX	04	Upper thighs have tingling from feet to knees. It's not tingling.
Extremities	06:XX:XX	05	Back, right shoulder blade in a spot towards the middle of the back on the end of the shoulder blade, sharp, stabbing pain. Yesterday night after 22:00 watching a movie laying in bed. Came on suddenly, out of the blue. Every time inhaling, pain worse. Got a little frantic, hoping this doesn't last long. Had to lie down and relax. It was still aching, could only take short breaths and went to sleep. Tried to work it out for 3 - 5 minutes, but then just laid down and went to sleep. Today went for a run (first one for a long time). Was still tender feeling, aware of the spot. Was a spot as big as a nickle, radiating nerve pain. Perhaps like a muscle

spasm, but almost too pinpointed for a muscle spasm.

Extremities	07:15:30	02	Brief, less than 1 second, sharp pain in region of right ring finger. Metacarpal. Pain briefly extended up the arm.
Extremities	08:XX:XX	04	My right knee ached and my right baby toe had a pulling pain. All I could do is come home and lay down and try to get warm. I felt like I was getting the flu.
Extremities	08:XX:XX	04	Still have tingling in feet (when I think about it).
Extremities	08:XX:XX	04	My hip joints ached and it hurt to lay on them.
Extremities	09:23:00	04	Went to bed about 11pm and woke at 3:00am after a fitful sleep with tossing and turning and feeling like iide my legs and feet I was burning hot and somewhat swollen. My body was not hot, but a lot more so in my legs and feet. This was an old symptom of 5-6 years ago.
Extremities	09:XX:XX	04	My wrists keep goin out of alignment and snapping.
Extremities	09:XX:XX	04	My hand joints were aching especially the thumb.
Extremities	13:09:30	04	My hands feel like they are trembling. Nothing visible.

Extremities	14:XX:XX	02	Shen I drive, soreness in joints of left hand, on plam of hand, middle finger. If I press down on palm, where figer connects to hand, a bony perturbation, it is setive, when I drive and holding steering wheel.
Extremities	14:XX:XX	04	Shoulder joints ached.
Extremities	15:XX:XX	04	Top of foot still hurts on and off. Feels like a muscle is too short and pulls so as the last toe seems to pull upward. Happe when I move my foot a certain way. (very old symptom)
Extremities	15:XX:XX	04	Felt the tingling seatio in my feet and somewhat in the legs.
Extremities	16:XX:XX	04	Noticed this morning that my nails no longer are splitting as badly longitudinally. This was very pronounced before.
Extremities	18:XX:XX	04	Realized that my right toe problem is where an old bunion used to be on the side of my foot in my twenties.
Extremities	19:XX:XX	04	Woke feeling swollen and stiff in my hands and feet.
Extremities	32:XX:XX	05	Something is up with left knee. Feels strained. Was walking and running a lot today. Non-stop days.
Eye	01:15:50	02	Very brief, 1 second, piercing pain just below the right corner of right eye, on

bony ridge.

Eye	06:XX:XX	04	Tired feeling in eyes, hard to keep eyes open.
Eyes	00:16:30	01	Five and a half hours after dose, noticed dark circles under eyes.
Eyes	10:XX:XX	05	Eyes burning.
Face	?:09:00	02	White residue on lips and coated tongue. Day not noted.
Face	00:17:50	05	Pain (allergy attack?). No. This is the proving. Pain in cheekbone, underneath both eyes. Pain extends along this bone from temple to root of nose.
Face	06:XX:XX	05	After getting off phone yesterday: biggest white head ever on my chin. Had to pop it. Now it is healing. Usually heal slow; now in one hour from small thing into huge white head.
Face	09:XX:XX	05	Feeling tired, really dark circles under my eyes. Wearing make up for the first time in days. Kept wiping eyes, thinking it is smeared make up, but it isn't. : circles under eyes, not like normally dark lines under eyes. My son even asked what that is, and if he will get that too when he gets old.
Face	31:XX:XX	05	Before going to bed, neuralgia in chin, between lower lip, not extending to

corners of mouth, down to end of chin.

When I touched it, it stopped. Didn't

hurt, felt like nerves are swelling up.

About the size of a half a dollar. Lasted for about 20 minutes. Just before going numb.

Female Genitalia	00:00:01	04	Started first dose at 8:00am, Saturday of Easter weekend. While 2 pellets were under my tongue I got my period. Day 25 of my cycle and usually the day I get it. Woke at 8:00am and took my remedy before rising.
Female Genitalia	00:00:45	04	Had bilateral ovarian cramping with an occasional sharp pain. Better with the pressure of my hands on both ovaries. Went away when I got up and moved around. Lasted 15 minutes.
Female genitalia	01:XX:XX	04	This is all I remember. I have painful ovarian cramps especially on the left side this morning.
Female genitalia	02:21:00	04	Got my period with no pain or symptoms. Unusual.
Female genitalia	03:XX:XX	04	Been feeling a strong sexual desire with is unusual during my period.
Female Genitalia	04:18:30	03	Started period on day 21; 7 days early.
Female genitalia	04:XX:XX	04	The flow of menses is heavy today, unusual for me, usually lighter.

Female genitalia	09:XX:XX	05	No libido whatsoever. Not that unusual. But now it's getting really prolonged and worse. I just want to stay in my own feeling, feel more internal.
Female genitalia	15:XX:XX	05	Got my period today. : seems like dark purplish. Breast tenderness subsided, more exasperated.
Female genitalia	16:XX:XX	05	Period normal color now.
Female genitalia	17:XX:XX	04	When I was laying in bed this morning I had ovarian cramping that was very noticeable. I wonder if I am ovulating?
Female genitalia	25:XX:XX	04	(Supervisor): Many earlier metrual symptoms were ameliorated by walking around.
Female genitalia	25:XX:XX	04	(Supervisor): When headache gone, strong metrual cramps behind pubic bone. Walking around aggravated it. Better sitting, sitting still, felt good to do that. Bleeding of this period is different. Not so protracted. (long pause) (She doesn't usually have metrual cramps.)
Female genitalia	25:XX:XX	04	No metrual left sided headache for the first time in a year.
Female genitalia	25:XX:XX	04	Vaginal discharge slightly yellow with an unpleasant odor that I can't quite describe.

Generals	00:02:00	04	About 10:00am went for a walk with my dog. Feel an incredible see of body lightness, but can really feel my body.
Generals	00:XX:XX	04	(Supervisor): Can feel all of body and feel more iide it. Extremely grounded. In fact I cannot (can't make out the word) as though I feel rooted.
Generals	01:12:01	02	Strong appetite, stronger than usual desire for sweet cookies.
Generals	01:22:00	02	Very tired, fell asleep while reading.
Generals	01:XX:XX	02	Thirsty.
Generals	01:XX:XX	04	The weather is affecting me. It's colder and windier and agitating to my nerves.
Generals	01:XX:XX	04	(Supervisor): I had a lot of flexibility today.
Generals	01:XX:XX	04	(Supervisor): It was raining when got out. I can get chilled really easy. The damp very interesting (may have said temperature and not damp).
Generals	01:XX:XX	04	(Supervisor): Cramping better. Up and walked around, didn't have it rest of day.
Generals	02:XX:XX	04	Got chilled easily. Got agitated, because it was colder.
Generals	02:XX:XX	04	Get cold quite easily especially in my low back. I bundle up and then can

overheat, then uncover. Then get chilled.

Generals	02:XX:XX	05	Yesterday didn't take a shower all day. Normally I never do that. Just didn't care. Kept thinking: OK tomorrow morning, but I didn't. Finally took one at 1 pm. The last weeks I took normally two showers a day. I just didn't care about hygiene. Do things around house. House starts to look really good, mostly because son is home, so I am home.
Generals	02:XX:XX	05	Feel really tired around 1 pm, ready to take a nap.
Generals	02:XX:XX	05	4 - 6 pm feel good, this is normally my down time in the day.
Generals	03:XX:XX	02	I am tired, tired.
Generals	03:XX:XX	04	(Supervisor): I don't like it damp.
Generals	03:XX:XX	04	(Supervisor): Sometimes with too much wind I get bothered. It's as if it can blow through me in spots,(in body torso, not extremities or head). It's like I would have a hole and it would be cold.
Generals	03:XX:XX	05	My temperature is a little warmer than usual.
Generals	05:21:30	05	(Supervisor: I ask her husband to talk about his observatio). Nothing. Still

bossy, aggressive (laughs, just kidding).

She is a little more calm (they hadn't talked about that together).

Generals 05:XX:XX 04

Tired today.

Generals 05:XX:XX 05

Woke up really tired. : all day really tired. 5 - 5:30 eyes burning, tired, swollen. Still swollen a little now. Taking bath rugs out, dust, was going crazy because of the dust. If I had to start to sneeze could not have stopped. Really seitive to dust.

Generals 06:XX:XX 04

Tired, tired, tired.

Generals 06:XX:XX 05

Body temperature is a little higher than usual. Hot in bed. Normally I'm all bundled up in bed, not now.

Generals 06:XX:XX 05

Never before little wounds swelled up like yesterday. Today not swollen, red or bruised feeling anymore. : white blood cells coming in really fast around little wounds.

Generals 07:XX:XX 02

I have been craving sparkling apple cider. Last night thirsty, maybe a little thirstier.

Generals 07:XX:XX 04

Want to shop. Look at things. Try on clothes. Look at beautiful jewelry.

Generals 07:XX:XX 04

Woke feeling groggy and swollen and irritable, but that pased as soon as I was up for 10 - 15 minutes.

Generals	07:XX:XX	04	Very thirsty.
Generals	07:XX:XX	04	Also really want to smoke cigarettes.
Generals	08:XX:XX	04	(Supervisor): Drawn to very weird clothes; very soft, vibrant, this fabric, iridescent, wanted really badly texture wasn't good but iridescent really incredible gree, odd things. Bought a floral skirt, has turquoise, will go back to other store and get that turquoise sweater. Nearly bought this dress with huge yellow florals on it. "It was a drug induced attraction, I know it."
Generals	08:XX:XX	04	(Supervisor): Sunday 2pm, snowing, wind blowing. By 5pm, freezing cold again. I hate the wind. I get scared. H/A congested, especially sinu, occassional right stabbing pain. Stuffy nose, went away last night (started around 4 or 5pm, got worse 3am).
Generals	08:XX:XX	04	(Supervisor): Slept 11pm to 3am. Had a dream Guy was really bossy - he was like a proving supervisor. He told me that the poving was over. I felt disappointed and wanted to argue. I know that I was tossing and turning in my sleep. Iide (under skin of legs and feet) was hot and felt a bit swollen.

Really warm. There is no temperature range; either I am too hot, or too cold. This feeling of heat; had 5-6 years ago; let to first remedy I ever got; sulphur. Took it away. Then got cold. At 3am all joints were swollen. My right thumb joint (was better at 10am when I woke).

Wrists and ankles were cracking and snapping. I got up and wrote it all down. Better if up and moving around. Stiffness and swelling went away. 4am went back to sleep until 10am (slept solidly). Woke up today feeling 'pretty good.' When I woke up at 3am everything was worse and then it all turned around up until 4pm. I was feeling pretty good.

Generals

08:XX:XX

04

I took a couple hour nap. Woke and stared out the window watching the wind and snow blowing thru the trees and feel very cold and desolate. I wanted to take a hot bath but was too tired. No appetite, but at one point ate a half piece of raisin bread toasted with raspberry cream cheese. Very thirsty for cold (OS/RS).

Generals

08:XX:XX

04

During the night, the weather had changed from upper 50's to 15 degrees.

About 2:00pm it started snowing and really blowing. By 5:00pm I felt freezing cold.

Generals 09:XX:XX 04 (Supervisor): 4pm to 4am, things were bad.

Generals 09:XX:XX 04 (Supervisor): Woke feeling fine, went shopping again, was totally focused, didn't even think about outside world.

Generals 09:XX:XX 04 (Supervisor): Things got bad until 4am.

Generals 10:15:00 02 Feeling very hot this afternoon. I have the windows wide open and a cool breeze is blowing, but still over-heated.

Generals 10:16:30 02 Alternately chilly and overheated. Keep rolling sleeves up and down.

Generals 10:XX:XX 02 Thirst for juices, especially sparkling apple juices. Pretty strong thirst.

Generals 10:XX:XX 02 Today I was cold and hot, would open the window, would have to roll up my sleeves and then it would start blowing papers, close the window, would start getting hot. Impossible to get a temperature that I could feel comfortable with. Usually I can work for some period of time.

Generals 10:XX:XX 04 Good energy by 11:00am. Bad from 9-11am. Very tired.

Generals 10:XX:XX 04 (Supervisor): Today ihave a little

stiffness, a little chilly, again if too much clothes and then I move around too much, I overheat.

Generals	10:XX:XX	04	(Supervisor): Wind; I think I am afraid of being really cold, very unusual, I grew up in Minnesota. I always liked the wind, its very unusual for me. I couldn't even get out, had to ask someone else to take the dog out.
Generals	13:XX:XX	04	Don't feel very refreshed.
Generals	14:XX:XX	04	Couldn't get up during the night or early morning to record dreams or even go over them in my mind.
Generals	14:XX:XX	04	Felt tired on waking, but cheerful.
Generals	15:XX:XX	05	<p>This neighbor is such a pervert. If I would be (?) woman I would tell him to stop. He can only get away with it because of his age. All of these boys I went out with were in my dreams lately.</p> <p>Never think about them in real life. Husband wasn't in this dream. Dreams are regressing (into earlier adolescent when I didn't know my husband yet). Normally I dream about present times. Felt good, like no responsibility like having a husband. Mother was in all my dreams so far, my protector. Dreams</p>

night 13-14 couldn't remember, was so sick. Yesterday never went out. Didn't do anything.

Generals 16:XX:XX 04 Feel tingling all over today, even in the earlobes, and it's not a bad seasion.

Generals 17:XX:XX 04 (Supervisor): Like everything (some humor in her tone) it seems to go away when I get up and walk around. An amelioration for this remedy.

Generals 17:XX:XX 04 Tired all day.

Generals 17:XX:XX 04 Was so enjoyable. Today was perfect weather day for me. Warm but a slight soft breeze. Only in low 70's. Overcast with some sun, and then late in the day at 4pm a warm rain.

Generals 17:XX:XX 04 I feel weary.

Generals 17:XX:XX 04 Woke up today feeling really tired and slightly sick.

Generals 17:XX:XX 04 (Supervisor): Yesterday and today I want to create a peaceful and unhurried atmosphere. I went out of my way a little to not get hooked into a busy scene. Went to Monclair postoffice, avoiding Piedmont (busy area).

Generals 17:XX:XX 04 Really tired all day.

Generals 23:XX:XX 05 Weird things are happening. Tonight in the study group, nobody showed up. Never happened before. I affiliate it.

Normally there are at least 4 regulars. I ran the group for 4 years, lost steam. It is not like me, not to do anything for it. My client didn't show up either, very weird.

Generals	36:XX:XX	05	Lots of cancer is coming up for people around me, over the last week. Breast cancer. Melanoma over back.
Head	00:01:15	02	Sharp pain, just above right temple. Very brief, but repeating 7 or 8 times at intervals that seem to be the length of a heartbeat.
Head	00:11:45	02	Brief, sharp pain in upper temple.
Head	00:14:30	05	Second dose five minutes ago. Numbness from lower lip to chin, where you can put tongue between lip and teeth. Lasted five minutes.
Head	00:15:50	05	Neuralgia in left side of head. Moving from front (above left eyebrow) to the back (the base of the head) Lasts all day. Now still there not much. Twitching pain. Like a blinking light going off and on.
Head	00:XX:XX	05	Something definitely going on in the head and sinuses.
Head	03:XX:XX	04	Shadow of my metrual HA; left sided occiput.

Head	08:14:00	02	Sharp pain in left temple extending over top of head while walking.
Head	08:15:30	02	Very angry at work after finding that I AS had lost two hours worth of work on the computer. Wanted to hit the computer with my fist. Followed by shooting pain originating in front of head above right forehead and shooting rearward.
Head	08:XX:XX	04	I had a headache that was like a congested feeling especially in my sinus area. Then I'd occasionally have a left temple stabbing pain.
Head	08:XX:XX	05	Something was going on with head the last few days. Keep getting little head aches on the left side of head. Today in the afternoon. This is almost normal for me, but I don't get them daily for short periods of time (approximately 15 minutes). Head ache on top of head, dull ache, comes on slowly, goes away fast. Chocolate makes it better. Maybe I need more sugar. I helps the head ache.
Head	10:XX:XX	04	Feel like I was getting my usual left occipital HA. Went away in 20 minutes.

Head	10:XX:XX	04	Woke with headache on left temple. A dull throbbing that effects the upper teeth on the left.
Head	11:XX:XX	04	Went to sleep at 11pm with some headache.
Head	11:XX:XX	04	Woke feeling good. Slight shadow of a headache in left temple and left occiput. Got up too late to eat breakfast and by noon headache much worse. Got a massage at noon and headache escalated to the point of nausea. Had to work until 7pm, came home, vomited, part of the headache, the part in the occiput was amelioratedbut the temple part remained.
Head	12:XX:XX	04	Usual headache. It went away with deep breathing -- a new method. Desperation is the motivation!
Head	12:XX:XX	04	Had a headache on the left side most of the day. Left temple. No nausea until the very end of the workday, about 7:30pm. I work and still had my left temple headache.
Head	14:08:45	02	Head pain left side where frontal, temporal meet. Brief, less than 55 seconds. Sharp pain, extending to top of head.
Head	17:XX:XX	04	Got a headache in the mid-afternoon.

Head	17:XX:XX	05	Dandruff is better. : feels like hair is growing fast. Everybody tells me my hair is getting so long.
Head	18:10:30	02	Dull pain in vertex while shampooing hair. Occurred when pressure was applied to head.
Head	19:11:00	02	Sharp pain in right mastoid, close to ear. OS Short duration; 3 seconds.
Head	19:17:00	02	Pain in vertex, right side while urinating. A pressing pain. Similar to pain in vertex experienced while shampooing.
Head	28:23:00	02	Pressing pain on sides of head, became more apparent while urinating.
Head	31:XX:XX	05	Same symptom as day zero. Numbness from lower lip to chin, where you can put tongue between lip and teeth.
Head Pain	00:00:30	01	30 minutes after taking dose had slight headache, center of forehead, (3rd eye). Was dull ached, on scale of 1-10, would rate as a 1 or 2. Lasted about 2 hours. No modalities noted.
Internal Throat	00:00:20	01	20 minutes after taking dose had slight soreness of right toil. Lasted about 30 minutes.
Internal Throat	00:01:00	01	One hour after taking dose (noon), slight soreness of left toil. Lasted approximately 30 minutes.

kDreams	15:XX:XX	01	Dreamed of a dog pulling a wagon to carry water around with him.
Kidneys	02:17:00	04	Drove to PA and have some kidney pain, like a see of being enlarged.
Male Genitalia	02:XX:XX	02	Genitalia; right testicle, pain, fairly sharp, happened as I was getting into the car and didn't last long.
Miind	00:XX:XX	04	The world of nature felt very soft and simmery.
Mind	00:08:00	04	Took remedy.
Mind	00:09:45	04	Feel giddy as if drunk or tipsy. I tried hard to overcome it, willing to make the effort.
Mind	00:15:00	04	Rode my horse, feel very rooted.
Mind	00:15:00	04	Can feel my legs from the iide distinctly.
Mind	00:17:00	05	Feel more relaxed. Last couple of weeks was wearing my shoulders on ears. Better.
Mind	00:19:30	02	Felt emotio more strongly than usual while reading a fairy tale to daughter.
Mind	00:XX:XX	02	Was late getting daughterto Mom's house where she sleeps. Felt a headache, normally would have developed into a situation whre I would have been angry. Felt remorse for si and imperfectio of the past.

Mind	00:XX:XX	04	(Observations of supervisor): Prover 04 definitely sounded more relaxed and less precise, not inaccurate, just more relaxed. There was a slightly cheerful, pleased tone, like a "pal" maybe. She asked my opinion more, on small matters, almost child-like. I don't know her well, but this seemed a change. A little more open. Calm, at ease, observant, comfortable to talk to. At ease in expressing her opinion.
Mind	00:XX:XX	04	Feel very quiet iide. Cannot be hurried. Walked very slowly, feel no see of impatience.
Mind	00:XX:XX	04	At times I felt like I was tripping.
Mind	00:XX:XX	04	Don't want to go iide. Want to be in the open air, in the sun.
Mind	00:XX:XX	04	Am I writing down enough stuff and doing it ok?
Mind	00:XX:XX	04	Supervisor asks, How does your head feel?: (sighs) Something's different. It feel fine. Something different (<u>underline</u> different). Not big enough or pronounced enough. Can't put finger on it. A modified version of when you do mushrooms, organic psilocybin. And it goes along with the body awareness. It's a very fine vibration. Noting to

irritate. A vibration in the cells. A little faster, mildly pleasant. Makes me more body aware. I tend to be more in head. Now feel bottoms of feet. Started with pelvis, then went down to feet.

Mind 00:XX:XX 04 Thought what if it got worse everyday and I couldn't life my feet up? (Re: the feeling feet could root).

Mind 00:XX:XX 04 Notice a lot of white moths outside and even iide. RS

Mind 00:XX:XX 04 Or not finding a parking place in China town. I just drove around until I found one. I didn't realize how often I feel hurried. I've had days off in a row before. Internal see of not being hurried. (Sentence underlined). I just didn't care. (Sentence underlined.)

Mind 00:XX:XX 04 I was thinking I feel too good! I'mnot getting very much done!
. Didn't have the right thing to wear today. Must be a plant, wanted something flowered. Reserve area of my clothes, that I lookedthrough for something. Not feminine, but in that vein of softees.

Mind 00:XX:XX 04 Would have been fine to not talk today.

Mind 00:XX:XX 04 Things that normally would pressure me didn't. (Sentence underlined). Just little things -- my riding schedule.

Mind	00:XX:XX	04	If anything gets in the way, it can be disruptive.
Mind	00:XX:XX	04	Today I wanted to be able to let the horse run wild in the arena, but there were a lot of other people so I couldn't. Itead of being preoccupied, I didn't care. (Last sentence underlined.)
Mind	00:XX:XX	04	Had a nice walk, then to Chinatown to pick up new contact. While I did that, I concentrated more, on the car, etc.
Mind	00:XX:XX	04	Noticed nature quite distinctly especially trees and shrubs. Saw the outlines of their leaves so precisely.
Mind	00:XX:XX	04	(Supervisor asks what clothes she chose). White tee-shirt with white embroidered flowers. Antique skirt white material was Gramma's wedding slip. Embroidered flowers at hem.. Label at back poked neck, so later changed. Soft white long underwear and sage green top, feels good.
Mind	00:XX:XX	04	I talked to people today. I was friendly (Laughs gently). Usually I have an agenda, a schedule. Talked to 2 different neighbors--sitting down and relaxing. An effort for me to carry on a conversation with somebody like the neighbors, ordinarily. It was fine,

comfortable, I wouldn't have done it if it wasn't comfortable.

Mind 00:XX:XX 04 The world seems to have slowed down.

Mind 00:XX:XX 04 I walked up to a larger bush with yellow flowers and realized it was the fragrance I had been smelling and looking for six weeks. The sweet lemon-like aroma that has filled the air for weeks.

Mind 00:XX:XX 04 Feel my feet could root.

Mind 00:XX:XX 04 Wanted to look at trees and shrubs. At the top of our hill the breeze was stronger and the different larger trees made each a distinctive sound and became like a soft song of trees.

Mind 00:XX:XX 04 Supervisor (I ask about communication with the dog and horse): I had a good ride with my horse. I was better off with my horse. They have a lot of visualizatio you can do, like being a tree. I did things I've ben trying hard to do, like making traitio, being centered. I had less fear today. I don't know about Teddy (the dog). She ranaway from me after the walk. She didn't want to come in the house. It didn't seem personal. Now she is in near by my feet. That's how I ended up

to talking to the neighbor.

Mind 00:XX:XX 04 Difficult reading aloud. Tongue wouldn't work quite right. Stumbled over words then got very emotional about what person had wrote to us and started to cry. Felt touched and open in my heart. Price, peaceful everything is okay.

Mind 00:XX:XX 05 The wole world looked grim and violent. Bizarre energy. Are other provers experiencing similar things? As long as nobody was getting killed (laugh).

Mind 00:XX:XX 05 Lightened see of awareness.

Mind 00:XX:XX 05 Over the last two weeks shift happened. I made decisio faster, taking care of things. I really do it now, itead of putting it off. Had problems speaking up for my self. Something shifted, now I just do it. I feel like I am getting organized. Always did surface now I am getting to the bottom.

Mind 00:XX:XX 05 Before remedy: I was feeling anxious about my marriage the past week, feeling utable to do proving. Mailman forgot to bring package, had to come back after delivering mail down street. The package was substance E.

Although I will not be taking this remedy for 2 weeks I feel a see of relief that it has arrived. Another funny thing is I've lightened my attitude about my husband and marriage, and feel a deep appreciation of him.

Mind	01:14:00	04	The weather is affecting me. It's colder and windier and agitating to my nerves.
Mind	01:20:30	03	Energy good all day. I feel less concerned/fearful of cataract Dx. Feel less attached to Dx. More centered and optimistic as to cure.
Mind	01:21:00	02	Felt pangs of cocience over not turning the laundry room light off as I passed, even though it was a minor thing and I had not turned the light on. Later went down stairs and turned off the light.
Mind	01:XX:XX	04	Feel irritable (<u>underlined</u>), every little stress and decision makes me upset and argumentative.
Mind	01:XX:XX	04	Got rageful when my dog ran away. Had to restrain myself from hitting her as I had an itance of red hot fury which passed quickly.
Mind	01:XX:XX	04	Yesterday I felt punished. (In contrast to the day before, Saturday, day 0) on Saturday, "be high", "a magic cure for

me" but "can you live your life on drugs?" Yesterday, (Sunday, 01), thoughts focused on negativity. My own things about "oh, this person is not hurrying enough" or "that was a dumb thing to say." Critical, judgement toward spouse and the dog. I realized after a while I was behaving badly and had some remorse but didn't feel that guilty.

Mind 01:XX:XX 04 Was judgemental of clerks, of D..., other drivers complaining, complaining about the little things.

Mind 01:XX:XX 04 I look old and wrinkled.

Mind 01:XX:XX 04 I felt I should have spent the day by myself because everyone is bothering me to such an extent.

Mind 01:XX:XX 04 I asked "Why can't I relax?" I was plugged in the opposite of as flexible as I was the day before.

Mind 01:XX:XX 04 I felt "I'm not going to get what I want in anyway."

Mind 01:XX:XX 04 Very impatient, the exact oposite of yesterday. Felt put out, put upon, nothing going my way. I don't get enough support.

Mind 01:XX:XX 05 Dispute with my husband about

financial matters. I need to get my life in order, too much old stuff is holding me back. All symptoms from yesterday are gone. Feel wiped out today. If husband and I argue I get emotionally drained. Try to stay away from too emotional situatio. Sleep good. On couch because son is sick and sleeps in my bed, couldn't sleep, so my feet are more planted in earth, but lost see of business over last two weeks. I'm going to lose all my business...scared. Today I am OK about it (). More relaxed today about it. Don't think I have to have it all any more (curative).

Mind 01:XX:XX 05 My boy is still sick. What is wrong with me as a mother and as a homeopath?

Mind 01:XX:XX 05 Was just around the house today. I'm lighter. Yesterday thought I have to call my clients to tell them I can't do it anymore. Today feel good.

Mind 02:21:50 02 I feel that no one is responding to me. (Supervisor--He is feeling a bit paranoid about same situation).

Mind 02:XX:XX 02 Supervisor--my impression; he seems somewhat "lifeless" more bugged, more tired.

Mind	02:XX:XX	04	<p>Feel very balanced today. Worked on paper work. Stayed organized, no stress, finished several small projects. No irritability or impatience.</p>
Mind	02:XX:XX	05	<p>Thirst normal. Haven't been out, son is home, would like to socialize more than I do. Miss social life. Making plans, want it but it is only in my head.</p>
Mind	02:XX:XX	05	<p>Feel good, the energy level is back up. Now normal not altered like after the first dose. Back to normal self, didn't feel like that for long time (for months). Since taking the remedy () I let go of something (people sucked things out of me before), I feel stronger. The remedy changed my state of energy. I'm more productive, not bogged down in other people's stuff. Not feeling guilty when not returning phone calls. Not anxious about it, feels like it will happen at some point (making the calls). This normal state except for the last few weeks.</p>
Mind	02:XX:XX	05	<p>Lost turtle yesterday. Put it in fenced area, 10 minutes later it was gone. His mate is waiting for him in the tank. (She is sad about it).</p>
Mind	02:XX:XX	05	<p>I am more patient, more relaxed. No I'm</p>

OK. When I can't get followup calls done. Just have to surrender to it. This happened before.

Mind 03:12:01 02 Feeling irritable and angry. Feel like I'd like to hurt someone, then feel remorse over the thought. Muttering and cursing at the ATM when no deposit envelopes were available. Someone handed me an envelope and I started to storm iide the bank.

Mind 03:20:00 02 A feeling of sadness and despair, a kind of heartache.

Mind 03:XX:XX 02 Supervisor--I'm paranoid.

Mind 03:XX:XX 04 (Supervisor): Started being relaxed again, feeling balanced, awareness in feet; "tingling" as if awakening, not unpleasant, kind of pleasant, kind of like mushrooms, feel something that wasn't there, better see of cells, sometimes couldn't lift up feet, attached to ground, merging into ground.

Mind 03:XX:XX 04 Notice I'm not wearing or want to wear as much jewelry. It feels like too much.

Mind 03:XX:XX 05 General: I'm in an indifferent state, quiet state. No qualms of things going on. (In italics: she sounds, feels introverted. Feels bad that she can't give

more symptoms. Speaks slower, more internalized, longer pauses between talking. Calmer. (3))

Mind 03:XX:XX 05 Quieter than usual. Was on farmers market, normally I am all up, "hi" to people, etc, but today I was quiet and didn't say anything.

Mind 04:12:30 03 I feel pre-period last two days. Irritable and feel a sharpness to respos to situatio and people.

Mind 04:XX:XX 02 Supervisor--Hard time coming to terms with the question of good and evil? I've been think about the importance of keeping connection to higher state/the divine, the forces if you lose that, kind of being used by lower forces.

Mind 04:XX:XX 02 Supervisor--been thinking more strongly about it than usual as life goes by I look at different types of spirituality, right now Christian hermetic, Christian-the evils of the flesh, lower impulses, if not done with higher things in mind are not good.

Mind 04:XX:XX 03 I feel a sharpness to my respos to situatio/people. I saw a sign on office bathroom handwritten saying, "Please colse door when done"...my quick respoe was "Why?" in a quick

temperment.

Mind 04:XX:XX 03 I feel like my sentences are short and quick.

Mind 04:XX:XX 04 I am not so resentful about things, comments that before would have hurt me. I let go of things. Don't have any outbursts of anger.

Mind 04:XX:XX 04 (Supervisor): My behavior is different, I like stoned, it would be easier to describe these symptoms if I was depressed. I think about trees a lot, or a shrub. Wonder if remedy is a tree of some sort. I look at trees and think of them more.

Mind 04:XX:XX 04 (Supervisor): Psychedelic, different consciousness. Level of consciousness has altered somehow, better level of consciousness. Some sort of curative or maybe more positive change of how things were (before) more positive, when I was patient and not hurried. I've stepped beyond the mundane. More flexible and enjoyable, things don't bother me. I'm not getting upset internally as much.

Mind 04:XX:XX 04 Fear of getting chilled so bundling up to go outside.

Mind 04:XX:XX 05 Feel like I'm a boring person. Which is OK. Feel a little sad about it. Sort of quiet. That's OK. That's just where I am at now. This feeling came on in the last few days. There is more behind it; it's not really sad or sorry for myself. Check in tomorrow, perhaps I can name it then.

Mind 04:XX:XX 05 Took a nice hike. Went to birthday party with son. Nice day. Felt HA coming on, it was probably the heat. Had to push myself to talk. If I would have had a choice, I would have gone off by myself.

Mind 04:XX:XX 05 Waking up, felt good (). Quiet, don't have a lot to say today. Don't want to rock the water. Don't want to start anything, so I don't have to finish it. Feel kind of sorry for myself. Have these magnificent dreams and such a dull life. So I'm just quiet and watching. Don't want the excitement to be in arguments and flare ups. Longing for other excitement. Gave up alcohol last September, now I don't have this as an excitement.

Mind 05:15:00 02 Supervisor--Nose: 3:00 p.m. ate and after eating started to sneeze, sneezed 4

or 5 times. "I can never just say the number, it always has to be 5 or 6, 40 or 5, etc."

Mind	05:XX:XX	01	Three times today hit my right shin agait a coffee table (I never do this 3 times in one day.)
Mind	05:XX:XX	02	Supervisor--When you're in a pit, you can get distracted by looking at the pit rather than concentrating on getting out.
Mind	05:XX:XX	02	Supervisor--I have a bit of bravado today, I am still troubled, the flip side is optimistic.
Mind	05:XX:XX	04	Feel like I'm all alone. Don't want to be very social.
Mind	05:XX:XX	04	Having a hard time being patient with my mom who keeps talking of her pai. Don't want to take care of anyone. I want to be taken care of, pampered.
Mind	05:XX:XX	04	Strong see of well being. Less hurried.
Mind	05:XX:XX	04	I look different in the mirror. My face has a heavy, fallen look to me. I'm gray or pale. I look old and more wrinkled.
Mind	05:XX:XX	04	Feel very sad and lonely in a quiet way, calmly.
Mind	05:XX:XX	05	Weird old lady in supermarket. Face peeling like burnt. Something was off

about her. Felt as if I look too close she would lash out at me. I saw her bitching at produce man because there were no ripe bananas. Saw her in other isle, talking to a girl. Mother of girl came to me. This old lady said to my daughter, "you're a rude girl." I tried to find somebody to complain about her.

Woman and child didn't know what to do. Mother had to explain that there are mean people in this world. I started to freak, thinking she would talk to me and I would have to be rude to her. At cashier, old lady again. She is checking out, goes back to get something, takes forever. Cashier takes next person. Old lady was outraged about that. I felt like she is violating the human kind.

Mind

06:XX:XX

01

I feel that I may have been possessed or influenced by a negative entity. I was at the opening night for my husband's new business venture, a bar and restaurant. I had drank 1.5 glasses of wine, a long time acquaintance, who was drunk, was introducing me to her friend, who was also drunk. When her friend was told that I am a chiropractor, he started

ranting and raving about how terrible chiropractors are. I almost started to cry and then I snapped into a rage. I didn't say anything but grabbed my purse off of the bar stool, the strap of my purse caught the stool and the stool crashed to the floor. I stormed out and went to get something out of my car. I didn't think to disarm my car alarm and while it was going off I really didn't care if it bothered anybody. I felt upset the rest of the evening. I believe that my drinking alcohol and my negative emotion allowed a psychic invasion of my being. Especially since alcoholics attract negative beings to them, I was surrounded by negative energies and continued on Day 7.

Mind	06:XX:XX	02	Supervisor--feeling like I want to move up and out of gutter of heaviness. I've been feeling a lack of spiritual, the gross vibrations don't suit my being. I feel better when I'm tuned into finer/more subtle things-of a higher quality.
Mind	06:XX:XX	04	Sad and lonely today, children very irritating. I have no time for them.
Mind	06:XX:XX	04	(Supervisor): Deep sadness and loneliness, not specific, nothing in

particular, a melancholy.

Mind 06:XX:XX 04 I was very attracted to different colors and desig when shopping. I am very attracted to pastels especially pale yellow, periwinkle, blue-turquoise-flowery desig. Wanted very soft creams blues turquoise.

Mind 07:14:30 02 Supervisor--Vivid internal pictures of RS faces of people I know. Facial features and gestures very clear. Lasts for about 10 seconds.

Mind 07:XX:XX 01 Woke up feeling depressed, negative, grouchy, with low energy. I would see a dark, masculine energy or being in my space. I bathed with sea sailt, burned sage and candles, surrounded myself with light and asked that this being go to the light. I felt better for about 30 minutes. Then feel off-center, tired, cloudy-thinking, weepy, which lasted until approximately 2 p.m.`

Mind 07:XX:XX 02 Supervisor--if I was a painter I could have painted her, not that they were there, almost as if I'd tuned into them like a radio signal. (At extraction question if it has something to do with Hale Bop?)

Mind	07:XX:XX	04	<p>Feel like I am not connecting with people, that I'm being reserved or stand-off-ish. Like I'm not letting the real me be seen. Don't want to share my pain.</p>
Mind	07:XX:XX	04	<p>Feel lonely but not as bad as yesterday. Always feel very close to tears. I'll never get the love and affection I want. I don't get enough now.</p>
Mind	08:15:30	02	<p>Very angry at work after finding that I had lost two hours worth of work on the computer. Wanted to hit the computer with my fist. Followed by shooting pain originating in front of head above right forehead and shooting rearward.</p>
Mind	08:XX:XX	04	<p>(Comment of another supervisor): My impression is represented here too; usually prover 04 and I can really connect when we talk. I see her loneliness and distance from me and the world. She is strong and in the 'proving' but there is that distance.</p>
Mind	08:XX:XX	04	<p>Spent the day shopping (about four hours) with my friend and was very focused.</p>
Mind	08:XX:XX	04	<p>(Supervisor): I think I am embarrassed that I have these feelings, for some</p>

reason I shouldn't have these feelings.

Mind 08:XX:XX 05 On beach today, wanted to go in water with bra and underwear, just didn't care. But didn't want to embarrass my two boys and the water was also too cold. Normally I wouldn't even think about doing something like that. I am more introspective, don't care how she looks like. Went out without any make up the last few days. Normally always put on at least a little bit of make up. (Supervisor: like yesterday she sniffles during the phone call, no sneezing this time).

Mind 09:23:00 02 Someone yelled outside on the street as if in extreme distress. Followed by other voices, so it didn't seem necessary to investigate.

Mind 09:XX:XX 05 The quietness is kind of gone. Only feel quiet with husband, don't want to stir things up. Usually I don't give a shit and just say what I want to say.

Mind 10:XX:XX 02 Supervisor--(Asked if influenced by Hale Bop?) been thinking a lot about staying tuned into higher forces-to be positive different chakras. 2 petals lotus-between eyes-ego-antennae,

staying in tune, tuning into things you need to know. Thinking about these things, don't know if it has to do with proving, if it is proving view it is as curative, spent many years on auto-pilot, whatever comes up, I let it take over, I've never felt like being in charge of my being, "this is what I am going to do, this is my belief." Never felt I had enough information or knowledge to make these decisio, in the absence of that, come what may, see what comes up, and see where it takes you. Have decided that is not the way to go, a lot of chaos in the world, a lot of parasitic entities, without some structure/higher guidance things aren't going to fall into place. Just for the heck of it, it could happen and sometimes it does, when young, it happe automatically.

Mind 10:XX:XX 03

Grieving for my sister and her limitatio. I thought I was done with this emotion. I feel sad deep iide my heart for her (crying).

Mind 10:XX:XX 04

I do miss D. (could be one of the reason's why I am lonely).

Mind	10:XX:XX	04	(Supervisor): Working so inteeley; sometimes I feel all my failures face me when I see my whole practice all together. Haven't done my job quite right enough.
Mind	10:XX:XX	04	Happy most of the day. No loneliness, better feeling of relating to people emotionally. Love my jog.
Mind	11:XX:XX	04	(in respoe to question from supervisor): Feel I can connect with people now, can hug people.
Mind	12:XX:XX	03	Feel I'm processing something about my sister. I have been thinking about her a lot. I'm not sure what's going on. Not totally aware there was nything I need to work out. Things are coming up.
Mind	12:XX:XX	04	Very sad in the evening from about 8pm to bed. Feel like I never get the love and affection I want and that I'm not appreciated enough in my relatiohip and in some past relatiohips.
Mind	13:XX:XX	04	I feel so bitter, sour, resntful of everything.
Mind	13:XX:XX	04	Emotional yesterday and today. Cried easily on occasion with clients. Got teary eyed.
Mind	13:XX:XX	04	(Supervisor): Can't think or talk to anyone. Didn't want to talk or listen.

Too much stimulation.

Mind	14:XX:XX	02	Woke shortly after dawn, thought there was an earthquake occurring.
Mind	14:XX:XX	04	Most of the day felt like in limbo, wanted to come home. Professional things happened. Strong.
Mind	14:XX:XX	04	Couldn't quite function mentally, felt foggy all day, an odd seation in my head that I couldn't quite connect or get clear. Something felt in the way or held back.
Mind	14:XX:XX	04	Spent much of the day alone by choice. Didn't really want or have the energy to talk to people. Felt maxed out on concentration and listening to others, especially their problems.
Mind	14:XX:XX	04	Feel free to go and do whatever.
Mind	14:XX:XX	04	Thinking got better as I spent time with my brother by 7:00pm.
Mind	14:XX:XX	04	Loved going to the river and looking at the flood. Loved walking by the river in the wooded areas and thinking about the river. (River flood of Minn. Made the front page of newspaper).
Mind	14:XX:XX	04	I could really connect with him emotionally and mentally. Really enjoyed our time -- most enjoyable part

of the day.

Mind 14:XX:XX 05 "Energy level?" This morning broke down in tears. Asking: what am I doing wrong? Husband has no compassion. He thinks he is doing all the work. I feel really isolated right now. It is hard to be a health care provider and being sick. It is just not fair to tell people about a healthier way of living and not being healthy myself.

Mind 14:XX:XX 05 I know that in two weeks I will feel much better. Last two days didn't feel at all like talking. Especially not to talk about my sickness. When stuck in house, feel very dull. Makes me feel insignificant. Love to talk to people. Have to do that every couple of days at least.

Mind 15:XX:XX 04 I bought 'Into the Wild.' Morbid. I read a short story about this a while back. I try to figure out his remedy. He is odd. I'd seen it before and turned it away.

Mind 15:XX:XX 04 Relaxed and happy. Am noticing that I have a higher level of patience especially with little things. Not so hurried. Don't feel the 'edginess' (that I sometimes feel).

Mind	15:XX:XX	04	Relaxed, happy, higher level of patience, especially with little things. Examples; waiting in line or waiting for cars to go at stoplight. Not so much "late" get going here.
Mind	15:XX:XX	04	Feel at ease, safe, less fearful.
Mind	16:10:30	02	Mouse intermittently dead (?) working on computer. Mouse cursor freezes and won't move til computer is rebooted.
Mind	16:11:00	02	Office neighbor came in and asked me to fix his computer voice mail. His database of messages had become corrupted and I was able to fix it by running a maintenance utility.
Mind	16:12:30	02	Got a flat tire (right rear) while taking children from school to day care. Cold worsening throughout the afternoon.
Mind	16:XX:XX	04	Would love to be away from the city and camping somewhere near a lake or the ocean with no noise or cars. Also wanted to go on a road trip with my friend, maybe to Four Corners area to buy jewelry.
Mind	16:XX:XX	04	As soon as I am in nature the more I feel the tingling, see of grounding, and much more peacefulness.
Mind	16:XX:XX	04	(Supervisor): That see (of connectedness with nature) is just there,

like the first day. It doesn't feel like it's lost. It's just not as profound because it's not new. More integrated, not 'tripping' on it.

Mind 16:XX:XX 05

Yesterday didn't do much, rested. Feeling fragile physically, mentally and emotionally. If I would get into confrontation would just break down. Yesterday guy changed lanes right into me; I pulled quickly into right lane and honked. Was surprised I reacted so quickly, I feel so drugged out.

Mind 16:XX:XX 05

Spaced out. Went to county fair yesterday. Felt like on drugs. Like stupefied. Didn't really care. Was concerned of safety of children. I was just surviving, watching, not doing any action. The world feels very scary in the big global see. Freaked out about youth, society, where we are going, how we are evolving as a human race. There are so many plant remedies, but our society is not a plant remedy, there is more animal or toxic energy. Lots of adolescents at fair, violence. People are so disconnected, it is frightening. I feel scared for my family for everybody (3).

Feel badly for my children, they can't walk down the street to get a soda. Too many wacked out people.

Mind 17 03 Chewing nails off. Chewed them all the way down. Usually while reading or studying. Haven't done this in a while.

Mind 17:11:00 02 Difficulty staying awake. On closing eyes had picture of a sharp hypodermic needle, on another occasion a picture of a very sharp pointed knife. (At the height of the cold).

Mind 17:XX:XX 02 Supervisor--night before last, making place respectable (because case was coming) bathroom was such a mess, dirt and mud splattered on wall, toilets were filthy, cleaned both bathrooms yesterday cleaning office.

Mind 17:XX:XX 04 (Supervisor): To work at home in a really peaceful neighborhood, as simple as that.

Mind 17:XX:XX 04 Need to be slow and unhurried today. Want to have a peaceful day.

Mind 19:XX:XX 04 Want to take a yoga class.

Mind 19:XX:XX 04 Still very attracted to looking at trees. It's weird but I feel like they call me.

Mind 19:XX:XX 04 Letting go of resentments and anger much easier.

Mind 19:XX:XX 04 I go with the flow more. Feel flexible.

Mind 20:XX:XX 02 In the last two days there have been several episodes of forgetting things. Yesterday, Sunday, we forgot our helmets when we went bicycling. We also made several wrong tur on our way there. This morning, Ellen and her mom forgot her backpack and had to drive all the way home to get it.

Mind 20:XX:XX 02 While in bathroom this morning heard a man's voice yelling repeatedly, Help, Help. It sounded like he was in severe distress. I looked out on the street but couldn't see anyone in stress. A few minutes later I heard sire and wondered if they had anything to do with the screaming. About 15 minutes later on my way to work I saw several police cars with lights flashing on the street adjacent to mine and felt quite certain that this was linked to the cries for help that I had heard. 4 hours later when I came home for lunch there was still a police car at the site which made me think something very serious had happened, perhaps a murder.

Mind 20:XX:XX 04 This remedy feels curative. Very relaxed last 2 days.

Mind	20:XX:XX	04	(Supervisor asks, "is Sunday morning at 8 too early?"): Yes it is! In a teasing, sing-song voice. Laughs. Humorous but definite.
Mind	20:XX:XX	04	Have been able to concentrate and work well.
Mind	20:XX:XX	04	No hurried see, or impatience.
Mind	21:XX:XX	04	Noticed that my fears of riding, the obtuse, can't quite put my finger on exactly what I'm afraid of fears, are gone.
Mind	21:XX:XX	04	I feel more confident. I feel more comfortable in myself in general.
Mind	21:XX:XX	04	Seeing more of the distain I have fore people and don't feel so much of it.
Mind	21:XX:XX	05	Feel irritated (HA). Everything is irritating me. Kids just never stop.
Mind	21:XX:XX	05	Emotional mental feel pretty good but tired from HA. Need to go lie down. Wish I could do more work. Time passes soooooo quickly. Spending time more efficiently now.
Mind	22:XX:XX	04	Spelling is weird on this remedy.
Mind	22:XX:XX	04	Had the best experience today. Went to Osmosis, the Japanese "bath" and was buried in an enzmine bath that was primarily cedar loam and rice bran that

was hot. It was like laying under a foot of warm very fine cedar saw dust. It was so comforting, secure, heavenly. The cedar bed faced the outdoors in this room that had only 3 walls so it was almost like being outside. I was wishing there was no ceiling. So I could lay under this tree blanket and watch the outdoors, trees, hills, turkey vultures. It was so fragrant and safe and clean. After I felt so relaxed. My shoulders were so much more relaxed and so was my neck. Life was very wonderful after.

Mind 23:XX:XX 05 Feeling lonely. Want to have more contact with people, it is summer season.

Mind 23:XX:XX 05 Contractor builds overhang on my house, I'm so sick of the whole thing. (While she talks about that she gets a pain on the right side of her neck). Feel like I can't get pissed off at him, he is playing on me as a woman. Husband says one thing, he says another thing. Even when he is done with his job, it is not done yet. Never ending story. Most bothersome: spending a heck of a lot of money, a lot of grief over it and it

is not even really done.

Mind	24:XX:XX	02	Supervisor: As above, so below; cosmos reflects itself in the human. I have no vision of health; being healthy is a solar system that works. There is order there: planets go around sun with some predictability. The solar system is in harmony. That's a healthy person. ("Hale Bop Cosmic Cociousness" written in extraction notebook).
Mind	24:XX:XX	03	Not biting nails as much.
Mind	24:XX:XX	03	Feall a little tee, irritable.
Mind	24:XX:XX	04	In control, but relaxed; quite nice.
Mind	24:XX:XX	04	Excellent mood.
Mind	24:XX:XX	04	Able to do everything well. Things come together.
Mind	24:XX:XX	05	Husband is getting sick of me. I am just not interested. I made a joke, he took it seriousl. He can't say anything. I can't say anything. It's a tough spot. He says we should have more sex to get more connected. I say I need connection first in order to have sex. My libido is really low still.
Mind	24:XX:XX	05	Don't feel safe and trusted, in marriage, the contractor, society, etc.
Mind	24:XX:XX	05	Feeing so depressed. Was quiet all day.

Went to horse competition. Couldn't engage in group conversation. This is usually very easy for me. Felt very weird and lonely. I just don't like chit-chat.

Mind 25:XX:XX 04 Woke very emotional today. Fel like crying and could easily. Feeling melancholy. Nothing precipitated it except maybe pre-metrual.

Mind 25:XX:XX 04 Feel mushy. Want to talk to my family. Want a connection that feels deep.

Mind 26:XX:XX 04 I feel so helpless with this HA---like I'm always going to have it. Shadow of HA gone. Trying to take some power over it. Feel like a victim.

Mind 26:XX:XX 04 Love my life here and with Daniel.

Mind 26:XX:XX 05 All of a sudden I feel like this meek, mild female (3). That is so much not me. Coming to the car, two guys really close to the car, scared that they would hijack our car.

Mind 26:XX:XX 05 Past three days really depressed. What am I doing, why being in this business, etc. I'm so depressed, normally at the end of my period (like now) this is the best time of the month. I feel sooo isolated, really lonely, really depressed.

Would like to blame marriage for it, but he and I didn't barely talk, mostly because I am really scared of confrontation.

Mind 26:XX:XX 05 Feeling not being able to rely on anybody or anything. I'm just not gonna do anything. I just don't want all of that anymore, there is no payback.

Mind 26:XX:XX 05 I feel old and very isolated. I am sinking into a hole. "Oh, my God, what am I doing?" People don't call me, there is nothing. I just don't want to. I'm just sitting here. I'm just not going in any area in my life. Even exercise is lagging away. I am contemplating taking Prozac. I feel so tired, I just want to curl up and fall asleep. I'm so depressed. It's an odd place to be at. Not contemplating suicide because of kids.

Mind 26:XX:XX 05 Last night coming out of the movies, was really scared, big fear of being violated, "is this the proving or is this really happening?" Great fear that somebody would snatch my purse. There were lots of guys walking together in group, was really scared of them.

Mind 27:XX:XX 05 (at the end of a dream): Underlying it

might have to do with my marriage and what is going on in my life. Crime might be, not being committed to marriage. In dream this is not part of it. But in the back of the head there are these thoughts: Can't do my duty. Oh, my God, I have children at home. The man I got information from is the same like in pirate dream. But now he was more of a mentor than a lover. I was scared, had to get information fast. There was no time to play around.

Mind 27:XX:XX 05

Husband and I should see a counselor. I'm getting really angry at things that are going on. Through proving, tried to keep myself on distance. My mode of operation is normally Avoid, but never was it for that long like in this proving. Feel very fragile. There are two sides in proving: black and white. Could flip over things (husband in particular) at any moment. Now all of a sudden I wake up to things. I'm just so fed up and ready to take control of my destiny again. Today I was swearing, made me feel better.

Mind 28:XX:XX 04

(Supervisor): I don't want to have to go

back to the way I was. Oh, my God, I don't want to go back to the way I was.

Mind 28:XX:XX 04 (Supervisor): I feel more solid since I started this remedy. I'm not so fastidious.

Mind 28:XX:XX 04 (Supervisor): Upsetting to me that I couldn't remember my dreams before. I didn't care if I remembered them or not. In some ways it's irritating that I can't remember them. Part of me--Shit, this is too hard to try to make me remember them. Defiant feeling.

Mind 28:XX:XX 04 (Supervisor): I've been enjoying a lot of things actually, the overall difference. I don't feel small. Strange to say, I often felt small, which gave me a lot of fears, as in riding.

Mind 28:XX:XX 04 (Supervisor): I feel bigger on top of my horse, more in control, stronger. That's a big thing.

Mind 28:XX:XX 04 (Supervisor): A certain edge that has relaxed.

Mind 33:XX:XX 05 Feeling pretty good. Finding my niche. Placed a lot of importance on homoeopathy. Lately practice really slow. Now I take it OK. Not getting crazy about it. I have tried to keep up with all the seminars. I don't like the

business part in it. I'm getting more honest with myself in the last few days.

Mind 34:XX:XX 02 While eating dinner bit something very hard, like a rock, and felt that it broke into pieces. I tried to locate the pieces with my tongue and was unable to, so kept on chewing and again crunched down on what I thought was a piece of rock. Kept on chewing, grinding the rock a few more times and finally swallowing the food plus the crushed rock. I then realized that the "rock" had been a large amalgam filling that had broken out of a tooth and felt some anxiety about ingesting a large amount of amalgam filling.

Mind 34:XX:XX 04 (Supervisor): Anxiety about not remembering dreams is gone.

Mind 34:XX:XX 04 (Supervisor): Enthusiasm for writing things down is gone. Feel kind of guilty.

Mind 34:XX:XX 04 (Supervisor): Want to be a good proover for the benefit of humanity, etc.

(laughs)

Mind 34:XX:XX 04 (Supervisor): I get a lot angrier now and let go of it better.

Mind 34:XX:XX 04 (Supervisor): Sad about it being over. Thought I think I'll go take some more!

			(laughs) I liked doing it.
Mind	34:XX:XX	05	Such a control freak. Everything has to be my way. I just want to surrender.
Mouth	00:11:10	01	Ten minutes after dose felt a slight numbness of upper gums (gingiva of maxillar). This seation lasted about 20 minutes.
Mouth	01:XX:XX	05	"Sore" on left inner side of mouth. Not a cold sore, but as if bitten. But don't remember biting myself. No pain, just bothering. Came on today. (I have a sore on the left side as well, and don't remember that I would have bitten myself).
Mouth	02:XX:XX	02	Supervisor: Breath very crude; expression, knock a buzzard of a shit wagon from 20 paces.
Mouth	10:XX:XX	05	cold sore, right side on lip, at root of teeth, if I smile you can see it. Feel achy to the bone. Last night, sweating in bed. Don't know if I have fever. Restless, can't stop moving when I lie down. Felt very tired in morning. Had to get up, deal with kids.
Mouth	12:XX:XX	05	Cold sore on lip much worse.
Mouth	14:XX:XX	02	Coated tongue, bad breath (OS). Taste of chicken fat.

Mouth	15:XX:XX	05	Gum swollen on lower right side, where first molar is. Feels like abscess. Feel a lump. It isn't food or sore or hurt. It is in the gum. Beebee size. Went away last night. Now sore, not really irritated. Teeth could be one of the weaker areas of my system. Couldn't see it, wasn't red or anything, could feel it.
Nose	00:11:00	01	While pellet was dissolving, I felt a rush of energy, an expanding seation, a drug-like rush, in frontal sinuses, 3rd eye area, and root of nose. Lasted about 5 minutes.
Nose	00:XX:XX	02	Supervisor: Seation today and yesterday (day before remedy was taken) medial of right nostril boring pain started gradually and increased gradually like pain increase to hurting and then a little clear fluid this morning again had had before.
Nose	05:15:00	02	Sneezing repeatedly (4 or 5 times) OS followed by coryza, clear, from right nostril.
Nose	05:15:00	02	Supervisor--Nose: 3 p.m. ate and after eating started to sneeze, sneezed 4 or 5 times.
Nose	05:XX:XX	02	Some kind of fluid drainage, coryza, clear, from the right nostril.

Nose	06:XX:XX	04	Pressure at root of my nose, and a tired feeling in my eyes.
Nose	06:XX:XX	04	My sinus area got stuffy and it became difficult to breathe through my nose.
Nose	07:XX:XX	04	Am mouth breathing, but my nose is perfectly clear. Have to consciously try to take deep breaths.
Nose	11:12:01	02	Pain in left side of upper nasal septum, beginning gradually, then after about 5 seconds, reaching crescendo. Pain is of a boring type and lasts for a few seconds then quickly diminishes. At height of pain there is some tearing in left eye and post-nasal fluid flow.
Nose	13:09:50	02	Boring pain on left side of nasal septum, increasing gradually. This time sustained at low level for 30 seconds. Associated with discharge.
Nose	16:22:30	02	"Stuffed up" sensation in ears. Intermittent flow of clear fluid from both nostrils.
Nose	17:10:30	02	Clear fluid occasionally running out of both nostrils, not both nostrils at the same time.
Nose	18:09:00	02	Blowing out mucus from nose. Some of OS mucus is yellow, also slightly blood tinged.

Nose	19:XX:XX	04	Some nasal stuffiness. Feel less like I'm getting sick.
Nose	20:10:00	02	Periodically have nasal or sinus mucus accumulating in back of throat.
Nose	20:XX:XX	04	Nose is stuffy and running with some sneezing.
Nose	21:XX:XX	04	Have symptoms of a cold; stuffy nose, raw throat, some green tenacious mucus from my nose.
Nose	24:XX:XX	02	Throughout the day, continued drainage of mucus post-nasally into throat. At times feels like a large amount of mucus is being swallowed. Frequent "hawking" of mucus.
Nose	35:XX:XX	05	Now I got a bad head cold. Feel miserable. Yesterday, felt tickle in throat, nose was running. Son has it too. Hard pressure in head. I'm a walking nose (laughs). Congested at root of nose. HA in front and temples. All congested. Irritating pain. Hard to focus. Nothing feels good. Ye pads might help for pressure. Miser. No fever. Throat dry. Nose spray. Cough, post nasal stuff.
Rectum	04:XX:XX	05	Waking up I have to run to bathroom. Gastro-intestinal stuff. Loose stool followed by flatulence. Goes on for one

hour. Have to go to bathroom 3 times. Straining for stool. Urge to go, but nothing really comes. Gripping feeling in intestines. Going to bed the night before, gurgling in intestines. Now still feel gurgling. Something is going on.

Rectum 08:XX:XX 05 Passed gas in afternoon, really stinky, 5 - 7 pm. Have normally a tendency to gas, but not that stinky.

Rectum 09:XX:XX 05 Diarrhea again, not really diarrhea, just really strong urge. Went on between 7 - 10:00am. Only slime and gas came out and little bits of soft stool, normal color, no smell. Gas not as smelling as yesterday. Had to run to bathroom 3-4 times in this time span. Lower abdomen pain, double over helped.

Rectum 10:XX:XX 04 Constipation today and bleeding hemorrhoid.

Rectum 10:XX:XX 05 No bowel movement this morning, makes me feel achy, toxi stay in body. (Has this approximately 2-3 times per year). Gave myself enema. : nothing came! Intestines aren't working. Are these the 2nd effects of the remedy? First I had diarrhea, now nothing.

Rectum 13:XX:XX 04 Feel cotipated. Have had bowel movement daily but not with any see

of complete evacuation and difficult to get to happen.

Rectum	15:XX:XX	04	Cotipation remai. Never a strong urge. No complete evacuation.
Rectum	16	04	Cotipation again today. Just don't seem to feel a strong urge.
Rectum	19:XX:XX	04	Hemorrhoids still there and occassionally painful during bowel movement.
Rectum	22:XX:XX	04	Cotipation gone but hemorrhoids still painful and some bleeding, as was the case in the beginning.
Rectum	23:XX:XX	04	Hemorrhoids bad. Bleeds. Cotipation.
Respiration	00:XX:XX	04	Breathing seems a little labored.
Respiration	01:XX:XX	04	Some see of shortness of breath on any short exertion. Cotriction feeling gone.
Respiration	02:10:00	04	Walked with dog. Got very short of breath at least exertion.
Respiration	03:XX:XX	04	Shortness of breath on exertion.
Respiration	04:XX:XX	04	The shortness of breath is less pronounced than yesterday.
Respiration	09:12:01	05	Weird cough came at noon.
Respiration	09:14:00	05	Short and dry cough. Hert burn feeling, in throat for about 1 hour. Felt like digestive symptoms in throat. Burped a few times. : cough has brassy taste. No mucous coming up. Have to clear

throat a lot. Irritating. If I breathe deep I have to cough. Nothing in lungs, it is in trachea. Constantly clearing throat or cough.

Respiration 09:XX:XX 05 Nose isn't producing anything. But get sniffles in nose after coughing then dries itself. Laughing working things up from lungs, thing is in lungs. I hear a little rattling. Cough worse talking about it.

Respiration 10:XX:XX 05 Everything is achy all over. Would like to jump out of my skin. Bronchial thing is going on. Hard to get something up. Could finally cough something up, greenish-yellowish (no smell). Ameliorated a little bit. It is an upper cough, not rumbling in the lungs.

Respiration 12:XX:XX 05 Two times while coughing hard lost some urine.

Respiration 12:XX:XX 05 Asthmatic quality in cough. Last time really sick it was a productive cough. Feeling; can't believe I'm sick again. Don't want anybody to know. It's embarrassing. Cold sore on lower lip, right side, now red and swollen around it. No burning or pain. The cough is dry, almost gagging. Even lying down doesn't ameliorate. Worse talking, laughing, being anxious.

Respiration

12:XX:XX

05

Lungs cleared up a little bit after Chinese herbs. Didn't sleep all night because of coughing. Usually my coughs start with tickling now it feels asthmatic. Can't get enough air in. Feels more in trachea, feels irritated. Laughing triggers coughing deep in lungs (she coughs all the time we are on the phone, her nose sounds snuffle, her voice hoarse). Couldn't move air in and out. Definitely a dry cough. Inhaling hear wheezing. Even if I antidote the remedy the cough will still be there. Chills at 4 pm, exhausted. Hot tea helped. Sweating now, too. Fever 100. It feels like I would like to use my son's bronchial dilator. I just want to get well. I don't like to be sick. Just one deep breath triggers cough, as well as talking and laughing. Are bronchioles filled with something? Feel very restricted, short breathing all the time. Talking irritates the worst.

Respiration

14:XX:XX

05

This cough is very different to the one I had before last class. It is asthmatic now. Trouble breathing makes me anxious. Couldn't get enough oxygen in.

Perhaps the remedy hit my weak point.

Perhaps I just never knew I had

asthmatic tendencies?

Respiration 14:XX:XX 05

Yesterday taking deep breath there was this squeak at the end of inhaling. Never had anything like that. Cough much deeper and more productive. Fever 4 - 6 pm worst, lied down, after sleeping a while. Fever was at 101.3 degrees.

Respiration 15:XX:XX 05

Felt OK waking up. After taking tea, melon, vitC and Zinc, had to cough so badly almost threw up. Gagging cough. I got ash with and felt really sick. Driving son to school, still as white.

Respiration 15:XX:XX 05

Lungs feel cleaner or perhaps deer? Couldn't breathe. Felt like I have emphysema. Felt like lying down, just took it easy. Had to lie down at 2 pm. Have a little fever. I was just too exhausted from coughing.

Respiration 15:XX:XX 05

Cough starts with tickle in throat now and is spasmodic. : can feel mucous all the way down to stomach. Lungs are so heavy, feels as if they touch stomach, full of mucous. Feels like emphysema. How can people keep smoking when they have that?

Definitely worse thinking about symptoms.

Respiration 16:XX:XX 05 Now can hold it for a few minutes before I have to cough. For last few days cough so unproductive. Neck still stiff.

Respiration 16:XX:XX 05 Yesterday nothing changed. Kept coughing, very productive. Can't smell breath but I know it smells terrible. What is coming out of my lungs is greenish flemy yuki. Breathing better; constricted feeling and wheezing is gone. Was coughing through night, had to get up to spit out stuff.

Skin 05:XX:XX 05 All are painful, sore, like a bruise. Feel like a witch (laughs).

Skin 05:XX:XX 05 Splinter in left hand, was normal at 3pm, not all red around it, swollen, painful. In palm, little nick, all red around it, swollen. Hurt back of right leg today, feels like puncture wound, feels bruised all around it. All these little nicks look like they could get infected. Did I get...(disease from dirty wounds). Pimple on chin, huge, red, will have to pop it. Something is up with healing mechanism.

Skin 05:XX:XX 05 Pimples on right side of face. Really

big, bad ones. Red swelling pain, had to pop it tonight. Wasn't there at 3pm, by 8pm had to pop it.

Skin	06:XX:XX	04	(Supervisor): Skin looks terrible; blotchy, pale, still grey.
Skin	06:XX:XX	04	(Supervisor): Sink is terrible, have pimples. Don't look as grey today.
Skin	08:XX:XX	04	(Supervisor): Skin looks terrible, pimples on face and chest. Don't feel as if I look as old and grey (has to be the cream I'm using).
Skin	16:XX:XX	04	Skin somewhat better, but still pimples.
Sleep	00:01:30	03	Woke up between 1 and 1:30AM 2 nights, no symptoms. First and second day of proving.
Sleep	01:XX:XX	04	Didn't want to go to bed early last night Staying up much later.
Sleep	03:XX:XX	05	Sleep very well and deep. Wake up with good energy.
Sleep	04:XX:XX	04	D says I've been tossing and turning at night. Flipping over and back. Have no see of it and am sleeping soundly. Still don't want to go to be and stay up even if I'm tired.
Sleep	05:XX:XX	04	Woke up, had been sleeping soundly, no see of anything during the night. It was like I slept and fell into a deep hole.

Sleep	05:XX:XX	04	Sleep so soundly at night I don't even feel like I dream - no see of any dreams on waking.
Sleep	06:XX:XX	04	Slept hard last night. No dreams. Almost had one, or a bit of one.
Sleep	08:XX:XX	05	The last two nights, very restless sleep. Woke up really, really tired. This morning, woke up at 5:30 am and felt like I had no sleep at all. More tired than usually. Like drugged head, wishing I could just keep my eyes closed. It feels like I am not getting enough sleep, even so I sleep a lot. The dreams are like processing all night. Perhaps I am hyper vigilant to remember my dreams. I'm trying so hard.
Sleep	13:XX:XX	04	Tossed and turned all night. Disturbed by dream and flipping around.
Sleep	16:XX:XX	05	Slept very well last night. Woke up rested for the first time in a few days.
Sleep	16:XX:XX	05	Sweating in bed at night still. Felt clammy in morning. No fever.
Sleep	19:XX:XX	04	Woke feeling very well, like I had an excellent nights sleep.
Sleep	24:XX:XX	04	Woke startled as from a dream, but couldn't remember even dreaming. Not scared but surprized.

Stomach	00:05:30	03	Sharp twinge in stomach, one inch below sternum. Less than 2 seconds in duration.
Stomach	00:XX:XX	05	Pain underneath left side of rib cage. From middle of that side to the side. Size of a quarter. Deep iide. Felt like a gas bubble or cotriction. People had this in ruby proving. It might be a nerve, no not an organ.
Stomach	01:04:00	03	Woke up by the seation of very fine pi jabbing me from iide of my body. Upper right quadrant of torso. Under my ribs possibly large intestine. Lasted several minutes, when it was over I fell back to sleep.
Stomach	02:XX:XX	05	Hungrier than usual. 1-2 hours after eating, have to eat again. Would like to blame my craving for ice cream on proving, but I don't think so.
Stomach	04:12:30	03	Stomach has a dull burn after eating grapes this morning. Then again this afternoon after eating crackers.
Stomach	05	05	Still very, very hungry. One hour after eating a big meal, feel famine. Have to eat. No special cravings except chocolate and sweets, but I always crave these. Now it is more extreme. Sneak

intomy kids left overs from Easter and eat their chocolate. Hunger more intee than a few days ago.

Stomach	05:XX:XX	04	Thirsty today. Can't quench my thirst.
Stomach	06:XX:XX	05	Hunger. Sure eat a lot more than usual. Perhaps this is where the digestive stuff comes from.
Stomach	07:00:30	03	A quick, about 10 seconds, needle like, sharp sticking seation/movement in lower left intestine area. It was the same feeling but larger as before in the stomach.
Stomach	08:XX:XX	05	Prevalent hunger. Not as voracious as the other days. Starts to go back to normal. Breast still tender. I hope I'm not pregnant.
Stomach	10:XX:XX	04	One bout of nausea for 1/2 hour.
Stomach	11:22:00	04	Slept from 7 to 10 pm. Got up and ate several crackers with peanut butter. Nausea better.
Stomach	13:XX:XX	04	Appetite decreased.
Stomach	14:XX:XX	04	Lost desire for ice cream, sweets, cheese puffs. Indifferent to them now.
Stomach	14:XX:XX	04	Particular about food. Nothing appealed and had to think hard to think of something to eat and when I did decide food was very satisfying.

Stomach	20:XX:XX	04	Noticed I wanted spicy food. Especially Mexican. Had it today and yesterday.
Stomach	21:XX:XX	04	Noticed two things about food. Eating eggs; I could eat an egg every morning. Think about eating deviled eggs and egg salad. Want Mexican food; spicy and with hot sauce and chips.
Stomach	34:XX:XX	05	Today and day 35, digestion fine, empty feeling in stomach. Want to nibble on stuff. Nuturing food. Mommy stuff. Even so I just ate.
Stool	09:XX:XX	02	Stool not complete; incomplete evacuation.
Stool	13:XX:XX	109	Stool looser and thinner than normal. Supervisor: narrow partial stool, didn't all come out.
Stool	18:23:00	02	Urging to stool, however incomplete. Inability to evacuate despite prolonged straining.
Stool	21:XX:XX	02	Supervisor: Stools a little different, smaller, tending towards softer.
Teeth	18:17:30	02	Searing pain in upper right bicusped.
Throat	00:XX:XX	04	Have a seation just below my throat pit like a cotriction but not quite, and a see that I am almost going to have to cough or that I can't breathe.
Throat	04:XX:XX	04	Thick feeling in my throat. A fullness

also feels somewhat mucousy, slightly swollen cervical glands.

Throat	05:XX:XX	04	(Supervisor): Woke up with thick feeling in throat, fullness, little mucousy, slightly swollen glands. Didn't turn into anything. No problem with swallowing. Thickness, fullness, no modalities, lasted an hour. I still have swollen glands.	
Throat	07:08:30	02	Some soreness of throat. On inspection, uvula is inflamed and elongated. (Noted at extraction that uvula will get enlarged with acute sore throats.)	OS
Throat	15:08:30	02	Throat is somewhat sore. Uvula is swollen and inflamed, hanging down.	OS
Throat	15:XX:XX	04	Woke with sore throat and swollen gland. Hurt to swallow. Gone in an hour.	
Throat	15:XX:XX	04	Went to bed thinking I might get sore throat again.	
Throat	16:XX:XX	02	Woke with stinging pain the the back of the throat (area of uvula) several times during the night.	
Throat	16:XX:XX	04	Woke with sore throat again and it felt very bad with swollen gland and feeling in the throat and chest of mucus developing. The worst of the throat	

went away by 10:00am, but still fell like I'm fighting something in that area.

Throat 17:XX:XX 04

Feel like I'm getting a cold. Have congestion in my throat with mucus and keep having to clear my throat. Some sneezing.

Throat 18:XX:XX 04

Mucus in throat.

Throat 19:XX:XX 04

I was excited about going. My throat is no longer sore, but still mucus.

Throat 20:XX:XX 02

Feel like something is swollen on the sides of my throat when I swallow.

Throat 21:23:00 04

Got hoarse for about 1/2 hour. Seemed like I'd lose my voice but didn't. Had a disagreement with D and when we were talking about it my voice started giving way. Mild cold symptoms, but no sore throat.

Throat 22:XX:XX 04

No sore throat but some sneezing and slight running nose. Doesn't make me feel sick.

Throat 22:XX:XX 04

Got hoarse again for about 1/2 hour. No sore throat.

Throat 26:XX:XX 05

Sore throat on left side when I swallowed. Cold feel limbs. Tight and swollen on external throat. All went away by evening. Ache, so tight in neck on left side. Today (day 26) still tight

in throat, still swollen, like size of a small M&M. Lymph node was swollen.

Urine	10:XX:XX	02	Thought that my urine smelled strong.
Vision	03:XX:XX	04	My visual perception moved upward.
Vision	03:XX:XX	04	(Supervisor): First of all, whre I looked was different. I looked up, higher up. The arteries of leaves. The vision part of it was soft but noticeable.
Vision	05:13:00	02	Patter of light visible behind eyelids before falling asleep.